

Young Runners Unfazed When 1K Race Became a 5K

By Fiona Green

Last week, senior runners impressed us with some speedy times. This morning at the Run4Kids Uganda 5K (May 7) at the Met Church in Fort Worth we were blown away by some very young runners.



The 5K was preceded by a children's 1K fun run. When the gun fired, the runners took off at top speed and we expected them all

to be back within 10 minutes. However, this was not the case as the volunteers at the halfway point were initially unaware that they were manning the turn-around point and just watched as the children ran by! As a result several youngsters ended up covering the entire 5K route!



The first to complete the unofficial 5K was 11-year-old Colby Lange (pictured with brother and 5K male winner Braden), who covered the course in 26:11. He later explained to his father that he wasn't concerned as he had passed his school along the route and knew he wasn't lost. Kudos to all those who ran their first 5K without even realizing it! The winner of the *official* 5K was Colby's brother, Braden, a freshman at Timber Creek High in Keller.

Braden, who recently turned 15, clocked a speedy 16:50. He has a PR of 16:13 for the 5K distance, a 4:44 PR for the mile and 10:13 for 2 miles. Although he has run 5Ks in high school, this was his first "local" 5K. The boys' sister, Skylar, also a gifted athlete, is currently running for the University of Central Arkansas. The children clearly inherit their talent from their parents who were both avid runners.

On the female side, masters runner Cathy Buchanan, 51, added yet another overall title to her collection, covering the course in 21:52. It was at least her third overall female award this year.

Overall and age group winners were presented with beautiful hand-crafted awards made by children in Uganda.