

Notes from 2007

Other laps: Tracking down some other marathon wanderers: **Philip Hodge**, 41, of Addison placed 51st among 801 participants at the **Jacksonville (Fla.) Marathon** on Dec. 16, crossing the finish line in 3:13:39 (3:13:28 chip time). Also at Jacksonville, **Jim Mayo**, 55, of Coppell was 126th with a 3:30:45 (3:30:16), and **Peggy Hoffman**, 40, of Dallas ran a 4:08:08 (4:07:33 to finish 389th....Not all Dallas-area residents stayed home to compete in the **Wellstone's White Rock Marathon** on Dec. 9. That weekend, at least four Dallas residents participated in the **Kiawah Island (S.C.) Marathon** on Dec. 8. **Teresa Linder**, 42, led the group with a 3:58:03 to finish 296th among the field of 863. **Laura Harvey**, 32, finished with a 4:13:17 (4:12:22 chip) to finish 392nd. Following were **Kathy Murgas**, 43, also at 4:13:17 (4:12:23) but 394th overall, and **Toby Linder**, 4:13:18 (4:12:22). Also, on Dec. 8 at the **Charlotte's (N.C.) Thunder Road Marathon**, **Doug Neveu**, 47, of Mesquite ran a 4:02:41 (4:02:19 chip) to finish 360th of 582 participants...In marathons over the Dec. 1-2 weekend, several D-FW area runners headed out of state to participate. One of the better efforts (that I found) was logged by **Joslynn Spreadbury**, 31, of Dallas at the **Tucson Marathon**. She finished 146th among the 1,017 finishers with her 3:24:08 (3:24:05 chip time). Also at Tucson, **Judith Adabie**, 38, of Dallas, ran a 3:44:24 (3:43:37) to finish 357th. Among men finishers, **Jack Becker**, 61, of Dallas, ran a 3:42:55 (3:42:13) to finish 340th as he posted a Boston qualifier time. Also, **Jeff Dorrill**, 46, of North Richland Hills had a 3:45:29, and **Larry Landry**, 56, of Dallas, had a 3:48:51. At the **New Las Vegas Marathon**, **Kimberly Sulak**, 34, of Frisco, finished with a 3:44:05 (3:41:53) to finish 697th among the 4,154 finishers. **Leslie Fry**, 27, of Fort Worth came in at 4:15:30 (4:00:57). At the **Memphis Marathon**, **Luke Malone**, 18, of Southlake ran a 3:26:20 to finish 195th among the 1,922 finishers. Also, **Marc Shalek**, 47, and **Geoff Hoppes**, 43, of Frisco finished together in 3:44:10 to finish 443rd and 444th. **Louis Adams**, 39, of Dallas, finished at 3:47:57. At the **Tecumseh Trail Marathon** in Bloomington, Ind., **Chris Crans** of Plano finished 19th among the 451 finishers with a 3:38:01. **Troy Pruett**, 47, of North Richland Hills came away with the runner-up trophy in his age division at the **Baton Rouge Beach Marathon** with the weekend's fastest time (that I found) of 3:13:34. He was 11th among the 150 finishers. Also, **Jeff Burke**, 44, of Lewisville, placed 14th with a 3:23:11 and won third in his age division while posting a Boston qualifier time. **Jeff Venable**, 51, of Dallas, was 62nd with a 4:03:04. Then, at the **Death Valley (Calif.) Borax Marathon**, **Nancy Alvarez-Bills**, 32, ran a 4:39:28 to finish 117th among the 167 finishers.... **Claude Hicks Jr.**, 47, of Fort Worth, who's trying to complete a marathon in every state, took another couple of steps toward that goal on Nov. 11 and the 17th by completing the **OBX Marathon** in Outer Banks, N.C. and the **Louisiana Trails Marathon** in Shreveport. In Louisiana, he finished in 4:47:01 (4:23:59 age graded time). Claude finished in 4:43:03 at the OBX and is probably down to his last 10 states (I've lost count). His age-graded time was 4:20:21. He also wants to run at least 100 marathons and is well on his way with more than 60. Also, participating at Louisiana was **Angela Tortorice** of Dallas. She finished in 6:15:07 (5:51:20 age graded)....On Nov. 10, **Doug Waters**, 43, of Carrollton qualified for the Boston Marathon by running a 3:11:7 at the Chickamauga (Ga.) Battlefield Marathon. His age-graded time was 3:02.4. Also in that marathon was **Mark Swanson**, 46, of Arlington. He ran a 3:47:27 (3:39:46 AG)....**Frank Diaz**, who has been featured on this

