

Teen wins Miles 4 Mission by Narrow Margin

By Fiona Green



Despite the fact that I would technically be RWI (running while injured) there was no way I could not race on Saturday morning (March 5). The weather was perfect and there was a race starting around a mile from my house. Besides, the website for the Miles 4 Mission 5K in Keller promised a flat and fast course, which was very appealing. Unfortunately the course description was not entirely accurate as the route featured several gently rolling hills and a long, gradual incline at the end, just when you needed it least!

Taking the overall title was 14-year-old Keller High student Logan Mitchell, who clocked 18:37, edging out 32-year-old Antonio Lopez by about seven seconds. (Logan and his dad Jay are pictured).

Mitchell is no stranger to the podium as he also won the recent Casey's Kids 5K in Keller. Logan has clearly inherited his speedy genes from his parents, as his mother was a sprinter in high school and his father Jay often ran 5K times in the low 17s. Jay won his age division in 28:05.

While Logan enjoys the challenge of the 5K, he would like to test himself in a longer race, possibly in the fall when the school running season is over.

There is something appealing about smaller, community based races where the emphasis is more about participation and camaraderie than competition. After Saturday's race, I overheard several runners thanking others for pacing them or pushing them at the end. This sort of support is priceless. Running can be an individual sport, but running with friends makes us stronger, especially when we need a little boost.

For the past few weeks I have been struggling to run due to piriformis/sciatic issues. I have been fortunate to have the support of my friend and running partner, Bradley Gardner, whose encouragement has been invaluable. (Editor's note: Fiona still won the female overall award)