



BERENSON SETS BQ RECORD

Bill Berenson, a Fort Worth injury attorney, just accomplished his record-setting goal of running 10 marathons in 10 different states fast enough to qualify for the 2010 Boston Marathon.

Berenson ran the final Gasparilla Marathon in Tampa, Fla., on Sunday (Feb. 28) and finished second in his age group with a time of 3:32:04. He BQ'd at the Phoenix Rock 'n' Roll Marathon six weeks ago, and at the Las Vegas Rock 'n' Roll Marathon just six weeks before that.

He somehow manages this demanding schedule while running only three days a week, 25 miles a week. He is clearly not a high mileage junkie.

For Berenson, who has lived in Fort Worth since graduating from SMU Law School 30 years ago, running not only keeps him "lean and mean" but gives him an exciting and competitive hobby. He says he is in the best shape of his life and loves how running makes him look and feel.

"I feel like I found the fountain of youth," he said. "I can't believe that I can keep up with, and even exceed, the young guys at TCU when I am running on the track or treadmill or lifting weights."

However, he is new to long distance running and remembers struggling to finish a 10K in his 30s and 40s. But when he was turning 50, Berenson wanted a new challenge, so he ran an 8-mile leg of the Cowtown Marathon relay. Invigorated by the experience, he entered the Rock 'n' Roll Marathon in San Diego in early June, which he ran in an impressive debut of 3:38. He was accepted on his first try into the New York City Marathon, where he excelled and was accepted into the Boston Marathon.

Berenson then began running two marathons a year, including the infamous 2007 race in Chicago that had to be canceled halfway through because of 90-degree heat, but he limped in with a 4:22 after severely cramping, then passed out in the finishing area.

His favorite of his 10 BQs was the Twin Cities, which began in downtown Minneapolis, wound its way around beautiful lakes with changing autumn leaves, crossed the Mississippi River, and finished in St. Paul in front of the state capitol, all in front of huge crowds.

Other favorites were in Missoula, Montana; Burlington, Vermont; and Washington, D.C (Marine Corps). The attorney also enjoyed running races in Saint Louis, Little Rock, and New Orleans. He flew over 20,000 miles in the process.

Berenson hopes to run a marathon in every state in the U.S by his 60th birthday. So far, he has knocked out 18 states, nine in the past 12 months. He also wants to run Berlin and London so he can complete the world's major marathons as well as return to Boston as often as possible.

Berenson also serves on the Cowtown Marathon's CALF (Children's Activities for Life & Fitness) Council, has adopted the running club at the Rufino Mendoza Elementary School for the past five years, and supports other running causes.

You can learn more about Berenson at www.berensonlaw.com.