

Todd Reynolds chosen as 2013 Male Masters Runner of the Year



Note: As with all selections, selecting this award winner also was difficult because there are so many great 40-older runners in the DFW area. Todd Reynolds of Burleson was chosen for several reasons, including his third consecutive Ultra Masters title at The Cowtown and masters victories at the Honored Hero 20-mile, the Fort Worth Marathon, and the overall victory at the El Scorcho 50K. He earned at least 18 masters titles in DFW events. The shaved-head 46-year-old also supports the Trinity 5000 series by competing each Thursday night and won the majority of the masters titles (9) and one overall. As General Manager of Uno's Pizzeria & Grill in downtown Fort Worth, he has supplied pizza for the 5000 participants one of the nights for more than 10 years. Todd says he averages 50 miles a week and has (as of Feb. 5, 2014) a running streak of 2,300 days. Todd didn't begin running until he was about 30. Todd said he started because his wife was participating in the Race For The Cure and inspired him to take to the roads. After that, he continued to run and earned his first trophy at the Lake Benbrook Half Marathon in 1999, and he has been hooked on running ever since. Here are his reflections of 2013 and his goals for 2014:

Todd's story



Refusing to age, Todd Reynolds, 46, spent 2013 running around like a 30-year-old kid! The focus for 2013 was maintaining a 6-year running streak with the added challenge of trying to average 7-minute miles for the year. The goal was closely met, averaging 7:02 over the 2,561 miles logged for the year. December's ice storms stood in the way of breaking the 7-minute mark.

The biggest highlights of the year included two PRs. The Benbrook Half in January was the first to fall with a 1:21 time, an impressive performance considering the rolling course with a couple of difficult hills. The second to fall was the 10K at the weather-delayed Arlington Winter Run. He finished with a PR 36:36 on a chilly morning late in December.

Marathons and ultra marathons continue to be the races of Todd's choice because, he says, it forces consistent training and dedication. At the Cowtown Ultra, Reynolds ran a 3:40 to win masters. The Cowtown event is unique for Reynolds because he paces the 3-hour marathon group before heading off for 5 more miles to complete the ultra. In April, the Boston Marathon was next. With a 2:54, Reynolds was able to enjoy a finish that was a mere 30 seconds slower than his 2008 Boston. There was a port-a-potty stop that accounted for more than the 30-second differential. In June, he was ready for the Running with the Devil marathon outside of Las Vegas, but it was cancelled because extreme heat advisories. Reynolds won El Scorcho at the Trinity Trails in July with a 3:55. The most fun race of the year was the St. George Marathon, where Reynolds ran a 2:52 in the Utah mountains. Back at home, the Fort Worth Marathon in November provided another Masters win with a 2:58 finish. Then



came the disappointing December and the ice storms that cancelled both the Dallas and the Memphis marathons.

The summer of 2013 was pretty hot for all in Texas. This didn't stand in the way of Todd regularly competing at the Trinity 5000 Thursday night series. This series included many sub 18-minute 5Ks for Todd and eventually the masters win for the series. Todd won the masters title at The Run for the Rangers on Labor Day to cap the long hot summer runnings. That win had a nice perk -- tickets to a suite for a Rangers game.

Todd has similar goals for 2014. This year, the added challenge will be to run more than 50-mile weeks on average. The plan is to pace the Cowtown 3-hour group again. And guess what? The summer has the Trinity 5000 on the radar again, which will be Todd's 15th year to run the series. El Scorcho also looms on the summer horizon.

Special recognition for other male masters runners: 2012 male masters winner Agustin Hernandez had another outstanding year by nailing down at least seven masters victories and at least four overall victories, and all with impressive times against usually talented competition. Among his overall victories were the Stockyards Easter 10K, the FWRC Labor Day 5K and the Lake Joe Pool Pumpkins 10K. Among his masters victories were the Irving Marathon Half, the DRC Half and the Fort Worth Turkey Trot.; James Jackson, the 2011 Runner of the Year who won at least eight masters titles, including the Cowtown 10K and the Tour des Fleurs 10K. He also had at least three overall victories, including the El Scorcho 25K.; David Holtsford, whose continued improvement results in at least two overall victories and at least nine masters victories.; and Gary Anderson, who racked up at least 10 masters victories, including at the Lake Benbrook Half, the Cowtown Marathon and the Big D Marathon