Aug. 27-28 Highlights

By Charles Clines

Cooler temperatures (in the 70s) in the mornings this past weekend must have inspired the "older" generation as several masters runners raked in medals in the smattering of races in the area.

* Possibly the oldest overall winner was 58-year-old **Elizabeth Rudy**, who won the award Saturday morning (Aug. 27) at the **Bye Summer Terrific 2-Mile Run** in Arlington. She ran a 16:56 for the distance.

* In Sunday's (Aug. 28) **Carrollton Runners Mile & 5K**, another master, 43-year-old **Lowell Koppel** of Flower Mound won with an 18:40.35. **Keith Johnson**, 55, of Plano and who once almost ruled the area in his prime, was second with a 19:17.38. He was gone for several years before recently returning to the area.

* **Troy Pickett** of Argyle, another master, won the **Military Heroes 10K** in Trophy Club. The 45-year-old crossed the finish line in 40:23.6. He has won at least three other overall awards and three masters awards. Two 55-year-old runners were second and third in the 5K, finishing behind 17-year-old **Jack Karika** of Colleyville. Karika ran a 18:42.7 while **Jack Hase**, 55, of Trophy Club came in at 20:27.8 and **Bob Jacobs,** 55, of Roanoke had a 20:58.7.

* **Froylan Franco**, 48, of McKinney placed second art the **Lend A Hand 5K** in Southlake, finishing with an 18:49.63. He has had an impressive season so far with at least six overall and three masters awards. **Wyatt Wingard**, 14, of Frisco won with a 17:54.99.

* At the **Race for Jeph** 2-mile run, **Laura Nelson**, 50, and winner of numerous overall and masters title, collected another overall award with a 14:55. The male winner was on the other end of the age spectrum as 13-year-old **Martin Chavez** zipped in with a 10:58.

* **Creg Arnold**, 45, joined the award winners by winning the **Snowball Express 5K** in Fort Worth. He clocked in at 21:49 with 49-year-old **Javier Pena** just behind at 22:01.