

2011 Short Jogs

Bill Berenson's marathon successes continue to mount. Bill, 57, of Fort Worth ran a PR 3:25:44 at the **Rocket City Marathon** in Huntsville, Ala., on Saturday (Dec. 11) to nail his 23rd consecutive Boston qualifying time in his 30th different state and his seventh in 10 months. He said he logged the PR despite the second half of the race being against a headwind and the chill factor at 22 degrees. Bill, who said he logs only about 30 miles a week, also took second in his age division....Despite suffering some aching injuries just days before the inaugural **Bryan/College Station Marathon** on Dec. 11, **Kim Gray** of Arlington ran a PR 3:32:32 to win her 35-39 age division. There were 404 finishers....Several masters runners, including **Linda Kelly** of Dallas, had their day in the sun on a breezy, slightly cool Saturday morning (Nov. 12). Linda, in fact, enjoyed a double awards day. Linda, 60, won the female overall title at the **DAwg Run 5K** in Dallas with a 22:56. Then she came back that evening to run the **Help the Homeless Walk & 5K** in Dallas and again won the overall female title in 24:00 over a slightly longer course than was measured. She previously had been listed as the masters winner, but a correction in the results moved her to the overall title. The male winner at the DAwg Run was 41 years younger than Linda as **Ian King**, 19, of Dallas won with a 17:50 and the male winner at the Help The Homeless was Matthew Brown of Dallas in 19:37. He is 44 years younger than Linda....Other masters overall winners on Nov. 12 included **Cora Turner**, 42 of Alvarado and **Kevin Olson**, 49. Cora won the **DFW Trot For Troops** in Denton with a 22:37.9 and Kevin took overall male honors at the **Speedway Run 10K** at Texas Motor Speedway with a 33:06.83. Teenagers dominated the Speedway 5K with **Sawyer Statton**, 15, winning the male title in 17:42 and **Maile Curbo**, 16, taking the female title in 22:44. At the **Arbor Day 5K** in Plano, **Jessa Stevens**, 24, of Dallas continues to prove hard to beat as she won the female overall trophy with an 18:48.7. **Aaron Purser**, 19, of Plano took the male trophy with a 17:47.5...**Rachel Hanson** of Flower Mound is only two years away from joining the masters crowd, and she showed she will be a formidable competitor as she clocked a 20:00.8 to win the female title at **Dorothy's Dash** in Flower Mound. Taking the male title was **Jackson Fountain**, 15 of Argyle in 17:17.5. Two familiar masters runners won the 40-over titles as **John Ball**, 49, of Grand Prairie finished with a 20:19.3 and **Fiona Green** of Keller came in at 20:57.2...**Gary Pulver** has laced on his running shoes again after a 30-year hiatus and the bug has bitten him again. He ran in the Toronto Zoo Run 5K, which happened to coincide with his trip to Canada to see the Moody Blues in concert. Now, he wants to run many more races, including marathons and he has registered for **Bill Richardson's** training classes. [Read more about Gary's adventure](#) at the Toronto Zoo Run 5K and his re-found love of running....Cooler temperatures usually mean faster times for runners and Saturday morning's (Nov. 5) results are showing just how true that is. At the **Puzzle Scuttle 5K** in Benbrook, **Megan Skeels** of Fort Worth, an All-American while at the University of Arkansas, won the female division by crossing the finish line in 17:57.7 to place fourth overall. **Gabriel Ngwiri** of Benbrook sped to a 15:35.8 to win the male title. In the masters division, **Cathy Buchanan**, 49, of Fort Worth won the female title with a 20:52.2 and **James Michael**, 49, of Fort Worth carried home the male masters trophy with a 19:39.4. (All are gun times)...Things were not so easy for the winners at the **Heartbeat 5K** in Dallas on Nov. 5. **Clint Bell** of Dallas punched in a 15:51.4 to win while runner-up **Noe Nunez** of Dallas was right behind with a 16:03, nipping third-place finisher **Benson Osoro** of Dallas by five seconds. Winning the female title was **Megan Douglass** of Dallas with a 19:54.2, not even two seconds ahead of **Karen Austin** of Dallas who finished with a 19:55.6 The female masters winner was **Janice Moore** 58 of Dallas

