

2008 D-FW Running Notes

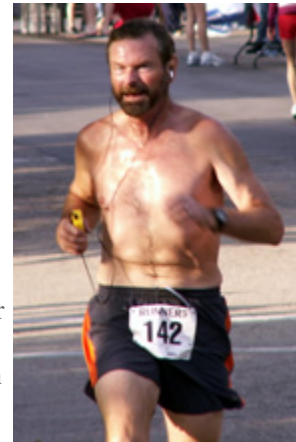
Once verified, **Larry Macon**, a lawyer from San Antonio, will own the Guinness world record of having run 105 marathons in a year. The former Dallas resident completed his record run at the **Dallas White Rock Marathon** on Dec. 14. Macon, 63, ran 93 last year when the record was 99....**Wally Manaugh**, 55, of Dallas ran a Boston-qualifying time of 3:09:58 at the **Sacramento Marathon** on Dec. 7 to finish 444th among the 5,198 finishers. The top female finisher from the D-FW area was **Lauren Gray**, 25, of Richardson. She ran a BQ-time of 3:24:22 to finish 903rd overall. It must have been a holiday in Austin because several of the Sacramento finishers were from there...At the **Las Vegas Marathon** on Dec. 7, **Trey Backes**, 30, was the top male D-FW finisher with a 3:18. He



finished 165th among the 3,517 finishers. Top female from D-FW was **Malgorzata Mirkowicz**, 49, of Plano who ran a BQ-time of 3:30:48 to finish 310th overall and place second in her age division....At the **Memphis Marathon** on Dec. 6, **Chris Kraft**, 37, of Dallas ran a BQ-time of 3:03:04 to finish 87th among the 2,210 finishers....**Jeff Dorrill**, 47, of Dallas was the top D-FW finisher at the **Tucson Marathon** on Dec. 7 with a BQ-time of 3:25 to finish 151st of the 1,001 finishers. Also, **Debbie Laude**, 28, of Plano ran a BQ-time of 3:32:58, and **Katie Rhodes**, 25, of Addison ran a BQ-time of 3:37:41....At the **Tecumseh Trail Marathon** on Dec. 6 at Bloomington, Ill., **Clay Scheitzach** of Dallas ran a 4:52:57 to finish 154th among the 486 finishers....**Ben Morgan**, 26, of Dallas competed in the **Philadelphia Marathon** on Nov. 23 and finished 40th among the 7,230 finishers with a Boston qualifying run of 2:49:59....**Ken Hall** of Colleyville was the top finisher among D-FW entrants at the **Rock 'N Roll San Antonio Marathon** on Nov. 16. Hall, 44, ran a 2:52:12 to finish 42nd among the 7,525 finishers. Also, **Michael Held** of Dallas was 75th with a 2:59:42, followed by **Tony Pruett** of North Richland Hills with a 2:59:46. Top females were **Ashleigh McAuliffe** of Sanger (3:18:07), **Laura Wilk** of Plano (3:28:08), and **Ann Futch** of Fort Worth (3:53:47). In the half, **Melisa Christian** of Dallas was second female with a 1:15:13, but was the first Texan and won \$1,000 in the Texas Challenge. **Becky Angeles** of Nevada was fifth with a 1:22:03. **Craig Ottman** of Dallas was the top local male, finishing 14th with a 1:13:22. In Tulsa, at the **Route 66 Marathon** on Nov. 16, top male finisher from D-FW was **Squire Lawrence** of Dallas with a 3:26. He was 76th among the 1,003 finishers. Top female was **Kristine Hinojos** of Keller with a 3:36:15....Left over notes from the **DRC Half**: Women's winner **Rose Kosgei** ran a 4: 25.15 last year at the **Lancaster Avenue Mile** in Fort Worth to win the women's division. The race was the day before the DRC Half, where Rose won the women's title on Nov. 2 for the second consecutive year. She, besides winning \$3,000 at the Tulsa 15K the week before this year's DRC Half, also had set a mile PR on Sept. 21 when she ran a 4:23.9 at the **Continental Airlines Fifth Avenue Mile** in New York City. Kosgei said she might return for the White Rock Half in December. She was the second female last year...While some runners in the area might not have recognized the name of **Debra Tapia**, the fourth-place woman at the DRC Half, it's because she usually registers as **Debbie Arzola**. Her full name is Debbie (or Debra) Tapia Arzola. Because she hadn't been training for a half, she left off her last name just in case she bombed. She had planned to use the run as more of a training session, but was pushed harder than she had planned as **Lisa Cron** of Irving and **Melissa Cook** of Flower Mound were clipping off mileage about 20 seconds faster than Debbie had wanted to run. None was expected to catch leader Kosgei, but there was some decent cash on the table for the next four finishers and they were fighting for their share of that purse. Unfortunately, Debbie began feeling badly and struggled to finish behind Cron and Cook. She was sick afterward and taken to a hospital, where her blood sugar registered 317, according to her husband **Troy James**. That reading would reflect a diabetic condition. However, another reading later on showed her blood sugar had dropped to 81. Troy said Debbie felt fine Monday and was up and about.... **Jim Nugent** was one of the volunteers at the **DRC Half** and is one of the training partners with **Ed Jackson**, who turned 79 in January. Nugent said Jackson is planning to run a marathon when he turns 80, and Nugent has no doubt the determined Jackson will do it. For one thing, they let no obstacles stop their training runs. During a recent outing at White Rock Lake, where there is construction blocking some trails, they climbed over obstacles rather than go around....