**David Holtsford's first difficult 5K at age 46 spurred him into a more active lifestyle**

Note: David Holtsford, 52, of Lipan has worked hard to lower his times since he had his first difficult 5K at age 46. Recognizing how overweight and out of shape he was, David set his goals to improving his lifestyle and this has resulted in him being among the top masters runners in the DFW area. For instance, he won the Grand Masters title at the 2014 Haltom Stampede in 18:49.2. In 2013, he won at least nine masters titles. For his hard work and improvement, David is the newest Runner in the Spotlight.

By David Holtsford

I was forty six when I attempted my first 5K. That Saturday morning was the eye opening experience that sparked my running journey. Twenty five pounds heavier, I barely made it to the finish line. It was time to get to work.
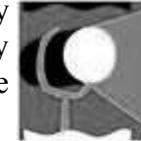
I was drawn to the simplicity of running and the reality that results are proportionate to the amount and quality of work invested. Ronnie Fellers (of Stephenville and a regular competitor for several years) was an early inspiration and he taught me how to train, rest and eat. I try not to focus on single race results and track my progress over longer periods of time.

My training consists of 30 miles running and four to five hours of cross training a week. I usually run first thing and fit the balance of my workout in later in the day or evening. The swimming, cycling and weights might cost me a little in race times, but I think will contribute to my overall longevity.

What I enjoy most about running are the people. Any time you surround yourself with folks who are pushing themselves, some of that grit can't help but rub off. I am usually more motivated by the efforts of back of the packers than I am by race leaders.

My 1:25:22 at Ft. Worth Half Marathon is a PR and the highlight of my 2013 racing season. My goal for 2014 is simply to stay healthy so I can keep running and continue to be a part of this awesome running community.