

### *James Jackson back in the hunt at races*



James Jackson, 41, who won the Cowtown 10K in 1992 with a 30:19, is back as not only a competitive masters runner, but who can challenge for overall titles. He came in second at the Hope River Run 8K to Ernesto Caballero, another masters runner (42), and is excited about being competitive again. He also had won the overall title on March 8 at the Panther Run in Fort Worth with a 16:15.6.

Jackson, who coaches members of his Running Factory USA Racing team, said he took almost 10 years off from serious training and didn't run at all from about five of those years. "I ran a few road races from time to time over that span, but had not trained for any of them," he said.

He said he would get excited on occasion and train a little and run a race but didn't get serious again until about nine months ago.

"The reason why I quit was I was just tired and burned out, I guess," he said. "I had been running since I was a sophomore in high school without much of a break, so I decided I would be a normal person for a change.

"After about five years off completely and many, many beers, I didn't really like the way I looked in the mirror; my beer belly was not too flattering, I had gained a lot of weight. My running weight back in the day was 130, and I was up to 165-170. Anyway, that was part of it, but mainly it was I never thought I ran up to my potential. It was bothering me a lot about not taking running as serious as I should have when I was younger. I had a lot of regrets and disappointments with how my younger running days turned out. I ran well back then, but never what I was capable of.

"So, I decided to really focus and train hard as a Master runner. My desire was back and I was coaching a lot of people, and they were motivating me as well. "So, I decided to finally be consistent with myself. I had been consistent with all my runners that I coached over the years, just never with myself. The coaching thing really opened my eyes. I realized all the mistakes I had made and didn't want my runners to make them.

"It was weird for me to figure it all out by looking at their training schedules. So, by coaching other runners, they motivated me and opened my eyes to what I was missing in the running scene. I am training and motivated as ever. My goals are to run as fast as I can. I know I won't be able to run PR's anymore at my age, but I know I can run fast and be competitive.

"I am training for the National Masters Track and Field Championships this summer in Spokane, Washington. Also, to be a top Masters runner nationally on the roads. I am excited about this and plan on being around for a while!