**Marcus Grunewald**, director of the **White Rock Marathon** and a helper at the DRC Half, said there was a

run of 1,000 entrants on Oct. 31, the last day for the cheaper fees. It was a record single-day number, except for what has been registered at the Expo....Besides **Claude Hicks Jr.** finishing his 100th marathon and 50th-state quest at Louisville, Ky., several other D-FW area runners spread out to compete in other marathons and at Louisville. **Jack A. Becker**, 62 of Dallas finished Louisville with a Boston-qualifying time of 3:33:27. At the **Marine Corps Marathon** on Oct. 26, **Jeff Bennett**, 41, of Carrollton was the top area finisher with a Boston qualifying time of 3:03:54, which was good enough for 207th place among the 18,219 finishers. **Suzanne St Clair**, 33, of Fort Worth was the top area female finisher in 3:43:58. Among other area finishers at the race in Washington D.C. was **Bill Berenson**, 53, of Fort Worth. He ran a Boston-qualifying 3:39:05 and said it was the fourth time in 10 marathons that he has placed in the top 10 percent. Not bad, considering he didn't begin running until he was 50 and already has participated in marathons in nine different states....On Oct. 19, **Steve Isbell**, 39, of Colleyville ran a 3:44:28 to finish 74th among the 271 finishers at the **Wichita Marathon**. At the **Detroit Free Press International Marathon**, **Steven Money**, 36, of Fort Worth ran a BQ (Boston qualifier) of 3:08:51 and was 139th of 3,515 finishers. Also at Detroit, **Steven Henderson**, 45, of Dallas ran a BQ 3:09:51 and was 165th, and **Chelsey Hughes**, 22, of Irving ran a 3:48:01. At the **Denver Marathon**, **Richard Sullivan**, 28, of Dallas ran a BQ 3:10:58 and was 67th among the 1,717 finishers. Also at Denver, **Tim Harendt**, 26 of Irving ran a 3:35:49, and **Carlos Garcia**, 43, of Fort Worth ran a 3:41:03. At the **Columbus Marathon**, where 3,869 finished, **Mike Paley** of McKinney was the top area finisher in 3:18:13. At marathons on Oct. 18, **Jared Mann**, 24, of Grapevine ran a BQ 2:47:24 and placed eighth among the 1,134 finishers at the Indianapolis Marathon. He also placed second in his age division. At the **Breakers Marathon** in Newport, R.I., where 610 finished, **Philip Hodge**, 42 of Addison ran a BQ 3:18:27 and was 34th, and then at the **Marathon 2 Marathon** at Marathon, Tx., **Gary Sult**, 43, of Stephenville finished seventh with a 3:54:28 and **Maria Burchard**, 40 of Lake Dallas was eighth in 3:56:56. Eight of the 49 finishers were from Stephenville....Several Dallas-Fort Worth area runners were among the 635 Texas who finished the **Bank of America Chicago Marathon** on Oct. 12. Several came back disappointed. **Kim Gray** of Arlington was one of them. Gray, who competes regularly in area road races, had hoped to run at least a 3:30 to qualify for Boston. However, she said the heat (it reached in the mid 80s) caused her to cramp ``in places I've never cramped," and she finished in 3:56:11. ``Several of us had trained for this and we trained in the heat," she said. But she said the second half of Chicago was in the sun and the heat took its toll. Among the best showings from D-FW runners included **Robert Garcia** of Dallas (2:57:44) and **Christian Henkel** of Carrollton (3:10:52).....**Keith Pierce** of Krum, who has won the past two **Cowtown Marathons**, placed second at the **Steamtown Marathon** in Scranton, Pa., on Oct. 12 with a 2:23:07. Pierce won The Cowtown with times of 2:30:24 and 2:34:42, respectively...