

2009 Short jogs



**Robert
Cunningham**

Congratulations to these D-FW area runners who won their age divisions at the **Dallas White Rock Marathon** on Dec. 13: males -- **Gary Anderson**, 48, of Fort Worth (45-49), 3:02:38; **Robert Rose**, 50, of North Richland Hills (50-54), 2:59:18; **Wally Capps**, 69, Farmers Branch (65-69), 3:43:18; **Don Hickman**, 70, of Fort Worth, 4:25:20; and **George Brock**, 81 (81-99), of Arlington, 6:31; females -- **Elizabeth Oxford**, 36, of Dallas (35-39), 3:22:01; and **Marylyn Patrick**, 65, 4:42:16. Also, winning the male and female Senior divisions were **Robert Benson**, 60, of Dallas in 3:14:34, and **Bozena Phillips**, 60 of Dallas in 4:24:36....While the White Rock was ongoing, **Chris Kraft**, 38, of Dallas ran a 3:11:23 at the **Tucson Marathon** to finish 53rd among the 1,246 finishers. On Dec. 12, **Gordon Gammie**, 46, of Plano ran a 3:29:45 at the **Rocket City Marathon** in Huntsville, Ala.....Two Metroplex women, Fort Worth Turkey Trot 10K female winner **Vanessa Kelley** and Turkey Trot 30-34 age-division winner **Alison Peters**, placed high in Dec. 5-6 marathons. Kelley, of Keller, ran a 3:05:36 at the **California International Marathon**, and Peters, of Fort Worth, ran a Boston-qualifying time of 3:16:32. She placed 248th overall among the 5,842 finishers. Also, **Tabor Pittman**, 32, of Dallas, was the first male among Metroplex finishers with a 3:32:22 to finish 604th. **Bill Berenson**, 55, of Fort Worth ran his seventh Boston-qualifying time in the past 10 months in seven states by finishing in 3:41:04. Also, **David Clifton**, 50, of Dallas finished in 3:38:45; **Barton Freeman**, 41, of Dallas in 3:39:30; **Mitch Kent**, 43, of Southlake in 3:41:05; and **Gantt Bumstead**, 41, of Fort Worth in 3:41:07....**Roger Clifford**, 43, of Plano blazed a 2:48:58 to finish 98th overall among the 5,844 finishers at the **California International Marathon** in Sacramento on Dec.6. Also, Fort Worth Turkey Trot 10K women's winner **Vanessa Kelley**, 27, of Keller finished 363rd with a 3:05:36; **Jeffrey Meyer**, 49, of Azle came in at 3:22:57; and **Michael Horton**, 38, of Dallas ran a 3:27:10....On Dec. 5, **John Perri**, 28, of Benbrook ran a 3:23:17 at the **St. Jude Memphis Marathon** to place 172nd among the 2,446 finishers. **Hunter Howard**, 40, of Lewisville finished with a 3:35:53; and **Thomas Okazaki**, 52, ran a 3:52:45...Lori Green, 32, of Dallas was the top Metroplex finisher at the Santa Barbara International Marathon on Dec.6. She ran a BQ 3:40:12 and was 339th among the 1,685 finishers....In marathons on Nov. 29, the top area finisher at the **Space Coast Marathon** in Cocoa, Fla., was **David Moyer**, 43, of Grapevine, who ran a 3:48:52 (chip time) to finish 17th overall of the 659 finishers....Several Metroplex women runners placed high in the **Rock 'n Roll San Antonio Half Marathon** on Sunday (Nov. 15). **Melisa Christian**, 33, of Dallas finished second to Mary Davies with a 1:18:31. Davies ran a 1:18:16. **Debbie Arzola**, 35, of Allen took fourth place among the women with a 1:20:24. Both won their age divisions. On the men's side, **Joe Beisner**, 37, of Irving finished 14th overall and first in his age division with a 1:11:50. **Clint Bell** of Dallas finished 21st with a 1:15:46. **David Gilliland**, 35, of Fort Worth posted one of the better times among Metroplex runners at the **Rock 'n Roll San Antonio Marathon** on the humid day. Gilliland ran a 3:20:47.