with a 20:04.7 and take the male masters trophy was **Agustin Hernandez**, 40, of Irving with a 16:51.2....The team of **Cathy Buchanan, Priscilla Reese, Cora Turner, Eva Contreras** and **Stacy Boenisch** won the All Female team title for the third consecutive year at the **Fort Worth Mud Run** that was Saturday and Sunday (Oct. 29-30) on the Trinity Trails behind LaGrave Field.... Some fast times warmed up the **Four Seasons Cool 10K and 5K** on Oct. 29. **Joe Beisner**, this website's male Runner of the Year in 2010, won the 10K in 33:51 and **Sonya Correa** easily took the female title in 38:02. In the 5K, **Jessa Stevens** won the female race in 18:26 while two 13-year-olds battled for second place with **Maddy Reed** finishing in 19:45 to edge **Payton Brown** by 11 seconds. **Kolin Styles**, who was nipped by the chip at the FWRC Labor Day 5K and who has won two recent overall titles, won the male 5K in 15:43. **Shawn Gardner**, 49, won the male masters in 16:54 and **Kim Andres**, 58, took the female masters title with a 24:19....Masters runner **Fiona Green**, 47, won the female division at the **Run, Walk & Roll 5K** in Southlake on Oct. 29 with a 20:55.3. A 14-year-old, **Johnny Kemps** won the male title with an 18:40.6....The **Vampire Run** on Saturday evening (Oct. 29) at Trinity Park had a big turnout for a first-time event as 458 finished the 5K. Of course, money can be a good lure. The **Cooks -- Andrew and Melissa** -- went home to Flower Mound with \$300 after winning their respective male and female divisions to earn \$150 each. Andrew sped to a 14:52 while **Kolin Styles** edged **Benson Osoro** for the \$100 that went to the runner-up. Kolin finished in 15:33 and Osoro in 15:38. Melissa won with a 16:30. **D'Ann Arthur** took second with a 17:03 while **Oumama Lingamfelter** won \$50 for third. Also, there were cash prizes for the best costumes with \$300 given to the best, \$250 for second, \$200 for third, \$100 for fourth and \$50 for fifth....Arlington athletes **Pat Schuster**, 39, and **John Morgan**, 40, had strong performances in the **Ford Ironman World Championship** in Kona, Hawaii on Oct. 8. Pat, a fireman, finished 15th in the 35-39 age divisions with a time of 9:16:01. After swimming 2.4 miles in 1:09:44 and biking 112 miles in 4:43:38, he finished with a marathon of 3:16:51. John, a pilot for American Airlines, was 146th in the 40-44 division with a 10:27:04. He had a good swim in 1:07:55, but his bike time was 5:37:47. He topped that off with a 3:33.58 marathon. Both train at the Texas Running Center in Kennedale....Two females won not only their division titles, but were first across the finish lines at their respective races on Saturday (Oct. 8). **The LEAP into Action 5K** in Dallas, in fact, had two females finish before the male winner crossed the line. **Jessa Stevens**, 24, won with an impressive 18:14 and was followed by **Kim Stark**, 37, with an 18:26. The male winner was **John Burns**, 42, with a 19:35. At the **Charity & Unity 5K** in Keller, masters runner **Fiona Green**, 46, took overall with a 21:02.1, edging another masters runner and the male winner **Troy Ankerson**, 48. There almost was another female overall winner at the ICC Fall Festival in Denton, but **Tyler Kuckleman**, 25, finished a second in front of female winner **Camila Francino**, 24, with a 21:54....**Mike Fussell**, 53, a member of the Texas Running Center in Kennedale, has won two gold medals in his age division at the **Huntsman World Senior Games** in St. George, Utah. On Oct. 4, he won the 3,000 meters on the track with a 10:46. On Thursday (Oct. 6), he won the 5K with a 19:15 on a day that was in the 40s, damp and windy....**Patrick Finney** of Grapevine did it! He finished the **Bellingham Bay Marathon** in Washington on Sunday (Sept. 25) and in doing so became the first person with multiple sclerosis to complete a marathon in all 50 states. He celebrated the feat with several friends who were in Bellingham to cheer him on. He was diagnosed with MS in 1998. He has been unwilling to let the disease control his life and through extensive rehabilitation therapy and some newer medications, has regained his ability to balance, to walk and run. He began the 50-state quest in 2010. A friend had challenged him to run 50 marathons in 50 states by his 50th birthday. He completed the quest almost two years sooner. He has run 71 marathons since 2006 and said he's not finished yet. He finished his 50th in 4:58:11 Congratulations **Kim Gray** who was the overall female winner at the **Firecracker Trinkle** in

Portland, Ore., over the Fourth of July weekend, had her sites set on the **Seattle (Wash.) Quadzilla**, which features four marathons on back-to-back days starting Nov. 24. However, she says that she might not be doing that because it's over the Thanksgiving Day holidays and probably will stay home. Kim, of Arlington, finished the three back-to-back marathons by running her fastest time on the last day -- 3:33:19....The first **New Year's Double** in Allen, which includes two marathons, two half marathons, two-person relays and two 5Ks, has revealed its finishers medals. Run an event each day to receive a New Year's Double Challenge Plate that each day's finisher's medal can be placed. [Read about and see the medals...](#)For those who like to enter races celebrating anniversaries, you might note that this is the 35th year for the **DRC Half Marathon** that's on Nov. 6; it's the 30th **Azle Lake Run** on Nov. 12; the fifth **Fort Worth Marathon** on Nov. 13 and the 30th **Fort Worth YMCA Turkey Trot** on Nov. 24. The FW Turkey Trot also will introduce new 5K, 10K and Gobbler Trot courses this year. Also, the 5K and 10K will start only 15 minutes apart with the 10K off at 8:20 a.m. and the 5K off at 8:35. The reason is to have an earlier 10K start and help clear the streets earlier for traffic. Previously, most runners could finish the 5K and have plenty of time to start the 10K....