**Jim Engstrom** is a tough runner and one of the best in the area in the 65-69 age division. He learned much of his toughness on the wrestling mats. Besides wrestling competitively, he also coached the sport and has been officiating for several years. Engstrom's feats has earned him a selection to the National Wrestling Hall of Fame, Texas Chapter. Engstrom is among the 2008 honorees, who include **Larry Karl**, **Pete Grieder**, **Henry Harmony**, **Bob Maughan** and **Mike McQueen**. They were honored at the Hall of Fame Day banquet on Nov. 9, 2008, at The Gateway Center at the University of North Texas in Denton. The reception will begin at 1:15 p.m. with the dinner starting at 2:15 p.m. They are being honored to recognize them for their years of commitment as positive role models to student athletes. They will be permanently recognized at the National Wrestling Hall of Fame and Museum in Stillwater, Okla.....A couple of D-FW area runners earned Boston qualifying times at the **Air Force Marathon** on Sept. 20 in Dayton, Ohio. **Chuck Weidner**, 45 of Arlington ran a 3:07:58 to finish 46th among the 1,798 finishers, and **Cecil Cooper**, 46, of Fort Worth finished in 3:27:48 to come in 144th. Three other high finishers included **Gregory Bastian**, 46, of Aledo (4:00:36), **Jordan Lynch**, 29, of Fort Worth (4:02:40), and **Melissa Rowe**, 35, of Flower Mound (4:17:28)....**The Cowtown** has selected **Albert O-Yurvati**, DO, as Medical Director for the Fort Worth marathon and affiliated races scheduled Feb. 28, 2009. Yurvati, a board-certified cardiovascular surgeon, is the chief of the department of surgery at the University of North Texas Health Science Center, the title sponsor of the event. Although not a runner, Yurvati has served previously as the medical director of the American Heart Walk and is active in body-builder competitions and fitness demonstrations.... **Red Spicer**, the

longtime race director of the **Palo Duro Trail Run**, died Aug. 22 in Amarillo. He was 76. The Amarillo resident, who had lived in Amarillo since 1960, had quite a reputation and was about as close to being a legend as one can be. He was, during his adventurous life, a bootlegger, military policeman, storyteller, owner of a pest control service, poet, practical jokester and a diehard Cowboys fan, among other things. He was known for his wry humor and sayings, such as "I hammered down the trail, passing rocks and trees like they were standing still." His philosophy is summed up on a plaque that friends Bill and Wynn Ross presented him: "Life is a headlong rush into the unknown. We can hunker down and hope nothing hits us or we can stand tall, lean into the wind and say, 'Bring it on, darlin', and don't be stingy with the jalapeños.'" ...**Melisa Christian** of Dallas was first among the women at the Nike+ Human Race 10K in Austin on Aug. 31. Despite a 6:30 p.m. start, the temperature was in the low 90s, but she still finished in 37:35 over a hilly course. She said afterward that "It was a really tough race, but I do like challenging courses. It was a big surprise to come in first." Men's winner **Bernard Manirakiza**, originally from Burundi, Africa, won in 31:51. Dallas runners **Ernesto Caballero** (34:56) and **William Moore** (35:24) finished seventh and eighth. Seven-time Tour de France winner **Lance Armstrong** finished sixth in 34:54. Twenty-five cities participated in the Human Race and an estimated 750,000 registered. Austin had 13,758. ... **Scott McKissick**, a longtime local runner along with his wife **Francis**, moves into a new age division on Wednesday (Aug. 20) when he turns 60. After Sunday's (Aug. 17) Fort Worth Runners Club Watermelon Relay, a birthday party was planned for Scott (shown at right at the 2007 BG Squirrel Run in Fort Worth) at a friend's house and approximately of his friends showed up to help celebrate his birthday. Scott is hoping that one of his presents will be relief from a painful sciatic nerve problem that's been bothering him for a while.... Two Fort Worth runners competed in the **Paavo Nurmi Marathon** in Aug. 9 in Hurley, Wis., and **Andrew Readinger**, 24, ran a 3:57:51 to finish 102nd among the 250 finishers, and **Ed Kopiak**, 66, ran a 4:18 to finish 156th. By the way, the old **Mid-Cities Running Club** had one of its races named after the former great Finnish runner.... **Claude Hicks Jr.