

Young Runners Win Overall Awards at Every Step for Autism 5K

By Fiona Green



It's sometimes fun to mix things up a little and take part in an evening race, especially if the starting line happens to be about half a mile from home! I participated in the Every Step For Autism 5K in Keller on Saturday (May 14), which started at 6 p.m. The event was just one of many activities organized throughout the day to increase awareness of autism in the community.

The course started and finished near Keller city hall and wound its way through the city's scenic trail system. Several high school runners showed up to test their speed and, as expected, it was a teen, 16-year-old

Eric Casarez, who won the overall title.

I first met Eric two years ago when he won the Park Glen Turkey Trot. He easily won Saturday's race, covering the course in 16:30. Casarez who attends Central High in Keller, will soon start summer training and plans to log at least 250 miles over the next few months. He is one of several young runners who have impressed me recently with their positive attitude, maturity and dedication to running. They are all great ambassadors for the sport!

While Casarez was running alone for most of the race, there was some tough competition for 2nd place as Trenton Magryta and Logan Mitchell battled it out, finishing within 3 seconds of one another in 18:00 and 18:03, respectively.

On the female side, 16-year-old Rylee Christan (pictured with Eric Casarez) took top honors, clocking 21:12. Rylee enjoys running track at Timber Creek High and has her sights set on breaking 19 minutes for the 5K.

As an interesting side note, I feel I may have a future as a talent scout as I picked these two as overall winners prior to the gun being fired. After a while you develop a knack for this!