

Sisters enjoy fast times at Chick-fil-A 5K in Keller

By Fiona Green



Runners awoke to a pretty wet morning on Saturday, September 9. Since the Chick-fil-A race in Keller started a couple of miles from home it was the obvious race choice for me. By race start the rain had subsided to a light drizzle although puddles throughout the course made for some heavy splashing and soggy shoes.

Upon arriving at packet pick up I was informed there had been some issues with online race registration. Although runners had received confirmation e-mails it appeared that money had not been transferred from their account. This had affected approximately 3/4 of online registrations. Because many runners had arrived without cash, organizers were forced to rely on the honor system and asked those effected to contact their office next week to complete the transaction. This is definitely a first!

There were some very speedy runners vying for the top spots.

On the female side the top two finishers (pictured above) came from the same family. 13-year-old Ally Lyda easily cruised through the course in 20:48, closely followed by her 11-year-old sister, Aubrey, who clocked a 21:11. Ally mentioned that this was a slow time for her and that her PR for the 5K distance is 17:52. She had hoped to run in the low 19s but like many runners discovered that this was not a day or a course for a PR. Aubrey incidentally has a PR of 20.10 for the 5K distance.

The girls, who train in Flower Mound under Matt Celone, recently competed in the Junior Olympics in Houston, where Ally finished 5th in the 3000m in a time of 10:32.



She and Aubrey loved the experience of competing against fast runners from all over the country. Not to be outdone by his speedy sisters their younger brother, Austin, not pictured, easily won his age group. When asked from whom the children inherited their talent, their parents shrugged and said they weren't really sure. They are happy that they have all adopted a healthy lifestyle and support them 100% in everything they do.

On the male side, some fast times were recorded but most runners were still disappointed with their times, which, for many, were at

least a minute slower than usual. It wasn't clear what caused the difference although the humidity, course length, puddles, frequent turns and inclines might all have played a role.

The overall male finisher was 22-year-old Colby Mehmen, (pictured) a computer student at Stephen F. Austin University in Nagadoches. Mehmen was disappointed that he fell shy of breaking 15 minutes with a time of 15:09. His 5K PR is 14: 24. His training at the moment is focused on qualifying for the 10K in the US Championships. His PR for that distance is 29:34.

"Yes I'm aiming for the USA Championships, which are held June 22-25 in Eugene, Oregon. The standard to qualify is 28:30, I ran 29:34 last year at Mt. Sac with my training not being exactly where I wanted it to be, so I know there is room for big improvements. Taking a minute off my time is going to be hard I know, but I believe with the way my training is going right now I can either get the standard or set myself up well to qualify in 2018. Right now I'm really trying to race fast at Mt. Sac which will be in April next year."

Local running legend James Jackson finished in fourth place in his first race since May with an impressive 16:34, which easily earned him the Masters award.

Following the race, runners enjoyed chicken biscuits as well as a variety of other snacks. Awards were all Chik-fil-A related -- plush toys, drinks coolers and meal cards.

Sept. 10 Highlights

By Charles Clines

* Saturday morning might have been somewhat wet after overnight and early morning rains in most areas, but the cooler temperature was a welcome relief from the 90-plus days we've been having.

* **Brent Woodle**, 31, of Carrollton, who won the DRC Breakfast Bash 5-Mile last week, earned another overall award on the cool Saturday (Sept. 10) morning by taking the **Dallas Blonde Run** with a 16:27. And **Steve Purser**, 51, who took home the masters title on Sept. 5 at the McKinney Labor Day run, bagged another 40-older award with an 18:58. **Katlyn Phillips**, 36, had to hold off **Amanda Eshleman**, 33, **Leah Frazier**, 25, and **Kim Rogers-Tracy**, 38, to win the female overall award with a 20:39. Amanda finished with **Reid Eshleman**, 29, with 20:57 times.

* It's been a while since **Joe Beisner**, 43, of Irving has claimed an overall male title, but he nabbed one at the **Steps & Strides 10K** in Irving. The former Cowtown Marathon winner finished with a 37:53.4. One of the day's oldest winners was 54-year-old **Frances McKissick**, who won the 10K with a 48:33.5.

* The oldest winner was 56-year-old **Laurie Underwood**. The Gainesville runner logged a 22:49.7 to win the female overall award at the **Up, Up & Away 5K** in Gainesville.

* A three-way battle for the male overall award unfolded at the **Rock The Cliff 5K** in Dallas. **Julius Luna**, 15, of Grand Prairie prevailed with a 17:41.3. Following were **Martin Chavez**, 13, of Dallas with a 17:44.2, and **Jonathan Colley**, 40, of Dallas with 17:59.7. Two dueling for the female overall award with **Lea Ivy**, 42, of Plano winning by about five seconds over **Elizabeth Wellborn**, 29, of Dallas. They posted times of 23:22.6 and 23:27.0.

* **Debbie Winchell**, 42 and from Homer, MI, was the first to cross the finish line at the **DSDN Rockin' It Run 5K** in Grapevine, clocking in at 21:46.4. The runner-up also was a female and also from out of state -- **Mandy Ramzan**, 41, of Long Island City, NY. She had a 23:40.5. And to keep it a masters sweep, the first male was 51-year-old **Jerry Conger** of Keller with a 24:0.5