Others from the area who logged some of the faster times included **Christopher Jones**, 40, of Mansfield (3:23:10), **Andrew Baer**, 23, of Flower Mound (3:24:48), **Chris Stewart**, 49, of Arlington (3:30:33), **Eric Peterman**, 334, of Hurst (3:36:03), **Brian Evans**, 28, of Irving (3:36:14), **Jared Schreher**, 36, of McKinney (3:38:36), and **Sharon Urguhart**, 50, of Arlington. Sharon's 3:41:24 put her fourth in her 50-54 age division. Winning the marathon were **Gilbert Koech**, 29, of Kenya in 2:14:39 and **Tatiana Pushkareva**, Russia, in 2:30:30. Koech, who last won a marathon in 2005 in Las Vegas, was followed by four other Kenyans. He earned \$17,500 for the victory. Pushkareva, who also won at the Rock 'n Roll Country Music Marathon in April, won by four minutes over another Russian, **Svetlana Ponomorenko**. Pushkareva also won \$17,500 ...It wasn't too long ago that **Claude Hicks Jr.** of Fort Worth joined the 50 States Marathon Club. Now, there are two more Metroplex runners who have entered their names on the list. **Larry Lichnovsky**, 62, of Arlington ran a dazzling 3:19:11 at the **Green Mountain Marathon** in Vermont on Oct. 17 to complete his 50-state quest, and **George Mones**, 61, of Mesquite finished in 4:07:53 at the **Indianapolis Marathon** to put him in elite company. Lichnovsky competed all his marathons in **Boston Marathon**-qualifying times....There were 21 marathons across the country over the Oct. 17-18 weekend, and area runners went to several of them. One of the most notable achievements was by **Larry Lichnovsky** of Arlington. The 62-year-old ran a 3:19:11 at the **Green Valley Marathon** in Vermont on Oct. 17 and finished running a marathon in each of the 50 states. He was 33rd overall and second in his age division. He had averaged 3:14 in the previous 49 finishes. Among other finishers at Green Valley were **Bob Smeby**, 53, of Plano, who finished 24th among the 300 finishers in 3:12:55, which was good for second in his age division; **Phillip Hodge**, 43, of Little Elm (3:25:42), and **Jeffrey Arnier Sr.**, 52, of Arlington (3:32:42). Some of the other top finishers at marathons over the Oct. 17-18 weekend included **Kevin Harper**, 40, of Arlington, who ran a 3:09:31 (chip time) to finish 132nd among the 3,763 finishers at the **Detroit Free Press International Marathon**. Also, at Detroit, **Carlos Garcia**, 44, of Fort Worth ran a 3:32:14. At the **Nike Women's Marathon** in San Francisco, **Crystal Terwey**, 38, of The Colony ran a 3:44:36. At the **Grand Rapids Marathon**, **Enid Penny Schantz-Hagelberg**, 53, of Allen ran a 3:35:54; **Penny Palumbo**, 41, of Dallas ran a 3:36:40, and **Cyndi Graves**, 45, of Plano a 3:55:23. At the **Des Moines Marathon**, **Kent** and **Nicole Borman** of Rowlett were among the participants, with Nicole, 48, coming in at 3:21:01 and Kent, 47, crossing the line at 3:42:17. Also, **Jeff Burke**, 46, of Lewisville posted a 3:33:34 and **Carole Dillard**, 47, of Southlake ran a 3:55:45.. **Todd Reynolds**, 41, of Benbrook was the top Metroplex finisher at the **Marine Corps Marathon** in Washington D.C. on Oct 15. He ran a 2:56:48 to finish 116th overall among the 20,882 finishers. Other top finishers include **Jon Hurst**, 36, of Fort Worth (3:19:30); **James Haberer II**, 19, of Carrollton (3:24:32), **Mike Paley**, 38, of McKinney (3:24:39), **Courtney Bowden**, 23, of Fort Worth (3:25:14), and **Katie Frankovich**, 28, of Dallas (3:35:48).... **The Cowtown** for the first time will be awarding finisher's medals for those finishing the **RadioShack 10K** on Feb. 27.... **Joe O'Brien**, 45, of Dallas ran a 3:27:36 at the **Long Beach International City Marathon** on Oct. 11 and placed 218th among the 3,348 finishers. Also, **Trey Bryant**, 40, of Dallas finished in 3:30:43.... **Robert Ruiz**, 46, joined the fast field at the **Steamtown Marathon** in Scranton, Pa., on Oct. 11 and finished in 3:39:22. The 1,569 finishers averaged 3:47:37. Many marathons have averages of at least four

