

Hitting high gears for a little cash



Joe Beisner



Jodi Hulett



Sheila Natho



Clint Bell

Joe Beisner made the most of his time at the Lake Joe Pool Pumpkin Run on Saturday (Oct. 9) morning; Jodi Hulett made a rare appearance at a road race since graduating from Baylor and gave herself a week-early wedding present; Clint Bell is regaining his speed after healing from a calf sprain earlier this year; and Sheila Natho shrugged off a sore hip as she

led the 5K females. The one thing they all had in common, though, is each won \$100 for winning their respective 10K and 5K male and female divisions on a cool, but warming morning in Grand Prairie.

Beisner, 37, of Irving is preparing for the Rock 'n Roll San Antonio Marathon on Nov. 14 and logged 12 miles before the 10K, which he easily won in 32:56.9, and then added two more miles afterward. It was his fourth victory in the 10K in the past five years. "I needed to get in a 20-mile run," he explained as he shoots to complete his first marathon. His previous attempt, he said, was aborted after 20 miles when he crashed. "I didn't have any long runs (leading up the the White Rock Marathon a few years ago)." He's not making that mistake again. He plans to run the Komen Dallas Race For The Cure on Oct. 16, then long a 22-mile run the next week before tapering for San Antonio. He has high goals, including qualifying for the Boston Marathon. He need to run a 3:15 or faster to do that, but he intends to be much faster based on his recent times and training.



Some friendly characters greeted participants.



Breakfast included pancakes and bacon.

Bell, 31, of Wilmer said he was slowed by a strained right calf, but started to feel better in May and is now regaining his speed as his winning time showed. He was never challenged. Natho, 44, of Dallas said she has had some aches and pains as the fall and winter seasons approach after going through the summer virtually injury free. Last week it was a sore knee and this week it was a sore hip. It could be, she said, just some after-effects from competing in the Toronto Waterfront Half Marathon, where she ran a 1:29:55.5 (gun time) on Sept. 26 to place third in the female masters division.

Hulett, 25, of Arlington and who ran for UT-Arlington and Baylor, said she hadn't run a road race since 2008. However, she was one of the Bears' top female runners and owns a 16:50 on the track in the 5,000 meters. Not only was it a rare road appearance for the former Arlington High runner, but it was her last race before her marriage next week. And if you see her on the roads again, you'll probably have to meet her in California, where she and her husband will be moving after their marriage.

Before the 5K and 10K started, there was a 1-mile fun run. Participants also were fed a pancake and bacon breakfast. They also could have their blood pressure and body fat checked as well as their posture.

More than 1,300, including several school teams, participated in the events.