

Logan Sherman selected as 2012 Male Runner of the Year after impressive victories; has big goals for 2013, including earning earning a Doctorate of Chiropractic

Logan Sherman had his ups and downs during 2012, but his ups were quite impressive. Among his overall victories were the Cowtown 10K (31:17), the Patriot Half (1:11:25); the Hot Chocolate (48:35:10); the Katy Trail 5K (15:13.3); the Labor Day Arlington (15:47.8), the Tour des Fleurs (1:05:54, and the Great Taco Run 10-Mile (52:4). One of his regrettable downers came at the Dallas YMCA Turkey Trot. He crossed the finish line first, but he hadn't registered. Selecting the Runner of the Year is always difficult, but Logan won out because most of his victories over came against quality fields. Read a great report from Logan about his season and his goals for 2013.

By Logan Sherman



For me, 2012 has been full of surprises and life lessons, all positive and constructive. I learned more about integrity, hard work and love than I have in any previous year. I've reached the lowest points and seen the highest potential from those experiences.

2012 started with one goal in mind, the December Dallas Marathon. The same race that I had eyed since starting high school, I finally felt like this was my year to contend. Every race had a purpose with that December marathon in mind.

In February, I started by running the Hot Chocolate 15K at Fair Park. This was my first hard tempo effort created by my coach Terry Jessup. The race was a cold day, but went better than expected. It ended up being a real showcase of things to come that spring, and I met a great friend Lamche who traveled in from Kenya for the race...we had finished with a dead sprint to the finish line.

At the end of February, I doubled with the Cowtown 10K (Saturday) and half marathon (Sunday). The 10K was supposed to be the goal race according to Jessup, but he allowed me to run the half marathon the following day as a tempo effort. Regardless, my 10K time was a little slower than he had wanted but I was still very impressed with the time. The half marathon was difficult the next day due to the heat and the high winds. Two guys were fresh from Oklahoma and they proved to race smart and strong that particular day.

Two weeks following, I ran the Dash Down Greenville 5K. Jacob Philips was extremely fit and took the lead guys out at 4:30. I ended up falling apart and realizing how tired I had been from training going into that race. Following that race, I decided to run Rock 'n Roll Half Marathon (Dallas). This turned out to be a very hot day and difficult to compete. It was this race when my hamstring started to hurt again. I finished the race with a time of 1:08. This was the last big race before gearing up for some high volume training at the middle of summer for the Dallas Marathon.

My next race and probably most favorite of the year was the Texas Independence Relay. I had such a great time and met some of the best people in Dallas. It was my first eye-opening experience of how much I love the running community and why I loved team running so much in the past. We ran with a team of two ladies and 10 men (since we didn't have three females, we counted as an all-male team). Even though we finished second, we had a blast and cheered each other on the entire time (22 hours total).

Only a week after TIR, I was lured into running the Frisco Dallas Cup 5K. It was its inaugural race and was run really well. Another local runner, Enoch Nadler, and I ran it together...surprisingly my legs had a lot in them after 24 hard miles the week before.

One of my all time favorite runs is Katy Trail 5K. I've competed in it the previous three or four years. This was supposed to be a fast race, however this year my legs weren't there completely. As always I had a blast at the post-race party.

My greatest personal accomplishment of 2012 was starting the student clinic at Parker University. Due to the big change, I had decided not to compete much during the fall and focus more on patients and quality training. Hours ended up being longer than I had first imagined. My days quickly started around 4:45-5 a.m. for a workout; I was in clinic by 8-8:30 a.m. and left to go home at 7-7:15 p.m. I grew so much during this time and finally reached the point in my life where helping others became my first concern. I would always come home and look at new research to decide how to give the best care to my patients. There is no doubt that the changes I had experienced affected my strength in running.

I ran the Texas Rangers inaugural 5K because I love Texas Ranger baseball (with close seconds being the Stars and college football). I really wanted to show my support for the Rangers. It wasn't a race that I was proud of, but I had just moved into a new apartment a few days before and it was a very hot/humid morning.

Probably my most challenging weekend of competing thus far was the Tour de Fluers 20K. The reason it was so difficult is because it was the same weekend that we also took Part 2 Chiropractic National Boards. On Friday night, I took the physiotherapy part and got home late from that only to study more for the next two days. Saturday morning, to the disapproval of many, I got to the race in plenty of time to do a longer warm-up. It proved to be a difficult race and a warm day. I wanted to conserve some energy so that I wasn't tired for the test-taking marathon that was about to occur, but a gentleman from Oklahoma came down and made a great push toward the end of the race. Right after the race was done, I ran to my car and headed to shower and grab breakfast before my first test that was around 11 that morning. The rest of Saturday and Sunday seemed just as long...only being able to get in a few miles due to rain Sunday morning before our 7 a.m. test start and running a few more miles later that afternoon. That was my largest accomplishment thus far...National Boards are one of the most draining emotionally and physically wearing tests I've ever taken...it was nice to come out with a victory in both Boards and a 20K that weekend. However, this might have been the straw that broke the camel's back because it was difficult to regain energy after this weekend.

