

Running



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Irving woman wins wet Cowtown marathon

Runners brave the elements in the Fort Worth marathon

12:40 AM CST on Sunday, February 26, 2006

By **GREG RIDDLE** / The Dallas Morning News

FORT WORTH – Frances McKissick didn't want to run a marathon Saturday.

But she didn't have \$2 on her to pay the fee The Cowtown charges runners if they want to switch races. So instead of dropping down to the half-marathon, the 43-year-old Irving resident ran the 26.2-mile race she had signed up for.

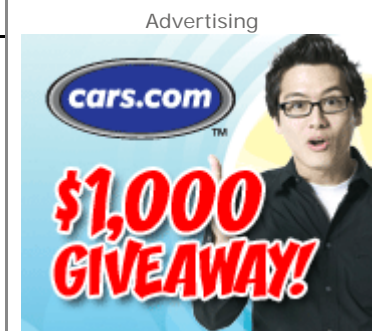
The decision paid off.

McKissick was the women's marathon winner at a rainy Cowtown, finishing in a time of 3 hours, 14 minutes, 55 seconds. McKissick didn't decide until 30 minutes before the race that she was going to run the marathon, but she won by almost



Debbie Fetterman writes about running for *The Dallas Morning News*.

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12 minutes.

"I was going to switch," McKissick said. "I've had a blister problem. Then they said they might have to alter the course a little because of flooding and add distance, so I told my husband, 'I'm switching.' If I had [\$2] in my hand, I would have."

McKissick and many others had to run farther than they thought they were going to.

Heavy overnight rain caused flooding at Trinity Park, and race director Jim Gilliland said the course for the marathon and 10-kilometer race had to be altered slightly, which added about three-tenths of a mile to each race. McKissick still wasn't far off the time of 3:13:36 that she ran at Cowtown in 2004, when she finished third.

The top three women's marathon finishers were 40 or older, with 48-year-old Becky Lowrance of Branson, Mo., taking second in her 57th marathon and 40-year-old Marlene Hall of Cedar Park, Texas, placing third in her 40th marathon. By contrast, the men's marathon winner was 24-year-old Jack Tracy II of Noble, Okla.

Running in his second marathon, Tracy led the entire race and won in 2:36:16. But the former East Central (Okla.) University cross country runner had to hold off a late charge by Chuck Engle, who finished second in 2:36:25 on his 35th birthday.

Engle, a resident of Jackson, Miss., was running in his eighth marathon of 2006. He won the previous seven, including one in Pensacola, Fla., last Sunday. He ran 29 marathons in 2003, but he is trying to inspire others to run, and he said his goal is to run 50 marathons this year.

"I hope that offers encouragement to everybody," Engle said. "They'll say, 'Surely we can go out and run a mile, or two miles.' "

One race not enough for former UT runner: Former Arlington Lamar and University of Texas runner Coby Bullard won the 10K in 34:57. But he wasn't finished.

The 29-year-old Keller resident turned right around and ran the 5K, which started minutes later. He took third in 17:10.

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"I was tired. I wasn't digging too deep," said Bullard who won the Cowtown's 5K in 16:00 in '04.

Bullard's wife, Dana, won the women's marathon at Cowtown in 2003 and was the women's 10K winner in 2004. But she didn't run Saturday because of a neck injury.

Barefoot runner has fun in the rain: Rick Roeber of Lee's Summit, Mo., ran his 33rd marathon Saturday – the 15th in a row he has run barefoot.

The marathon started in a light drizzle, and runners rarely got a break from the rain. But that was fine with Roeber, 50.

"I look for as many puddles as I can," he said. "It's soothing to the feet, and it's fun to splash the people around me."

Briefly: Despite the powerful thunderstorms early Saturday morning, all of the races started on time. Cowtown executive director Heidi Swartz said only lightning would have delayed the start. ... Four elite runners from Ethiopia were expected to attend but couldn't because their flight was delayed. ... Keith Pickett, a 35-year-old former TCU runner, won the half-marathon in 1:17:12 one year after finishing second in the race's Cowtown debut. ...

