

A Sad Day In Running

Contributed by Allan Besselink, PT, Dip.MDT
Sunday, 14 December 2008
Last Updated Sunday, 14 December 2008

It is with great sadness that I read this evening that 29 year-old Erin Lahr of Austin collapsed and died at today's Dallas White Rock marathon. Though we have a great diversity of philosophies in the Austin running community, there is one thing of which I have absolutely no doubt, and that is our shared sorrow of this tragic news from Dallas. My condolences go out to her family in this difficult time.