To start my spring racing, I ran the Komen 5K. Unfortunately, I never felt like I recovered from the TDF 20K. I felt tired, heavy and sluggish. Looking

back at pictures, I can see how tired my body was and how intense training was. At this point I was putting in 120miles/week with little focus on speed. So my expectations weren't high for this race, but it was still the start of many unsettling races in the fall.

My lowest moment in 2012 was after the Dallas YMCA Turkey Trot. I ran this race a few days after a marathon prep workout (23 miles at near marathon race pace). I was offered a comp before the race and decided to turn it down, hoping to run at marathon race pace without registering. This was also right before my friends wedding in Corpus Christi that I was a groomsman in. I decided that I would head south for the race and head directly to College Station to meet another friend for his family' Thanksgiving and head toward Corpus afterward. My intentions were never to cross the finish line and I am deeply apologetic that I had. After this race, I received many Facebook messages, e-mails and even calls about how upset people were by my actions. I reached out to everyone and made amends with Tod Whittmore, whom was very involved with the YMCA. Through this low point, I really realized the importance of friends and the absolute love that I have for the running community. Everywhere I turned, if I knew someone they would console me and comment on how proud they were that I admitted my mistake without making excuses. It really took me until this point to comprehend how much I'm going to love treating the running community through chiropractic, nutrition and neurology...that I'm apart of something bigger than myself. Since I've treated patients and have reached a deeper satisfaction helping patients improve than seeing my own improvements.

The Dallas Marathon was the focus of the entire year and training was almost perfect for it most of the fall. The mileage was high and I was relatively healthy. Two weeks from the marathon, I ran the course at an upbeat tempo and hit 2:28. I thought this was it, this was going to be my year. Come race week, I tried to focus more on rest but it ended up being one of my busiest weeks in the clinic. I was so caught up with how much I enjoyed seeing patients that I was a little careless with rest. Getting close to race day, I realized it was going to be a hot and humid day so I looked toward hydration and focused on taking electrolytes...and hydration during the race. Through mile 11, I felt great and I was running with my friend David Fuentes. We were running our 5:20 splits with ease but not consistency...early stages of the race we were hitting 5:07-5:12 with no regards to how it would affect us later. At mile 11, I had the worst stomach cramp that stopped me dead in my tracks. I had to walk every mile to half mile from then on. It was just the hardest race I've competed in physically. I knew that I made the commitment and I wanted to show that being a man of your word is the most important thing we have...so I finished the race at 2:47, and I was absolutely devastated emotionally and physically. The race took a long time to recover from. It took an entire week to physically recover and almost a month to emotionally feel ready to train again and set goals for 2013.

2013 goals

My goals for 2013 are still in planning at the moment. I realize that 2016 is quickly approaching and my chances of making an Olympic Trails team are limited. Talking with coach Terry Jessup, we have decided that working on speed/efficiency is the next step of training...although this won't relay into any immediate gratification for Olympic qualification standards, it will still help improve one of my weakest links. I often tell patients that we are only as strong as our weakest link will allow. If we don't work on the things that we struggle with, we often will fall short of our potential. With everything, training has specific purposes and we all need to ask ourselves, coaches, doctors, families and loved ones what the purpose of today is...your purpose should always make you better in the future.

10K...coach wants a fast 10K this season. Maybe it means getting back on the track!! As a freshman in college, I ran 29:40 and I aim to gain that speed and strength back.

Half marathon...I now realize how taxing a bad/difficult full marathon is on your body. I will stack up half marathon efforts in hopes to qualify for the Trails. The goal would be sub 1:05.

My biggest goal for 2013 is graduation and walking across the stage to receive my Doctorate of Chiropractic. Every summer I speak to high school runners about college. I tell them that first and foremost you should go to college with your main focus on education. Education has been my main focus for the past three years and being able to walk across the stage and take care of patients couldn't be a more exciting accomplishment. I look forward to the transition of becoming a doctor and will have to see this new and exciting challenge will let me train for both the Olympic Trials and Dallas Marathon in the fall.