

Carrollton Runners Club offers competitive events, which are affordable and fun

By Fiona Green



As race entry fees seem to be increasing dramatically every year, with some organizers charging up to \$50 for a 5K, it is refreshing to take part in a low key event that offers the same race experience but without all the frills. On July 31, I took part in the Carrollton Runners Club 5K. The registration fee was only \$3!! That is not a typo. The club hosts running events twice a month charging runners \$3 for race day registration and \$2 if they sign up online ahead of time. Race organizer Ruben Saguil believes that racing should be open to everyone and offers an accurate course with chip timing, some light post-race refreshments and a few random door prizes. I was excited to win a pair of neon yellow Asics running socks while others won water bottles and protein drinks. The 5K was preceded by a timed mile race which attracted some speedy runners. On the male side, the top finisher was 36-year-old Alfonzo Gonzalez, who clocked 5:03 while 34-year-old Jackie Griese easily won the female overall title in a speedy 5:35.

In the 5K, the top male was 17-year-old Jose Gallagos whose time of 18:41 put him just 9 seconds ahead of runner-up 15-year-old Jacob Shepherd. It wasn't just the young runners who posted impressive times. Saguil's results are age graded, which provides an interesting and fun way of comparing runners. Kim Anders, 62, had the fastest age graded score of 77.9 with her 25:55 finish time, which was just .1 points ahead of 55-year-old Keith Johnson, who covered the course in 19:45. Another runner on the male side who continues to impress is 75-year-old Wally Capps, who breezed through the course in 26:09.