

June 15-19 Highlights

By Charles Clines

It's that time of year when runners and walkers aren't sure if they're going for a run or walk or taking a sauna. The experience is about the same -- hot and a lot of sweat. Yet, the road races continue and runners and walkers continue participating.

* The popular Fort Worth Runners Club's **Three Amigos 4 Mile** run was Sunday (June 19) and there was some decent times despite the weather conditions. **Bryan Ruiz**, 28 of Brock easily won the male overall award with a 23:19.5 while **Sergio Hernandez**, 42, of Grandbury held off **Antonio Lopez**, 33, of Hurst for second place with times of 24:56 and 25:03.7. 50-year-old **Laura Nelson** of Grapevine added to her overall award collection by winning the female race with a 28:48.7. A good duel between **Jim Case**, 55, and **Blade Norman** unfolded in the 55-59 age division with Case winning with a 28:54.1 to 29:01.1.

* Oh, so close. **Jonathon Barnett**, 26, missed his predicted finish by 0.70 at Sunday's **Carrollton Runners Prediction Run 5K**. He predicted 23:15 and was clocked at 23:14.3.

* **Michael Held**, 50, not only has won at least three masters awards, but added at least his second male overall victory at the **Summer Solstice 5K** on Saturday in Dallas with a 20:04.

* **Ashley Wheat**, 30, of Dallas nipped **Jessica Jackson**, 24, of Irving for the overall female award at the **Must Dash 5K**, crossing the finish line at 20:57 and Jackson finishing at 20:58. There were 1,044 finishers who had to dash.

* The word might have been late getting out and that could be the reason only 16 runners were timed at the **Jogger 5K** in Dallas on Wednesday evening. It was the third race in the weekly series. Even the **RunFAR FIT Summer 5K**, with its second race in the series, had only 21 finishers Wednesday in Mansfield, but there was a spirited race for the male overall title. **Dane Batzel**, 38, won with a 19:28, followed by **Ashton Prejean**, 39, with a 19:43 and **Nick Fosnaugh**, 38, with a 19:54. Prejean had won the first race of the series with an identical time.