

DO Dash, Home cooking

Anthony Lyssy helped reroute part of the DO Dash, so it seemed apropos that he would be battling friend and classmate Jeremy Warner for first place Saturday (Oct. 28) at the 5K course that started and finished at the University of North Texas Health Science Health Center in Fort Worth. One of



the main changes Lyssy made was making the course "tougher" by having participants climb a lengthy hill just about a tenth of a mile from the start. After quickly raising everyone's heart rate with that hill and another short one in the first mile, the course leveled off and went down much of the way until the final stretch, which went slightly up to the finish.

It also was apropos that Warner, Lyssy and the winning woman Lauren Gray

are med students at the UNT center. Lyssy and Warner often train together and were sticking close until Warner edged him near the finish after Lyssy had to correct his short turn to the finish and won with a 17:00.

This also was one of the few events that allowed runners/walkers to bring their dogs, and there were a half-dozen or so leashed canines pulling their owners to the finish. Because most of the dogs and owners were toward the back of the record DO field (about 300 had preregistered), no one had to worry about tripping over them.

Warner said he and Lyssy have been classmates for about a year and a half, and train together. "We just said we were going to go out and run together and see what happens." Neither are road-race regulars so they might not be familiar to regular runners. Warner, who played soccer in college, said this was his second or third road race since he has been a med student.

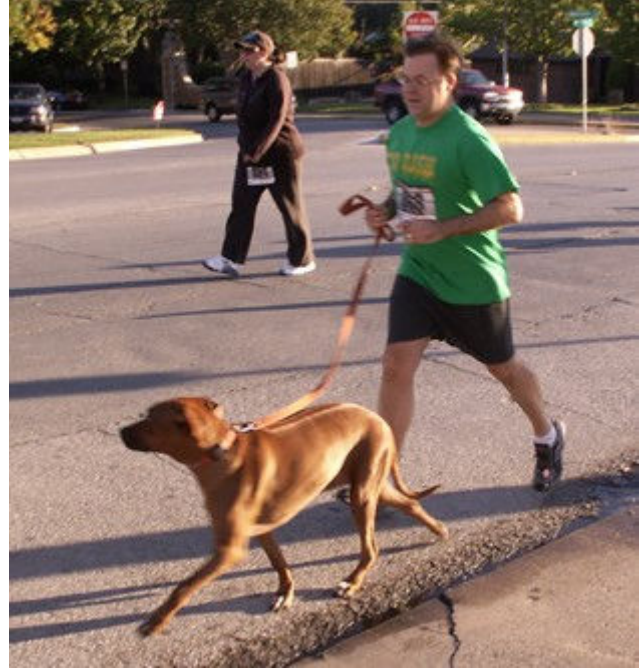
Lyssy said he was on this year's DO Dash planning committee and was in charge of changing the start so that it was tougher. "I kind of suffered from my own plans," he said with a laugh. "But it was good."

Gray, who ran while attending at Pepperdine, also doesn't compete in many road races so was pleased with her time. She said the course was tough at the beginning, but "the middle part leveled out." She finished in a 19:34.

*DO Dash had perfect morning for running
or walking the dog*



Winners Jeremy Warner and Lauren Gray.



Dog owners took advantage of the "dogs allowed" event.



Some who didn't have a dog to pull them along, were pushing instead.

Stan Jones and Lola were among participants



Who let the dogs out?



The DO Dash's Health Fair was set up and waiting for the runners to finish.