

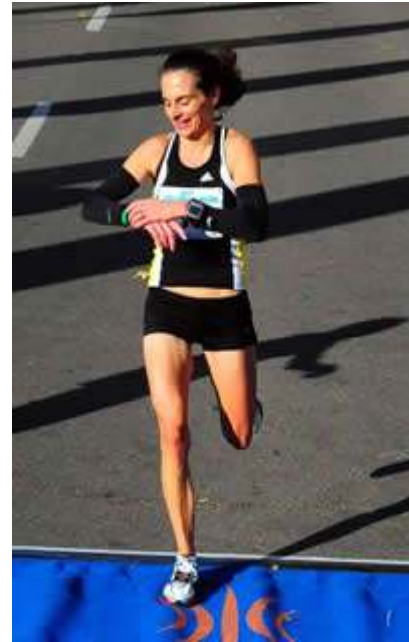
**Becky Angeles is the Female Runner of the Year;  
qualifies for Olympic Trials almost a year after having her first child**

Becky Angeles, 34, of Murphy has been selected the 2011 Female Runner of the Year by Clines Running Corner.

Becky said she didn't run as many races in 2011 compared to some other female runners, but she had a good reason. Her training and running were curtailed by giving birth to her first child on Dec. 30, 2010. So, she said, it was practically back to square one after recuperating and then trying to shed the extra pounds caused by the pregnancy. "I had gained nearly 40 pounds," she said.

"I had roughly 10.5 months to get into the best shape of my life, starting from the worst shape of my life," she added. "My first week of running occurred Jan. 17 when I ran a whopping 5 miles for the week."

But recuperate she did. Big time. The highlight of the year was fulfilling a longtime dream of qualifying for the marathon Olympic Trials. Becky accomplished that feat at the California International Marathon on Dec. 4 with a 2:44:14. She was the 12th overall female of 2,879 finishers and was first in her age division, but the most important thing was gaining a spot into the Trials. Now, she will go to Houston on Jan. 14 to compete in the Trials, where the top three men and top three females will represent the United States in this year's Olympic Marathon in London.



Becky Angeles breaks into a smile knowing she has qualified for the Olympic Trials with a 2:44:14 at the California International Marathon.

"I had the lifetime goal of qualifying for the Trials and knew that I had to be smart about getting back into shape and couldn't afford any injury along the way. I needed to take full advantage of the 10.5 months that I had to train before race day (at the California International Marathon). Something very unexpected was that I set lifetime PRs along the way (5K, 10K, Half, Marathon). All of this couldn't have been done without the most supportive husband ever."

After that 5-mile week of training after returning to the roads, she increased her mileage by 10 percent each week. "It was a very slow process, which required tremendous patience," she said.

Ten months after having her baby, she ran the Dash Down Greenville in a 5K and posted a respectable 19:14 to win her age division.

Becky had tried before to qualify for the Trials, but in 2008 missed by a little over a minute. She also tried again in Chicago, but that day turned out to be one of the worst in the event's history because of heat and humidity. Another attempt at Houston fizzled when she came down sick a week before the race and "just didn't have it on race day."

In 2010, she was shooting for a sub-2:46 at the Phoenix Rock 'n Roll Marathon, but a nagging hip injury she sustained a month before the race caused her to slow with about three miles to go and she missed by a little over two minutes.

With the hip still bothering her, she and her husband decided it was a good time to start a family. "Luckily, everything happened quickly. We welcomed our daughter into the world on Dec 30, 2010. I had less than a year to get in the best shape of my life -- luckily that happened."

She credits the support of her husband and the group she trains with at Team Luke's. "There were four of us that ran together and pushed each other on EVERY workout. That continued at California International Marathon (CIM). I ran with my training partners nearly the whole way and it felt just like that - a normal training run. No stress, no wall, just a great day with great friends."

She's naturally excited about the upcoming Trials and even though the California race was on Dec. 4, "I feel like I have a race left in me...I feel like I have recovered enough to toe the line and run my best. I will be happy with finishing in the top half and ecstatic with a new PR."

Becky started her running career during the summer before entering the seventh grade after she was cut from the volleyball team. "Luckily, the cross country coach asked if I wanted to try cross country. I had no idea what it was, but I gave it a shot and loved it. I was not the best at it, but I loved the way it made me feel."

She ran for Margareta High School in Castalia, Ohio, and continued running in college at Youngstown State. She was inducted into her high school's Hall of Fame in 2011. Among the "few" honors she earned in college included the 5K indoor conference championship in 1999. "I came to Dallas for a college internship and never left. I love the running scene here...the nicest people and the best races."

Becky is a Software Analyst for an engineering firm in Richardson.

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Here	are	Becky's	showings	during	2011:
Dash	Down	Greenville	5K, March 12,	19:14 --	First in her age group.
Katy	Trail	5K, May 5,	18:53 --	Third overall,	first in age group.
Kelley's	Island	(OH) 5K,	June 12,	18:23 -	First female.
Millet	Mile,	June 25,	5:24 -	First	female.
Plano	Pacers	5K,	June 25,	19:23 -	First female.

Hottest Half Marathon, Aug. 8, 1:25:00 – First female.  
Tour de Fleurs 10K, Sept. 17, 37:27 – Fourth female.  
Murphy Maize Days 5K, Sept 24, 19:40 – First female.  
Chile Pepper 10K Cross Country, Oct. 15, 36:59 – Second female (watch time was 36:46;  
stopped to tie shoe laces)  
Waterworks, 25K, Oct. 23, 1:42:47 – First female.  
DRC Half, Nov. 6, 1:21:11 (PR) – Second female.  
California International Marathon, Dec. 4, 2:44:14 – Olympic Trials qualifier; 12th  
overall female and first in 30-34 age group.  
Jingle Bell Run 5K, Dec. 21, 17:42 (PR) – First female.