website as one of the better runners in the 65-69 age division, said he has been diagnosed with colon cancer. Frank began walking and then running to lose weight. Eventually, he became competitive in his age divisions. "I love to run," he said. "And the doctor said I should continue while I undergo treatment." Frank was at the Fort Worth Marathon to help where needed.... **Libby Jones**, president of the **Dallas Running Club**, had a new runner join the family on Oct. 22 when **Marissa Lenore Jones** was born. Libby said Marissa already is logging a quarter of a mile on the roads (in a stroller, of course). Congratulations Libby and welcome Marissa....**Christian Tracy**, 30, of Keller, was the top DFW-area finisher in the **Marine Corps Marathon** on Oct. 28. He placed 439th among the 20,622 finishers with a gun time of 3:12:53 and chip time of 3:12:42. **Meagan Newsom**, 24, of Fort Worth was the top area female finisher by placing 527th overall and 46th among the 8,051 females with a 3:15:50 gun time and 3:15:46 chip time....At the **Niagra Falls International Marathon** in Niagra Falls, ON Canada on Oct. 28, **Beth Ann Blackwood** of Dallas finished as the 94th female of the 342 women finishers with a 3:58:26 gun time and 3:52:05 chip time....**Jeff Venable**, 52, of Dallas was the 27th of 63 men who finished the **BMRC Ridge to Bridge Marathon** on Oct. 27 in Morganton, N.C., with a 3:54:05....**Mike Boyd**, 39, of Grand Prairie finished 14th of the 269 finishers at the **Wichita Marathon** on Oct. 21 with a 3:09:24. Other area finishers included **Stephen Guerrero**, 39, of Midlothian who finished 58th with a 3:39:50; **Kyle Stevens**, 29, of Dallas (142nd) with a 4:14:41; **Timothy Pattillo**, 40, of Dallas (186th) of Dallas with a 4:35:53; and **Jim Windlinger**, 44, of Carrollton (241st) with a 5:14:53.....**Gareth Stevens** of McKinney was the top finisher among Dallas-Fort Worth participants in the Rock 'n' Roll 1/2-Marathon in San Jose, Calif., on Oct. 14. Gareth finished 201st among the 8,787 finishers with a 1:28:44. **Mahendra Dorairaj** of Dallas was the second top finishers with a 1:47:10. Kenyans **McDonald Ondara** and **Magdalene Makunzi** won the second annual event in their respective male and female divisions. Ondara, 23, covered the 13.1-mile course in 1 hour, 1 minute, 11 seconds. Makunzi, 24, broke the tape in 1:09:58....**Kevin Brosi**, treasurer of the **Flower Mound Striders** and who completed running a marathon in 50 states last month, was among the area finishers at the overheated LaSalle Bank Chicago Marathon on Sunday (Oct. 7). The marathon has been in the news because of several heat-related problems, including the death of one participant (which turned out to be heart-related). Brosi, 52, finished in 5:39:06. Other FM Striders who finished were **Sandra Ricaud**, 43, in 3:47:29; **Adam Barth**, 38, in 3:54:55; **Anita Sanders**, 47, in 4:38:45; and **Sonia Soprenuk**, 44, in 3:40:40. Other Dallas-Fort Worth finishers included **Ann Affolter**, 30, of Dallas in 3:38:27; **Reid Answorth**, 41, of Dallas in 5:16:01; and **Anne Allens**, 46, of Fort Worth in 4:29:57. Brosi ran the Communities First Fox Cities Marathon in Appleton, Wisconsin to complete his 50-state goal. He ran a 4:09:46 in that race when temperatures at the start were in the 50s. Temps in Chicago topped out at 88 degrees.... **Haile Gebrselassie** backed up his claim that he would set a world record by running a record 2:04:26 at the **Berlin Marathon** on Sept. 30. That's about a 4:44 per mile pace. Of course, he had promised to run a 2:03 when he set the record, but he wasn't disappointed. He had won the race last year in 2:05:56.... **Fiona Green** of Keller, who contributes pictures and stories to this website, placed second in the women's 40-44 age division at the Festival De la Sante 10 km in Canada. Fiona, who went to college in Canada, ran her first road race at the event 15 years ago. She improved by seven minutes from her first 48-minute