hours....At the **Mohawk-Hudson River Marathon** in Albany, N.Y., on Oct. 11, **Robert Kilinski**, 52, of Weatherford finished in 3:24:42...Then at the **Under Armor Baltimore Marathon** on Oct. 10, **David Moyer**, 43, of Grapevine ran a 3:39:37, and **Elizabeth Ferguson**, 32, of Allen finished in 3:55:56....Metroplex runners again spread far and wide to participate in marathons over the Oct. 3-4 weekend. **William Moore**, 47, of Dallas faced some of the nation's best 40-older competitors at the **Men's Masters Championships** at the **Twin Cities Marathon** on Oct. 4. Moore, a former **White Rock Marathon** winner and former **Olympic Trials** qualifier, finished 14th among the masters with a 2:40:29....At least five posted Boston Marathon-qualifying times at the **Portland Marathon** on Oct. 4, including **Jordan Konig**, 33, of Dallas, who ran a 3:02:06 to place 133rd among the 8,093 finishers. Others were **Jason Huntley**, 36, of Plano (3:04), **John Forbes**, 45, of Dallas (3:28:19; **Heidi Morse**, 27, of Euless (3:08:39 and 14th finisher among the 4,268 women), and **Robin Ziegler**, 37 of Dallas (3:30:19). **Jim Hazard**, 28, of Dallas didn't nail a BQ time, but he still finished with a respectable 3:28:21. At the **Spirit of Survival Marathon** at the Wichita Mountain Wildlife Refuge in Oklahoma, **Chris Crawford** of Dallas ran a BQ 3:15:40 to finish sixth overall and first in the 45-49 age division. Also **David Renfro** of Dallas ran a 3:28:23 to place third in the 30-34 division; **Anicodia Tomlin** of Dallas ran a 3:46:5, and **David Fain** of Saginaw ran a 3:52:51. At the **St. George (Utah) Marathon**, **Margie A. Starr Lawrence** of Plano ran a BQ 3:35:54; and at the **Wineglass Marathon** in Corning, N.Y., **Julie Young**, 32, of Dallas ran a 3:41:41. **Bill Berenson** of Fort Worth reported that at the **Twin Cities Marathon**, he ran his sixth BQ in the past eight months, spanning six states with a 3:38:19....**Jon Eric Ziaer**, 34, of Lewisville ran a 3:40:08 at the **Road Runner Akron Marathon** on Sept. 26 to finish 239th among the 1,418 finishers....**Ken Hall** of Colleyville finished fourth among the 1,101 finishers and first in the 45-49 age division at the **Maui Marathon** on Sept. 20 with a 2:52:49. Ken's wife **Kristine** also ran and finished in 4:22:04. Among others from the D-FW area who participated included **Philip Hodge** of Little Elm with a 3:57:29; **Todd Farrell** of Keller with a 4:14:40; and **Katy Steffan** of Irving with a 4:22:55, which was good for second place in the 20-24 age division....**Kevin Brosi**, 54, of Flower Mound competed in the **Montana Governor's Cup Marathon** on Sept. 20 and finished in 4:46:0....**Peter Beauvais**, 48, of Desoto ran a 3:04:46 to place 37th among the 2,012 finishers at the **U.S. Air Force Marathon** in Dayton, Ohio, on Sept. 19. He also took third place in his age division. **Jacqui Bliss**, 32, of Dallas also won third in his age division with a 3:24:41, which was good for 149th overall place. **Tim Brown**, 27, of Lewisville was another top finisher with a 3:31:17....**Jeff Sandene** has started a blog for runners, which should provide even more information for area participants. To read his blog, go to <http://jeffsandene.wordpress.com>. The blog should provide a nice complement to other resources for runners....**Richard Stingley**, a Fort Worth Runners Club board member, ran the **Rochester (N.Y.) Marathon** on Sept. 13 and finished with a 3:43:41, good for 117th place among the 590 finishers. **John Eder**, 43, of Dallas won his age division and finished seventh overall among the 309 finishers with a Boston-qualifying 3:07:02 at the **Lehigh Valley Hospital Marathon For Via** on Sept. 13 at Allentown, Pa. Another traveler over the Sept. 12-13 weekend was **Kim Garza**, 27, of Dallas, who ran a 4:25:40 at the **Lewis & Clark Marathon** in St. Charles, Mo....**Claude Hicks Jr.** of Fort Worth, a 49-year-old runner who has completed marathons in all 50 states among other

