

Who was chubby before running?

If you recognize the pictures, then you know who had some weight problems before they began running. And if you know Fiona Green, you no doubt are surprised she has had weight problems. She's now a wisp of a runner who has become one of the top masters competitors in the women's division. In fact, she just lost the Crosson Dannis series in the tie-breaker run May 20 at the HeartBeat 5K.



It's difficult to believe that Fiona, now 100 pounds at 5-foot, 3 or 4 inches (depends on how much she stretches), was once a hefty 130 pounds when attending college in her home town and country of Edinburgh, Scotland. She said she was eating everything in sight. When she decided to do something about the growing bulges, she took up running and has reaped the benefits. She found a sport she loves and a weight she likes.

Then there is Dennis Wade, 48, of Sherman. Nine years ago, Dennis was a chunky 212 pounds and a borderline diabetic. Then he dove into running after his doctor almost ordered him to lose 50 pounds "or else.". Dennis has discovered his niche, and has run everything from track sprints to ultra marathons. And he has lost about 60 pounds and "cured" his Type II diabetes. On May 20, he won the two-mile race at the Azle Lake Run in a speedy 11:40. Dennis said, at the suggestion of Frances McKissick (who just keeps on going just like the Eveready bunny), he has ended his marathon days and is concentrating on the shorter distances. He is just naturally fast at the shorter distances, as he showed at Azle. And it helps, he said, that he is not carrying as much extra baggage.

