

Close Contest Marks Great Race in Glen Rose

by Gary Pulver

Runners were greeted by perfect race conditions in Glen Rose at the Kickstart My Heart 5K/10K and 1 mile fun run Saturday morning, February 13. Race director Lisa Anderson and RunSignUp showed that they both were up to the task in organizing and running an excellent race. The runners were all stars this day but clearly the biggest star was Aaron (Amac) who has suffered a spinal injury but showed how his rehab has progressed to the running crowd before the start of the race.

The 5K male winner was 31-year-old Ben Eubanks in a time of 19:21. In a close battle for second place, Jake Jones (18) nipped Trevor Hanson (22) by a second.

Youth was served in the 5K ladies division as 12-year-old Arianna Castle ran away from her competition to place first in 23:04. A minute behind her was 15-year-old Allison Lee for second place and just 2 seconds behind Allison was 17-year-old Marlee Thomas.

The 41-50 men's division took all the honors for the 10K. Matt Stasiak took first in 39:48 followed by Rick Villa in 44:05 and local DJ Drew Myers in 47:00. Drew currently boasts a record of five years where he has run every day.

The female 10K was about as close as it gets. 28-year-old Shanna Shelton was the winner with a chip time of 48:58.9. 21-year-old Audrey Shelton was second with a chip time of 48:59.2, just .3 second behind. 40-year-old Cindy Mills came in third, 20 seconds behind the winner.

Yours truly ran a spirited 5K, finishing in 40:52, 13:09 pace. I am training for my first marathon next month and had done a 15K and an 18-mile run this week so I was definitely pleased with my time, thinking my legs would be super tired. The course was an out-and-back and I thought by looking at the runners ahead of and behind me that I probably had third place as I was over 10 seconds ahead of the old guy behind me but, alas, he had started 15 seconds behind me and nipped me by 3 seconds for third.

Kickstart My Heart showed a 15% increase in participants in the 5K and 10K in its second year. Race fees benefited The Roger E Marks Healthcare Foundation.