

Veteran runner won't cut anyone any slack

John Ross, 59, has more or less adopted the Army's motto of "Be all you can be." And this from a man who spent more than 20 years in the Air Force.



Yet, he is about being the best you can be. No slackers allowed.

John has four daughters who can attest to that. He made them run three days a week, and would take them (sometimes unwillingly) to road races almost every weekend.

Yet, John never imposed any more demands on them than he did himself. He knows how he can run, and he pushes himself to make sure he is the best he can be. (That Army motto again). If you've ever been in his age division, then you know what a determined competitor he can be.

"My daughters would tell me that they were never good enough for me (in running)," John recently said. But he'd tell them, he knew they had the ability to be better than they were doing. The ability, he deemed, was there but sometimes the effort wasn't. No one has ever questioned John's effort.

Three of his daughters went on to run track and cross country in high school, so they weren't totally turned off to running. And they all made their mark at the Cowtown Marathon when they ran it in 1994, including 9-year-old Elizabeth. She'll always be the youngest finisher at the event because Cowtown changed its minimum age-limit rule the next year.

"For four girls who didn't want to run the marathon, they were pretty upset about that rule," John said.

Now, his daughters are grown and gone from home, but John wants a running reunion to this fall -- probably at the White Rock Marathon in December. He wants them to enter the five-person relay. John, who has run about 30 marathons, will run the entire distance and the four girls will be the other four legs. As he's creeping toward his 60th birthday, John figures that reunion would be a good birthday present. Now, to convince his daughters.

Notes

Brian Mega's competitive time-trial group runs are Saturday evenings in northeast Arlington. The Eastbound Prologue is a 7,000-meter course, with each kilometer marked. An intermission will follow the runs, and then a Westbound Epilogue is conducted. It's a cool-down 6.9K walk, jog or run back to the original meeting area. Runners should bring their own stopwatches. The price is right -- free. For those interested, meet under the Hwy 157 bridge at 6:10 p.m. Brian said access to the trail is about 1/3-mile

north of Greens Oaks/Collins intersection going to park entrance. After the second bend, go beyond the porta-potties to the left and you should see the **Allan Saxe** Trail bridge. Once on the trail, go left and it's about a 6-minute walk to the 157 underpass. For more information, call Brian at (817) 274-7706.

More Notes

Check out the Home page for information about a new event scheduled Nov. 11 in Dallas. A 20-mile, 10K and 5K are scheduled at the event...

Andrew Cook, who qualified for the 2008 **Olympic Trials** with a 2:19:48 at February's **Freescale Austin Marathon**, won the **San Francisco Marathon** on July 30 with a 2:26:46. It was the former Texas A&M's

runner's first marathon victory. He ran almost even splits as he hit the half-marathon mark at 1:13:13. More about Andrew is on the Neighbors page...**Chris Crawford** of Dallas places 14th overall and third in the 40-49

age division in the difficult **Kilauea Volcano Wilderness Run** on July 29 in Hawaii. Crawford finished in 4:15:42 over the marathon course that's

across lava, sand, pavement and through forest....National news: **Paula Radcliffe**, the top U.S. women's marathon runner as well as in the world, has announced she is three months pregnant. With the baby due in January, Paula is expected to be back in top shape for the 2008 Beijing

Olympics....Just in case you haven't checked, the **White Rock Marathon**, Dec.10, has scheduled a new start time for the half marathon and a new time before the course closes. The half will begin at 9 a.m., an hour later than the marathon and relays. The course will be open for 6 1/2 hours.

After that, you're on your own, and your time won't be posted...The **Miracle Match Marathon** in Waco kicks off the Texas' marathons on Oct. 29. That course will be open for seven hours. See link on the [Texas Marathons](#) page.