achievements, ran two marathons this past Labor Day weekend and won one of them. First, Hicks ran the **New Mexico Marathon** on Sept. 6 and finished in 3:48:45 to finish 67th among the 378 finishers. Then he went from Albuquerque to Roswell and ran the **Turtle Marathon** on Labor Day (Sept. 7) and won the men's title in 3:53:03. Other D-FW area runners are the New Mexico Marathon included **Jerod Honrath**, 35, of Dallas, who finished fifth with a 3:07:08; **Michael Franco**, 25, of Irving, who ran a 3:30:29; **Carlos Garcia**, 44, of Fort Worth (3:44:43); and **Mark Swanson**, 48, of Mansfield (4:00:49, who had the distinction of being the 100th overall finisher....Those runners/walkers who competed in the final **Trinity 5000** of the summer on Aug. 20 were treated to cake and cupcakes by race founder/director **Ricky Cox** and his family. Also, Ricky handed out special shirts to those who won awards in the season's final point standings. A couple more birthdays fell on the final night of the **Trinity 5000**, **Scott McKissick** and **Deborah Ruiz**, both familiar competitors at road races, ran as part of their birthday celebrations. Scott turned 61 and Deborah 56. Previously, **Robert Cunningham**, who participates in many D-FW races and is easily recognizable with his gray handlebar mustache, celebrated his 78th birthday on Aug. 6 at the Trinity 5000. Maybe the extra candle on the cake helped push Robert to his fastest time this year in the 5K as he lowered it by several seconds when he crossed the finish line in 36:00. Robert, who didn't start running until he was 57, already had celebrated his birthday with his family and said one of his in-laws gave him what he always had wanted -- a blue pickup truck. He said it fits nicely on a shelf. Scott is battling through back problems and said recent therapy has alleviated much of the pain....Granted, **Chuck Engle** usually chooses smaller marathons to compete in, yet it's impressive that he has run 36 of them this year. And to make it even more impressive, he has won 19 of them. Engle, of Dublin, Ohio, and the **Cowtown Marathon** runner-up this year, won his 19th on Aug. 1 at the **Grizzly Marathon** in Choteau, MT. He ran a 2:58:17 to beat 48 other men.



Mirek Kunagl, whose training method usually includes only the 5K he might be running that week but who still has broken 22 minutes, is shown "carbo-loading." [Read about his envious training "method."](#)

