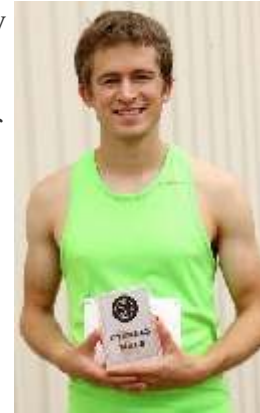


## Overall winner racing to honor coach on cooler, but humid morning in Lewisville

By Fiona Green



The Cobra Brewing 5K in Lewisville on Saturday morning (Aug. 13) attracted a large crowd, most of whom were enticed by the free beer, cool tech shirts and unique beer mugs. Wally Capps, 75, of Farmers Branch and winner of the 70+ division with a 25:33.4 is shown at left enjoying one of the brewery's refreshments.



The start time was later than usual for a summer race with runners toeing the line at 9:30 am.

According to the race website, the late start had to be implemented to accommodate the local train schedule.

Fortunately conditions were overcast and the temperature was in the low 80s rather than the 100-plus days we've been having although the high humidity more than compensated for the lower temperature. The course consisted of two loops and incorporated a fairly long hill, which of course runners had to climb twice!

Topping the field was 22-year-old Taylor Ochs (pictured top right), who clocked a speedy 17:25. Ochs, who made the trip from Abilene to race, was running to raise funds for his former track and cross country coach, 31-year-old Drew Graham. Graham, who hails from Newcastle, England, was an elite athlete capable of running sub 4-minute miles. He worked as a track coach at Abilene Christian University, where he was greatly loved by all who knew him.

In 2014 he almost died in a tragic diving accident in Colorado, which left him paralyzed. Many months spent in rehab gave him time to reflect on his situation and that of other



quadruplegics. Recognizing the importance of working out to increase strength and maintain some level of fitness, he founded the Colorado Rerun Project. The organization's mission statement reads as follows: "We are dedicated to helping individuals with debilitating injuries get a second chance at accomplishing their goals and dreams.

In order to achieve that goal Graham is raising funds for a 'pop-up' or mobile gym that can be moved to different locations in North England offering other quadruplegics the opportunity to work out on specifically designed equipment. More details on this project are available on the

organization's website at [www.thecoloradorerunproject.org](http://www.thecoloradorerunproject.org). The short video about Graham's story is extremely moving and shows his incredible fighting spirit and determination to make a difference. His optimism, drive and recognition of the importance of teamwork are inspiring and show that his competitive spirit is still very much alive and kicking. Details on how to donate to the project can be found on the organization's website.

Father and son team Troy and Grayson Pickett (pictured above) both picked up some hardware at Saturday's event. Troy, 45, clocked 18:46, easily winning his age group and narrowly missing out on the Masters title, won by Steve Purser, 51, of Plano with an 18:39.7, while 12-year-old Grayson won the 14-and-under age group in 24:17. His finish time was somewhat slower according to the timing company's results, but Pickett explained he had walked near the mat after finishing, which generated a new finish time. Troy is Grayson's track and field coach and is proud of his son's accomplishments. Like his father, Grayson is addicted to racing and mentioned this was probably his 12th or 13th race of the year. For Troy, fitness is a way of life. His company, Body Bionics, offers exercise programs, boot camps and personal training in the city of Lantana.