



Sometimes what you say can get you in trouble or, in an extreme case, a date on the **Oprah Winfrey** show. That's what happened to **Steve White** of Grapevine in 1996.

White, 49 then, won the **Sunrise in the Park 5K** and was quoted in the Star-Telegram as being inspired to run by Winfrey's completing the **New York Marathon**.

White, who had run in high school, hadn't run again until about three years before he won the Sunrise race. During that time, White said he had become a smoker and his weight had ballooned to 185 pounds. But Winfrey's feat (remember she had begun running and exercising to lose weight) in the marathon, White changed his lifestyle. He quit smoking, began running and watched his weight shrink to 145 pounds.

White said when he met Winfrey, he asked why he had been invited. She said, ``Whenever I inspire somebody, they're going to be on my show."''

White followed his Sunrise victory with a personal-best (at that time) 16:25 to win the **Harris Methodist HEB Benefit Run & Blues Festival**. He also was in training to run his sixth marathon. He was trying to beat three hours after a 3:02 he ran in 1995 in San Antonio. Don't know what's happened to Steve in the past few years, but he definitely had his 15 minutes of fame and at 49 became an inspiration for a lot of us.

NOTES

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 Kopiak** 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 by 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...Even though it's not road-racing, there probably were some road-race runners in the **The Texas Masters** track and field meet on July 22 at Coppell High School. See the [results](#). Also, in June, the **USATF SWA Outdoor Championships** were conducted at Coppell. See [results](#)...Despite what you've read here, this will not be the last year for the **B.G. Squirrel Run** 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, has reached an agreement with Botanic Garden to continue the race. Sherri is now co-owner of **It's About Time Race Management**, and her company will be compiling the results for the Nov. 11 race, which features a 5K and 10K...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... Where did **Jeph Abara** come up with the **Summer Scintillation Troika** that began June 24 with the **Muse & Motion 5K**? He said he always has liked the SST acronym, which could mean Super Sonic Travel. So, he came up the name for his



three-race series, which includes one race for each of the summer months of June, July and August. The next one is the **Summer Sizzler**, and then in August is the **AUGUST GUSTO**. Jeph said he might have been stretching a little bit for the name, but he likes it nevertheless. Runners who do all three will receive special awards, he said. This year, the event was switched from Cravens Park to River Legacy and the race hit a record turnout. The first two years, Jeph said about 40 runners participated each year. This year, he had 140 finishers. Because of the confines of Cravens, he offered a 4K the first year and a 3K last year. He tried promoting them as exciting diversions, but apparently runners weren't interested in the unusual distances...**Dawn Charlier**, won of the top women competitors in the D-FW area, has started a Happy Hour club for competitive runners. She said they meet about once a month to run and socialize. If interested, e-mail her at dawn.charlier@risd.org... 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 DFW Wonder Women** won the women's masters division in the **Beach To Bay Relay Marathon** on May 20 with a 2:57:07 over the 26.2-mile distance. Team members were **Frances McKissick, Ruthie Tate, Yolanda Hopping, Annabell Lee, Sandra Ricaud** and **Sonia Soprenuk**. The other area best finishing team was the men's masters team, **FWRC Road Dawgs**, which placed sixth. The team of **Tom Murphy, Don Borger, Paul Grindel, Eric Leidholt, Stan Ujka** and **Don Nelson** ran a 2:55:48.... **Bill Shaw**, 63, of Frisco won the overall title in the Crosson Dannis Grand Prix Racing Series at the **HeartBreak 5K** on May 20. Shaw ran a 19:54.85 to win a tiebreaker. He was tied with

Fiona Green ([read her report](#)), **Clint Bell** and **Barbara Sucher**....**Andrew Cook** of Flower Mound won the HeartBreak 5K with a 15:05. Cook has qualified for the U.S. Olympic Trials in the marathon after clocking a 2:19:47 at the **Freescale Austin Marathon** in February....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.