Remember, after running the Cowtown Marathon last February, he went to Waco the next day and won the **Miracle Match Marathon**....The popular **Tour Des Fleurs** in Dallas on Sept. 19 has undergone a name change to the **Toyota TDF09 10K.20K Dallas**, but officials promise it will still be the same great race. Among highlights are the **Asics/Lukes Texas 10K Challenge** that offers a \$5,000 purse, and the VIP valet parking. Because the City of Dallas has clamped down on parking in the grass at White Rock, events have had to incorporate off-site parking. However, with VIP valet parking, a limited number of participants can park close and be pampered inside the Camp House. The fee is \$150 per vehicle with no more than four people. Access to the Camp House includes coffee, bagels, post-race sandwiches, beer, massages and air conditioning. What's not to like?.....**Mark Swanson**, 48, of Arlington ran a 3:45:21 at the **Carrollton (MI) Festival of Races** marathon on July 26 and finished 20th among the 71 finishers. He also won his age division...At the **Desert Morning News/KJ22-TV Marathon** in Salt Lake City on July 24, **Carlos Garcia**, 44, of Forth Worth finished in 3:59:00 to finish 186th among the 526 finishers....**Bill Berenson** nailed his fifth Boston qualifying time in five months when he ran a 3:41:41 at the **Missoula, MT, Marathon** on July 12....At the difficult **Leadville Trail Marathon** in Colorado, featuring a course that climbs almost 3,000 feet to 13,188, **James Kirk** of the Trophy Club finished in 7:30:19....Participants in the **Trinity 5000** race on July 9 had a nice treat as **Todd Reynolds** served Uno's pizza after everyone sweated through the hot night. Reynolds, who'll also serve customers in downtown Fort Worth at the popular eating spot, is leading the masters' point race in the summer series and is the top chef....There were several D-FW area finishers at the **Rock 'n' Roll Seattle Marathon** on June 27. Among the top finishers included **Mark Roman**, 55, of Carrollton who placed 264th among the 5,602 finishers. He took fourth in his age division among 229 finishers with a Boston-qualifying 3:26:09 (all times listed are chip times, when provided). Also, **Doug Wensrich**, 27, of Bedford placed 268th with a 3:26:23; **Michael Smith**, 45, of Coppell finished in 3:32:34; and **Margie Lawrence**, 53, of Plano had a BQ 3:44:48....**Andrew Reading**, 25, of Fort Worth was second among five in his age division at the **Running With the Devil** 50-miler in Boulder City, NV., on June 27. He finished the distance in 4:55:41. **Steven Kipisz**, 47, of Plano finished third in his age division among 19 with a 5:51:44. Also, **Matt Riley**, 36, of Denton ran a 6:16:50 to be among the 45 finishers...**Michael Harvey**, 43, of Little Elm ran a 4:05:36 at the **Run Charlevoix (MI) Marathon** on June 27 to be among the 189 finishers. Heading the field was **Chuck Engle**, 38, of Dublin, Ohio, with a 2:41:12. You'll see other mentions of this Cowtown Marathon runner-up throughout the notes. Engle is like Forrest Gump; he never stops. He has won at least four smaller marathons since Cowtown and has run many more....**Lewis George**, who produces several racing events, said he has changed the **Big D Marathon, Half and 5K** date to April 11 in 2010 from March 28. He wanted to keep a month apart from any other long-race events, and is avoiding being so close to

the new **Rock 'n Roll Dallas 1/2 Marathon** on March 14....**Nicole Borgman**, 48, of Rowlett traveled far to the **Mayor's Midnight Marathon** in Anchorage, Alaska, on June 20 and she made the trip worthwhile by winning third overall among the women and first in her age division with a Boston-qualifying 3:24:27.



