

Heroes For Hope continues to grow, and with good reasons



By Fiona Green



The 4th annual Heroes For Hope 5K in Fort Worth on Saturday, August 6, was a huge success. Since the inaugural event in 2013 the number of participant has grown every year, prompting organizers to move from the location at the Martin House Brewery to Panther Island. This year, over 1,000 runners registered for the event with 841 crossed the finish line.

This was an extremely well-organized event for a very worthwhile cause with money raised going toward helping children with cancer. In keeping with the race theme, many runners were dressed as superheroes as shown in photos above. Bbut before the race start, organizers reminded everyone that the true heroes were the brave children with cancer who were fighting for their lives every day. Many of these children were present at the event and some took part in the race, pushed in strollers by family members.

The overall male winner was 18-year-old Kristian Ramirez (pictured top left) from Keller, who ran a 17:32, more than 30 seconds ahead of runner-up, Louis Bolander. This was a slow time for Ramirez, who has a PR of 15:17 for the distance. He explained that because of other commitments, he hasn't been able to log many miles in training the past few weeks. Ramirez, who hopes to attend college on an athletic scholarship, plans to study Civil Engineering at the University of Houston.

Following the race, runners were able to enjoy massages, barbecue, beer and a variety of other light refreshments. This is definitely an event to mark on your calendar for next year.