time with a 41:06. That also was good enough to be the seven woman finisher of 557 and 41st overall out of 1,232. She said her plans are to return in another 15 years and knock off another seven minutes....**Boo Bryant**, trying to regain the competitive speed he had at Plano East when he battled such runners as Clint Bell and Andrew Cook, reached one of his goals on Aug. 5 at the Two White Dogs 5K in Dallas when he dipped under 16 minutes. After winning the Summer Sizzler on July 28, Bryant said his first goal before thinking about his next goal was to beat the 16-minute mark. He ran a 16:28 to win the Summer Sizzler...**Connor Adams**, 15, of Flower Mound was 29th overall in the **Disneyland Half Marathon** on Sept. 3. He had a 1:26:31 clock time and 1:26:23 chip time and placed second in his age division....Several Texans ran the **New Mexico Marathon** on Sept. 3, and three came home with medals. **Brad McClew**, 46, of Coppell took third in the 45-49 age division with a 3:30:41; **Suki Yates**, 59, of Plano won second in the 55-59 division with a 4:43:20; and **Dana Helstowki**, 22, of Denton took second in the 20-24 division with a 5:31:46....Many veteran area runners remember **Ian Rodgers**, a former professional boxer who became one of the better runners in the area, especially in the masters division. However, hip problems have sidelined him from the roads for for almost two years. Ian attended the **Fort Worth Runners Club's Labor Day 15K, 5K** on Sept. 3 and said he had hip surgery six months ago. It was called hip replacement surgery, but he said the procedure actually placed a cap over part of his hip. He said this procedure might let him run again in another six months. In the meantime he has taken up cycling, and he finished the **Hotter 'N Hell** 100-mile race in August....In marathons over the Aug. 18-19 weekend, **Steven M. Richards**, 25, of Plano was 42nd among the 584 men who participated in the difficult **Pikes Peak Marathon** in Manitou Springs, Colo. Steven finished in 5:16:07, which also was good enough to place third in his age division. **Kate T. Gabriele**, 54, of Dallas finished as the 130th among the 189 women finishers with an 8:25:53. Winning the men's race was **Matt Carpenter**, 43, of Manitou Springs with a 3:48:41. The women's winner was **Salynda E. Fleury**, 22, of Gunnison, Colo., in 5:00:42....How does anyone even find Spearfish, S.D.? Yet, four Metroplex women participated in the **Leading Ladies Marathon** there on Aug. 19. **Carla Hoffman**, 49, of Coppell led the area women with a 4:11:40 for a 34th place finish. Winning second in her age group, **Joyce Hightower**, 65, of Fort Worth finished in 4:56:10. Others were **Trudy Sanders**, 52, of Fort Worth (6:17:31) and **Erma Lee**, 44, of Fort Worth (6:17:32)....The **Jogger Summer Series** ended Wednesday (Aug. 15) night at Bachman Lake in Dallas, and a couple of regular overall winners were at the top again. **Luis Rojas** and **Leana Sloan**, who also won their respective divisions Sunday (Aug. 12) at the **Summer Bath House 15K**, were the overall winners Wednesday in the male and female divisions. To see a final list, which includes competitors times at each race, visit www.thrustonracing.com.... On Aug. 25, **Allison Thompson** of Fort Worth ventured to Green River, Wy., for the Run With the Horses. Allison, 50, finished in 6:29:34....It's understandable that not too many of the runners at Thursday night's (Aug. 9) **Trinity 5000** recognized **Rodney Orand**.

