

Komen 5K will crown a new champion

09:45 AM CDT on Friday, June 11, 2010

There will be a new breast cancer survivor champion for the first time in six years at Saturday's North Texas Komen Race for the Cure.

Elizabeth Jekot of Richardson captured an unprecedented six consecutive titles from 2004 through last June. However, she had hip replacement surgery last month and won't be racing.

"As a runner, I am a little sad that I'm unable to compete, but I'm happy to pass on the torch to my fellow survivors," said Jekot, 47.

Last year, Jekot said the race was emotionally and physically challenging. Her mother died of breast cancer in May 2009. She was also coping with pain in her left hip. Her doctor permitted her to run the race as long as she didn't train for it. She hasn't run since.

Jekot managed to complete the 5K course in 26 minutes, 27.6 seconds. Her closest competitor, Sally Sayles, finished in 29:53. Sayles, who was runner-up or third behind Jekot each of the last six years, will be out of town and not competing.

Jekot, the medical director of the Elizabeth Jekot Breast Imaging Center, has devoted her life to ending breast cancer. Her older sister was diagnosed with breast cancer at age 32. Jekot, who was doing her residency in radiology at the time, decided to specialize in early detection of breast cancer.

Military supporting inaugural half marathon: Maj. Jimmy J. Wilson of Frisco, a Marine serving with the Wounded Warrior Regiment South Central District, will be among more than 1,200 runners participating in Sunday's Wounded Warrior Half Marathon, 10K and Military Mile Fun Run in Las Colinas.

Dallas Athletes Racing organized the event to honor wounded military men and women and raise funds to support them. The race beneficiaries are: the Injured Marine Semper Fi Fund (www.semperfifund.org), which assists marines and sailors injured in post-Sept. 11 combat; and the ReserveAid, which assists reserves from all branches of the military. About 25 percent of the field represents the military, Wilson said.

"The goal is to raise awareness," he said. "Even if the war stopped tomorrow, we will have wounded warriors coming home and transitioning from active duty for the next five to 10 years. These guys will suffer for the rest of their lives. We cannot forget about them when the war does ultimately end."

Country music artist Dave Roberts, a Captain Cobra pilot with the Marines, will perform after the race. Roberts, a Texan, recently returned from active duty in Afghanistan. For information, visit www.woundedwarriorhalf.com.

Houston Marathon adopts lottery registration: The Houston Marathon Committee implemented a lottery system for its Chevron Houston Marathon and Aramco Houston Half Marathon, so all runners have the same chance to register for the Jan. 30, 2011, events. Last year, the races sold out in 60 hours.

Runners can enter the lottery by registering between 6 a.m., July 27, and 11:59 p.m., Aug. 12. Officials will announce participants on Tuesday, Aug. 17. The combined cap again will be 22,000 – 11,000 each for the half and the full. For information, visit www.houstonmarathon.com.

Briefly: The Arlington Striders' 26-week Dallas White Rock Marathon training program begins Monday. For information, visit www.arlingtonstriders.org and click on Training Clinics. ... The Dallas Running Club's 21-week half and full marathon training programs kick off next month. The program, for members only, costs \$75. It includes race entry. It closes on July 7 or when the participant cap is reached.

CALENDAR

SATURDAY, JUNE 12 – Amazing Feets 5K and 1K, Ridglea Christian Church, 6720 West Elizabeth Lane, Fort Worth, 7:45 a.m., \$30, 817-738-0612 or www.active.com.

SATURDAY, JUNE 12 – Cavemen Crawl 5K Off-Road Obstacle, 50-yard Off-Road Obstacle Course and Kids 1-mile Off-Road Obstacle Course, 8 a.m., registration closed, www.cavemancrawl.com.

SATURDAY, JUNE 12 – Dadfest 5K, 50-yard dash, Diaper Dash, Galatyn Park Plaza, 2351 Performance Drive, Richardson, 8 a.m.; Dash \$10 for kids 8-and-under, 5K \$25, Dad & Child teams \$20 for kids 12 and under, \$40 kids 13 and over, 972-235-2513 or www.dadfest.com.

SATURDAY, JUNE 12 – DeSoto Urban Challenge, Blue Cow Coffee Shop in the lobby of the DeSoto Library, 211 E. Pleasant Run Road, DeSoto, 2 p.m., \$45 today, \$55 race day, 817-478-0796 or <http://desotourbanchallenge.com/duc>.

SATURDAY, JUNE 12 – Dublin Dr Pepper 10-2-4K, Dublin Dr Pepper Plant, 1053 Preston Lane, Dublin, Texas, 8 a.m., 10K \$30, 2K \$15, 4K \$25, 888-398-1024 or www.dublindrpepper.com.