**Bill Berenson** of Fort Worth continues to pad his list of consecutive Boston Marathon qualifying times. Bill, 56, of Fort Worth ran a 3:31.40 on a hilly marathon while fighting 30 mph gusty winds at Newport, N.I. It was his 22nd consecutive BQ and he placed third in his age division. It was his sixth different state this year and 29th overall...There has been good news for the females in the 55-59 division, but not so great news for the competitors in the 60-64 division. **Linda Kelly** of Dallas has turned 60 and raced to a 22:14.1 (gun time and 22:11 chip time) at the **SEF Arts Festival 5K** on Sept. 17. Before the race and her birthday, she was second in the 55-59 Fastest Times division and now leads the 60-64 division. Another female to jump up an age division is **Sonya Correa**. She is leading the 25-29 females on the Fastest Times list and after celebrating another birthday, she jumped in front of the 60-64 division with a 17:42 at the **Oktoberfest Wipe Out Kids Cancer 5K** in Addison on Sept. 17. On September 12, 2011, officials from the **MetroPCS Dallas White Rock Marathon**, including former Dallas Mayor **Laura Miller**, visited Pleasant Grove Elementary School to introduce students to 3 Months to 3 Miles, a kid-friendly training program. Geared toward family exercise activities – such as bike rides and soccer games – 3 Months to 3 Miles encourages overall fitness and prepares participants for the Mayor's Race 5K, presented by CIGNA. [Read more about the program...](#)**Bill Berenson**, 56, of Fort Worth placed third in the 55-59 age group with a 3:36:51 at the **Pocatello Marathon** on Sept. 3. More important, though, is he stretched his Boston Marathon qualifying streak to 21 consecutive and ran his 30th overall....**Lewis George**, owner of **Mellev Productions**, has been trying to expand to Fort Worth for a while, and he has finally done it. George, who conducts the **Big D Marathon**, the **Hottest Half** and the **Vineyard Run**, among others, has scheduled **The Vampire Run 5K** on Oct. 29 at the Trinity Trails. As added perks to the event, prize money is being offered to the top runners and best costumes. So, sharpen your fangs and be ready....It was announced by race director Libby Jones on Aug. 31 that a New Year's Double will be conducted on New Year's Eve and New Year's Day in Allen at Celebration Park. Take your pick of running a marathon, half, relay and/or 5K on either day or both days. You might want to try and earn a Challenge Plate by running both days. [Read more about the event....](#)**The Kennedale Classic Half Marathon and 5K** that was scheduled Sept. 3, then reset for Dec. 10 has been canceled....**Andrew Lemoncello**, who grew up in Scotland and was a standout at Florida State before making his mark in international competitions, won the **Hottest Half** in Dallas on Sunday morning (Aug. 14) with a sizzling 1:07:47.46. Lemoncello finished eighth last year in his marathon debut at the London Marathon, running a 2:13.40. He also has competed in the 2009 European Cross Country Championships the '09 IAAF World Half Marathon Championships and the 2008 Summer Olympics.

among other noted events. **Becky Angeles** of Murphy won the female title at the Hottest Half with a 1:25:01.13. There were 1,375 finishers in the half and 573 in the 10K as the temperature mercifully stayed below 90 degrees for most of the morning. Winning the male and female masters titles respectively were **Brian Troup** of Richardson (1:27:34.18) and **Gina Dillon** of San Antonio (1:43:09.22). All times noted are gun times....**Hance Loyd** won the **Summer Sizzler 5K** on Saturday (July 30) at River Legacy Park in Arlington with a 16:29. The former Holliday cross country standout who runs for UT-Arlington, isn't the only runner from Holliday to have crossed the finish line first in DFW area events. **Koby Styles** won the 15K title at **LGRW's Bold In the Cold** on Jan. 8 and his brother **Kolin** won the 5K, and Koby was second in **The Cowtown Half Marathon** in February. Koby is the cross country coach at Midwestern State in Wichita Falls.....