You see, Rodney had, as many runners, taken a break after a knee injury. That break, though, was for nine years. Rodney said that's just the way he takes off. His previous break from running was about eight years. Rodney had been one of the faster runners in the area before putting up his running shoes. He won the mile in district competition

while at Castleberry High School, and set the school's 2-mile record. He also was a three-time all-conference selection at UT-Arlington. In 1997, Rodney placed 200th in the **Boston Marathon** with a 2:45. In 1996, he led the **White Rock Marathon** for several miles before his lack of distance training began taking its toll on his legs about mile 11-12. He finished in 2:58:4. Rodney, now 50, said he's feeling fine and ready to run again. No doubt, his age division competitors will be seeing more of him, considering he beat 23 minutes Thursday with hardly any mileage on his new shoes...**Boo Bryant**, who has been trying to round back into competitive running condition after winning the 5K events at **Too Hot To Handle** and **Summer Sizzler**, said he's taking his progress one step at a time. One of his first goals was to break 16 minutes in a 5K. He did it Aug. 5 at the **Two White Dogs** at White Rock Lake with a 15:58. Bryant, a former Plano East runner, wants to be competitive again with some of his former schoolboy rivals, including **Clint Bell** and **Andrew Cook**....It was candid camera day on Saturday, Aug. 4, at the **Dallas Running Club's 2x3 Cross Country Relay** at Norbuck Park. The first 75 teams received disposable cameras to record their adventures and/or misadventures. The camera will be each team's "baton" and awards will be given to the best/silliest/most touching photos. Teams must have the film developed and sent in via e-mail to be judged. Deadline to submit photos is Aug. 18.

Molly Tucker, who has won overall women's titles as a 10-year-old and has an 18:05 5K PR, was among the qualifiers for the TAAF State Track Meet a week after turning 11 in the 1,600, 800 and relay at the Region IV meet in Lewisville on Friday and Saturday (July 13-14). There were, of course, many who qualified for state. Among those were a couple of sisters from the Lake Cities Track Club. 9-year-old **Payton Brown** won the 800 with a time of 2:48 and won the mile in 6:04. She also helped her 4x400 team qualify with a second place finish. Her 11-year-old sister, **Sydney**, qualified in the 800 with a 2:44, in the mile with a 5:52 and helped her 4x400 team win. Their brother **Chase** also is among the 14-younger 10K leaders in this website's Fastest in the Metroplex list with a 42:28... An update of marathon participants from the D-FW the previous weeks: **Gregg Bauer**, 55, of Fort Worth placed second in the 55-59 age division at the **Foot Traffic Flat Marathon** in Portland, Ore., on July 4 with a 3:39:48. At the **Leadville (Colo.) Trail Marathon** on July 7, **Kalon Parman** of Flower Mound was the 88th finisher among the 223 men with a 5:47:05.... **Stacy Dannels**, who had qualified for the **2007 World Championship** in Germany by finishing in the top 16 of her age division in the **USA Triathlon Age Group National Championship** in Portland, Ore., on June 30, placed 15th in her age division in Germany on Sept. 9 in the championship. Others qualifying at the Portland event, which included a 1,500-meter swim, a 48K bike ride and a 10K run, were **Tatiana Vertiz** of Dallas **Diane Proud** of Irving. Tatiana, 20, finished 10th in the 20-24 age division with a 2:24:52; Stacy, 41, placed 12th in the 40-44 division with a 2:23:46; and Diane, 56, was sixth in the 55-59 division with a 2:43:50. Two area men, **Sean Thompson** of Grapevine and **Michael Zinn** of Dallas narrowly missed by finishing 17th in their respective age divisions. Sean, 48, was a little more than a minute behind the 16th place finisher in the 45-49 division with a 2:15:37, and Michael was less than a minute behind the 16th place finisher in the 60-64 division with his 2:36:39. The top eight in each age division also qualified for the 2008 World Championship in Vancouver.... **Jepp Abara** had to change his **Muse & Motion** course to a 3-mile distance

rather than a 5K on June 30 because of wet conditions at River Legacy Park....**Clint Bell** set a record at the **Plano Pacers Millet Mile** on June 30 when he ran a 4:23.9. He erased the 3:25 mark that had been set in 1997 by **Scott Steffen**. Clint also replaced his own record in the 25-29 age division that he set last year with a 4:28. Scott ran a 5:03 this year and also won the 45-49 age division in the 5K with a 19:06. **Becky Angeles** won the women's mile with a 5:29.9, and added the women's 5K title with a 19:06. The race was held in honor of **Dan Millet**, well-known race director in the '80s and a longtime Dallas runner. Dan has had frequent blood transfusions for nearly 27 months as he fights a blood cancer.

