

## **Poksu Binger ran her first race in 2007 and now has reached new standards**

By Joe Boyle, coach at Texas Running Center

Poksu Binger started to walk with her neighbors and in 2006 took a physical and found out she had high blood pressure and high cholesterol.



*Runner  
in  
the Spotlight*

Her doctor advised her to try more exercise to help alleviate the problems.

With the help of a co-worker, she started walking and running. This led to her decision to run the Cowtown 10K in 2007. She finished fourth in her age group with a time of 1:02.14. Poksu said "she was then hooked on running" and began competing in 5Ks, 10Ks and half marathons.



Poksu Binger receives her awards from Joe Boyle.

Some of her best times are: 5K -- 24:06; 10K -- 51:20; Half-Marathon -- 1:55.

Priscilla Reese introduced Poksu to me (Joe Boyle) on Jan 17th, 2011 at the MLK 5K. The following week she started training at Wimbledon Park (Texas Running Center). Poksu is now 61 and at the Lake Benbrook Half-Marathon this year, she ran 2:04.47 to better the National Ranking Time Standard for the age group 60-64, which is 2:05, and the All American USATF Road Racing Standards of Excellence for Women age group 60-64, which is 2:17.01. She received awards for both feats.