



MARK HODGES ARCHERY

Whether the inspiration comes from family, a coach or yourself, it's easier than you might think to take up a new sport at any age. Mark Hodges is proof of that. Windsurfing. Tennis. Swimming. Diving. Running. Cycling. Triathlons. Ball sports and badminton. He's done it all. One could accurately assert that Mark Hodges is a Renaissance man when it comes to all things sports.

"My favorite is whatever I happen to feel at the time," says Hodges, who currently teaches P.E. at Sunflower Elementary and officially took a shot at his latest favorite, archery, when he was 58.

"It's the first sport that I think I have a natural proclivity for," he says. "I think the best thing about it for me is I can do it by myself."

Hodges, now 60, bought a bow and six arrows online for \$100. He then created his own makeshift target with an old coffee-bean bag stuffed with plastic shopping bags.

He wound up competing in several variations of archery, including three-dimensional, or 3D archery, which involves shooting rubber animal-shaped targets as small as a rat and as large as a moose. Hodges practices about three times a week an hour or so at a time to prepare.

"Once you learn, you have a desire to keep on practicing" he says. "I couldn't wait to get out here on a 60-degree day."

Without a coach or any formal instruction, Hodges became a national champion for two separate senior categories, in one of them by posting the highest scores on record. He is set to return to national competitions this summer.

Traveling the country from March to September, Hodges describes his type of archery as esoteric and completely instinctual.

"It's like a baseball pitcher pitches," says Hodges. "They don't aim. They just sort of do it."

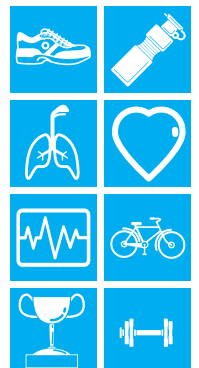
His advice to someone interested in a new sport is to just try it.

"The best thing about Lawrence—and this is from somebody who has been to a lot of places—if you have an inclination to do something, Lawrence has unbelievable resources," says Hodges. "Regardless of what you want to try, there's an organization in Lawrence that's welcoming and easily accessible."

LM FIT

THE SPORTING AGE

For some athletes,
a sport begins at mid-life



KAREN EVANS TENNIS

After retiring from what she refers to as her 20s sport—triathlons—Karen Evans, family practitioner at Mt. Oread Family Practice, decided it was time “to find a new sport.” Active throughout her life, Evans, 39, had never tried tennis, which she now plays three times a week.

“I like to sweat,” says Evans. “It keeps your heart rate up.”

She still runs, and splits her fitness time evenly between the two sports.

“Tennis makes you think,” says Evans. “Physically, it’s made me a better runner. I’m faster. I’m better at hills. I have new baby muscles that never appeared before. They’re cute little things like the one in the middle of your forearm—that little guy.”

Kyle Markham, general manager and director of tennis at Jayhawk Tennis Center, has been an integral part of Evans’ development both mentally and physically. Evans describes Markham as being patient throughout their three years together.

“As a 30-something-year-old, I felt a little bit stupid learning to hold the racket for the first time, but it was fun,” says Evans. “I was glad I tried something new, and now we’re all the way to learning very specific techniques that are going to make me more competitive.”

“I always encourage people to try something new because you never know what you might like.”



MOON MARBLE COMPANY
MARBLES • TRADITIONAL TOYS & GAMES • GIFTS

VISIT US ALL YEAR:
TUESDAY - SATURDAY
10:00-5:00

**& DON'T MISS OUR
SPECIAL ARTIST SHOW,
"MARBLE CRAZY!"**

600 EAST FRONT ST. BONNER SPRINGS, KANSAS
913-441-1432 WWW.MOONMARBLE.COM

20+ ARTISTS! 14TH ANNUAL MARBLE CRAZY

SEE THE MARBLE MACHINE!

FRIDAY, MARCH 7TH, 12PM-9PM
SATURDAY, MARCH 8TH, 10AM-5PM

WWW.MARBLECRAZY.COM

Lawrence
magazine

*A New
Native*
authentic indigenous

A GREAT MARKETING TOOL FOR YOUR BUSINESS

Lawrence magazine

to advertise contact **John Kramer**
jkramer@sunflowerpub.com | 785.865.4091

BETH ENNIS RUNNING

Beth Ennis, a systems administrator for the Command and General Staff College at Fort Leavenworth, says she was propelled by her family, specifically her daughter and sister, to take up running. When her daughter competed in a half-marathon in New York City, Ennis decided—at age 52—to become a runner.

Ennis had served as a sergeant in the Marine Corps for six years, so running was not an unfamiliar activity, but she had never formally trained and competed in races. She began training on a treadmill, but shortly thereafter, joint pain ensued. Then, her daughter visited for Thanksgiving.

“She got me running on my toes instead of heel first,” says Ennis. “Once I started doing that, there was no pain in my knee, and I began running three miles at a time without any pain.”

Ennis has lost 35 pounds and continues to keep it off by walking over her lunch hour, running three times a week and incorporating resistance training into her routine. She enjoys training for the races, but notes that it’s ultimately less about the race and more about how it makes her feel.

“Running gives me energy and lifts my mood,” she says.

In November 2013, Ennis raced her first half-marathon with her sister in Las Vegas. At the age of 55, she went all in, achieving her goal of finishing in less than three hours. She’s not stopping there; she plans to compete in the Kansas City half-marathon in April and a future Army 10-miler in Washington, D.C. **LM**



Fitness is right out your front door.

Great bikes and accessories
for your next adventure.



Authorized Dealer Of

TREK *SPECIALIZED*

804 Massachusetts St. • Downtown Lawrence
(785) 843-5000 • sunfloweroutdoorandbike.com

South WIND GALLERY

James Pringle Cook

Solo Exhibit

Jan. 4 – Feb. 28, 2014

Upcoming Exhibit

George Mayfield & Co.

Light In the Other Room Painters

Mar. 7 – April 25, 2014



Wabaunsee Echo Cliff Road

60 x 48, Oil

James Pringle Cook

www.SouthWindArtGallery.com

3074 SW 29th Street • Topeka, Kansas 66614

888.206.5994 • 785.273.5994

Gallery Hours: M-F, 10-6; Sat, 10-4