

Eyeing the Olympic Trials



Lisa Cron of Irving, who won the women's title at the Big D Marathon on April 1, 2007, in her marathon debut, now is focusing on trying to qualify for the Olympic Trials when she goes to the Columbus (Ohio) Marathon on October 21.

"I ran the Big D Marathon to just see what I could do," said Cron, who won in 2:55:12 despite what she described as an inadequate training program. After the race, she said she made the mistake that too many first-time marathon runners make by going out too fast and suffering at the end.

Cron said she doesn't race often because "I race very hard-core and it takes me awhile to recover and get back to serious training. So, I like to focus on only my key races and get in solid mileage and hard workouts geared toward those races."

Cron said she won't race until the marathon. And this time, she believes she'll be more prepared.

"I contacted my college coach (Doug Watts, cross country and track coach at Edinboro (Pa.) University) and he has written up a training plan for me. I really didn't have one for Big D. Now, I am doing mile repeats, surges, tempo runs and Sunday long runs to prepare."

She chose the Columbus venue because she "wanted a flat, fast course." She said the Big D Marathon surprised her with the several hills. Also, Cron is from Columbus and her parents live there. She said they want to see her race again. She also has a friend who is planning to run part of the race with her.

And then there is Ohio in the fall. She said it's her favorite season there because the tree leaves "are a thousand different colors."