

Jackson among long-time competitors and other older running notes



James Jackson of Denton has had an envious running career and it is far from being over judging from his continued success and speed as he nears the half-century mark. Besides earning the Cowtown 10K masters award in February, he has been among the top overall finishers at several races and has won at least two in area races. He continually throws up times in the 16-to-17-minute range.

He has been at a high level for many years, including when he won the Cowtown 10K against a talented field in 1992 with a 30:19. He pulled off another impressive accomplishment the year before during the All Saints Grand Prix. Runners had to win four of six races to earn points and be eligible for the \$4,500 purse with \$500 going to the overall winner. Most of the top runners in the area competed, including Keith Johnson, Agapius Masong, Shawn Gardner and Doug Hanson. To give an idea of how stiff the competition was, Hanson, who was a recent graduate from North Dakota State, made his local debut at the Trinity 5000 and ran a blazing course-record time of 14:55. Yet, it was Jackson who would win the series.

Other notes: At the 1997 Cowtown, Catherine McKiernan, an elite runner from Ireland who was a late entry in the 10K zipped to a course-record 31:32, upstaging Cowtown's celebrity female elite runner Gwen Coogan, a '92 U.S. Olympian from Colorado. Coogan was second with a 33:10, which would have been a course record.

The chip, now taken for granted at just about all area races, was introduced to DFW runners in 2002.

* While mentioning those who have raced at a high level for years, don't forget Ricky and son Demery Cox. Ricky, now a masters runner, won three Cowtown Marathons and in the few races he enters, is either near the top or is earning a masters award. He and Demery teamed in 2002 to win the Forth Worth Runners' Club Watermelon Mile Relay with a 5:28.

While mentioning the FWRC, Dr. Bob Coffey, who was the club's founder, and the late Don Zetnick, owner of The Runner retail store, wrote an article for the club's newsletter and was posted by Michael Polansky, then the club's president.

The article said that in 1973, Don Kennedy, a student at Southwestern Baptist Theological Seminary and the No. 3 marathoner in the U.S., wanted to help organize road races in the Fort Worth-Arlington area. The only road race or cross-country race during that time was the Fort Worth Parks and Recreation Department's annual Turkey Trot. After that '73 race, Dr. Coffey and Kennedy registered about 20 runners for the FWRC. The club then challenged the Dallas Cross Country Club to a meet in January, 2004. Dr. Coffey believes there were only Open and Masters divisions and believes Fort Worth won.

Dr. Coffey said for about four years, runners to the monthly races would pay 50 cents to enter. Somewhere during that time, the club disbanded, but Polansky and Doug Boyd revived it in 1978. It's been going strong since even though it has had its ups and downs.

In 2002 at the Cowtown Countdown 5 Mile, several of the finishers are still racing. Among some of them, and their times, are Kim Dennis (now Andres) (38:40); Frances McKissick (36:43); male winner James Newsom (31:58); David Cabral (32:20); Scott McKissick (32:58); Dick Harnett (42:13); Don Wakeman (41:50), Ernie Ozuna (34:15) and John Nance (35:55).