Caitlin Keen

Among other area finishers were **Kent Borgman**, 46, who finished in 4:13:58 and **Stan Frazier**, 45 of Arlington who ran a 4:38:12. Also in the women's division, **Carla Hoffman**, 51, of Coppell finished in 4:18:27, and **Kristin Nicholson**, 24, of Lewisville was timed in 4:36:46. Hmmm, wonder if they saw Russia from there....**Caitlin Keen**, a 16-year-old who runs for Nolan Catholic, ended **Fiona Green's** two-win female overall streak at the Trinity 5000 on Thursday (June 18). Keen ran a 20:25 to win in her first race at the event this summer. "It's the slowest 5K I've ever run," she said. Many runners experienced slower times because the temperature was in the 90s. Green, who finished fourth among the women, won the masters title with a 20:59....**Chuck Engle** of Ohio, the runner-up in **The Cowtown Marathon** in February, has run several marathons since then and has posted a few wins, including one at the **Miracle Match Marathon** in Waco. It's not unusual, he said, for him to run back-to-back marathons. Well, he might have beat his own expectations on June 12th and 13th when he not only ran consecutive marathons, but also won them. Granted they were small events, but it's still impressive. He won marathons with similar names; the **Bear Lake Idaho Marathon** in Fish Haven, Idaho, on June 12 with a 2:51:24 and came back the next day to win the **Bear Lake Marathon** in Garden City, Utah, in 2:53:04....Also, on June 13 at the **Daily Herald Utah Valley Marathon** in Provo, Utah, **Jeff Hamner**, 55, of Allen ran a Boston qualifier with a 3:34:09, and **Larry Landry**, 57, of North Richland Hills finished in 3:54:36....The **Burleson Runners Club** has gone online with a website --- www.burlesonrunnersclub.com. The next club run is Aug. 2, a Pot Luck X-Country 3-miler and a kids' 1K at 6 p.m....D-FW area runners traveled to Washington, Wyoming and Colorado to run 26.2 miles over the June 6-7 weekend. **Kevin Brosi**, 4, of Flower Mound ran a 4:14:29 at the **North Olympic Discovery Marathon** in Port Angeles, Washington, to be among the 352 finishers along with **Kendall Hopkins**, 27, of Dallas (4:09:25)....At the **Steamboat Marathon** in Colorado, **Marc Elliott**, 44, of Springtown finished in 3:40:46 to be among the 313 to cross the finish line. And then at the **Casper (Wyo.) Marathon**, **Asako Simone**, 45, of Euless finished among the 101 in 5:28. Also, the winner of the Casper Marathon was **Chuck Engle**, 38, in 2:47:28. The prolific marathoner from Dublin, Ohio, was runner-up to **Keith Pierce** at **The Cowtown Marathon**....It's tough going in the men's 65-69 and 70-75 divisions at the **Plano Pacers** runs. In the **Remembrance Run** on May 30, **Jim Sampson** turned 70 and ran a 22:23. Yet, that was good for only second place because **Gordon Ratcliff** sped to a 20:05 winning time. If Sampson's birthday had been a few days later, he would have won the 65-69 division by a second over **Wally Capps**....**C. Keith Grisham, MD**, went to **Calgary**, Canada, to run its marathon on May 31 and posted a Boston qualifying 2:59:44. He finished sixth in the 35-39 age division....At the **Rock 'n' Roll Marathon in San Diego**, **Jeff Garber**, 44, of Lewisville ran a BQ time of 3:02:11 to finish 105th among the 13,294 finishers. Other top men finishers from the D-

FW area included **Brian Elliott**, 26, of Hurst in a BQ 3:05:07; **Philip Hodge**, 43, of Little Elm with a BQ of 3:17:27; and **Michael Adams**, 24, of Dallas in 3:21:05. **Emi Sagawa**, 33, of Addison was the top female finisher from the area in 3:44:02....**Kelly "K-2" Richards** and **Rick Sanford** completed the **Comrades Marathon** on May 24, a trek of 55 miles from Pietermaritzburg to Durban, South Africa. Richards completed the journey in 10 hours, 21 minutes and 52 seconds. Sanford finished in 11:19:12....**Claude Hicks Jr.** had to run most of 82 miles to get back home after his wife recently left him on Hwy. 377 and on the Oklahoma side of Lake Texoma. But she didn't do it in spite; he had actually requested to be dropped off so he could run back home. He started running at 6:20 a.m. on Saturday and reached home at 2:05 a.m. on Sunday. He isn't new to long distances, having run over 100 marathons and several ultras. He has been featured on this site a few times and some of his exploits can be read in the [archived](#) stories.,,,**Jessica Forsyt**, 24, of Frisco was the second woman among the 26 women finishers at the **Andy Payne Marathon** in Oklahoma City on May 23. She ran a 3:45:48 (chip time). **Rod Forsyt**, 28, ran a 3:55:51. Finishing seventh among the 122 men was Dave Emerson, 50, of Coppell with a Boston qualifying 3:10:40. **Claude Hicks**, 49, of Fort Worth was 17th with a 3:40:36....**Bill Berensen**, 54, of Fort Worth ran his fourth Boston qualifying time in four months and in four states by finishing the **Keybank Vermont City Marathon** on May 24 with a 3:31:27 (chip time). Also, **Scott Taylor**, 32, of Dallas ran a 3:44:07. In the women's division, **Margie Starr Lawrence**, 53, ran a BQ with a 3:51:42....At the **City of Los Angeles Marathon** on May 25, **Elizabeth Ferguson**, 38, of Allen ran a chip-time 3:56:45 and was 172nd woman. There were 14,061 total finishers....Area runners **Todd Waida** and **Dawn Charlier** represented Dallas at the **Sendei International Half Marathon** on May 10 in Japan. The 1,200 field included teams from other international friendship cities. Waida ran a 1:22:52 to place 265th among the men, and Charlier ran a 1:24:47 to place in the top 30 among the women. The trip, the 14th time that Dallas has sent a team, was sponsored by the **Japan-American Society**....Three D-FW area runners came in under four hours at Saturday's (April 25)

Country Music Marathon & 1/2 Marathon.