Keith Pierce, 27, of Denton, a former Rice runner, ran a 2:32:14 to place 41st overall at the **Grandma's Marathon** on Jun 16 in Duluth, Minn. Another of Keith's highlights is the 2:27:17 he ran at the 2006 **Boston Marathon**, which earned him fastest Texan there. Also, at Grandma's, **Gus Kirby** of Lewisville ran a 3:22:27 for 508th place among the 6,898 finishers; **Stan Ujka** (is this the Metroplex Stan even though he is listed as being from Foxboro, Wis.) ran a 3:22:30 for 509th place; and **Noreen Jacobson** was the top woman from the Metroplex with a 3:48:30.....**Derek Yorek**, a former runner at Birdville High School living in Conroe, won the **Butterfly Boogie** in Dallas and the **Juneteenth 1-Mile** run on the same day. He ran a 15:02.4 at the BB and a 4:28 in the mile. The Boogie was in the morning and the Juneteenth was in the evening....At the **Marathon to Marathon** in Iowa on June 16, **Brent Laube**, 44, of Keller was the top finisher from the Metroplex with a 4:21:39. **Claude Hicks**, 47, of Fort Worth, finished in 4:29:26.... Usually when people go to Dublin (Texas, that is), it's to stock up on Dr Pepper that is made with real sugar. On Saturday (June 9), they also showed up for the **Dublin Dr Pepper 10/2/4K**. Four of the 10K winners came from the D-FW area. **Lisa Nesta** of Fort Worth won the women's overall title with a 42:00; **Gary Anderson** of Benbrook took the 46-50 age division with a chip time of 40:00.5; **Jim Engstrom** won the 66-70 division with a chip time of 49:00.3; and **Lee Sellers** of Keller was first in the 71-over division with a chip time of 1:26.16.7.... On June 9, two D-FW runners competed in the **Hatfield-McCoy Marathon** in Williamson, W.V., which was part of the Hatfield-McCoy Reunion Festival. **Carla Hoffman**, 49, of Coppell finished second in her age division with a 4:22:17, and **Claude Hicks**, 47, of Fort Worth, was 12th in his age division with a 4:38:25....At the **San Diego Rock 'N Roll Marathon** on June 3, there were three from the Metroplex who placed fairly high in their age divisions. The youngest was 15-year-old **Lindsay Hammond** of Frisco. She placed sixth in the 15-17 age division with a chip time of 4:55:44. In the 18-24 division, **Kelli Hein** of Dallas was 16th with a chip time of 3:30:40. **Raleigh Green** of Fort Worth finished 17th his the 25-29 age division with a 2:59:50 chip time. Three from the D-FW area ran in the **Casper (Wy.) Marathon** on June 3. **George Mones**, 58, of Mesquite ran a 4:21:12 to finish 53rd among the 147 male finishers, and **Claude Hicks Jr.**, 47, of Fort Worth finished 59th among the men with a 4:28:33. In the women's division, **Angela Tortorice**, 39, of Dallas ran a 5:47:58 and was 40th among the 44 women finishers. A couple of others traveled to the **Newport (Oregon) Marathon** on June 2. **Anthony Whitten** of Dallas ran a 3:30:09 to finish 111th and 10th in the 30-34 age division. **Emily Tippett** of Dallas ran a 3:51:48 to finish fifth in the 30-34 division....One way to escape the possible hot temperatures of July is to run at night. But how about midnight? The **Scorcher 50K and 25K** at Trinity Park in

