

Oct. 15-16 Highlights

By Charles Clines

Again the running calendar offered a plethora of events and at varying distances. Thankfully, runners and walkers enjoyed another rather cool, but warming morning with some light breezes in most areas of the Metroplex.

* On Sunday, the “veterans” dominated at **That Dam Half** in Grand Prairie as 44-year-old **Patrick Shuster**, a professional triathlete from Arlington won, finishing with a 1:25:44. Not far behind was 55-year-old **Peter Beauvaja** of Desoto with a 1:27:26. He was only 32 seconds in front of female winner **Camille Herron**, 34, of Dallas. Herron is the 2015 50K & 100K IAU World Champion. She won the 100K in only her third ultra finish. A 5K also was conducted Sunday and 535 finished the 3.1 race. The half had 264 who finished the 13.1-mile trek.

* **Clint Bell**, 37, of Dallas won for the third consecutive week as he earned the overall award at the **Komen Dallas Race For The Cure** with a speedy 16:23. Female overall winner **Kelsey Bruce**, 23, of Dallas held on for second overall with a speedy 17:05, five seconds in front of **Pierre Lavie**, 36, of Dallas. **Stefanie Ransom-Becker**, 27, of Dallas was next with an impressive 17:20. Another notable finisher was 10-year-old **Jonathan Heath** of Carrollton to placed 10th overall with a 19:17. He nipped 41-year-old Anthony Johnson of Keller by a second.

* **William Moore**, former Dallas Marathon winner and Olympic Trials qualifier, hasn't been competing too often this year, but he made his presence known at the **Run Thru The Nations 5K** in Denton,. The 54-year-old Dallasite won with a 17:13.89.

Oct. 8 Highlights

By Charles Clines

Runners and walkers enjoyed a brisk, chilly Saturday morning with temps in the 50s. Can't get much better than that for running. And there were some notable achievements in area races.

* It was noteworthy to see former Olympic Trials competitor **Dawn Grunnagle**, 38, of Dallas be the first across the finish line at the **C.A.L.F. 15K** in Fort Worth. She zipped to a 56:39, but what also is notable is that 62-year-old **Kyle Hefner** of McKinney wasn't far behind to finish second with a 57:55. For those who don't know Hefner, he also was an Olympic Trials qualifier and finished third in 1980 with a 2:10:55. Unfortunately he didn't have a chance to compete in the Olympics because the U.S. boycotted the Games in Moscow. He also has posted a 2:12:31 in the 1981 Boston Marathon to finish ninth. So, the guy can run. Also, thought it also was impressive that four 9-year-old runners

finished in the top 50 in the 5K. Heading the list was **Ike Anicho** of Fort Worth with a 22:01. The 50th finisher was 7-year-old Graham Jenkins of Midlothian. He ran a 25:44. The event, which benefits the The Cowtown's C.A.L.F. program, had 658 5K finishers, 135 15K finishers and several in the 1-mile fun run/walk.

* It was close, but **Robert Watling**, 41, beat **Michael Chapman**, 35, to take the overall male award at the **Cory Ausenbaugh 5K** in Prosper. Watling won by eight seconds with a speedy 17:48.2.

* **Clint Bell**, 37, of Dallas won for the second consecutive week, taking the overall award at the **Heart of Duncanville 5K** by more than a minute with a 16:26. Masters runner **Sheila Natho**, 50, earned the female overall award with a 20:31.

* **Magaly Soto**, 40, of Arlington continued her impressive year by winning the overall female award at the **Joe Pool Pumpkin Run 5K**, clocking in at 19:18.7. She has won at least seven female overall awards this year. **Gabriel Zambrano**, 22, of Fort Worth also added to his collection of overall victories this year by holding off **Manolo Rios**, 25, to win the 10K with a 32:13.8, about 10 seconds in front of Rios. And **Jodi Thompson**, 30, of Grapevine won the female overall award with a 40:51.9 with **April Hince**, 36, of Southlake close behind with a 42:09.1. (All are chip times).

Oct. 1-2 Highlights

By Charles Clines

The race calendar becomes more crowded every week as we continue into fall and maybe cooler temperatures. There were more than 15 events in the Metroplex and surrounding area on Saturday and Sunday. Distances ranged from half marathon to 1K. So, there should have been a distance for everyone.

*The **Clark Garden** half marathon poses a challenging course, but Antonio Lopez, 33, of Hurst sailed over it to win with a 1:29:48. **Elizabeth Dominguez**, 26, of Dallas raced to the female overall award with a 1:39:52. While **Aaron Ferrell**, 43, of Haslet topped the 40-49 male division with a 1:36:19, **Alejandro Franco**, 40, of Lewisville had to hold off **Alex Munoz**, 46, of Haslet to take second with a 1:40:00, 21 seconds in front of Munoz. The closest margin for an age division victory was in the female 20-29 division as **Kaylan Branson**, 27, of Lipan nudged **Katie Drake**, 28, of Weatherford by a second with a 2:03:22. And kudos to 65-year-old **Dave Goodrich** of Poolville for finishing 18th overall with a 1:49:41. In the 5K, **Adrian Benavides**, 44, of Mineral Wells held off **Darian Crawford**, 15 of Mineral Wells and **Steve Tarpley**, 35, of Lipan to win by six seconds with a 19:54.

* In one of the more fun events, the **Rahr Oktoberfest** in Fort Worth, **John Valentine**, 24, dominated with a 15:27. Afterward the some 1,900 finishers enjoyed flavored suds from Rahr and food.

* **Vanessa Pena**, 25, of Carrollton raced to an impressive 17:02 to finish third overall at the **MK5K** in Dallas. She was a second behind **Robert Kalescky**, 34, of Dallas. **Clint Bell**, 37, of Dallas added to his long list of achievements by winning with a 16:21.

* While the **DRC Love The Loop 15K** winners were not seriously challenged, the 5K developed into quite a chase with three runners trying to catch leader **Carson Wright**, 15, of Dallas. Wright held on to win with a 17:40 while **John Santine**, 16, edged **Baird Andrew**, 16, for second with times of 17:46 and 17:47. 34-year-old **Dan Ray** of Plano was the first non-teen among the group, taking fourth with a 17:52.

* A shoelace might have decided the **Airrosti South Lakes Scurry 5K** in Denton. **Mitchell Rainford**, 14, of Highland Village and **Rick Johnson**, 53, of McKinney had identical 23:38.9 clock times. However, Rainford's chip time was 20:56.4 and Johnson's was 20:57.1.