Christopher Jones, 39, of Mansfield led the way with a 3:38:12 to finish 214th among the 3,961 finishers.

Katie Bell, 24, of Dallas ran a 3:49:54, and **Lori Feathers**, 40, of Dallas finished in 3:57:29....**Ryan Wenos**, 31, of Dallas led D-FW area runners at the **GO! St. Louis Marathon** on April 19 by finishing in a net time of 3:07:56. It was a Boston qualifying effort and he finished 43rd overall of the 1,795 finishers.

Also, in St. Louis, **Seth Shirer**, 33, of Mansfield ran a BQ time of 3:08:13; **Tiffany Albrecht**, 36, of Dallas had a BQ time of 3:14:53; and **Bill Berenson**, 54, of

Fort Worth earned his third BQ time in a third state within the past 11 weeks with a 3:31:15. His quest is to run a marathon in each state....Male and female overall winners at the **Hope For Batten Cure 5K** on May 9 will earn different types of trophies as pieces of art will be awarded. **Kathy Holman Norman** will provide the customized trophies, and she will paint the runner of top. She also will have plaques for the overall and overall masters winners....**David Garcia**, 27, of Dallas was the fastest finisher among D-FW area



runners at Monday's (April 20) **Boston Marathon** by finishing in 2:52:14. Others who beat the three-hour mark were **Jeff Alexander**, 37, of Fort Worth (2:55:51), **Chris Puhala**, 36, of McKinney (2:55:53); **Glenn Pratt**, 32, of Frisco (2:55:58); **Patricia Vargas**, 37, of Ennis (2:57:41); **Michael Held**, 43, Dallas (2:57:58); and **Richard Hanson Jr.**, 33, of Lewisville (2:58:53)... At the **Eisenhower Marathon** in Abilene, Kan., on April 11, **Troy Pruett**, 48, of North Richland Hills ran a Boston qualifying time of 3:13:53 to place 16th among the 175 finishers. Also, Cowtown runner-up and **Miracle Match Marathon** winner **Chuck Engle** of New York finished second in 2:37:22. In Groveton, TX, on April 11, **Andrew Readinger**, 33, of Fort Worth ran a 3:22:12 at the **Davy Crockett Bear Chase** to finish fourth of 87 finishers....**Kyson Johnson**, 40, of Richardson nailed a Boston Marathon-qualifying time of 3:17:45 on April 4 at the **Yakima (Wash.) River Canyon Marathon**. Also, **Claude Hicks Jr.** (he's featured in an article on the Short Jogs page) ran a 3:50:25 at the event....FWRC board member **Richard Stingley** ran a 3:46:37 at the **Hogeye Marathon** in Fayetteville, Ark., on April 5....The relay team of **William Moore, Clint Bell, Ernesto Cabellero** and **Melisa Christian** won the inaugural **Texas Tough Ultra Relay** at Fair Park on Sunday, April 29. That ran the seven legs in 2:53:38.... **Isiaiah Sanga** and **Peter Omae** of Allen led the way for area D-FW runners at the **Little Rock Marathon** on March 15. Sanga, 30, ran a 2:22:16 (all times are chip times) to finish fourth overall, and Omae ran a 2:22:50 to finish fifth. ...

