

Nothing but net for Fort Worth resident

Kelli McShane's passion is netball. A native of Australia, where the sport thrives,



**Tracey
Myers**

McShane has continued to play since she moved to the United States three years ago.

Now she has a chance to represent the U.S. on a world stage.

McShane, of Fort Worth, will join the U.S. netball team when it plays in the Barbados World Cup Qualifying Games from Aug. 9-20. Eight teams will compete in the tourney, with the top two qualifying for the World Netball Championship in Fiji in next July.

Netball is like basketball, but players are limited to certain areas on the court. Run-

ning with the ball, which is smaller than a basketball, is not allowed. Players may hold the ball for three seconds. Also, there is no backboard on the 15-inch hoop, which stands atop a 10-foot post.

McShane started playing when she was 5 years old but took a break last year when she had a child.

She wants to start a netball league once she returns from Barbados. Until then, she's excited about possibly competing on the world stage.

"This is pretty cool stuff, really exciting," McShane said. "I get to represent my country. This is the Mecca of netball."

First tri

The inaugural Ryka Iron Girl Texas Triathlon is July 23 in Las Colinas (Irving). The women's triathlon consists of a 500-meter swim in Lake Car-

olyn, a 20-kilometer bike ride and a 5K run. It begins at 8 a.m.

The event will have several top athletes, including Olympian Michelle Jones and professionals Desiree Ficker and Andrea Fisher. Jones and Ficker will be speakers at the Women's Health & Fitness Expo and lecture series at the Dallas Marriott Las Colinas on July 22.

For details or to register, go to www.irongirltexas.com.

Pain and gain

The Primal Quest adventure race was short and painful for Fort Worth's Kim Dunkin, and it left her hungry to get back on the trail next year.

Dunkin fell off her horse as the 10-day race started, and things got worse from there. After getting sand in her shoe during the race's second leg, blisters formed on her feet.

"Those blisters turned into gaping wounds," Dunkin said.

"The officials asked me to stop on the second day."

Dunkin went on four more days, and her feet got worse. Officials made her stop on day six because her feet had turned to "hamburger meat." Her team eventually finished the race, and Dunkin is already making plans to race in next year's Primal Quest.

Start training

Enrollment is under way for the Dallas Athletes' Triathlon Training 101 course, which begins July 24. The course is for beginner and first-time triathletes. Participants are encouraged to have a road bike, running shoes, swimsuit and goggles.

For more information, go to www.dallasathletes.com.

Staff writer Eric Ransom contributed to this report.

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