**, of Wautaga, finished his 100th marathon when he completed the **Kilauea Volcano Marathon** on July 26. The route had to be changed somewhat because the volcano was spewing sulfur and other toxins. He finished in 4:37:36. He didn't begin running until 2004. Next up for Hicks is to complete a marathon in all 50 states, which he hopes to do in October at the **Louisville Marathon**.... The **Cowboy Capital** in Stephenville on Saturday (July 26) might be one of the runs being affected by higher gas prices. Participation was down by about 20 runners from last year. But for the winners, it was worth the trip as the overall male and female won \$100 each and each was awarded a Serrentelli Cowboys hat. Even though about 115 (about 25 no-shows) ran the 5K, the winning times were speedy as **Debbie Arzola** won the women's division in 18:06.28, and **Stephen Ariga** won the men's division in 15:38.19.... Texas residents can enter the Texas Showdown at the inaugural **Rock 'n' Roll San Antonio Marathon and Half Marathon** on Nov. 16 and race for a \$2,000 first-place prize for the men and women. To read about details, [go to the website](#).... **Steve Hudgens**, 52, a cardiac surgeon from Fort Worth finished the **Badwater Ultramarathon** (July 14-16) in 46 hours, 40 minutes and 42 seconds... About 400 paid their respects for **Bronda Starling**, a well-known triathlete, on July 14. She died on July 8 after a battle with melanoma.... In the half, the top prize is \$1,000. On June 21, a few D-FW runners traveled to some far reaches of the U.S. by competing in the **Mayor's Marathon** in Anchorage, Alaska. **Sonya Garcia**, 27, of Arlington finished as the 95th woman of 710 with her 4:11:37. The time was good for 312th place among the 1,282 finishers. By the way, this was one of the few marathons that had more women finishers (710) than men (572). Also, **Stan Frazier**, 44, of Arlington ran a 4:23:25 to finish 405th overall and 270 among the men... **Jack Gray**, veteran runner at D-FW races, said his racing career might be at an end because of a left knee that refuses to rehab. After surgery to repair a torn meniscus and ALC, Jack said the knee has never healed. His last race was the **Cowtown 5K** in February. Jack said he can run about a mile and then do another with a walk and run. But that's about it. Gray was virtually unbeatable after he turned 60 and had the fastest time at D-FW road races in 2007-08 in the



75-79 age division with a 25:09.....A couple of road-race veterans, who have been missing in action recently because of injuries, returned to the roads on Saturday, June 7, at the Colleyville Lions Club xSIGHTment 5K. **Ronnie Fellers** had missed about three weeks with a sore back. Though he was somewhat happy with his time, he still won his 55-59 age division in 20:50.4. **Frank McGinty**, a former president of the Fort Worth Runners Club, has been out of commission for almost a year because of various injuries. He said he would be lucky to beat 36 minutes, but came in with a 31:14.4 to finish second in the 65-69 age division....More D-FW area runners packed their bags for out-of-state marathons over the May 31-June 1 weekend. Some of the better finishes included **John Sohel, 52**, of Fort Worth. He competed in the **Sunburst Marathon** in South Bend, Ind., on May 31 and ran a 3:58:57 to place 175th among the 465 finishers.....At the **Rock 'n' Roll Marathon** in San Diego on June 1, **Kenneth Parisi** of McKinney ran a 3:15:17 to finish 272nd among the 16,373 finishers; **Suzi Tuner**, 38, of Allen ran a 3:35:18 to place 838, and **Amanda Williams**, 26, of Addison ran a 3:37:07....**Jon Bjarnason** of Lewisville ran a 3:55:10 at the **Newport Marathon** in Newport, Ore., on May 31 to finish 284th among the 640 finishers, and at the **Steamboat Marathon** in Colorado on June 1, **Steven McDonald**, 41, ran a 4:12:12 for a 133rd finish among the 315 finishers....