

## Some confusion and long awards ceremony at It Takes Two

By Fiona Green



Adam Mulia

It was a chilly morning in McKinney for the It Takes Two 5K and 10K on Saturday morning, February 13.

Both races started at the Stonebridge Ranch Beach and Tennis Club with the courses winding through the nearby parks and neighborhoods, offering challenging routes that included some hills and several short dark tunnels.



Wyatt  
Wingard

Runners could choose between individual registration and team' registration, where their times would be combined with that of a boyfriend, wife, son, daughter, friend etc. While this seemed like a novel idea, it did lead to some confusion with the results as it was not clear whether runners participating as part of a team would also be eligible for individual awards. It also meant that the awards ceremony was longer than the Oscars and many runners did not stick around for their medals. A suggestion to race organizers might be to either have a race for teams only or to make it very clear that runners entering as part of a team are not eligible for individual awards. Another suggestion might be to dispense with small computers for runners to check their results. These did not appear to be working and an old-fashioned sheet of paper would have been preferable.

In the 5K, the overall male winner was 16-year-old Omar Velez, who covered the course in 19:42. There was some question as to the accuracy of the 5K course as several runners commented that their times were usually considerably faster. Velez himself has a PR of 18:07 for the distance.

The overall female winner is listed as 39-year-old Jennifer Ryan, who covered the course in 22:42. There was another impressive performance by 8-year-old Macy Wingard whose 23:47 was good enough for 3rd overall female registered as an individual. Watching Macy stretch before the race, a couple of older runners had commented that she looked like she was "in it to win it." She almost did. Incidentally, Macy's age graded score of 77.9 was the highest of any runner in the 5K!

In the 10K, the female overall winner is listed as 31-year-old Chelsea Campbell Batson, while the overall male winner is listed as 13-year-old Wyatt Wingard, brother of Macy, who clocked a speedy 36:17. Wingard was, in fact, the second finisher across the line as he was edged out by 39-year-old running coach Adam Mulia of Brooklyn, NY. Because Mulia had entered the race as part of a team with his wife, Patricia, his name did not

appear in the individual results. The couple was in town visiting Mulia's friend and running client, Dustin Baker, from Denton.

Mulia's time of 36:06 was particularly impressive considering he is recovering from broken ribs, the result of a cycling accident in December, just two days after he had won the Rehoboth Beach Seashore Marathon in Delaware in an amazing 2:38. Mulia, passion for the sport has rubbed off on many people whose running times has improved and lives have been changed through working with him. Recognizing that everyone's body responds differently to training he understands the need for customized programs built around an individual's strengths and weaknesses. His clients' results speak for themselves. For more information on his approach, visit his website at [www.runbyfeel.com](http://www.runbyfeel.com).