Fort Worth will indeed begin at midnight (way past some of our bedtimes). The field is limited to 200..... **Molly Tucker** of Southlake, **Matt Daniels** of Arlington and **Wilma Perry** of Fort Worth won their age divisions at the **Congressional Avenue Mile** on May 19 in Austin. Molly, 10, ran a 5:20.71 to win the 9-10 division; Wilma, 65, ran an 8:56.39 to win the women's 65-69 division; and Matt won the 19-24 men's division with a 4:04.81. He also was fourth overall with that time in the elite race won by Joe Thorne with a 3:59.16. Other top finishers in their age divisions include **Caitlin Gilbert** of Southlake, second in 15-16 division with a 5:26.06; **Jill Pawlowsky** of Southlake (second 17-18, 5:36.96); **Hayley Garner** of Keller (second in 19-24, 5:09.37); **Jacob Phillips** of Grand Prairie (third 19-24, 4:12.51); and **Bradley Gardner** of Fort Worth (third 45-49, 5:06.51)..

Mellow Productions and **Lewis George**, the producer of the Tyler Azalea 10K the past seven years, have announced the **Tyler Half**, scheduled Nov. 17 in Tyler. The race will be conducted from the UT-Tyler campus. There also will be a 5K. Proceeds will benefit the school's cross country team..... There were 1,428 new courses certified in 2006, a record according to the USATF. In 2005, there were 1,385 new certified courses. Texas led the way again with a record 164 certified courses. New York was second with 107, Florida was third with 88, Illinois was fourth with 82 and California was fifth with 80. The 5K was the most popular distance nationwide with 729 new certified courses. The other distances in order were 10K (154); half marathon (111), and marathon (77). There were other courses of varying distances.... Might want to mark down the **Rock 'N Run** for next year. Race director **Diane Golden** said it was a fun time for the approximately 1,200 who registered for the May 5th event. After finishing the long and winding roads on either the 5-mile or 2-mile runs, participants gathered at Winfrey Point at White Rock Lake in Dallas to eat pizza and breakfast tacos and wash them down with either beer or orange juice. Meanwhile, they were listening to music provided by a Beatles cover band, Hard Day's Night. So, if you missed it, then Get Back next year.... **Emily Field**, a Highland Park graduate who ran some for the University of Texas, is among USA Track & Field's All World in the 3,000-meter distance. She is ranked among the top 50 in the world in this distance by placing third in the U.S. National Indoor Track & Field Championship that was conducted in Boston in February. A couple of former **Cowtown** champions who have had limited appearances at road races the past few years had successful runs on the weekend of April 28-29. **James Jackson**, 40, who has won the Cowtown 10K, won the masters male title at the **Germanfest** in Muenster with a 17:44 and **Alice Pruitt**, who has won the Cowtown Marathon women's title, took the 45-49 age division at the **Fort Worth Zoo Run Run** in 22:35.2. The **Wellstone Dallas White Rock Marathon** hired **Marcus Grunewald** as the event's first full-time paid executive race director, which became effective April 1. He has been the volunteer race director the past five years. White Rock has focuses on improving its stature among national and international marathons, and board president **Chuck Dannis** said the event couldn't maintain its quality without full-time focus. He convinced the event's board this was a needed move. Previously, White Rock had hired the **Hicks Sports Marketing Group** to handle marketing, publicity and sponsorship through the 2009 event.... **Cora Turner** of Alvarado stepped up to the new 10K at the **Fort Worth Zoo Run Run** on April 28 and won the women's title in 40:23. The trophy will be a good match for her 5K trophy from

last year when she won in 19:33. The Zoo Run Run added the 6.2-mile event this year and had 441 finishers. The newly-routed 5K had 885 finishers. The 5K was run backward from previous years.