**Oumama Hallal** surprised many participants by being the overall winner at the **Blazing Saddles 5K** on July 17 with an 18:35.25. So, just who is she? Well, she went to high school Winter Springs, Fla, and ran for the University of Houston....Apparently it wasn't **Too Hot To Handle** in Dallas even though the temperature was creeping into the 90s on Sunday (July 10) morning at White Rock Lake. Almost 2,000 finished the 5K and 15K races; 1,007 in the longer race. While everyone no doubt was working up a nice sweat, **Andrew Cook** had little to sweat as he easily won the male title in the 15K with a hot 49:29. Winning the female 15K was **Shizuko Watanabe** with a 1:04:30. In the 5K, female and male winners were **Colleen Casey** in 19:13 and **Chad Martin** in 16:18.....**Kim Gray** of Arlington not only finished the **Firecracker Triple** in Portland, Ore., over the Fourth of July weekend but was the overall female winner. Rather than being tired after the first two, she ran the third marathon in 3:33:19, 10 seconds off her PR. And to think she was worried about a sore right leg before she left. The back-to-back-to-back marathons were the **Stars and Stripes** (July 2), the **Freedom Marathon** (July 3) and the **Foot Traffic Flat Marathon** (July 4). A daunting feat and I would think the special **Firecracker Triple** medal she received should be EXTRA special.....**Alex Loyola** is rather short (what do expect, though? He's only 6), and he is showing some early signs of great running. If anyone has seen him run, he usually is going all out and appears to be really enjoying it. Remember, he's 6!! At the **Firecracker 5000** at Trinity Park, Alex zipped through the finish line at the 5K in 23:50.4. Did I mention that he's 6!...There were 467 who didn't start running until midnight as the calendar rolled into Sunday, July 17. Why weren't they in bed counting sheep? Well it was **El Scorcho** time at Trinity Park and what better time in this 100-degree-plus heat to run a 25K or 50K? They started when it was "cool" (under 100 degrees) and indeed did sort of "beat the heat." First to finish the 25K was **Clay Emge** in 1:38.18.1. The first female was **Emily Van Dyken** in 1:57.40.2. In the 50K, **Edgar Martinez** was first with a 3:43:34.2. **Shaheen Sattar**, who finished in 4:15:46.9, was the first female....Females in the 65-69 age division probably weren't real thrilled when **Linda Landrum** recently moved up into their age group and moved in front of the Fastest Times 5K list in that division with a 26:44 she posted at the Firecracker 5000. She had been seventh in the 60-64 division with a 26:26....**Kelly (K2) Richards** of Grapevine was among several Texans participating in the **Mayors Marathon and Half Marathon** on June 18 in Anchorage, Alaska. Kelly finished 15th among 526 females with a 3:39:39.2 and she was second in the 40-44 age division. Several of the Grapevine participants then hopped on an Alaskan cruise. Wonder if it was cooler than here?...The **Clark Gardens Half Marathon and 5K** on Oct. 1 in Weatherford is capping the half at 200 participants. \$100 prize money will be awarded to the overall male and female winners and the masters (50-older) winners...**The Cowtown** is changing its finish line for next year. Rather than finish on Harley, the runners/walkers will finish on Gendy, where the start was located this year, the first time at Will Rogers Coliseum. Executive Director **Heidi Swartz** said, "When runners come through the finish line they will then enter into the Will Rogers Exhibit Hall from the street level entrance and go into the large exhibit hall to receive their food and

finishers shirts. That way, in the case of inclement weather, they will be able to enjoy their refreshments and not be out in the weather...The highly-praised **Wounded Warriors Half Marathon and 10K** on June 12 in Irving raised \$25,000 for the **Wounded Warrior Fund**, up from the \$9,000 raised in its first year in 2010. Officials are hoping to double that in 2012. There were about 1,800 participants in both events Was it warm and humid that morning? Participants went through 10,000 cups and 4,000 pounds of ice.....**Madison Flowers** of Fort Worth has qualified for the **2011 USA Triathlon Age Group Nationals** because his finish in the First Annual Tri for Humanity ranked among the top 10 percent. The 2011 USA Triathlon Age Group National Championship was August 20 in Burlington, Vermont. Athletes from each age group can qualify to represent Team USA at the 2012 International Triathlon Union World Championships in Auckland, New Zealand next October....**The Cowtown's C.A.L.F. Run**, started last year, and the **Southwest YMCA's Trinity Trot** have combined their fall races. The 5K and 1-mile will be at the TCU Campus and will be named the Trinity Trot C.A.L.F. 5K/1 Mile Run and is scheduled October 8th ...