

## **Team TRC Tops the field in the All American 10K**

By HB Wise

Texas Running Center athletes topped most of their age categories for the 34th running of the All American 10K in Edinburg, TX, on Feb. 6. The mild weather and a flat out-and-back course helped as well. Returning pro Lauren Smith took the top American Female spot with a chip time of 34:10.2 at a pace of 5:30 per mile. This was good enough for seventh overall female this year. As noted in the preview, she was the third overall American Female last year.

In his professional running debut Clines Running Corner's very own John Valentine took the Overall American Male top spot and finished forth overall with a chip time of 31:37.1 and a pace of 5:05 per mile.

Jon Hyams bested 127 other runners in the 40-44 male age group with a time of 37:58.7 for a per mile pace of 6:07.

James Jackson and John Morgan took the first and second, respectively, in the 45-49 age group. James ran a 33:46.3, which was good enough for 14th overall and 10th male finisher. John's time was 37:36.8 at a pace of 6:03 which put him over four minutes in front of the third place finisher in their age group.

Continuing her speedy ways in Edinburg, Posku Binger scored the Female Grand Masters win. Her time of 46:10.4 and a pace of 7:26 was good enough for the 26th fastest female and 148th overall.

Eddie Large set a PR with his 55:24.6 which put him in 5th place in the male 65-69 age group. He finished just 0.7 seconds behind Ron Gable of Edinburg, the fourth place finisher in their age group.

This was the fourth year in a row that the TRC had runners in the All American 10K.