SATURDAY, JUNE 12 – Fight For Air Climb – Fort Worth Stair Climb, 39 stories, Carter Burgess Plaza, 777 Main St., Fort Worth, \$25 registration with \$100 minimum fundraising goal, 7 a.m. check-in with climbs beginning in 15- to 30-second intervals starting at 8 a.m., 214-631-5864, ext. 209, or www.breathehealthy.org/fortworthclimb.

SATURDAY, JUNE 12 – Garden of Eden 5K and 1-mile, Valley Baptist Church, 6013 Elliott Reeder Road, Fort Worth, 8 a.m., \$10 adults, \$5 kids, 817-759-1874, bsanders5539@hotmail.com or www.runningintheusa.com/jeph.

SATURDAY, JUNE 12 – Komen North Texas Race for the Cure 5K, 1-mile and 50-yard dash, Legacy at Parkwood, Plano, 7:55 a.m., \$30 today, \$35 race day, kids 12 and under and seniors 65-and-over, \$18, 972-378-4808 or www.komennorthtexas.org.

SATURDAY, JUNE 12 – Running Down a Dream 5K and 1-mile, First United Methodist Church of Hurst, 521 W. Pipeline Road, Hurst, 8 a.m., \$25 individual, 817-282-7384 or www.fumchurst.org.

SATURDAY, JUNE 12 – The Collin Classic Bike Rally (with routes of four, 20, 27, 39, 52 and 60 miles), McKinney North High School, 2550 Wilmeth Road, McKinney, 8 a.m., \$30 through today, \$35 event day, 972-578-5719 or www.collinclassic.org.

SATURDAY, JUNE 12 – North Texas Trail Runners Club Run, LBJ National Grasslands, Decatur, 6-10 p.m., www.ntrr.org.

SATURDAY, JUNE 12-SUNDAY, JUNE 13 – Ironhead Racing's Metroplex Sprint Triathlon (400-meter swim/11-mile bike/2-mile run), Lynn Creek Park, Joe Pool Lake, Grand Prairie, individual for one of the two days, \$80 today, relay for one of the two days, \$160 today, individual both days: \$150 today. No race-day registration or packet pickup, 817-707-0500 or www.ironheadrp.com. (USAT membership required. \$39 annual fee or \$10 one-day permit. Available for purchase at packet pickup or online at www.usatriathlon.org.)

SUNDAY, JUNE 13 – 2010 Wounded Warrior Half Marathon, 10K and 1-mile, Williams Square, Irving, Military Mile fun run 7:30 a.m., Half Marathon 7:45 a.m., 10K 8 a.m., Half Marathon \$79, 10K \$55, Military Mile fun run \$10, 214-502-9837 or www.dallasathletesracing.com.

MONDAY-FRIDAY, JUNE 14-18 – Power To Push Triathlon Camp for Kids 7-14, (7-10 year olds: Swim 100 meters/bike 2-3 miles/Run 1K; 11-14: Swim 200 meters, bike 5-6 miles/Run 2K), Cooper Fitness Center, 12100 Preston Road, Dallas, 8:30-11 a.m. \$145 for Cooper Fitness Center members, \$155 for others, 972-233-4832, ext. 6402; or www.cooper youth.com, Youth Programs, then Sports Camps. (Limit 20 participants)

TUESDAYS, JUNE 15-29 – 27th Dallas-Fort Worth All-comers Track Meets, Greenhill School, 4141 Spring Valley Road, Addison, registration 5:30 p.m., meets start at 6:15 p.m., \$10 adults, \$8 high school students, \$5 youth 12-and-under, 214-528-1290 or www.lukeslocker.com.

WEDNESDAYS, JUNE 16-AUG. 11 – Jogger Summer 5K Series, Bachman Lake, 2800 Bachman Drive, just east of Bachman Lake Recreation Center, Dallas, 7 p.m., \$150 for the full series, \$20 single race, www.active.com (search Jogger Summer 5K)

WEDNESDAY, JUNE 16 – Informational meeting for Sept. 6, 2010, Blackland Triathlon Training Program, June 30-Sept. 5, REI Dallas – Cross Timbers Room, 4515 LBJ Freeway, Dallas, \$295, 214-546-9568 or www.tri-now.com

THURSDAYS, JUNE 17-JULY 1 – 12th annual Fort Worth All-Comers Track Meets, TCU Campus, Lowden Track & Field Complex, 3750 West Berry at 3717 Bellaire Drive West, Fort Worth, registration 5:30 p.m., meets start at 6:15 p.m., \$10 adults, \$8 high school students, \$5 youth 12-and-under, 817-877-1448 or www.lukeslocker.com.

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