**The Cowtown's** race coordinator **Tera Galindo** has left to return to school, Executive Director Heidi Swartz announced in June. Tera has been the coordinator since 2009. She is being replaced by **Kendra Tatham**, who was the Wellness & Fitness Director at the Belleville (Ill.) YMCA. She moved to this area when Lockheed transferred her husband. The Cowtown also has reported that registration for the Feb. 25-25, 2012, event already is on a faster pace that last year at this time. The **MetroPCS White Rock Marathon** also reports high early numbers since it opened registration on June 1.....**Bill Berenson** of Fort Worth nailed his 20th consecutive Boston qualifying time on June 11 at the **Utah Valley Marathon** in Provo, Utah. Berenson, 56, ran a 3:32:58 and finished 256th among the 1,635 finishers.....The evening (June 4) **Firefly 5K and 10K** in Plano attracted a big crowd, no doubt lured by getting two Firefly LED lights and a glow-in-the-dark bracelet. There were 2,376 timed participants in the 5K and 496 in the 10K...**The Cowtown** announced that registration opened May 27 for the February 2012 event, which will be conducted for the second year at the Will Rogers Memorial complex. [Read more about registering.](#) Also, registration opened June 1 for **MetroPCS Dallas White Rock Marathon and Half Marathon**, which will feature a new, faster starting area at Fair Park. About 1,500 had registered by June 4. [Read more about registration](#).....Former Fort Worth Runners Club president **Frank McGinty** is back on the roads after almost a year absence. He's back as a walker and not a runner, though, after undergoing some knee surgery, which included a new knee. Good to see him back along with **Jim Engstrom**, who was MIA since last fall. He said he travels a lot in the winter and was sort of "disgusted" with some of his times. But he made a good showing at the FWRC Memorial Run, but expect faster times from him and be one of the top dogs in his new 70-74 age division...The **Crosson Dannis Series** ended Saturday (May 14) with the Test Yourself 5K in Plano. Visit the [Crosson Dannis](#) website to see the standings.....A new USATF club team -- the **Greater Texas Track Club** -- has formed for Dallas arear post-collegiate distance runners. More information about the club team is at www.greatertexastc.webs.com....The **Wonder Women** did it again. Runners from the D-FW area won the female masters title at the **Beach To Bay Relay Marathon** in Corpus Christi on May 21 for the sixth time. The team of **Sheila Natho, Ruthie Tate, Frances McKissick, Cora Turner, Yolanda Hopping and Fiona Green** ran a 3:03:30. Sheila was a newcomer from last year's team as she was subbing for an injured **Leana Sloan**. ...Participants in the **White Rock Marathon and Half Marathon** in December will be lining up at a new starting line for the second event at Fair Park. At last year's first time at the park, after moving from American Airlines Center, participants were jammed together somewhat when they headed out of the park on Washington Street and then onto Parry before making a quick turn onto Haskell. The starting line is being moved to the east for this year's event and will offer more of a straight shot to Haskell and should make for quicker chute starts

It took almost an hour before all the chutes were clear last year....The **El Scorcho Cin50**, which features a 25K and 50K with a midnight start on July 16, is sold out....Runners spread far and wide again over the April 30-May 1 weekend to compete in marathons. Among the top finishers included **Erik Waldorff**, 32, of Dallas and **Oscar Casanova Perches**, 22, of Denton at the **Lincoln (Neb.) Marathon** on May 1. Waldorff ran a 2:44:19 to placed ninth overall among the 1,657 finishers and third in his age division. Perches finished in 3:12:54. At the **Country Music Marathon** in Nashville, Tenn., on April 30, **Michael Horton** of Coppell ran a 3:35:02 to finish 248th overall among the 4,082 finishers. At the **OC Marathon in Newport Beach**, Cal. on May 1, **Ryan Wenos**, 33, of Dallas ran a 3:02:13 and **Amy Gray**, 30, of Flower Mound had a 3:37:30, both Boston Marathon qualifying times. At the **Big Sur Marathon** in Carmel, Calif., **Trey Bryant**, 42 of Dallas finished in 3:09:14 and **Richard Humphrey**, 58, of Keller came in at 3:34:32. **Christ Kraft**, 40, of Dallas posted a 3:04:10 to finish 31st among the 1,192 finishers at the **Cox Sports Providence (R.I.) Marathon** on May 1 and **Monte Dobson**, 45, of Fort Worth ran a 3:30:52, both BQs. At the **La Crosse (Wisc.) Fitness Festival** on May 1, **Scott Rand**, 44, of Arlington posted a 3:27:33. At the **Vancouver International Marathon** on May 1, **Robert Watling** of Dallas (3:07:12) and **Ajith Pai** of Dallas (3:09:31) bagged BQ times....Two local area runners placed high in the **Oklahoma City Marathon** on May 1. **Todd Reynolds** placed 14th overall among the 2,494 finishers and won the male 40-44 age division with a 3:02:50. **Maria Martinez** was the 10th female finisher and was 116th overall with a 3:29:09....Kenyan **Moninda Marube**, who is living in Arlington after moving from Minnesota, placed third in the **Knoxville Marathon** on April 3 with a 2:30....Colleyville resident **Suann Lundsberg**, 35, finished the **Martian Marathon** in Dearborn, Minn., on April 2 in 4:00:06....A youth running club near central Dallas is needing a coach to add to its staff. The club is willing to pay for the services of the right person. Please note that they are looking for a coach and that non-coaching "club" duties would be expected of them. Please call 214-499-0595 for additional information.".... **Jack Gray**, 81, who was one of the top runners in the 60 and above age divisions until sidelined by injuries, made a return to a road race for the first time in three years at **Joe's Run 5K** on March 26. Although his time of 41:39.3 was far off his previous standards, Jack was just glad to be back among the crowd, though he often attends events to take pictures and visit....Here's one thing we don't have to worry about here: **The Big Sur Marathon**, scheduled May 1 in California, has had to reroute its course after a 60-foot section of Highway 1 fell into the Pacific Ocean on March 16.... **Kim Gray** of Arlington probably has logged more miles this year than Air Force One. Not sure that's an exaggeration. After coming off her **Cowtown Ultra** run of 4:44:31, she undertook her first stab at back-to-back marathons over the March 19-20 weekend. She also had finished the Little Rock Marathon on March 6 in 3:42:50. She ran the **Grasslands Trail Marathon** near Decatur on the 19th in 4:32 and then went to Ardmore, Okla., the next day to run the **A2A Arbuckles to Ardmore Race for Mercy** over a hilly and windy course. She finished in 4:22:25. She noted on Facebook that this might be her last marathon in Oklahoma, saying it was her fourth in the state and the wind always is blowing...hard. And those are just a few of her long treks this year. Among others who logged good times at A2A included **Dave Emerson** of Coppell, who placed second in the 50-54 age division with a 3:22:37, **Peter Michael Seidel** of Dallas, who won the 35-39 division with a 3:30:36; **Bobby Howe** of McKinney, who also won his age (40-44) division with a 3:34:39; and **James Reed** of Fort Worth, a second-place finisher in the 35-39 division with a 3:46:00....At the **City of Los Angeles Marathon** on March 20, **Beau Fenske**, 38, of Flower Mound, and **Mike Meza**, 36, of Aledo were among the first 1,000 of 19,626 finishers. Fenske ran a 3:15:59 and Meza a 3:31:31....**Cameron Bryan**, 42, of Southlake ran a 3:07:43 to place 48th among 2,201 finishers at the **Georgia Marathon** in Atlanta on March 20. **Bill Berenson**, 56, of Fort Worth completed his 29th marathon in a different state in

his quest to run the 26.2-mile distance in all 50 states. He followed his previous PR with another one at the **Tobacco Road Marthon** in Cary, N.C., with a 3:28:12. It also was his 18th consecutive Boston qualifying time. Also at the event from the DFW area included **Philip Hodge**, 45, of Little Elm, who was third in his age division with a 3:18:59, and **Luke Szymanski**, 22, of Plano with a 3:33:18.... **Justin Bell** of Lewisville and **Andrew Warden** were two from the D-FW area who beat four hours at the **Catalina Marathon** in California on March 12. Bell, 32, finished in 3:25:04 to win his age division and Warden, 38, finished in 3:59:23. There were 561 finishers in all....On March 13, **Margie Ann Starr Lawrence**, 55, of Plano, won her age division at the **Lower Potomac River Marathon** in Piney Point, Maryland, with a 3:44:31.....**Thomas Okazaki** of Southlake finished his 120th marathon on March 6 at the **Little Rock Marathon** in 4:06:24. Okazaki also was one of the finishers at **The Cowtown** on Feb. 27. **Kim Gray** of Arlington followed Cowtown by running at Little Rock and finishing in 3:42:50....At the **Napa Valley Marathon** in California on March 6, **Mark Spurlock** of Southlake ran a 3:41:46 and **Ryan Watson** of Allen finished in 3:49:56...**Heidi Swartz**, Executive Director of **The Cowtown**, said thousands of e-mails have been received after the Feb. 26-27 event at the new venue at Will Rogers Memorial Center and all have been positive. "And we answer every one of them," she said. But it's a long process. "If I have 1,300 e-mails and after I've answered 200 or 300, there are that many more that come in."....

