

## May 28-29 Highlights

By Charles Clines

\* The **Firemen's 5K** in Fort Worth has the reputation as having possibly the fastest course in the Dallas-Fort Worth area, and **Jonathan Swiatocha**, 24, took advantage of the layout by blazing to a 15:11 to earn the overall male award. Swiatocha, a former Keller and Texas Wesleyan runner and who also won the Komen Greater Fort Worth Race For The Cure on April 23, beat **Gregory Fehribach**, 17, by 55 seconds. The 17-year-old Fehribach, a Richland High School runner, won the Honor Connor 5K in North Richland Hills last week with a PR of 15:54. **Tara Upshaw**, a former Southlake Carroll and Texas A&M runner, won the female overall award with an 18:14.

\* While the fast course was the draw at the Firemen's 5K, the **Rock the Block 10K, 5K & Fun Run** in Plano had enough goodies to attract more than 1,200 participants. Even though race day registration fees were relatively expensive for a 5K (\$40) and 10K (\$50), several participants took advantage of a Groupon to cut the fees in half. Active military and U.S. veterans were granted free entrants by showing their military IDs.

\* The male and female races at the **Plano Pacers Remembrance Run 5K** produced some close finishes as **Jackson Vicary**, 16, held off **Matt Caterisano**, 33, to win by 12 seconds with a 16:43. In the female division, **Raquel Jimenez**, 31, won with a 20:33, 15 seconds in front of **Amanda Moore**, 29.

\* The competition was sparse Sunday morning, but still, the top three finishers at the **Carrollton Runners Mile and 5K** were past the 50 mark in age. **Julio Lopez**, 60, won with a 23:31.49, **Doug Waters**, 41, was next and was the masters winner with a 24:19.05, and **Wally Capps**, 75, was third and the seniors winner with a 27:13.08. Lopez and Capps are from Farmers Branch; must be something in the water there to keep them in relatively speedy running form. Oh, and the female winner was 53-year-old **Yanira Lopez**, 53, with a 28:58.77.