

The Run For Rescue 5K Attracts Fast Runners.

By Fiona Green



Antonio Florcruz and Colby Lowe

The 7th annual Run for Rescue 5K in Colleyville on Saturday (April 9) attracted some fast runners. Clinching the top two spots were James Jackson and Randy Bobe who incidentally also placed first and second in last week's March for Water 5K in Colleyville. Jackson covered the course in 16:11 while achieving a long-time goal -- taking a mid-race selfie around mile 2! It's not clear whether he stopped to take the photo or took it while on the move.

On the female side the overall winner was 25-year-old Lyndsey Dyer of Dallas who clocked 20:42. As Dyer disappeared shortly after the race I was unable to speak with her.



Race proceeds were to be donated to the organization, Helping Children Worldwide and would support the Mercy Hospital in Sierra Leone. Karen Roeming, a church member who has visited the country numerous times, explained how, during her last visit to the country, she had spoken with a local artist about the race and commissioned him to make beautiful, carved trophies for the event. Hand-crafted bracelets and necklaces were also given out to race participants. After the race runners were treated to a delicious pancake breakfast and had a chance to win door prizes or place bids in a silent auction.

Antonio Florcruz As we all know every runner has a story. Many of these stories inspire us and motivate us to push a little harder and accept new challenges. On Saturday I was inspired by a young runner whose perseverance and hard work have transformed him from a kid who would consistently place last in races to a speedster who broke his school's mile record.

I first met 13-year-old Antonio Florcruz and his father, Arturo, at a race a couple of years ago. At that time Antonio was proud of the fact that he was able to complete a 5K. He is now 13 years old and on April 4 he set a record for Dawson Middle School in Southlake, running a mile in 5:11.

Florcruz began running in his elementary school running club but would often finish dead last in his races. Instead of allowing these experiences to define him, they motivated him to try harder. He started accompanying his father on his runs and progressed from being able to run a quarter mile without stopping to running a half marathon without stopping. The more he ran, the more comfortable he felt. Arturo is thrilled with his son's success and gives credit to the friends and teachers who supported him and encouraged him to succeed. "I think Antonio is a good example of not giving up and believing in one self. He never got discouraged and always believed he would get better. I think it's also a good

example of others believing and supporting him. Everyone around him, including you, was always positive and made running fun for him. Creating a fun and supportive environment is important for a child's development, no matter what subject they pursue."

Antonio was particularly grateful for the support of Colby Lowe, the school's previous mile record holder (5:12), who observed him run a few time trials then coached him through each lap.

On Saturday, Antonio paced his father for the first couple of miles (as a birthday gift) then picked up the pace in the final mile and still managed to place second in his age group. His father placed first in his age group.

Antonio's next goal is to break 4:49, the school's 8th grade record for the mile. He also hopes to improve his 5K time of 20.06. Knowing Antonio, it's only a matter of time.