The **Fort Worth Runners Club** had its post-Cowtown awards party on Tuesday (March 1) night at The Cowtown offices. Winning male and female runners of the year awards were **Jose Loyola** and **Maria Martinez**. Most improved runners were **Daisy Martinez** and **John Ross**. Volunteers of the year were **Adrian Wang** and **Robert Hernandez**. Sponsor of the year was **Path To Wellness Chiropractic**, an advertiser on this website, too. In fact, after a marathon or ultra, it might be a good place to go. **Dr. Lauren Roberson** offers a discount for those who mention you saw the ad on this website....Galveston brought back its **Mardi Gras Marathon** on Feb. 20 for the first time since 1990 and **Christopher Jackson** of Dallas won with a 2:46:37.7....Besides **Todd Bramlett** of Stephenville finishing 10th at the **Austin Marathon** on Feb. 20 with a 2:44:15, several other area runners placed among the top among the 4,786 finishers. **Will Whitehill**, 20, of Coppell was the 33rd finisher with a 2:57:44; **Jerod Honrath**, 37, of Dallas was 40th with a 2:59:28; **Garrett Underdown**, 35, of Mansfield placed 47th with a 3:01:30; **Ingrid Schwendinger**, 33, of Flower Mound was the 97th overall, sixth overall female and first in her age division with a 3:11:21; **Peter Beauvais**, 49, of Desoto was 104th with a 3:11:56 and was followed by **Tracy Gruman**, 33, of Grapevine with a 3:12:13; **Rob Acton**, 38, of Allen with a 3:19:50; **Dave Emerson**, 52, of Coppell had a 3:27:59; **Taylor Collins**, 28, of Denton had a 3:28:19; **Vanessa Kelley**, 29, of Keller came in at 3:29:06; **Richard Stock**, 23, of Dallas had a 3:29:12; **Brian Wellman**, 24, of Dallas finished with a 3:29:34; **James Reed**, 37, of Fort Worth finished in 3:29:43; **Richard Hill**, 24, of Dallas posted a 3:30:16; **Bruno Morland**, 20, of Plano came in at 3:30:33 and was followed by **Brian Smith**, 23, of Fort Worth with a 3:30:48; **Adrian Long**, 23, of Alvarado had a 3:31:40; **Roberto Hernandez**, 34, of Fort Worth had a 3:33:52; **Patrick Hunt**, 19, of Plano came in at 3:34:20; and **Adam Hennessey**, 31, of Fort Worth was the 399th finisher with a 3:34:31....**Philip Hodge**, 44, of Little Elm went to Apache Junction, Ariz., and ran the **Lost Dutchman Marathon** on Feb. 20 and was 39th among the 547 finishers with a 3:18:35....The **New Orleans Mardi Gras Marathon** on Feb. 13 attracted several D-FW area runners. Leading the way was **Wayne Nielsen** of Fort Worth, posting a 3:10:19 to finish 109th overall among the 3,140 finishers. Others included **Jim Batson** of Fort Worth (3:22:55); **Anthony White** of Granbury (3:26:45); **Seth Reynolds** of Denton (3:26:53); **Jenna Donovan** of Dallas (3:39:12); **Steve Isbell** of Colleyville (3:39:17); **Andy Van** of Fort Worth (3:43:36); **Lori Thornton** of Frisco (3:47:52); **Danny Williams** of Celina (3:48:22); and **Kim Gray** of Arlington (3:49:01)....**Benson Osoro** of Dallas finished 10th overall and second in his 30-34 age division at **The National Marathon to Finish Breast Cancer** in Jacksonville Beach, Fla., on Feb. 13 with a 2:30:02. There were 1,602 finishers...At the **Sedona (Ariz.) Marathon** on Feb. 12, **Doug Sweet III** of Carrollton was among the 163 finishers with a 4:36:21....**Wendy Ulrich**, 40, of Anna, female winner of the Plano Pacers Fresh Start 10K on Jan. 29, finished 117th among the 2,435 who completed the **Surf City Marathon** in Huntington Beach, Calif., on Feb. 6. She ran a 3:18:23 to take second in her age division. Other top D-FW area finishers included **Alison Miller**, 31, of Fort Worth, whose 3:21:08 won first in her age division; **Rachel Formolo**, 23, of Dallas (3:40:59) and **Jeff Stenler**, 45, of Irving (3:49:58). There are several cancer



Jose Loyola



Maria Martinez

survivors who have discovered running as a way to help combat the return of the disease, including **Teddy Viator**. He was diagnosed with prostate cancer in 2007 and has changed his life since then. He has become a runner and has changed his diet. Now, he writes about his experiences on his [blog](#). Might check it out and become even more inspired about running. Several D-FW area runners competed in the **Houston Marathon** on Jan. 30, and **Megan Skeels** of Fort Worth led the way by finishing 21st among the 6,903 finishers with a 2:52:25. She also placed second in her 35-39 age division. Not too far behind was **Todd Reynolds** of Benbrook with a 2:57:09, good for 86th overall. Among others were: **Nick Polito**, Dallas, 3:00:11; **Peter Smith**, Frisco, 3:02:48; **Peter Beauvais**, Desoto, 3:05:40; **Thomas Rodgers**, Arlington, 3:07:09; **David Dillard**, Keller, 3:07:29; **Gary Marlow**, Sherman, 3:09:29; **Hector Delgado**, Plano, 3:12:17; **Cameron Bryan**, Southlake, 3:12:59; **Jason Couch**, Southlake, 3:13:48; **James Reed**, Fort Worth, 3:18:45; **Jay Cutcher**, Dallas, 3:19:07; **David Ball**, Grapevine, 3:23:28; **Robert Howe**, McKinney, 3:24:47; **Mark Kreuzer**, Dallas, 3:27:44; and **Chris Stewart**, Arlington, 3:28:21....In Waco, on the same Jan. 30th morning, several D-FW