Charlie Ogilvie, who helped get the Cowtown started in 1979, ran the 10K at age 88. ... Mansfield High sophomore Brette Fleming-Wood ran her second half-marathon at age 15. ... Women's 10K winner Meagan Nedlo said she had a bet with her boyfriend, Fort Worth Running Company co-owner James Newsom, about who would finish first. Newsom ended up pacing Nedlo and helping her win. Nedlo finished first, but Tammy Riley of Keller was originally listed as the women's 10K runner before the error was corrected. ... Dallas' Agustin Hernandez, the 1999 marathon winner, finished second in the 5K in 15:55 – 13 seconds behind former Army runner Eric Heely.

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COWTOWN MARATHON

(At Fort Worth)

SATURDAY'S RESULTS

OVERALL MEN'S WINNER

Jack Tracy, Noble, Okla, 2:36:16

MASTERS WINNER

Gary Anderson, 2:54:23

AGE-GROUP WINNERS

18-24 – 1. Eric Deller, Longview, 3:03:33; 2. Ben Kappelman, Boston, 3:08:12; 3. Matthew Elliott, Hurst,; 3:36:01.

25-29 – 1. Alberto Castro, Dallas, 2:45:08; 2. Kevin Storer, Dallas, 3:05:39; 3. John Renzelman, Dallas, 3:25:43.

30-34 – 1. Steve Sloan, Fort Worth, 3:02:47; 2. Allen Leth, College Station, 3:08:56; 3. Matt Wilson, Odessa, 3:42:22.

35-39 – 1. Chuck Engle, Jackson 2:36:25; 2. Todd Reynolds, Fort Worth, 2:58:21; 3. Eric Etheridge, Austin, 3:05:56.

40-44 – 1. Duncan Stewart, Argyle, 2:57:08; 2. Mitch Finnie, San Antonio, 3:05:14; 3. Justin Elms, Highland Village, 3:07:24.

45-49 – 1. Robert Rose, Bryan, 3:00:52; 2. Mike Mote, Azle, 3:16:05; 3. Euihwa Lee, Newton, 3:18:37.

50-54 – 1. Gary Gehrki, Arkadelphia (Ark), 3:18:23; 2. Mark Roman, Carrollton, 3:21:36; 3. Butch Allmon, Fort Worth, 3:27:31.

55-59 – 1. Robert Benson, Dallas, 3:30:47; 2. Bobby McMullen, Fort Worth, 3:41:51; 3. Thomas Kleuser, Fort Worth, 3:46:39.

60-64 – 1. Douglas Braron, East Brunswick, 3:28:18; 2. Bobby Milam, Keller, 3:33:38; 3. Kenneth Ruanne, Orange, 3:38:49.

65-69 – 1. Denis Strei, Rochester, 4:38:50.

70-74 – 1. Paul Debiasi, Washago, 4:30:45.

OVERALL WOMEN'S WINNER

Frances McKissick, Irving, 3:14:55

MASTERS WINNER

Becky Lowrance, Branson, 3:26:18

AGE-GROUP WINNERS

18-24 – 1. Heidi Zimmerman, Port Isabel, 3:31:08; 2. Alison Sismey, Oklahoma City, 4:01:04; 3. Tammy Haws, Allen, 4:01:38.

25-29 – 1. Laura Bruck Renzelm, Dallas, 3:36:38; 2. Lindsay Peterson, Bedford, 3:37:31; 3. Mandy Hall, Tulsa, 3:37:51.

30-34 – 1. Amy Ganning, Fort Worth, 3:45:07; 2. Wendy Eubank, Fort Worth, 3:46:41; 3. Carla McCales, Weslaco, 3:54:06.

35-39 – 1. Anabel Pearson, San Antonio, 3:47:53; 2. Kelli McMahan, Waco, 4:15:23; 3. Tricia Hately, Arlington, 4:30:12.

40-44 – 1. Marlene Hall, Cedar Park, 3:27:57; 2. Laura Nanda, Shreveport, La., 3:40:46; 3. Kathy Harmon, Springtown, 3:41:37.

45-49 – 1. Germaine Kropilak, Dallas, 3:59:21; 2. Anne Bachelder, Fort Worth, 4:03:34; 3. Nancy Bernacki, Fort Worth, 4:05:40.

50-54 – 1. Joanne Jackson, Oklahoma City, 4:04:47.

55-59 – 1. Karen Cummins, Madison, 4:10:37; 2. Vickie Brown, Fort Worth, 4:24:08.

60-64 – 1. Donna Giblin, Decatur, 4:37:18.

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