

50 was nifty for Dallas marathoner

Cowtown was marathon No. 1 for Dallas resident Tony Reed. On Saturday, it also became No. 50.

Reed, who ran his first marathon at the 1982 Cowtown, completed his goal of finishing 50 marathons in Texas by running the 2004 Cowtown on Saturday. Reed finished in 5 hours, 16 minutes and 2 seconds, well off his personal best of 3:36:45 set at White Rock in 1984. But it still counts.

Reed, 48, wanted to run in 50 marathons before he turned 50. He said his idea is a spinoff of the more common milestone of running 50 marathons in 50 states.

"That's great if you have the money to run around, but when you're economically challenged, you have to come up with other goals," said Reed, who works at Texas Instruments and is also a CPA. "Since Texas has lots of good marathon courses, I thought, 'Why not make that one of my goals?'"

In the 22 years since, Reed has done all of the biggies in Texas. Saturday was his 17th Cowtown, and he has also run multiple times at White Rock (16 times), Houston (three), San Antonio (three) and Austin (two). But he has also seen the other side of the spectrum.

"Some of them were so small, they didn't even give out finisher medals, results or a T-shirt," Reed said. "At the Wills Point marathon, a gentleman held the race registration out of the back of his pickup. Basically, the



Recreation Insider

BY NATHAN SANDERS

RECREATION By completing Saturday's Cowtown Marathon, Tony Reed accomplishes his goal of running 50 marathons in the state of Texas before his 50th birthday.

course was, 'Run to the stop sign, then turn around and keep running 'til we tell you to stop.'

Reed ranks Austin as Texas' top marathon, with Cowtown and White Rock tied for second. But now that he has met his quota, he's ready to expand his territory.

"My next goal is to do one on every continent," said Reed, who has a 20-year-old son and a 17-year-old daughter. "I'm trying to time it so the kids will be out of the house."

Coach honored

The University of Dallas renamed its rugby field the Robert Macnab Rugby Pitch on Saturday in honor of Macnab, the team's volunteer coach for the past 20 years. Macnab, a Dallas stockbroker, played rugby for almost 30 years in Nigeria, Scotland, England and the United States.

"I don't guess there is anything

anybody could have done that could please me more," said Macnab, 60. "I never expected it, but I'm just absolutely delighted."

After the ceremony, UD defeated Texas State 18-10 to wrap up its sixth postseason berth under Macnab.

Luke's 7 reaches No. 2

The Luke's 7 Series continues at 8 a.m. Saturday with its second race, the Fitness For Service Fitness For Life 5K/2 Mile Fun Run in Arlington.

Participating runners and walkers must complete five of the seven events, then sign in at the Luke's Locker event tent after each race. All participants will earn an assortment of fitness gear by submitting five or more race numbers at Luke's Locker in June.

For more series information, call (817) 877-1448 or go to www.lukeslocker.com.

Nate's weight update

How's this for irony: Last week, I was so busy churning out Cowtown Marathon stories that I had to skip one of my weekly runs. But I was back out there on Tuesday morning, and I got quite a workout. Not from the jog. From our dog.

My wife and I have an 8-month-old black Labrador retriever named Abby that I usually take with me on my runs. She's a little bit hyper, which is like saying Donald Trump has a little bit of cash. Picture the

Race calendar

SATURDAY

■ AALot-A-Fun Run 5K/Kids' K, 8:30 a.m., Kiest Park Recreation Center, 3000 South Hampton Rd., Dallas. Call (214) 528-1290.

■ Bookin' for Books 5K, 8:30 a.m., St. Vincent's Cathedral, 1300 Forest Ridge Dr., Bedford. Call (817) 239-3569 or (817) 354-7979.

■ Cross Country Club of Dallas Tal Morrison Classic 15K/5K, 8 a.m., Sunset Bay, White Rock Lake, Dallas. Call (214) 855-1511

■ Fitness For Service Fitness For Life 5K/2 Mile Fun Run, 8 a.m., Main Street, Arlington. Call (214) 528-4765 ext. 127.

■ Redbud 5K/1K walk, 8:30 a.m., Denton Senior Center, Denton. Call Cynthia Thomas at (940) 387-0859.

SUNDAY

■ Burleson Runners Back to Basics 5K/Kids' 1K, 4 p.m., Burleson Community Center, Burleson. Call (817) 496-3734.

ONLINE: www.lukeslocker.com, www.fwrunco.com, www.runontexas.com

Tasmanian devil after three hours at Starbucks.

I like to run straight ahead. Abby prefers the scenic route. As a result, most of my runs are part jogging, part tug-of-war. On Tuesday, I used up most of my energy pulling her away from the rat-dog down the street. After one mile, I was gassed.

Then again, I did lose the pound I gained on my birthday week to get back to 192. I guess I'll stick with my puppy cross-training.

Nathan Sanders writes about recreation sports every Wednesday.

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