Also among those men finishing in the top 100 were **Elisha Tanui**, 25, of McKinney (2:31:34); **Gary Anderson**, 47, of Benbrook (2:57:21); **Steve Henderson**, 46, (3:15:04); **Jason Woodbury**, 37, of Dallas (3:15:33); and **Ryan Kaiser**, 30, (3:17:07). Female D-FW area top finishers were **Leah Tiller**, 38, of Fort Worth (3:54:43), and **Melissa Homer**, 39, of Irving (4:08:50). **Bill Berenson**, 54, of Fort Worth was proud of his Boston-qualifying time of 3:31:45 because it marked the third time in the past four months that he has posted a BQ and finished in the top 10 percent. He was 134th of the 13,82 finishers....**Craig Ottman**, 26, of Keller was the top finisher among D-FW runners at the **Austin Marathon** on Sunday (Feb. 15) by running a 2:39:33. He finished seventh overall among the 4,025 finishers and second in his age division. Other top area finishers included **Jerod Honrath**, 35, Farmers Branch (3:04:27, 68th overall); **Dave Emerson**, 50, Coppell (3:10:35, 123rd and second in his age division); **Brent Ballow**, 38, Flower Mound (3:15:23, 156th); **Lance Reynolds**, 32, Frisco (3:16:38, 173rd); **Vanessa Kelley**, 27, Fort Worth (3:20:29, 234th); **Julie Armstrong**, 35, Dallas (3:33:07, 435th); **Stephanie Smith**, 35, Dallas (3:35:25, 493rd); and **Pamela Day**, 48, Dallas, (3:36:07, 70th female and first in her age division)....**Phil Baker** has replaced **Chuck Dannis** as the **White Rock Marathon's** board chairman. Dannis will serve as Chairman Emeritus after serving two terms. Dannis chose Baker to serve on he marathon board four years ago.... **Bill Berenson**, 54, of Fort



Robert Cunningham, a regular runner at D-FW races, entertains the FWRC's Lucky 7 participants with a couple of Irish songs after the March 15 race.

Worth, was impressed with the **Mardi Gras Marathon** in New Orleans on Sunday (Feb. 1) as he finished in 3:33:23 to log his second Boston qualifying time in about three months. He said the Mardi Gras was well organized with a wave start from the Super Dome, where it also finished. The first half of the course is scenic, he said, with the first mile down famous Bourbon Street, then out St. Charles and around Audubon Park. He said there's plenty of support, food, GU, etc., at all aid stations in the second half of the race, something he hadn't seen at other marathons....Some of the top finishers at marathons on Jan. 25 included **Alison Kouba**, 26, of Dallas, who ran a Boston qualifier 3:41:21 at the **ING Miami Marathon** to finish 427th among the 2,727 finishers. Also, **Carlos Garcia**, 43, of Fort Worth ran a 3:44:57. At the **Carlsbad Marathon** on Jan. 25, **David Bounds**, 39, of Sanger ran a 3:30:57 to place 150th among the 1,135 finishers. **Chuck Casson**, 43, of Allen ran a 3:56:14....**Richard Hanson**, 33, of Lewisville was the top finisher from the D-FW area at Sunday's (Jan. 18) **Chevron Houston Marathon** as he ran a 2:42:43. Others high finishers included **Stuart White**, 46 of Argyle (2:49:30), **Jeff Alexander**, 39, of Fort Worth (2:53:48), **Todd Reynolds**, 41, of Benbrook (2:54:06), **Tom Waida**, of Dallas (2:56:48); **Richard Garcia**, 27, of Dallas, 2:58:32; **Jeff Dupre**, 32, of Dallas (2:59:44), **Chuck Weidner**, 45, of Arlington (3:00:36), and the top female finisher was **Meghan Hautziner** of Keller, 26, with a 3:34:57. **Kim Gray**, 34, of Arlington ran a 3:37:26....At other recent marathons, among the D-FW area high finishers at the **Disney World Marathon** on Jan. 11 included **Patrick Schuster**, 36, of Arlington. He ran a Boston qualifying time of 2:55:50 and was 53rd overall among the 14,927 finishers. Other high area finishers at the Orlando, Fla., race included **Nicholas Beers**, 29, of Fort Worth with a BQ time of 3:06:52; **Kenneth Parisi**, 31, of McKinney with a 3:13:18; **Joanna Meek**, 35, of Frisco with a BQ of 3:19:01; **Amie Chambers**, 25, of Fort Worth with a 3:22:30; and **Monica Briggs**, 29, of Keller with a 3:32:32....At the **Texas Marathon** at The Woodlands on Jan. 1, **Doug Neveu**, 48, of Mesquite was the top D-FW finisher with a 3:16:13, good for eighth overall among the 264 finishers. Others included **Jesse Nevarez**, 48, of Keller (3:53:41, and **Rene Villalobos**, 49, of Fort Worth (3:54:21).