The **San Antonio** (Nov. 12) and **Chevron Houston** (Jan. 14) marathons have six-hour time limits. **Cowtown** (Feb. 25) and the **Big D Texas** (April 1) marathons have 6 1/2-hour time limits...The **Rosie Run** that

had been scheduled Sept. 16 has been rescheduled for May, 2007...The **Cross Country Club of Dallas** reported that its July 22 picnic at Big

Thicket was a smashing success and that social directors **Walter** and **Lauren Nicks** and other volunteers worked hard to assure everyone had fun. Among those who deserve thanks were **Karen Shah**, **Ed Kopia** and

Robert Cunningham for their set up and food support; **Jenny** and **Zack** for slicing tomatoes and onions (without nicking too many fingers) and preparing the condiment trays; **Steve Marsden**, who might have been the

most liked because of his margarita machine duty; **Dennis Chupp** for helping with the grilling; **Mary Lewellyn**, **Veronica Soto** and **Steve Rich** for pitching in where needed; **Scott McKissick**, for helping tear down and

wife **Frances**, for what the CCCD e-mail said was her UNBELIEVABLE

energy (at 11 p.m.) in cleaning up the tables and food; and for **Dave Hartwig** for being the deejay. You know, too, that Frances probably went out and ran after she helped clean up...Race director **Lewis George** said he was disappointed that the **Rock N Relays**, which had been washed out heavy rains halfway through the event in March, attracted only about half the number of teams when he rescheduled it this month. "I felt that summer would be a great time to do relays but it appears I was wrong or picked the wrong weekend.....Despite what you once read here, this will not be the last year for the **B.G. Squirrel Run** (Nov. 11) at Botanic Garden in Fort Worth. It had been announced that this would be the final year because the Botanic Garden finished its Texas Native Forest Boardwalk from money raised from the event, and that was the main purpose of the run. However, **Sherri Ruibal**, who was owner of Run On! in Fort Worth until 2005, has reached an agreement with Botanic Garden to continue the race past this year. Sherri is now co-owner of **It's About Time Race Management**. Sherri has had almost 25 years of timing experience and already has the **Candlelighter 5K** (Oct. 19), the **Marine Corps Birthday 5K, 1-Mile** (Nov. 11), the Fort Worth **Turkey Trot** (Nov. 23) on her growing list of races to time. She's adding many of the events that **Marty Leicht's Integrated Racing System** has timed. Marty has retired from the timing business, though he still has a few remaining....The trophies pictured are the hood ornaments for **Lovell Bolle's** car. At the **Operation Ensuring Christmas** run in March, Lovell had the trophy top on the left mounted on



his car. At the FWRC's **3 Amigos** race, he had changed to the Xsightment trophy that was in Southlake....The **Trinity 5000** event usually is not the race where personal bests are set. The temperature usually is warm to hot even though the race starts at 7:30 p.m., and it's an out-and-back course. That means runners have to slow when negotiating the turnaround. However, **Fiona Green** of Keller ran her best 5K on June 22 when she was clocked in 19:10. The Scotland

native who moved to Keller from Canada in November, has been lowering her times almost every week. The 41-year-old is showing the life-begins-at-40 axiom has a lot of truth to it.....The quotes that periodically change on the main page of this web site come from the book "The Quotable Marathoner." The book is edited by **Charles Lyons** and includes quotes from elite runners, celebrities and average runners. The quotes refer to training, racing, reflections and first encounters. There are many quotes I won't be able to post on the front page because they are too long for the space I've allotted. For example, one I like from former Boston Marathon champ **Uta Pippig** is: "We have only one life to live, and it passes by very quickly. So we'll go for it, and maybe see if it's possible. And if we don't make it, at least we'll know we gave it our best effort. That's all any of us can do." A funny one comes from actress **Gwyneth Paltrow**: "Three

hours! Three hours! I don't even like to do things that feel GOOD for three hours!" She was responding after reporter **Tom Voelk** had said it would take him about three hours to run the New York City Marathon. If you're interested in the book, it's published by The Lyons Press....The **Arlington Winter Run**, scheduled Dec. 2, has been renamed the **Don Zetnick Winter Run**, in memory of the long-time runner and founder of The Runner retail store in Arlington. Don died not long after last year's Winter Run.