

## Cathy Buchanan beats everyone at Coleson's F.R.O.G. 5K

By Fiona Green



It was a beautiful Saturday morning (April 23) for racing and over 200 runners and walkers toed the line at the 6th annual Coleson's F.R.O.G. 5K in Lake Worth to support a great cause and try their luck at

winning a cool frog medal. Topping the field was 54-year-old Cathy Buchanan, who regularly wins overall or Masters awards at area races. She decided to push a little harder and try to outrun all the males. She succeeded in doing so in 22:45. (I was excited to also achieve this, finishing 19 seconds behind her:)



The overall male winner and third place finisher, Debiasie Mendoza, 36, (pictured at left with Buchanan) has a special connection to this race as his niece Jozelynn, who was suffering from an aggressive form of leukemia, was the first child to be helped by Coleson's F.R.O.G. ministry six years ago.



F.R.O.G. stands for Fully Reliant On God. Coleson's ministry was named after Coleson Young, who was diagnosed at age 2 with a brain tumor. Thankfully his treatment was successful and he is now a healthy 8 year old. After the experience of dealing with a very sick child and understanding the importance of a valuable support system, Coleson's mother Julie took it upon herself to develop a network of people who would provide the parents of sick children with moral, emotional and financial support, allowing them to focus all their energy on their children.

Jocelyn's mother Reshall Castillo (pictured on right with Young) expressed her gratitude for everything Young and her team did for her as she came to terms with losing her daughter. Thankful for the support she received, she and her family made the 5-hour trip from Odessa to take part in the event and be with their extended family.

A notable performance was turned in by one of the senior runners as 70-year-old Leon Minton from Willow Park clocking 28:54 to place first in his age group and 16th overall.

