

Sports



Dallas Post/Charlot M. Denmon

Thanks, Mom!

Lake-Lehman Senior Cheerleader Melissa Lord presents her mother with a rose corsage as she leans forward to kiss her during the Lake-Lehman Parent's Day ceremonies Saturday prior to the Old Shoe game.

Dallas man finds NY marathon an 'exciting' race

By CHARLOT M. DENMON
Staff Writer

Joseph Noon of Dallas found the New York Marathon exhilarating and exciting after the first two miles. The 41-year old Dallas man ran the 26½ mile for the second consecutive year.

"The crowd is amazing, more than 20,000 male and female runners!" Noon said. "In the beginning, it is unbelievable, it's difficult to move and you have to be careful because if you fall you can be trampled on. You try to protect yourself. After about two miles into the run, you're able to hit your stride," said Noon.

Noon said he did eight minutes better than last year and out of 20,141 runners he finished, 2,008, in the top 10 percent. That may not sound great to a non-runner, but to a runner that's an achievement.

It is more so in Noon's case since he has been running for only four years and this year's New York Marathon was only his third. He first ran in the Washington, D.C. marathon, then last year and this year in the New York race.

"It's a good race," said Noon. "At 22 miles, my legs began cramping but everyone

was having trouble with their legs. When we started the race, the temperature was in the 60's and the humidity was 93 percent. Within the pack, the temperature was probably high so your legs were warm and your muscles limber."

At about 15 miles, according to Noon, the temperature dropped about 15 degrees and with the cold hitting the warm muscles, his legs started to cramp.

Noon said the people along the race course were great. They lined the streets three and four deep from the Verazano Bridge through the five boroughs. "They were great, cheering, touching you, giving you food or water," said Noon.

Noon said there were all ages entered in the race as well as handicapped, some of them in wheelchairs. One man had no legs but he used his arms to run in the race. It took him four days, but he finished.

Noon, who finished in 3:21 this year, started running four years ago when his young son came to him and told his dad he didn't want him to die.

"I was about 40 lbs. overweight and I smoked a lot. I gave up smoking and started to run. I'm now about 40 lbs. lighter."



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Running partners

Runner Joe Noon of Dallas runs daily and when weather permits, his young daughter, Jennifer, tries to keep up with him.



Wrestling Club

The Back Mountain Wrestling Club began this year's wrestling practices on November 18 at the Dallas Jr. High School. A parents' meeting will be held on Thursday, Nov. 20, at 6:45 p.m. in the Jr. High cafeteria. At least one parent of each wrestler should attend. Please remember to bring birth certificates for boys who have already registered. Shown here are members of the club and their coaches.

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