

It's a New Year and new resolutions

By Charles Clines



I hate to make resolutions because it's so disappointing when I break them. Disappointing to me, that is. It doesn't happen all the time, but it seems the older I get, the more my resolve is easier to unresolve (is that a word?).

But I'm going out a limb and resolve that I will train harder and be more consistent in 2010 so that I can improve my 5K times. When I see some improvement at that distance, then I'll concentrate on longer distances.

And then my next big resolution (besides those that involve the family), is to try and improve this website. I started this in March of 2006 and it has changed a lot from those first primitive days. I jumped into this without knowing much at all about web designing, etc. It has been an interesting (and slow) learning experience for this former Star-Telegram sports writer.

I want to express my gratitude for those who have had the patience and who continue to visit this site. I celebrated when I reached 500 unique visitors for a week. For weeks and weeks, I had only about 300. Now, I'm up to almost 2,000 unique visitors a week. Though that's more than I had dreamed of when I originally began, it's still a low number considering how many runners and walkers are in the area.

I also want to thank those who have placed ads on the website and to those who buy stuff from Amazon.com by going through an ad on my website. While I don't earn much from sales, it does help in my keeping the site going. And I can't thank enough the people who have contributed photos and articles, which have expanded the coverage beyond what I could do by myself. Special thanks goes to H.B. Wise of Movin' Pictures, Fiona Green, John Tucker, Stan Bell and Jose Lopez, who have been the biggest contributors. I always welcome anyone who wants to submit pictures and/or articles.

My biggest regret about the site is I've been unable to figure out a way to let runners and walkers become more involved by posting comments. I've tried a forum, but I was constantly filtering spammers and it proved more trouble than it was worth. I am working on a new program, though, that should avoid some of those problems, but I still need runners to respond. It's hard to compete with Facebook. However, I wish runners/walkers would submit more comments about races, interesting people or whatever. I'll try to add some type of comment page to make it easy for you.

I've made a few changes about the Fastest Times at Metroplex Races that I hope will improve that popular page. My next wish is that all race timers would include ages so that

I can be sure I place runners into their respective age groups. So far, that's the main thing I've changed for 2010. But there will be others.

Meanwhile, I've got to put down my TV remote, place the Shiner farther away from my couch so I'll expend a little energy when I need to replenish my carbs, and put in more miles. Oh, and another thing I'll try this year is barefoot running....but not until it gets much warmer.