

## Fiona Green enjoys running and people, and is the newest Runner In The Spotlight

By Charles Clines



Runner  
in  
the Spotlight

I first met Fiona Green at the Fort Worth Zoo Run in 2006 after she had won the female masters title and after talking to her, it became apparent that she wasn't from around these parts. The Scotland native was a newcomer to the area and her accent was at first a little difficult to decipher for these Texas ears. She and husband Mirek had moved to Keller from Canada in 2005. She had begun running seriously when in Canada, though she had started running when she was about 21 in an effort to lose weight (a little hard to believe that because of her current slim runner's physique). I learned that she was undoubtedly a people person and she would later become an integral part of this website. She might or might not realize how much I appreciate her contributions, but they are much welcomed. I wish there were more Fionas. Besides becoming one of the better masters runner in the DFW area, she has contributed numerous articles and photos to this website. Besides being the newest Runner in the Spotlight, she also is high on the list of candidates for the 2011 Masters Runner of the Year.

By Fiona Green



In April I took part in two races in Scotland (in 2011). It is always thrilling for me to race there as my only running memories growing up were of dismal failures -- consistently finishing last in almost every race I ran.

My first race during my trip was a 6K for women only around a small lake. Finishing second overall, I won the masters division and was awarded a bottle of whisky and vouchers for Marks and Spencer. (This was also one of my parents' highlights of the year.)

In my second race, I was the first kilted female in a 10K at Balmoral Castle. Since my family had come out to support me despite the rain and cold, I felt pressured to give it my all. The prize money and another bottle of whisky were the icing on the cake. Standing in my kilt and sports bra atop the podium under a drizzly, cloud-filled sky was priceless.

In May, the highlight was being part of the winning overall female Masters team in the Beach to Bay marathon relay. Being cared for in the medical tent was a little scary, but I knew I had done my best for the team.

In June and August, I was overall winner in two small local races. Despite the fact that these were fairly low-key events and the fact that my time was not my fastest, outrunning both the male and female competitors was a great motivational boost.



Winning the Masters division in Ricky Cox's Trinity 5000 summer series for the sixth consecutive year was exciting, too. Ricky's races are always fun and his enthusiasm for running and racing is always appreciated

Placing second in the Masters division in the Waco Bearathon (half marathon) was another highlight. It was a very tough course and I was happy to finish it unscathed!

In addition to highlights, last year was also filled with several light-bulb moments, for example the realization:

-That as I age I will have fast days and slow days

-That my time in a race is secondary to what has gone on in the week before the race

-That I really enjoy the social aspect of racing. Running is something I share with like-minded people that helps me feel connected (I'm one of the few people on the planet not on Facebook)

-This year in interviewing people for the website I met many people who opened up about deeply personal matters and how running has helped them triumph over adversity. This includes a young girl who was raped, a runner who used to be an alcoholic and several runners who have shed weight and turned their lives around.

There have been days when I've felt lazy, but I've been inspired to get out and run after being inspired by these runners. Last year, my sister started running and even joined a running club. Although she claims to be the slowest runner in her club, she perseveres and enjoys how running makes her feel. I know she is running because of my influence. A few times last year I met people at races who recognized my name either from race results or the website and told me I had inspired them. It's amazing to hear that I've inspired someone by simply doing what I love to do.

Fiona's personal bests since turning 40. Because she started running seriously later in life, they also are her overall PRs.

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| 5K,            | 19:10    |
| 10K,           | 40:38    |
| 15K,           | 1:02:27  |
| Half marathon, | 1:29:37. |