



SPORTSDAY

**Running Columnist:
Debbie Fetterman**

Debbie Fetterman
Debbie Fetterman
writes about running
for *The Dallas
Morning News*.

[Archive](#) | [E-mail](#)



Southlake 10-year-old off to fast start

After starting to run last summer, 5th-grader winning women's 5Ks

07:47 PM CDT on Thursday, March 29, 2007

Molly Tucker's introduction to running came last summer at a city of Southlake-sponsored track program. Her parents registered her to give her something to do.

Success came quickly and has continued for the Durham Intermediate School fifth-grader.

Molly, 10, has set personal bests and enjoyed a growing string of race titles. She's not just winning her age group at small community events. She crossed the finish line first among all women entered in Saturday's Run to Joe's 5K in Fort Worth. More than 1,500 runners finished the race.

"We were very surprised," said her father, John. "She really enjoys it. She's gotten a good response from the running community."

On Saturday, Molly finished the 3.1-mile race near the Stockyards in 18 minutes, 43 seconds. It marked her fifth 5K, her fifth personal best and the second time she'd broken 20 minutes.

"It felt great," said Molly, one of eight children in her family. "The policeman was encouraging me to hurry up before 19 minutes. I could hear people saying, 'It's a kid.' I felt happy and confident."

She said the secret to her success Saturday was choosing a runner to follow.

"I wanted to stick to this guy wearing pink shorts," Molly said. "I wanted to stick to him like glue and never lose him. I tried to pass him but he still beat me."

Soccer was Molly's passion before she started running, and she still plays for the Roadrunners. On Saturday, she picked up her Run to Joe's trophy, headed home for a bite to eat and a short rest, then

headed over to the soccer field at Oak Grove for an afternoon game. The Roadrunners won, 4-0.

Molly began running last May. She ran some TAAF meets over the summer. This year, she runs with the Eubanks Intermediate School running club once a week because her school doesn't have a running group.

She also trains on the track weekly with one of her older sisters. Her father said he usually rides his bike while she runs for a third training effort each week. He said he can't keep up with her on his feet.

Molly plans to run Sunday's 5K at Fair Park, which will be held in conjunction with the Big D Texas Marathon. She will run the Secret Service 5K on April 14.

Local coach sets American record: Jody Hawkins, the track and cross country coach at Frisco Centennial, broke the American record in the 3,000 meters at the National Masters Indoor Championship last Friday in Boston.

Hawkins, 40, ran a 9:56.24 at the Reggie Lewis Center, eclipsing the old mark by 2.6 seconds. She then placed second Saturday in the mile in 5:10.53. Her efforts helped Southern Cal Track win the overall team title by more than 100 points.

Uptown organizers rebuilding field: Sammy Kipketer of Kenya, the 5K world record, will not return to Dallas for another attempt to break the 8K record.

Last year, Kipketer ran a 22:12 at the Borden Uptown Run and Post Invitational, missing the world record by nine seconds. Kipketer plans to focus on the track and not race on the roads this spring, said Larry Barthlow, the race's elite coordinator.

Two other top runners who had planned to compete in the April 7 race have dropped out. Tariku Bekele and Abreham Cherekos were among five Ethiopians hospitalized for dehydration after the World Cross Country Championships in Kenya.

"What is exciting as we move forward is that there is all this other talent," race director Tom Short said. "On our course, there are lots of runners who can set a world record. We have the course that will allow that to happen."

dfetterman@dfwrunning.com

GOOD GOLLY

Recent race results for 10-year-old Molly Tucker of Southlake:

Date	Race	Gun time
Jan. 13	Bold in the Cold	*20:21
Feb. 3	Fillie Trot	20:18
Feb. 10	Jogging For Johnson	*20:10
March 17	Dash Down Greenville	19:29
March 24	Run to Joe's	*18:43

*Won the overall women's title

CALENDAR

SATURDAY, MARCH 31 – Plano Pacers Spring March 10K, 5K and 1K, Harrington Park, 16th Street and U.S. Highway 75 behind Spaghetti Warehouse, Plano, 8 a.m., members free, others \$5, 972-967-7223 or www.planopacers.org.

SATURDAY, MARCH 31 – The 'MS' Run for Hope 5K Run and 10K/5K/1-mile walks, Addison Circle Park, Addison, 8 a.m., \$25 for the race, pledges for the walks, 214-373-1400 or www.mswalklonestar.org.

SATURDAY, MARCH 31 – Bunny Hop 5K, Stonebridge Ranch Beach Club, 6203 Virginia Parkway, McKinney, 8 a.m., \$20, 214-726-9886 or www.active.com.

SATURDAY, MARCH 31 – Rev-Up! Your Spirits 5K and 1-mile, Trietsch Memorial UMC, 6101 Morriss, Flower Mound, 8:30 a.m., \$25, 972-539-8547 or www.tmumc.org.

SATURDAY, MARCH 31 – H.A.N.K. (Hank Nava Memorial) Run 4-mile and 1-mile, River Ranch on 23rd Street, Fort Worth, 8:30 a.m., 817-229-7903.

SATURDAY, MARCH 31 – Brockett pride Run 5K, Brockett Elementary School, 810 Dove Meadows Drive, Arlington, 8 a.m., \$15, 817-299-6629.

SATURDAY, MARCH 31 – The Panther Run 5K and 1-mile, Dallas Park Elementary, 8700 Viridian, Fort Worth, 8:30 a.m., \$15, 817-370-5620.

SATURDAY, MARCH 31 – Watauga Fest Fun Run and 1-mile Walk, Watauga Community Center, 7901 Indian Springs Road, Watauga, 9 a.m., \$12, 817-514-5893 or www.cowtx.org.

SATURDAY, MARCH 31 – Rebel Fun Run 5K, Cross Timbers Park, Douglas Lane, Richland Hills, 8:30 a.m., \$20, 817-547-5264.

SATURDAY, MARCH 31 – Race Judicata 5K Fun Run, SMU, Dedman School of Law, Hillcrest and Daniel, Dallas, 9 a.m., \$20, 214-662-7029 or www.txrtx.net/racej.

SATURDAY, MARCH 31 – St. Gregory Run 5K, 1-mile and Kids' Dash, T.K. Gorman High School, Tyler, 1405 ESE Loop 323, Tyler, 8 a.m., \$25, 903-216-2424 or www.tkgorman.net/site/funrun.

SUNDAY, APRIL 1 – Fast and Furious Formula I Duathlon (2-mile run/11-mile bike/2-mile run/11-mile bike), Lynn Creek Park at Joe Pool Lake, Grand Prairie, 8 a.m., 817-707-0500 or www.ironheadrp.com (USA Triathlon membership required, annual fee \$39, one-day permit \$10).

SUNDAY, APRIL 1 – RunBiTri-April Fool's Race at Keller ISD Natatorium, 1000 Bear Creek Parkway, Keller, 8 a.m., Run \$20, duathlon (run/bike): \$40, triathlon (run/bike/swim): \$60, runbitri.com.

SUNDAY, APRIL 1 – The Big D Texas Marathon, Half Marathon and 5K, The Cotton Bowl, Fair Park, Dallas, 7:30 a.m., Marathon: \$85 through race day; Half Marathon: \$55 through race day; 5K: \$25 through race day. 972-235-2513 or www.texasmarathon.com.

SUNDAY, APRIL 1 – Burleson Runners Back to Basics 5K and Kids' 1K, Burleson Community

Center, \$4 members, \$7 others, 817-496-3734.