

**Laura Nelson is a long-distance runner now winning shorter races,  
including the RRCA 15K Southern Region Championship she won at the FWRC Labor Day  
event**

**Note:** Runner in the Spotlight is a new feature on the website. Joe Beisner was the first to be in the spotlight. His information is in the [Archives](#) section.

Laura Nelson, 44, of Grapevine is the new featured runner. Here's Laura's running background in her own words:

By Laura Nelson



I started running Jan. 1985; and I signed up for a jogging class in Hagerstown Community College later that year. I figured I'd get one credit for taking the class and also lose weight. I soon decided to join the Cross Country team because they needed an extra person, and they were really desperate. That turned out to be a lot of fun for me.

As a freshman, I ran 5K cross country races in 20-22 minutes. I dropped my times the following year into the 19-20 minute range.

Shortly after the birth of my daughter Ellie, who is now 22, a friend talked me into running an ultra race: the JFK 50-miler in Maryland. The first year, I finished it; but I almost dropped dead. But I survived to run a lot more races. I went on to win the JFK 50-mile trail run four times; I won about 15 marathons including three wins at Atlantic City marathon. I ran my first 100-miler in Umstead trail run in 2003 and won that event. In my late 30's, I qualified twice for the 100K US National team and ran for the U.S. in Asia and Europe. In my early 40's, I qualified twice for the 24-hour U.S. National team. Also, I won a USATF Open National 50-mile championship in 2004 at Tussey Mountain in PA. I eventually got too tired to train for ultras and went back to running shorter distances for the last couple of years. Note: Since this item was first posted, Laura has added the RRCA 10K State Championship to her feats after winning the RRCA 15K Southern Region Championship at the FWRC Labor Day Run.

**Laura's PRs**

5:15 -- 1 mile  
17:29 -- 5 km  
35:25 -- 10 km  
54:51 -- 15k  
1:20:49 -- half marathon  
2:51:05 -- marathon  
6:59 -- 50-mile trail  
8HR:38Min -- 100K  
18 HR:30Min. -- 100-mile trail  
124.3 miles in 24 Hours