



## *Runner in the Spotlight*

### **Joe Beisner stays motivated to run**

Joe Beisner of Irving has become one of the more competitive runners in the D-FW area and is in the Spotlight.



Beisner, 37, began his running career at Lewisville High School and he said his running took off during his junior year. As a sophomore, he decided he wanted to excel and began piling on the mileage during the summer as he prepared for his junior year. The extra training paid off as he qualified for the state meet in cross country the next two years. He also set a PR of 14:20 for three miles and made it to the district regionals two times and ran the mile and two-mile distances. His PRs at those distances were 4:26 and 9:31.

After high school, he signed with East Texas State University and ran cross country for a season. He reached the Regional Cross Country meet and ran a 31:10 in the 10K. After the one season at East Texas, he joined the U.S. Marine Corps. After serving his country, he still had the desire to continue his running and accepted an offer from Northwood University in 1997. He was a two-time Cross Country All American for NAIA. He ran an 8K PR of 24:32 and also was a three-time Cross Country All Regional Champion.

After college, the running bug was greater than ever and he since has run everything from a 5K to a half marathon in the D-FW area. "I don't see any let up in the near future," he said. "Right now, I feel very comfortable competing against anyone in the Dallas/Fort Worth area. I love the competition, in a good way." He has won at least eight overall male titles in 2010 and has challenged for several more.

His PRs: mile -- 4:26; 2-mile, 9:31; 5K track -- 14:30; 5K road --14:39; 8K -- 24:32; 10K track -- 30:30; 10K road -- 30:50; 15K road -- 48:15; half marathon -- 1:07:14 and 1:07:15 at Houston and Austin in back-to-back efforts in 2005.