**Benson Osoro** of Dallas finished 12th and second in the men's 20-24 age division in the **Green Bay Marathon** on May 18. He ran a Boston-qualifying 2:43:38 in the event that had 1,523 finishers. Also, **Richard Newman** of Plano was 135th with a 3:17:33. Also logging a Boston qualifying time was **Markie Nathan** of Sherman. Markie, in the women's 50-54 age division, ran a 4:07:17....In the **Sugarloaf/USA Marathon** in Eustis, ME, **Claude Hicks** of Fort Worth ran a 3:53:55 to finish 17th in the 45-49 age division...The **Dallas White Rock Marathon** no longer has Wellstone as its title sponsor. So, the name for the Dec. 14 event is the Dallas White Rock Marathon presented by NexBank. There was no announcement, but expect one when/if another title sponsor is secured....Almost 2,000 runners/walkers were timed Thursday night (May 15) at the **Michelob Ultra Katy Trail 5K** in Dallas. **Agustin Hernandez**, 35, of Irving won the men's race in 16:04.80 and **Becky Angeles**, 31, of Nevada, Tx., won the women's title in 18:17.30. This was the next-to-last race in the Crosson Dannis series. The final race and tiebreaker was the **Heartbeat 5K** in Dallas on Saturday (May 17)....Several D-FW area runners traveled to several out-of-state marathons over the May 3-4 weekend, and some came back with Boston qualifying times. At the **Flying Pig Marathon** in Cincinnati on May 4, **Leanna Jones**, 37, of Frisco ran a 3:45:03, a BQ time for her age. Among others who were at the Flying Pig included former Lake Grapevine Runners & Walkers president **K2 Richards**, 39, of Grapevine with a 3:56:39; **James Tchoukaleff**, 37, of Dallas with a 3:27:02; **Don Pratt**, 52, of Dallas with a 3:45:03; and **Jun Liu**, 39, of Dallas, 3:45:34. **Kate Gabriele**, 52, of Dallas went to the **Vancouver International Marathon** on May 4 to qualify for Boston with a 3:49:52. She also was second in her age division. At the **Long Island Marathon** in East Meadows, **Douglas Jones** of Dallas ran a 3:05:38 to finish 16th and second in the 20-24 age division. **Jim Mayo**, 58, of Coppell also ran a BQ at the **Shiprock Marathon** in New Mexico on May 3 with a 3:41:18. Although **Karl Fescenmeyer**, 54 of Fort Worth didn't qualify for Boston, he traveled to Rhode Island and ran a 4:16:22 at the **Cox Sports Providence Marathon**....**Debra Arzola**, winner of the **Mayfest 10K** on May 3, took third among 452 women at the **Kentucky Derby Festival Marathon** on April 26 in Louisville, KY. She ran a 2:54:13. Also, **Patricia Vargas**, 35, of Ennis, who won the Texas Challenge at the **Uptown Run** in April, finished sixth among the women with a 3:07:47. **Margie Starr Lawrence** and **Pamelo Poe** of Dallas also finished high on the finishers' list. Poe ran a 3:38:56 to finish 26th among women, and Lawrence ran a 3:47:31 to finish 45th among women....Thousands of runners and walkers gathered in downtown Fort Worth on a near perfect Saturday morning (April 26) for the **Komen Fort Worth Race For The Cure**. Returning participants ran or walked a new course this year. Winning the men's 5K was **John Valentine**, a sophomore at Arlington Martin High School who was running in memory of his grandmother. He ran a 16:48.45. **James Michael** won the masters title in 18:30:65. In the women's race, **Heather Adams**, former Castleberry runner and now at Stephen F. Austin, won in 19:12.75. **Fiona Green**, who had a book-signing stop at Barnes & Nobles that afternoon, won the women's masters in 20:36.65....At the **Country Music Marathon** in Nashville on April 26, some of the top D-FW area's top performers among the 2,463 men and 1,910 women finishers included **John Perry**, 34, Dallas with a 3:22:45 for 191st place; **Stephanie Planz Saladino**,

34, of Dallas with a 3:49:36; **Stephanie Crews**, 28, of Dallas with a 3:57:55. At the **Big Sur International Marathon** in Carmel, Calif., **Jay Turnage**, 36, of Dallas ran a 3:51:20 to finish 450th among the 1,871 men finishers; **Nicole Borman**, 47, of Rowlett zipped to a 3:36:09 and was 230th overall, the 27th woman among 1,320 and was second in the 45-47 age division; and **Germaine Kropilak**, 47, of Dallas, with a 4:00:26, good for 152nd among women....