

Feb. 13-14 Highlights

By Charles Clines

Mostly good weather greeted runners/walkers at area races this past weekend and made for some competitive races. First, kudos to the area runners who competed in the **Olympic Trials** in Los Angeles on Feb. 14. Among the top finishers included **Ingrid Mollenkopf** of Dallas (2:46:22), **Kelsey Bruce** of Dallas (2:48:59), **Elizabeth Northern** of Forth Worth (2:49:57) and **Dawn Grunnagle** (3:02.05). It was a hot day in Los Angeles, which made for challenging conditions. While most runners in the area are well acquainted with Northern and Grunnagle, they might not be as familiar with Mollenkopf, who won the DRC Half last year or Bruce, a Dallas Baptist standout from Brackettville, TX, whose senior year was 2014-15.

* Just guessing, but twins apparently won the male and female overall awards at the **Fort Worth Running Club's Valentine's 5K** on Feb. 14. **Graydon Morris**, 14, of Aledo won the male race with a 16:36.9 and **Gracey Morris**, 14, was first female with a 20:39.7.

* Four runners were in close sight of each other at the Haltom Stampede on Saturday (Feb. 13) as participants vied for one of the coveted ceramic buffaloes. Overall winner was **Louis Bolander**, 18, of North Richland Hills. His 18:11.8 beat **Antonio Lopez**, 32, of Hurst by about 17 seconds. Another six seconds behind Lopez were **Sergio Hernandez**, 41, of Granbury and **Charles McIlroy**, 53, of Weatherford. Hernandez won the male master award in almost a photo finish (18:34.7 to 18:34.8). The female winner was **Laura Nelson**, 50, of North Richland Hills with a 21:24.2 while her good friend **Cathy Buchanan**, 53, of Fort Worth was runner-up and the masters winner with a 22:14.6.

* **Elijah Cardenas**, 16, of Corinth held off **Joseph Tiller**, 14, of Argyle to win the **Heart and Sole 5K** in Dallas. Cardenas crossed the finish line in 17:20, eight seconds in front of Tiller. **Michelle Gaye**, 23, of Coppell won the female overall award and was third overall with a 17:55 while **Shanoah Souza**, 22, of Dallas came in 23 seconds behind her.

* The duel for the female overall award at the **Kick Start My Heart 10K** in Glen Rose were decided by maybe a shoelace as **Shanna Shelton**, 28, nosed out two other challengers by finishing with a 48:58.9 chip time to **Audrey Shelton's** 48:59.2 and **Cindy Mills'** 49:18.8. Because of the quirk in chip times deciding overall winners, Shelton actually had a slower gun time than the other two with her 49:27. Shelton, 21, was at 49:26.9 and Mills, 40, crossed the line at 49:23.4. **Arianna Castle**, 12, won the 5K by finishing with a 23:10. But it was a battle for runner-up as **Allison Lee**, 15, with a 24:04.6 while **Marlee Thomas**, 17, came in at 24:06.4. Another photo finish was for second in the male race as **Jake Jones**, 18, won by less than a second over **Trevor Hanson**, 22, with chip times of 20:35.4 to 20:36.3, though Jones' gun time was a tad slower at 2:40.4 to 20:40.3.