

Clines Running Corner's 2010 Runners of the year



Joe Beisner of Irving and Laura Nelson of Grapevine were selected as the Runners of the Year in 2010 in the Dallas-Fort Worth area by Clines Running Corner.

The two prolific runners crossed the finish line first at more local races than anyone else. Laura, 44, not only won 32 female overall titles but also added 23 masters titles on the roads. The former ultra runner doubled up on several weekends. Joe, who won at least 14 overall titles, completed his first marathon in a successful debut by winning the Fort Worth Marathon.

They both won their respective RRCA Southern Region 15K Championships at the FWRC Labor Day run, and Laura added the RRCA 10K State Championship at the LGRAW Double Trouble. There were several runners in contention, including Wally Capps, a 70-year-old runner who consistently logs impressive times and also could be considered a road warrior; Fiona Green, another masters runner who has bagged at least 21 overall female titles as well as several masters titles and is another true road warrior; Bill Berenson, who continues to rack up Boston Marathon qualifying times (14th consecutive in the past 18 months); Logan Sherman, the Cowtown Marathon winner who also turned in impressive victories at the Tour des Fleurs 20K, America's Run Half Marathon and the Katy Trail 5K; Clint Bell, who came back from an injury to post some fast times and nail some impressive victories; Dawn Grunnagle, another multi-winner, including the Dallas Turkey Trot 8K; Cora Turner, who makes the drive from Alvarado to win in either overall or masters divisions and had the fastest time among 40-44 femals with a 19:04; Sonya Correa, who had several overall victories, including the Komen Tarrant County Race For The Cure 5K; Kiplimo Chemirmir, who won at least 11 overall titles and ran several marathons early in the year, and also excelled in some shorter distances by winning the Dash Down Greenville and the Too Hot to Handle 15K; and D'Ann Arthur, who posted the fastest 5K time among area women. The list was longer, but these names should give an idea of the difficulty of selecting Runners of the Year. Yet, Joe Beisner and Laura Nelson stood out among the list by their consistent showings even though running numerous events. Congratulations to both.

Runners of the Year have high goals



Joe Beisner and Laura Nelson won many events in 2010, including the RRCA 15K RRCA Southern Region Championships.

In an area that has several top runners, it's difficult to select Runners of the Year, but Joe Beisner of Irving and Laura Nelson earned the 2010 titles by competing in numerous events and making the most of their appearances. Joe won at least 14 overall titles and Laura, who doubled up on several weekends, won 32 overall titles and 23 masters titles.

For Beisner, it's all about improving for 2011

Two goals helped provide motivation for Nelson

By Joe Beisner

I can say that 2010 was a great year in racing for me...Finally, I am 100% healthy, which always makes things that much easier.

My goals for this year would be sub a 1:07 for a Half and sub 2:26 for a Marathon.

Q: Which race was more special: **A:** Napa/Sonoma Half Marathon because my father (who lived in Belleville, Ill.), passed away one year to that date. I didn't have a close relationship with my father, but he was following my running career many miles away, which I learned at his funeral. My father started running the last 10 years of his life. He was proud of me and I want to continue to make him proud as he looks over me.

Q: Which race was your top achievement: **A:** Fort Worth Marathon. It was an awesome feeling completing my first marathon. I finally got the monkey off my back. Next time around I am going to focus on the marathon and not too many local races. I want to run really fast on my next marathon.

Q: How many miles a week do you log: **A:** I usually do around 50-70 miles a week depending on what event I am training for, but usually keep it around those miles regardless.

By Laura Nelson

My real motivation to train for speed came from a bet to run a sub 5:45 mile; and the desire to break 20 minutes. for the 5K after years of training for the long ultra runs and being an aged athlete. Also a few running friends told me that I was too old and worn out to run a sub 20 5K again without a downhill elevation.

Early April, I ran my first sub 21-minute 5K of the year at the Dragons of the Fire, and I was real happy with that. In May, I ran my first sub 20-minute 5K of the year on a downhill course; and that was my best time since living in Texas (19:34). But, I still wanted to break 20 on a level course. So, I had trained hard and ran my first sub-20 (19:55) at the xSIGHTment run in early June; and I started doing 200's to try to run a faster mile to win that bet. I had a minor setback with a minor tear in my hamstring in which I had to take three full days off before I could run again. After that, I started doing more 400's and 800's instead of 200's. My mile time got interrupted by my desire to run a 50K in July; without any long runs.

It took until September for me to run a 5:40 mile; and that was one of my big accomplishments since I made a bet with one of the running coaches in Fort Worth. Some of my other biggest accomplishments of the year included: winning the RRCA open women 15K Southern Regional Champion at the age of almost 45, and winning the 10K open women RRCA State Championship in early October. For most of the summer and fall, I was running two area races per week and running sub 20's in

it around those miles regardless.

Some of Joe's top 2010 feats:

Dallas Rock 'n' Roll Half Marathon – 7th Overall – 1:10; Napa to Sonoma Half Marathon – 6th overall – 1:09; Fort Worth Marathon – Overall Winner – 2:34 (First Marathon); Joe Pool Lake Pumpkin Run 10K – Overall Winner – 32:56; For Worth Labor Day 15K – Overall Winner – 49:52; America's Half Marathon – 3rd Overall; Butterfly Boogie 10K – Overall Winner – 32:52; Four Seasons 10K – 2nd Overall – 32:03; Addison Oktoberfest 5K – Overall Winner – 15:45

the 5K for all of them. On my 45th birthday I ran an evening 5K race in 19:10; my best time since I was 40; and I ran my best 10K the next morning since I was 40 in 40:02. My other accomplishments were winning masters at the Too Hot to Handle 15K, 1st master at the Hottest Half, 1st master at Tour de Fluers 10K, and 1st Master at the DRC half marathon.

I won all my master races from the first part of May to the first part of November from the 800 meters to the half marathon. This year, I had about 35 overall wins if you count the mid-week track meets in June, July and the Grapevine track meet; and I had about 30 Master wins if you include the track meets. On two unusual and rare occasions for me was that I was the first overall finisher, male or female in two area road 5K races.

I did get tired; and now I am running slower; So, I am trying to maintain running fitness and to keep it fun.

My goals for the 2011 New Year are trying to maintain fitness; and then trying to set my Masters PRs in some of my middle distance races later in the Spring or next Fall.