

Running Scared winner rebounding from an ACL tear

By Fiona Green



For runners, it was an unseasonably warm, humid Saturday morning (Oct. 15). Opting for a race close to home I signed up for the 10th annual Running Scared 5K in Watauga. With an early registration fee of only \$12, this was a great low cost option compared to some of the other races.

The overall male winner was 18-year-old Andrew Gansen, who covered the course in 19:13. Gansen has a PR of 18:08 for the distance but was pleased with his time considering he sustained a torn ACL last November and was only cleared to run a few months ago. The Trinity High School student is a well-rounded athlete who is not only on his school's cross country team but also plays soccer and football. On a typical week day, he starts his morning training with his cross country team, followed by soccer practice, then finishes with football practice at the end of the day. After graduating, Gansen is considering studying mechanical engineering and hopes his grades will earn him an academic scholarship.

On the female side, the overall winner was 30-year-old Denise Torres from Mansfield, who clocked 22:15. Torres is the niece of Ernie Ozuna, who has been a familiar figure in the local running scene for many years. Ozuna is proud of his niece's talent and interest in running and lamented the fact that, despite his best efforts, she is the only member of his large family who shares his passion for the sport.

Torres, who is a band director at Gunn Junior High in Arlington, is training for her third marathon in December. She explained she runs half her weekly miles while pushing her 14-month-old son, Daniel, in his stroller which, she admits, is a pretty tough workout.

Not to be outdone by his niece's success in the race, 61-year-old Ozuna easily won the male master's title in 22:29. Editot's note: Fiona won the female masters award. (Photo from left: Ozuna, Green, Torres and Gansen).

All age group winners were awarded a year's membership to the Watauga community center.