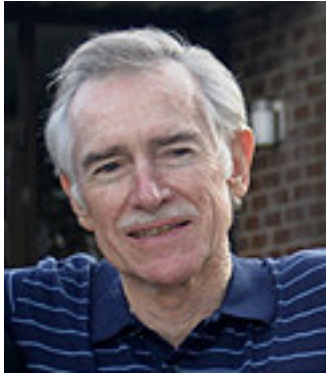


Back on the run

By Bill Shaw

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Some odds and ends and running notes this week:

First of all, my sincere thanks to the staff at the Brazosport Regional Cancer Center: Dr. Mark Bonnen, Kelsey, Constance, Sherri, Miranda, Jennifer and Richard. I cannot imagine more compassionate care than I received after my cancer surgery follow-up and 28 days of radiation treatments. The Brazosport facility is an asset and a blessing to our community.

I am back on the run and the bike now.

As soon as my radiation burns heal, I hope to hit the pool for swimming. I have finished two contests this month, the Race for the Cure and the Gator Gallop. I am confident I can be ready for the May 23 COMBAT Triathlon in League City, so I registered.

Four area runners, one from Angleton and three from Lake Jackson, along with more than 26,000 runners, finished the 113th annual Boston Marathon on April 20. Not just anyone can enter the Boston Marathon; he or

she must qualify with a minimum age-graded time to toe the line. Lenord Burns, 62, of Angleton finished the 26.2-mile distance in 3:21:07, a 7:41-mile pace; Burns finished 4,915th overall and 17th in his 60-64 age division. Willem Maas, 52, finished in 3:28:54, a 7:58-mile pace; he was 6,931st overall and 493rd in his 50-54 age division. Abbie Artley, 33, finished in 3:45:40, an 8:37 pace; she was 3,366th in gender and 2,419th in her 30-34 age division. Al Guevara Jr., 48, finished in 3:52:24, an 8:52 pace; he was 9,342nd in gender and 1,934th in his 45-49 age division.

In the April 18 Gator Gallop, overall and masters winners received trophies, but because of a problem in ordering the trophies, age-group winners in eight categories from 12 and younger to 70 and older did not receive awards.

“We should have those trophies within the next week and a half,” said Martin Crichlow, Brazosport College coordinator for student life and intramurals. “We will have the trophies in the Office of Student Life, L-101. Winners should call our office, (979) 230-3412. If they don’t call us, we will call them.”

Check the Brazosport Area Road Runners Association Web site (www.barrahome.net) to see if you are in the top three finishers in your age group, and claim your trophy.

Kelly Colosimo announced the names of youngsters 12 and younger who earned trophies for participating in at least three of the 2008 BARRA/BASF-spon-

sored Kids Runs Series at the Gator Gallop. Paul Carey, Cristian Finley, Sabrina Finley, Riley Parker, Wes Parker and Eleanor Young finished three of the five runs. Benjamin Latta and Jack Latta finished four of the five and Joshua Pforr finished all five. The 2009 Kids Runs Series continues at the July 4 Firecracker 4, the Mosquito Chase on July 25 and the Monster Dash on Oct. 24. All youngsters receive T-shirts and finishers’ medals for participation in the noncompetitive runs for a voluntary registration fee of \$1, thanks to the generosity of BASF.

The Brazosport Regional Health System cancelled the 5K/10K Fun Run/Walk scheduled for May 9. A spokesperson for BRHS told me by phone there were no plans to reschedule the event.

The next local contest is the Firecracker 4 on July 4 in Lake Jackson, which features a 4-mile run, a 2-mile walk and a Kids Run. Online registration will be available by the middle of May on www.active.com, and registration forms will be available in local fitness and recreation centers. For runs outside the area, see www.active.com, or www.RunnerTriathleteNews.com.

Stay cool, run safe and enjoy the spring Gulf Coast weather.

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