participated. **Debbie James** of Allen won her second consecutive female title with a 3:33:34, and **Maria Martinez** of Fort Worth was the third overall female with a 3:39:53. Among other top area finishers among the 181 overall finishers were **Greg Takacs**, 3:21:49; **Richard Humphrey**, 3:48:53 and **Larry Lichnovsky**, 3:49:51....And there were a few who ventured to the **Miami Marathon** on Jan. 30, including **John Carlo** of Dallas and **Todd Hiller** of Dallas. Carlo ran a 3:27:46 and was 325th among the 3,484 finishers, and Hiller finished in 3:29:42 to place 386th....On Jan. 22, **Joshua White** of Flower Mound won the **Wee Chi Tah Trail Marathon** in Wichita Falls with a 3:57:50. **Ted Ricci** of Fort Worth finished third with a 4:17:23.3. In half, **Kelly (K2) Richards** of Grapevine was the third overall female with a 1:55:45.... The **Neuroblastoma Walk For A Cure** has added a **5K run** for the April 2 race that will be on the Trinity Trails near the Acme Brick Headquarters on Bryant Irving Road. The event had 600 walkers last year....Several D-FW runners participated in the P.F. Chang's **Rock 'n' Roll Arizona Marathon** on Jan. 16. Top finisher from the area was **Eric Senseman**, 21, of Fort Worth with a 2:59:50. He was 115th among the 5,062 finishers. **Vanessa Kelley**, 29, of Fort Worth, ran a 3:01:34 to finish second in her age division and she was 124th overall. Vanessa won the 20-mile race at the **Fort Worth Marathon** in November. Others included **Gary Anderson**, 49, of Fort Worth with a 3:05:28; **Chuck Weidner**, 47, of Arlington (3:14:13), **Martin Goins**, 45, of Weatherford (3:05:07) and **Robert Keichline**, 48, of Weatherford (3:41:34)....**Bill Berenson**, 56, of Fort Worth set a PR at the **Riverfront Race Festival Charleston Marathon** on Jan. 15 with a 3:30:53, good for second in his age division. He was 72nd among the 781 finishers. It also was the sixth time he has placed in his age division in eight marathons within the past 11 months....At the **Redding (Calif.) Marathon** on Jan. 16, **John Drzich**, 55, of Fort Worth took third in his age division with a 4:04:51...The **Metro PCS Dallas White Rock Marathon** has hired **Chris Packard** as its executive director. He and race director **Marcus Grunewald** are the marathon's only paid employees...The Dallas Running Club's overall 2010 city champion was **Chris Crawford**. **Marylyn Patrick** took the race championship title, and **Tom Vaughn**, **Ken Ashby** and **Nelson Prater** tied for most volunteer points. Prater also earned the most training program volunteer points. DRC members earn points for participating and standings in races and for volunteering....What was to be the inaugural **Comerica Collin County Marathon** on March 6 won't happen. Event president **Jack Bick** told the Dallas Morning News' **Debbie Fetterman** that the police requirements for the marathon would have, made it financially and logistically impossible. The course would have gone through Allen and Plano....**Lewis George** scheduled a **Four Seasons Half Marathon Challenge**, which began with The Texas Half on Jan. 29. The other events in the challenge are the Big D (April 10) The Hottest Half (Aug. 14) and the Tyler Rose (Oct. 9) The four were to be run in succession

Those who finish will receive a large finisher medal with the challenge logo as well as a tech shirt with the logo showing that you have completed the challenge. See more information at www.mellew.com. If you intend to take the challenge, e-mail George at lewis.george@mellew.com to inform him you are taking the challenge and which event will be your first....The **St. Paddy's Dash Down Greenville** again will be awarding prize money at the March 12 race in Dallas. First-place male and females will earn \$150 each with \$100 and \$50 going to runners-up and third place finishers, respectively. There also is a \$250 bonus for the first male to beat 14:20 and the first female to beat 17:00....Some of the top area finishers in marathons across the country over the Jan. 8-9 weekend included **Jerod Honrath**, 36, of Dallas with a 2:56:49 at the **Mississippi Blues Marathon** in Jackson on Jan. 8. He placed second in his age division and 26th among the 665 finishers. Others in Mississippi included **Doug Waters**, 46 of Carrollton (3:32:17); **Michael Baker**, 55, of Fort Worth (3:54:48) and **Richard Humphrey**, 48, of Keller (3:52:20). At the **Disney World Marathon** in Orlando on Jan. 9, there were 13,512 finishers. Among them were **Jeffrey Peebles**, 46, of Southlake (3:36:58); **Leah Gottlich**, 24, of Rockwall (3:38:13); **Mike Meza**, 36, of Aledo (3:40:37); and **Adam Barth**, 42, of Highland Village (3:42:29). In Mobile, Ala., at the **First Light Marathon** on Jan. 9, among the 471 finishers were **Brian Edmison**, 35, of Carrollton (3:16:30) and **Serene Griffin**, 40, of Roanoke (3:22:50). They both won their age divisions. Then at the **Running From An Angel Marathon** in Boulder City, Nev., on Jan. 8, **Kevin Brosi**, 55, of Flower Mound finished in 4:43:11.

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