**Andrew Cook**, winner of the RunOn! **Dallas Challenge** last Saturday, won the **Butterfly Boogie 10K** on Saturday, March 29, in Dallas with a 31:26.7. In the 10K, **Melissa Cook** won the women's 5K title in 16:45....In Dallas, **Clint Bell** of Dallas battled **Kiplimo Chemirmir** back and forth for about 2.5 miles before pulling away to win in 15:29 at the **ESA Cancer Awareness 5K** in Duncanville on Saturday (April 19). He came back Sunday (April 20) to run a more relaxed pace, but still won the men's title at the **Rise & Shine** in Dallas with a 17:48.25....The **Zoo Run Run** in Fort Worth on Saturday (April 19) reportedly had almost 5,000 participants. Some of the results, however, might not be accurate, according to competitors. For one thing, apparently there weren't enough chips and the first female to cross the finish line in the 10K was **Brett Fleming-Wood** rather than **Cora Turner** as was previously written here. However, Brett didn't have a chip and wasn't timed. Cora, who won the women's 10K title last year, said Brett was ahead of her and ran a sub-40 for the race. Cora was almost at 40-flat. Also, there have been questions about the 5K women's winner, who is listed as **Helen Brooks**, 45, with an unlikely 18:04.1 time. **M.A. Deavers** said that time well could be his, saying the group he finished with was at that time and there was no woman in the group. The results are in the process of being corrected, though because information was not filled out correctly on several forms, some participants' times might not be posted....**Ryan Kelly** of Vera Beach, Fla., won the **Big D Marathon** on April 6 in 2:38.39, **Kara Hopkins** of Wichita, Kan., won the women's title in 3:29:51. In the half marathon, **Scott Brunning** won in 1:21:04, and **Becky Angeles** won the women's title in 1:23:50. Brunning probably can thank **Kiplimo Chemirmir** for following the wrong course for his victory. The Kenyan had registered for the half, but race director **Lewis George** said Chemirmir was the only one to miss the signs and volunteers' directions and continued on in the marathon. He went through the half in 1:18:55.85 and was leading everyone. However, because he had taken the wrong turns, he had 13.1 miles to go and finished in 3:39:04 and in 36th place for the marathon....Attorney **Alison Semrau**, 31, and police officer **Jerod Honrath**, 34, have been chosen to represent Dallas at the 8th annual **Sendai International Half Marathon** on May 11 in Japan. Semrau and Honrath were selected by the Japan-America Society of Dallas/Fort Worth through an application process. Dallas and Sendai have been International Friendship Cities since 1997. The event promotes international friendship and exchange through sport....**Camille Riggins**, 32, of Grand Prairie finished 16th among the women at the **AT&T Austin Marathon** on Sunday (Feb. 17). Riggins, who won the **Lake Benbrook Half Marathon's** women's title in 1:29:48.5 in January, posted a personal-best 3:05:36. She was 127th overall. **Craig Ottman**, 25, of Keller ran a 2:38:49, which was good for 18th overall. In the men's race, **Jacob Frey**, 26, won in a closely contested finish in 2:20:38. Just steps behind were **Mike Sayenko** in 2:20:42 and **Joseph Mutinda** in 2:20:43. In the women's race, **Lucy Hassell** won the women's title by more than seven minutes with a 2:36:26. Other top finishers among Dallas-Fort Worth runners included **Charles Slick**, 22, of Dallas, with a 2:45:18, good for 35th overall and third in his age division; **Ken Hall**, 44, of Colleyville, with a 2:48:08, good for 42nd overall and second in his age division; **Chris Crawford**, 46, of Dallas, with a 2:57:07, for 76th overall; **Ben Morgan**, 25, of Dallas, with a 2:54:30 and 61st overall; **John Schmidt**, 39, of Plano, with a 3:01:48 and 105th overall; and **Jeff Bennett**, 40, of Carrollton with a 3:02:05 and 108th overall. Note: All D-FW times are chip times.... **Jody Hawkins** of Frisco won the women's masters 8K title on Saturday (Feb. 16) at the **USA Cross Country Championships** in San Diego on Feb. 16 with a 29:06. In the men's open division, **Andrew Cook** of Flower Mound finished 85th of the 162 finishers with a 39:30, and **Clint Bell** of Dallas finished 116th with a 41:08. **Dathan Ritzenhein** of Eugene, Ore., won the men's race in 35:03. **Shalan Flanagan** won the women's open 8K race with a 25:26. **Sean Wade** of Houston won the men's masters with a 25:15. The top nine in the open divisions qualified for the **World Cross Country Championships** in Edinburgh, Scotland, on March 30....**Fiona Green** is not the only running author in the D-FW area (see above). **Dallas Running Club** member **Tony Reed** also has had a book -- *Running Shoes Are Cheaper Than Insulin: Marathon Adventured On All Seven Continents*. The book is about his

