

Hard to beat



Not only is Sarah Broyles one of the best women runners in the Metroplex, she sometimes can beat everyone at a road race. Broyles, of Dallas, won the Olivia's Miles 5K on Saturday (Oct. 7) to give her two overall victories in a month.

Broyles also won the Freedom Run 5K on Sept. 9. Her winning times are in the 18-minute range, but that's plenty fast enough when the faster men don't show up.

Broyles hit the Metroplex scene at the Dino Dash in May when she won the 10K. Broyles, who ran one year for Baylor, said she had begun serious training about a month and a half before after mainly just jogging for the past five years. She expected to become more competitive as her training progressed. No doubt, she has.

Course record wasn't expected

Because it was 1991 when the Trinity 5000 course record was set, probably only some of the Metroplex road-race veterans can recall who set it and the circumstances surrounding the race.

The record run was by Doug Hanson, at the time a recent graduate of North Dakota State who had just moved to Arlington. He introduced himself to the local running crowd quite spectacularly by not only running a 14-minute, 55-second record time over the 5K out-and-back course but also outraced James Jackson, a Lewisville resident at the time who was kicking most everyone's behind at area road races.

Jackson was running to help lift a mental burden that August night. He had recently come home from his police dispatcher job only to find his wife gone. Jackson said he had been married five years to his once-high school sweetheart and was devastated to find that she had left him. He said it was a shock because "I hadn't even suspected anything was wrong."

When he drove to Fort Worth to run the 5000, he wasn't expecting to be left behind again. But Hanson, who began training with Jackson after their initial meeting, surprised everyone by outkicking Jackson down the stretch. It wasn't long before Jackson atoned for the loss as he again became the man to meet at most races. In October, the two squared off again in another close duel, but Jackson won the St. Vincent's Chili Trot 10K in 30:37, 35 seconds ahead of Hanson. Hanson continued to look at Jackson's back in their future meetings, too.

And a footnote to the Chili Trot: Ricky Cox, director of the Trinity 5000, had to drop out after the first mile because of a recurring sore knee, the same knee that had caused him to drop out at mile 18 in the Cowtown Marathon that February.