Frances McKissick of Irving, a top women's competitor who has amassed numerous overall, masters and age-group trophies, moved into a new age division Sunday (April 22). Frances left behind the 40-44 runners to become a youngster in the 45-49 age division. So, what does she do on her last day of being 44 and then on her birthday? Run, of course. And she was impressive, winning two overall women's titles. On April 21, she won the ESC Cancer Awareness Run in 19:36 and then came back the next day to win women's overall title at the **Rise And Shine 5K** in Dallas with a 19:33. After the run, she and husband **Scott** joined friends to celebrate her birthday....**Richard Neill** set a course record at the **Seminary Stride 5K** in Fort Worth on April 21. The 50-year-old ran a 17:43 to erase the previous mark of 17:50.... **Lori Stich Zimmerman**, a three-time winner of the **Cowtown Marathon**, won this year's Cowtown Half Marathon female title in 1:22:04.7. She was using the run as a warm-up for the **Boston Marathon**. The Cedar Creek resident enjoyed a good day at Boston by being the first Texas woman across the finish line and the 14th American woman with a 2:46:28. The time also gave her a B standard qualifying time for the U.S. Olympic Marathon Trials in 2008... **Robert Cheruiyot** of Kenya and **Lidiya Grigoryeva** won the men's and women's **Boston Marathon** titles Monday (April 16) in 2:14:13 and 2:29:18 over a wet course. Among the top DFW-area finishers were **Craig Ottman** of Fort Worth (139th place) with a 2:41:23; **Chuck Weidner**, Arlington, 3:06:34; **Jason Randall**, Arlington, 3:17:30; **Julie Brauer**, North Richland Hills, 3:26:04; **Susan Thiting**, Coppell, 3:34:38; and **Suzanne St. Clair**, Fort Worth, 3:37:58....**Jennifer Prim** is regaining her speed, as she proved when she won the **Borden Uptown 5K** on April 7 in 18:39. The Dallas runner said she has been trying to increase her speed since running the Grandma's Marathon last year. Even though she was pleased with her time at Uptown, she still wants to improve. Strangely, she said, her best running came the year after having her child three years ago. Jennifer can't explain why except maybe though she speculates that maybe she was forced to rest while pregnant and that helped her blaze the roads. Another note about Uptown. What's the deal with the water in the street about 100 yards or so from the start? Sprinklers on both sides of Pearl Street had been running and had left the street wet and had left a puddle in a low area. **Linda Kelly-Ashby**, a longtime area runner, said her feet got wet, and then cold in the mid-30-degree temperature. When the elite runners started, they were hopping and sidestepping while trying to avoid the unavoidable water. Maybe next year, somebody can see that the sprinklers are turned off....Three area triathletes were picked in a lottery to compete in the **Ford Ironman World Championship on Oct. 13**. The three are **Brent Lind**, 39, of Plano, **Linda Page**, 59, of Dallas and **Alan Tharp**, 46, of Allen. ... **Run To Joe's**, which was March 24 at Joe T. Garcia's in Fort Worth, is moving next year and will be called **Joe's Run**. The date is March 29, and Samaritan House officials say the new venue will offer more parking and a more open course. More details will be forthcoming....**Jan Richards**, 79, a longtime area runner, ran **Run To Joe's** on March 24. She had been recuperating from a bout with shingles, which had painfully affected her left eye. She said it was the most painful experience anyone could imagine....**Leo Garcia**, 38, is making a return to the road-race scene. Leo was one of the top runners in the area a

few years ago. But family and job had reduced his running and increased his waist size the past few years. However, he still ran a 17:45.5 at **Run To Joe's** and expects to see his times go down as the weight comes off. He's looking forward to turning 40 and competing in the masters divisions.

