

# Running set shares stories of pain, joy

By Bill Shaw

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**B**y group consensus, Lenord Burns of Angleton won the award for “best-worst” running story at the Brazosport Area Road Runners Association social Saturday at the country home of Judy and Ron Richards. He shared his 2006 Houston Marathon experience with the group.

“I was running into the 17th mile at a pace that would allow me to set a new marathon personal record,” Burns said. “Suddenly, I stepped into a street pothole that turned my ankle, and I went down in

a flash. My head bounced on the pavement, and my glasses went flying. Several runners nearly fell over me. All I thought about was ‘I’m losing time.’ I found my glasses, jumped up and took off.

“I then noticed something strange. During the next several miles, a lot of the spectators would say, ‘Ooooh’ as I ran by. One lady pulled tissue out of her purse and held it out to me. I thought there must be something wrong. That was when I noticed blood had run down the side of my head, neck, shoulder and on to my race bib number. Surprised, I thought to myself, ‘I really need this blood inside right now.’”



However, Burns’ story had an upside. He set a new personal marathon record: three hours, 22 minutes and 46 seconds.

About 25 runners showed up Saturday to celebrate the summer solstice and the arrival of spring and to log distances of 3.1 to 9 miles along shady county roads 735 and 31.

Hobbled by an injury, I cycled 10.

Judy and Ron hosted a generous breakfast after our exercise, and some members shared stories about their running experiences.

Sandy Clevenger, BARRA treasurer, pointed out our worst running experiences are when we cannot run.

I know that’s true. I struggled through my May training with a chronic problem and finished a couple of triathlons with miserable run segments before I took a break.

I haven’t run since I hobbled through a personal worst in a 3-miler in the COMBAT Triathlon on May 24 after a 300-yard swim and a 15-mile cycle route, some 35 days ago at this writing.

I have cycled and put in lots of laps in the pool, but without running, I descend to a dark dungeon. I hope rest, recuperation and special chiropractic treatment and massage therapy will allow me to ascend from the abyss on July 1, the date I have set for resuming my running.

After the “story hour,” we discussed our preparation for the 34th annual Firecracker 4, the mother of all Brazosport races on Friday, July 4.

Our event begins with a BASF-sponsored, non-competitive Kids Run for youngsters 12 and younger at 7:15 a.m. The 2-mile walk and 4-mile run start simultaneously at 7:30 a.m. All participants receive T-shirts.

The youngsters receive finishers’ medals. The top three overall male and female finishers and masters finishers in the 4-miler receive trophies; the top three male and female runners in eight age groups 12 and younger to 70 and older receive medals. The top male and female walkers also receive awards.

The Kids Run registration fee is an optional \$1. Individual registration for the walk and run before June 30 is \$17 and \$20 after June 30. Online individual registration is available at [www.active.com](http://www.active.com), but a special fee of \$40 is available for families no matter how many participants. The family registration form is available only at physical fitness centers or on the BARRA Web site, [www.barrahome.net](http://www.barrahome.net).

Packet pickup and race-day registration begin 6 a.m. July 4 at the Dunbar Pavilion on FM 2004.

BARRA hopes for a good turnout to begin the community celebration of Independence Day and a race finish without bloodshed.

**Bill Shaw’s running column appears in *The Facts* every other Monday.**