

## June 9-11-12 Highlights

By Charles Clines

Humid conditions continued Sunday morning (June 12), so there were some dripping wet runners at the **Wounded Warrior Half Marathon & 10K** in Irving. The half capped a busy and productive weekend for at least two area participants. First was **Frances McKissick**, 54, of Irving. She was the female grand masters winner with a 1:49:06, The day before, McKissick had won the female overall award at the **DWG Dash 5K** in Fort Worth. She also ran Thursday night at the Trinity 5000 in Fort Worth and was the fourth female finisher with a 22:52. And **Wally Capps**, 75, of Farmers Branch flexed his running prowess by winning the 70-older division at the Wounded Warrior half by running a 2:07:30.8. Capps had run 5Ks on Thursday and Saturday, logging 25:20 and 25:22 times. He was runner-up in his age group Thursday at the Michelob Ultra Katy 5K and won at the North Texas Food Bank 5K in Carrollton. In the Wounded Warrior half, Ines Wong, 33, held off Lesley Burke, 49, to win the female overall award with a 1:36:02.8, about 17 seconds in front of Burke. For Burke an overall victory would have been at least her third this year in the area. But she did add the masters award, which should go nicely with the Cowtown 5K masters award she earned in February.

A warm (temps in high 70s and heading toward the 80s) and humid morning greeted participants in Saturday's (June 11) road races. And Thursday night, participants in the **Michelob Ultra Katy 5K** and the **Trinity 5000** had hot challenges as well, and it was somewhat of a sweat for Katy winner **Logan Sherman**, 30, of Dallas who won with a 16:12, 37 seconds in front of **Brent Woodle**, 31, of Carrollton. The female winner was well-known local elite from Lewisville, **Melissa Cook**, 36. She held off **Ashley McNeil**, 23, of Dallas when Cook finished with an 18:03 and McNeil an 18:08. In the male 70-older division, 71-year-old **Don Grimes**, 71, of Lantana prevailed over **Wally Capps**, 75, of Farmers Branch with a 25:20, 15 seconds in front of Capps. Capps raced again Saturday at the **North Texas Food Bank 5K** in Carrollton and logged a 25:22. There were 4,051 finishers at the Katy 5K. At the Trinity 5000, **Julian Hernandez**, 17, raced to the overall award with an 18:09. **Jessica Smith**, 38, was the first female and second overall with a 19:10, four seconds in front of male masters winner **Sergio Hernandez**, 47.

\* **Troy Pickett**, 44, of Argyle was among those who ventured to Dublin to compete in the **Stampede 10-5-2K**, and he notched at least his third overall victory along with his at least three masters victories this year. He ran a 41:08.4 to win by about a minute and a half. This race seems to be regaining in popularity after Dr Pepper pulled out of the bottling company there, but the company still bottles real-sugar drinks and continues to be an attraction.

\* The first survivor at the **Plano Race For The Cure** was **Lucy Montgomery**, 45, of Plano. She sped over the 3.1-mile course in 22:45, about a minute behind female winner **Rithika Proddutoor**, 17, of Frisco, who finished with a 21:46. Proddutoor,

student/runner at Frisco Liberty, has a 19:33.50 cross country time for the 5K, which she posted in 2014 at the UIL Region II Cross Country Championship.

\* It was quite a race to see who could be first to the suds at the **Cedar Creek Brewery 5K**. **Dane Batzel**, 38, of Dallas won the competition with a 17:46, only eight seconds in front of **Jack Gammack**, 18 of Houston and 13 seconds in front of **Alfonzo Gonzalez**, 36, of Lancaster. Batzel also has won the Mayfest 10K and Strut Your Mutt events this year. **Karyn Nyholm**, 29, of Dallas won the female overall award with a 20:41. She also won the female overall award at Strut Your Mutt and the Ennis Polka Fest 5K on May 28.

\* **Magaly Soto**, 39, of Arlington earned at least her fourth overall female award in area races this year by taking the **Wounded Warrior 5K** in Irving with a 19:35.1. Masters runner **Scott Stemberger**, 41, won the male race with an 18:04.3.

\* Might have known with ice cream being served after the finish at the **Ice Cream Crank Off 5K** in McKinney that the first 11 of 12 finishers would be teens. **Carson Cornett**, 17, of Frisco led the way with a 17:55.8.

\* Several runners remain competitive at 50 and older, and these two females continue to be among them. **Laura Nelson**, 50, and a previous CRC female runner of the year, added at least her fourth female overall victory in the area this year at the **Garden of Eden 5K** in Fort Worth. She ran a 21:56 to take the award while CRC contributor **Fiona Green**, 51, was second female with a 22:04. And whereas teens dominated the Ice Cream Crank off in McKinney, 10 masters runners were among the top 14 finishers. Two other 50-year-olds won male and female overall awards at the **DWG Dash 5K** in Fort Worth as **Jesus Lopez** posted an 18:53 to top the males and **Frances McKissick**, 54, nabbed the female overall award with a 21:38, 13 seconds ahead of **Margaret Lemke**, 20.