experiences from running over 90 marathons on all seven continents. It can be ordered from Amazon.com or he's offering a discount to DRC members. Visit the [DRC website](#) to see more details....Among some of the top finishers in out-of-state marathons over the Feb. 16-17 weekend, **Mark Swanson**, 46, of Arlington almost finished in the top 500 among the 1,686 finishers at the **Myrtle Beach Marathon** on Feb. 16 with a 3:54:24. At the **26.2 with Donna: The National Marathon to Fight Breast Cancer** in Jacksonville Beach, Fla., on Feb. 17, **Laurie Weeks**, 43, of Frisco ran a 4:27:08 and was 358th among the 1,679 finishers; **Anthony Reed**, 52, of Dallas was 320th of 332 finishers with a 5:53:48 at the **Lost Dutchman Marathon** in Apache Junction, Ariz., of Feb. 17; and **George Mones**, 59, of Mesquite was 85th among the 176 finishers at the **Washington Birthday Marathon** in Greenbelt, MD., on Feb. 17....**Holley Sweeney**, 25, of Fort Worth, recorded a Boston Marathon qualifying time at the **Mercedes Marathon** in Birmingham, Ala., on Feb. 10 by running a 3:04:08. The effort was good enough for a third place finish among the 252 women finishers. Also, **Ginger Trimble**, 51, of Fort Worth, was there and finished in 4:48:44....**Kyle Wills**, 32, of Rowlett was 123rd among 980 finishers at the **Bank of America Marathon** in Tampa, Fla., on Feb. 10 with a 3:27:44....At the **Surfside Beach (Tx.) Marathon** on Feb. 9, **Germaine Kropiak**, 47, of Dallas ran a 4:03:32 to finish third among the women. Also there was **Claude Hicks Jr.**, 48, of Fort Worth (4:12:02). Also at Surfside, **Jonathan Johnson**, 28, of Dallas won the 20-29 age division in the half marathon with a 1:45:30.... What would have been the fifth annual **U.S. Secret Service 5K** at Las Colinas in Irving has had a name changed. The March 29 event is now the **Lisa Pritchard Memorial**, but still will be conducted by the Secret Service. Pritchard, a former agent, died after a bout with cancer. Proceeds from the race benefit the American Cancer Society....Three Dallas runners, **Ernesto Caballero**, **Yolando Hopping** and **William Moore**, placed in the top five in the masters division at the 3M Half Marathon and Relay in Austin on Jan. 27. Ernesto, 41, placed third in the men's masters with a 1:09:56 and William, 46, finished fifth with a 1:14:18.45. Yolanda, 45, ran a 1:28:04.95 to finish fourth among the women's masters...**Troy Pruett**, 47, of Richland Hills placed 10th overall at the **Callaway Gardens Marathon** in Pine Mountain, Ga., on Jan. 27 by running a 3:18:38. He placed third in his age division. Also among the 64 men and 48 women finishers was **George Milton**, 26, of Frisco. His 4:00:55 was good for 44th overall place and second place in his age division....**Sharla Foster** of Colleyville had a hot time on two cold mornings by winning three women's masters titles. On Saturday (Jan. 19) in Grapevine, she won the masters division in the **Bold in the Cold 15K** when temps were below 30 degrees F. Then on Sunday (Jan. 20), with the temperature again below 30 at the start, she won the masters title in the **Fort Worth Runners Club's Einstein Run 3-mile**, took a breather and came back to win the masters title in the 9-mile run. She ran a 1:14:57 in the 15K, then posted 22:00 in the 3-mile and 1:12:04 in the 9-mile....Top finisher from the area in the **Rock 'n' Roll Arizona Marathon** on Jan. 13 was **Kenneth Parisi**, 30, of McKinney with a 3:09:36 (chip time). Among the other top finishers from the DFW area included **Shigeharu Shimada**, 42, of Dallas (3:12:04); **Rodney Nance**, 35, Fort worth (3:17:51); **Kelly Farrell**, 39, Plano (3:42:00); **Michelle Pelzel**, 24, Plano, (3:43:52); **Denice Bynum**, 39, Fort Worth, 3:48:09; and **Maryann Odum**, 42, and **Debbie Johnston**, 43, both of Coppell (3:51:26). There were 6,453 finishers. At the **Disney World Marathon** in Orlando on Jan. 13, **Michael Smith**, 44, of Coppell was the top area finisher in 3:39:15. Others among the 12,951 finishers included **Kathie Nicknish**, 34, of Dallas (3:50:15), **Jessica Davis**, 25, of Euless (3:55:27....Did you notice the 5K overall winner at the **Snowman Shuffle** on Saturday (Jan. 12)? It was **Jody Hawkins**, who shows little signs of slowing at age 41. She ran a 17:28 to be first across the finish line at the White Rock Lake venue. The first male was **Jim Wade** with