

New Course Is A Hit

The Trinity Trot went back to its 4-mile roots Saturday (Oct. 21) and moved to a new site at the Trinity Commons Shopping Center at Bellaire and Hulen, and introduced a new course that included running on part of the crushed limestone segment of the Trinity Park trails.



A sampling of comments from participants should put race officials at ease with the changes. There was hardly a negative comment on the near-perfect morning for running.

The only hint of a negative comment were the two turnarounds, but that was offset by the mostly flat and fast course. Runners particularly seemed to like running on the trail that is adjacent to part of the Trinity River.

It seemed apropos that two of the top award winners, father and son Jenner and Jay Kizer (pictured), lived within a mile of the course and have logged many training miles over the trails. Jenner, a 16-year-old 11th grader at Trinity Valley, ran away from the field to win the men's overall trophy in 21 minutes, 32 seconds. Jay, 43, won the men's masters trophy with a 24:08. The women's winner was 19-year-old TCU sophomore Shannon Andrew with a 25:59.

Jenner said winning was ``nice because I live around here and this is where I train."

He also liked the new course compared to the 5K and different site of last year. ``I ran it last year and I like this one. The gravel is nice. It's good to run on. The turnarounds bother me a little because I lose my momentum, but you've got to deal with it." Jenner said he usually competes over the 3-mile distance at Trinity Valley and has a best of ``about 15:40."

More Trinity Trot Comments

Women's winner Shannon Andrew: "It (the course) was really awesome. It was easy...really simple. I like it (the 4-mile distance) a lot."

Jay Kizer, men's masters winner: Although Jay said he doesn't run in many road races, "I stay in shape. I have to when I have a son who runs like this (referring to men's winner Jenner). I have to keep up, right?" Jay said he wasn't good enough to run in college, but did run at TCU his freshman year.

John Ross: "Four mile is my favorite distance. I've always felt the 4-mile makes you ready for a 5K or a 10K should you want to move up. This course, I thought, was great. It's a good, fast course. You have two sharp turnarounds...but you don't have to go through the neighborhoods and all that. All in all, I give it an A."

Jack Gray, winner of 75-79 division: "I was quite pleased with it. It wasn't unusually difficult. I'm really partial to the 5K because of the mental adjustment. But the (4-mile) distance is not bad, and it ran all right this morning." Jack said he has run several Trinity Trots, including when it was located at TCU and ran through the Overton Park area. That course included a tough climb toward the finish. "This one is sure not as bad as that one. So, I appreciate it compared to that course."

Charles Weissenborn: "I liked the course very much. I enjoyed that (4-mile distance). It breaks it up from what we're used to. And I believe this was the original distance. It's good to go back to the original run."

Tom Murphy: "I'm not a big fan of two turnarounds, but other than that it's a very fair course. I like the 4-mile distance." Of course Tom has a reason for



liking the distance considering he helps conduct the Fort Worth Runners Club's Three Amigos, also a 4-mile run.



Pictures: Race starts at top right. Jay Kizer is second among the three men in blue on the trails. Other runners head out on the Trinity Park trail, while a group makes the turn off Bellaire onto the trail.



Warming up before the Trinity Trot 4-Mile and then they're off.





The trophies for the winners and massages for the sore muscles.

And everyone liked the food court, which included sandwiches.