

Running through the past, future

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The Facts

Published January 5, 2009

Happy New Year! The month January is named after the Roman god Janus, who, according to Edith Hamilton in "Mythology," is "the god of good beginnings, which are sure to end in good endings." He is two-faced; one face points to the left, the other to the right, looking back at the past and looking forward to the future.

I began 2009 as I began 2008, with a 6.2-miler around the Old River in Freeport. It was a perfect, bright morning for a run except for a 17 mph north-east wind. In about the third mile, I started on this column idea: a look back at 2008, a look forward to 2009.

Personally, 2008 has been a good year, but not my best in running and triathloning. I ran 809.7 miles, swam 38,133 yards and cycled 432.2 miles. My cumulative running mileage since I started keeping records is 27,214.9 miles. I finished nine races in 2008, three of them triathlons, and won age group awards in five of them. My total race count since I began road racing is 284, with 10 marathons and 28 triathlons.

As I look forward to 2009, I just hope to keep racing, to make another 800 miles,

to get closer to a personal goal of 300 races and to get closer to the 30,000-mile mark for my lifetime running total. At 69 and at the back of the pack now, I live my mantra: "Accept your limitations; lower your expectations."

Runners broke 11 overall and five masters (40 and older) records in the local 2008 race competition, with Brazoswood senior Lauren Smith dominating the competition and breaking three records. Smith now holds five of the nine active, local race records. In 2008, Smith broke the long-standing Gator Gallop 1-mile mark in 5:25, the Firecracker 4 (4 miles) record in 23:50 and the Mosquito Chase 5K record in 18:21.

Brazoswood graduate and Texas A&M cross country runner Weston Caceres finished first in the Family Fitness 5K in 15:43 to break the contest record and to post the fastest 5K of the year in local races. Stewart Crouch finished the Family Fitness 5K in 19:03, record time for a male masters runner. Abby Artley garnered her second record of the local competition in the Family Fitness 5K in 20:47; Artley also broke the record in the Brazosport Relay Triathlon individual female competition with a 1,000-meter swim, two 5K runs and a 15-mile cycle route in 1:52:48.

After a hiatus from local competition, Brett Puderbaugh

finished the Run for Jesus 5K in Danbury in record time — not only to post the overall contest record, but to break the male masters record in 19:12. A relative rookie to local race competition, Judy Lotzenhiser, broke the Run for Jesus female masters record in 28:19.

Wendy Parker of West Columbia won three of the local races this year — the Race for the Cure, the Gator Gallop 5K and the Flapjack 5K — and broke the Race for the Cure 5K record in 20:33.

Out-of-townners broke three local records. Jennifer Brown finished the Spectacle Spectacular 5K in record time in 19:34. In the Summertime Blues Spring Triathlon — a 500-yard swim, a 15-mile cycle route and a 3-mile run — Julie Mosier Crosno broke the overall female record in 1:08:46, and Diann Sweeney broke the female masters record in 1:12:12.

New to the Brazosport area, Jay Johns broke the Race for the Cure 5K record in 16:09.

The first area race of 2009 is the Spectacular Spectacle 5K/10K in Angleton. The 2009 race schedule is posted on the Brazosport Area Road Runners Association's Web site, www.barrahome.net, along with registration and contact information.

See you at the starting line.

Bill Shaw's running column appears every other Monday in *The Facts*. He can be reached