a 19:03....Some of the top times logged by DFW area runners at the Chevron Houston Marathon and Half Marathon on Jan. 13: marathon -- **Melissa Fisher Adami**, 26, Arlington, 2:41:41; **Andrew BitMansour**, 37, Dallas, 2:42:27; **Becky Angeles**, 30, Nevada, Tx., 2:49:13; **John Borders**, 46, Colleyville, 2:58:57; **William Ibrahim**, 48, Arlington, 2:59:27; **Roger Clifford**, 41, Plano, 2:59:37; **Lisa Cron**, 29, Irving, 3:00:52; **Phillip Dow**, 29, Irving, 3:08:16; **Dave Emerson**, 49, Coppell, 3:08:20; **Tim Olson**, 39, Fort Worth, 3:12:29; **Michelle McGoldrick**, 36, Dallas, 3:12:46; **Terry Dill**, 44, Plano, 3:13:06; and **Cameron Bryan**, 39, Southlake, 3:19:28. In the half marathon, **Andrew** and **Melissa Cook** posted fast times; Andrew, 26, a 1:06:35 to finish 22nd and Melissa, 28, a 1:13:54 to finish 64th overall and 14th female. Also, **Jim Bookout** of Dallas ran a 1:17:40; **Ben Morgan** of

Dallas ran a 1:22:40 and 15-year-old **Connor Adams** of Flower Mound finished in 1:25:27. And **Sheila Natho** of Dallas, as mentioned above, ran a 1:27:54 to place third in the masters division.... Results for the **Metroplex Half Marathon Challenge** have been posted on the **Dallas Running Club's** website. The winner of the challenge, which combined times from the **DRC Half** and the **Wellstone's White Rock Half Marathon**, is **Pedro Oretga** with a combined 2:35:37. **Sarah Griffin** is the first woman with a combined 3:01:55. See the results at www.dallasrunningclub.com....**Eric Newfarmer**, 42, of Fort Worth was the top D-FW area finisher at the **OC Marathon** in Newport Beach, Calif., on Jan. 6. He finished in 3:54:46 (3:54:24 chip time) and was 196th among the 1,040 men finishers....While some of us were shivering the past few days in late December as the temperature dropped into the 40s and below, **Fiona Green** of Keller and her husband headed to the warmer climes of Florida. She was there partly to compete in the Manatee River Run 5-Miler on Dec. 29, a race designated as the state championship while **Mirek** scouted the restaurants, looking especially for the perfect pancakes. Fiona placed seventh among the women and won her 40-44 age division with a 34:29.74. The post-race menu included pizza, bagels, meatballs, cookies and fruit. " You name it, they had it," Fiona said. She said Mirek found a quaint family restaurant to add to his list of favorite breakfast places. Since returning from Florida, Fiona has won overall women's titles at the **FWRC New Year's Day 4-Mile**, and in both the **Resolution 5K and 10K** in Addison....**Claude Hicks Jr.** of Fort Worth said he needs to finish marathons in Pennsylvania, Hawaii, Arkansas and Kentucky to complete his goal of running a marathon in 50 states. He said his goal is to run the 50th in Louisville, Ky., on Oct.19. He was going to make it his 100th, also, but he finished that feat on July 26th in Hawaii. It was an event that he was particularly looking forward to. He said the Volcano Marathon is described as the world's toughest measured marathons. To cap 2007, he ran his first ultra, a 50-miler in Florida -- the Star-Lite Luna Trail Run, on Dec. 30. He finished in a respectable 12:02, and rested from that feat for all of two days. Then on Jan. 1, he ran the **Texas Marathon** in Kingwood and finished in 4:26:04....Also at the Texas Marathon, **James Michael**, 45, of Fort Worth finished fifth overall with a 3:08:26, and **Chris Crawford**, 46, of Dallas was sixth with a 3:09:55. **Jennifer Blake**, 34, of Denton was the third woman finisher with a 3:36:15, and **Marian Severn**, 41, of Denton was sixth among the women with a 3:43:24. **Jon Walk**, who writes for *Inside Texas Running*, said Jennifer qualified for the Boston Marathon and probably set a PR. He said she also was cheering on other runners while zipping to the finish. Finishing right behind Severn as the 31st overall finisher was **Bob Payne**, 43, of Carrollton with a 3:43:34. **Ed Kopyak**, 65, of Fort Worth placed second in the 65-69 age division with a 4:08:53. Other area finishers include **Karl Fescenmeyer**, 54, of Fort Worth (4:12:57), **Jay Teinert**, 45, of Bedford (4:19:54), **Angela Tortorice**, 40, of Dallas (5:14:42), and **Jill Dicks**, 26, and **Rhia Johnson**, 31, of Dallas (both 6:54:14). There were 245 finishers