



### *Running vets have taken different paths to finish line*

Robert Rose, left, and Thom Garber are two veterinarian friends who were among those who ran in Sunday's (Aug. 19, 2007) Fort Worth Runners Club Watermelon Run 5K. Rose, a veteran competitive runner who moved back to Fort Worth last year (June, 2006) after leaving in 2001, won the men's masters division with an 18:21. Garber didn't win an award, but he figures that through a renewed interest in running, he has stemmed a growing problem and has grown closer to his family.

Once a runner with his veterinarian classmates some 20 years ago, Thom said he had abandoned the sport as he was sidelined by "life" -- his job and family. Then two years ago, it dawned on him that he needed to do something to stem a growing problem -- a real growing problem as he was carrying around 280 pounds on his 5-foot, 7-inch frame. He began a more healthy diet and started working out at a gym. Eventually, he had shed 110 pounds.

Last fall, his daughter, Kayleigh, asked him if he'd like to go on a run with her. They quickly became running buddies. When November rolled around, they entered the Fort Worth YMCA's Turkey Trot. He also has talked his wife into a walking regimen.

"It has been a blast doing these races with my family," he said. His last race with his daughter was appropriately the Run For Dad 5K on June 16. He lost his running buddy when his daughter left for college.

“Running brought us closer together during her last year at home, which I'm very thankful for,” he said. Thom's next goal is to run his first half marathon this fall.

Robert, who won several overall men's titles when he previously lived in Fort Worth, has maintained his running condition and is logging 55-60 miles a week. “I've been training, but haven't entered too many races,” he said. He's hoping to lower his times with more intense training and by competing in more races. Among his highlights were winning the masters title at the 2000 Cowtown Marathon and posting his marathon PR of 2:36 in Austin in 1992. He also was a member of the winning masters relay team at the 2000 Hood To Coast.