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one challenging me for first place," said Bastos, whose goal is to win 10 straight Disney Marathons. "This is the first time that I felt that I had runners at the same level with me. I was scared. I thought my streak might be broken."

Mizutani, 24, of Japan won just as easily as she did a year ago, this time crossing the finish line in 2:51:20 – more than five minutes ahead of Christa Benton of St. Petersburg, Fla. who clocked 2:56:43.

In Saturday's half-marathon, Michigan runners Chad Johnson and Emily Mortensen weathered freezing rain and temperatures in the low-30s to take home the open titles.

Johnson, 33, who trained for the Disney event by running at times in snowy conditions in Rochester Hills, Mich., battled

Hansons-Brooks Distance Project teammate Sage Canaday for nearly 10 miles before pulling away and finishing at 1:07:02 – 18 seconds ahead of Canaday. Johnson also won the event in 2008. Luis Rivera from Puerto Rico was third (1:08:55).

Mortensen, 27, took the women's title in 1:20:58, finishing ahead of Jen Blue (1:21:37) and Elizabeth Foster (1:21:52).

Despite the unseasonably cold Florida weather, the field featured nearly 23,000 runners who covered the 13.1-mile course while being entertained with fireworks, music and appearances by several Disney characters.

The Disney Marathon capped a weekend of endurance events at Disney, including the Disney Half Marathon, the Disney-Pixar Up and Away Family Fun Run 5K, Disney's

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A look back at the history of the sport

The February 1999 issue of *RTN* featured

William Moore won the 1998 Dallas White Rock Marathon. Twice. After successfully navigating the 26.2 mile route and breaking the finish line tape in two hours, twenty minutes and 37 seconds, he was crowned as the overall male champion. Later, however, it was found that another runner jumped into the race and ran with Moore for approximately 24 miles. While this is a violation of the outside assistance rule, White Rock Marathon officials met a month after the race and upheld the original finish results.

The top 10 suggestions for environmentally correct running: #7) recycle old running shoes as attractive bookends.

Joe Prusaitis was featured in the Front of the Pack department. The then 43-year-old had taken up running only 10 years earlier, but had worked up to completing several 100 milers, including Western States. Today he is one of the leading proponents of trail and ultra running in Texas.

The Performance Shop article covered the relationship between proper calcium intake and stress fractures, including a list featuring an array of foods rich in calcium.

The sixth installment of the popular excerpts from the *Slinger Sanchez: Running Gun* novel.

Kamiel Maase easily outdistanced Mike Mykytko and Eric Polonski to win the Brazosport Run for the Arts 10K in 29:09. Despite a northwest wind gusting 20-30 miles per hour, Maase put 20 seconds on Mykytko and a minute on Polonski. Elva Dryer easily won the women's race by 2½ minutes in 32:55.

Stephen Ndungu, Sammy Maritim, and Gideon Mutisya went 1-2-3 at the Methodist Health Care Houston Marathon – the same order of finish as the previous year. Tatiana Pozdnyakova swept past the leaders near the 20 mile mark on her way to victory.

RTN photographer Bert Richardson shot the Houston Marathon without his shoes. The San Antonio resident whose images have graced *RTN*'s covers numerous times, was approached by a marathoner from Kentucky who forgot his shoes for the race. Richardson offered up his ASICS Gel Kayanos to Jim Harris, who went on to finish in 4:17:52. Richardson photographed the race in "house painting shoes" he had in his trunk.

Rick Rosales displayed his hurdle technique as he negotiated the steeplechase jump at Dallas' Cross Country Caper.

Gary Grilliot (16:17) and Joyce Deason (19:42) easily bested the men's and women's fields at Shreveport's Independence Bowl 5K.

Whatever happened to: the Texas Straight Shot 10K?

iPhone App of the Month

The *RTN* crew is now a part of the growing group of iPhone users, and from this usage, we are finding many applications to aid you with your workouts. To help wade through the sea of available application, we bring to you the iPhone App of the Month Review. Though we do not endorse these applications, we feel that these apps may be useful to our readers.

RUNMETER 2.0 – \$4.99

Runmeter GPS Stopwatch is a iPhone application that is entirely iPhone-centric which means that all functions uses the iPhone built-in functions, so there are no required website logins or monthly subscriptions, and it is completely ad-free.

You can save all your regular routes as official routes, and use your results as a comparison tool to see your progression or race against yourself.

Runmeter continually records your time, location, distance, elevation, and pace for runs up to six hours on an iPhone 3G (nine hours on the 3Gs). Listen to voice announcements of your progress while you run. View your results on maps, graphs, and a calendar, and organized by routes and activities. Icons on the calendar display shows your best, worst, and median times.

Other features include direct sharing of your run through Google Maps via email or Twitter and exporting your results for use in a spreadsheet. Runmeter also offers a built-in Twitter text-to-speech, so runners can hear Twitter replies during training from their coaches, friends and family.

One especially nice feature is the ability to start or stop the application from Apple's earphone remote which allows for a hands-free experience with your iPhone while running.

Overall the *RTN* guinea pigs gave Runmeter two thumbs up. It was very easy to use, and they found the ability to use the iPhone's earphone remote to be a big plus. Their only gripe was general limitations of GPS technology due to weather or obstacles would hamper the accuracy of the readings.

Runmeter works only on iPhone 3G or iPhone 3GS with OS 3.0. It will also need WiFi, Edge or 3G connectivity to view maps. Runmeter is available at the Apple iTunes store.

