

Jim Lee is taking his doctor's advice and joins the running crowd



When Jim Lee's doctor told him he needed to do something, such as exercise, to bring down his blood pressure or face serious problems in the future, the Fort Worth resident decided to take the advice. He started following the footsteps of his 15-year-old daughter Tracie and started running. His blood pressure, which was about 150-95, has been coming down thanks to his more frequent exercise and his reduction of salt intake. Lee, 43, said he has tried to stay active since high school and has played indoor soccer, but a

broken leg five years ago stopped him for awhile. "I've always run off and on, but there was always something else to do (and was never consistent)," he said after completing his first 5K on Aug. 12 at the Trinity 5000 Summer Series at Trinity Park in Fort Worth. Tracie, who runs track and cross country at Central in Keller, also was there and won her 15-19 age division with a 22:36. Jim was farther back and finished with a 32:50, which isn't too bad an effort for someone going the 3.1-mile distance for the first time, especially on a hot night when the temperature was near 100. The heat won't stop him apparently. Jim said he'd be back for the series' finale on Thursday evening (Aug. 19). He did return and said it was easier than his first effort.