Kip Kangogo and **James Newsom** of Fort Worth hauled off the top two men's trophies at the **Red River Run** in Alexandria, La., on March 17. Kangogo, a former TCU standout, set a course record with a 30:16 in the event that had been designated as the **RCCA Louisiana 10K Championship**. Newsom, winner of several Fort Worth-area races and owner of the Fort Worth Running Company retail store, won the master's division with a 35:33. Kangogo won in more than four minutes and Newsom, 43, was more than a minute ahead of his nearest competitor....**William Moore** of Dallas, winner of many road races including the White Rock Marathon, was second overall at Saturday's (March 17) **Hope River Run** in Fort Worth. However, because he is 45 and a masters runner, he was awarded the masters trophy and the \$100 prize money for his 26:53.2 (chip time). If he had been awarded second overall, he would have won \$50. That money and position went to **Joe Beisner**, who ran a 27:14.7 chip time....The **Dino Dash**, which changed its date from January to May in 2006, has been canceled this year because of construction around Fair Park. However, it is expected to be rescheduled for the spring of 2008....**Emily Field** continues to chalk up impressive showings in elite fields. On March 10, the Dallas resident finished 12th among the women in the **USA 15K National Championship**, which was hosted by the **Gate River Run** in Jacksonville, Fla. Field, who ran briefly at the University of Texas and SMU, finished in 52:03. American record holder **Deena Kastor** won in 47:02 on the warm morning. **Meb Keflezighi** won an unprecedented sixth men's title in 43:40. On the same day as **Cowtown** (Feb. 24), **Field** placed third in the 3,000 meters at the **AT&T USA Indoor Track and Field Championships** in Boston. Emily, who is on the 2006 Neighbors page after winning the Texas Half last year in Dallas, ran a 9:11:32, less than a second behind second-place **Lisa Galaviz**, the USA outdoor steeplechase champion. American record holder **Shalane Flanagan** won in 8:56.74, well off her record of 8:33.25. Not to be overlooked, **Melissa Cook** of Denton, running for New Balance, finished fourth with a 9:13.57.

Kip Kangogo, possibly the best of a long line of talented TCU runners, placed 10th in the **3M Half Marathon** in Austin on Jan. 28. Kip, 27, launched his professional career at the event that featured a talented, elite field. He ran a 1:03:48 to earn \$125. **Alene Reta**, an Ethiopian based in New York, won in 1:01:46 and earned \$1,500. He had finished second last year. **Frances McKissick** of Irving set a personal-best in Austin. Invited to run with the elites, Frances ran a 1:26:11 gun time and 1:26:08 chip time. Also, **Lori Stich-Zimmerman**, who won the **Cowtown** half marathon in 1:22:04.7, finished the 3M in 1:19:38 gun time and 1:19:36 chip time. ...**Joni Michael** won the masters title at the **Lake Benbrook Half Marathon** on Jan. 27 with a 1:37:04. Road race veterans in the Metroplex probably are familiar with Joni, but some newcomers might not recall that she often was taking home winner's trophies. Possibly her best claim to local running fame are her two **Cowtown Marathon** titles. Joni, whose last name was Dodson when she won at Cowtown, won her first Cowtown in 1991 with a 3:01:05. She won again in 1993 when she finished in 2:54:11. She hasn't competed much the past few years, but said she has

been training. She began making more regular road-race appearances last year....Thanks to donations from the **Dallas Running Club** and money raised by **The Half**, the **Tal Morrison Scholarship Fund** received \$10,000. Six scholarships were given after the Feb. 3 **Tal Morrison Classic 5K and 15K** at Winfrey Point at White Rock Lake. The high school seniors who received the awards are **John Goodson** of Bryan Adams; **Joshua Neuroth**, Woodrow Wilson; **Rafael Jamaica**, James Madison; **Rosa Garcia**, Thomas Jefferson; **Lissa Storey**, Hillcrest; and **Jacqueline Nicole Coleman**, Hillcrest. The **Tal Morrison Scholarship Fund, Inc.**, is an IRS recognized 501 charitable organization, which is a separate entity from the Dallas Running Club. The organization's roots were established in the Cross Country Club of Dallas (now the DRC) and most of the board members are DRC members. Applicants must be active members of their cross country team in a high school in the Dallas Independent School District to be eligible..

..The **Road Runners Club of America** has recognized **Rick Hanson** and **Mindi Rice** of the **Lake Grapevine Runners and Walkers** club as the Southern Region road runners of the year (2006). Also, **Bridget Smith** of LGRAW was selected as the region's masters female winner. The Southern Region includes 11 states....**Roger Clifford**, 40, of Plano was the top finishers among Texans at the **P.F. Chang's Rock 'N Roll Arizona Marathon** on Sunday, Jan. 14, by finishing 111th with a 2:58:23 chip time and 2:58:36 gun time. He finished 23rd in his age division.