

Summer is here! Heat and humidity a challenge at Juneteenth 5K



By Fiona Green

The Juneteenth 5K at Cobb Park in Fort Worth Saturday morning (June 18) wasn't a race for PRs. It was hot and humid and the course was a little hilly, but it was definitely one of the most scenic courses I've run in a long time.

The route was primarily along tree-lined paths, which offered views of the Fort Worth skyline. Many runners felt that it was a race that should be walked and enjoyed instead of raced through. When I use the word race, I use it loosely because running felt more like plodding in slow motion through a tropical hothouse wearing lead clogs. It was one of those mornings where, around mile one, I started to question my own sanity. Having said that it felt really good to finish!

Winning the overall title was 29-year-old Stephen Cox, who had made the trip from Los Angeles this weekend to be with family for Father's Day. Cox, who ran a 21:35 mentioned that this was possibly his first official 5K. He is primarily a long distance trail runner and explained he doesn't see the point in paying to run a road race as he trains on the roads and prefers to save his money for trail runs.

Cox is a Geology graduate from the University of California and hopes to continue in the field as a teacher. Joining him at the race were his father John (right) his sister Angela and her fiancé Luke (left). Stephen is bib number 822.. All won their respective age groups. (Editor's note: Fiona won the female overall award with a 23:04, a slower time than usual).