

Running friends taper recent mileage with a 15K

Story and Photo by Fiona Green



For many people the idea of running non-stop for 15 kilometers or 9 plus miles is just plain crazy. For friends Kim Gray (pictured on the right) and Ellie Alexander, however, who both ran the Dallas Running Club's Tal Morrison 15K Classic on March 1, it's their idea of tapering.

Two weeks ago, both ran the Austin Marathon, Ellie finishing in 3.58 and Kim in 4.15. The following week, with barely time for an ice-bath, they both ran the Cowtown Ultra. Kim completed the 50K course in 5.02 while Ellie finished in

5.15. This achievement is all the more impressive considering the fact that Ellie's first race was the Cowtown 5K a year ago.

Kim has been racing for five-six years and has what might be described as a mild addiction. Barely a weekend goes by without at least one race and, more often than not, she places in her age group. She ran her first marathon with Ellie last year (2007) and the pair have raced several marathons together since then.

At the Morrison 15K, Ellie's legs were decorated with some funky blue tape. She assured me it was not performance enhancing but helped to reduce pain from any swelling that she might experience. A non-runner might suggest she simply reduce her mileage for a while but for Ellie, who is a runner, that's not an option.