

# *A Dino Day at Fair Park*

## *New Dino courses pass tests*

DALLAS -- The new 5K and 10K Dino Dash courses were well-received by participants at the May 13 event at Fair Park.

The men winners in each race had competed last year and both said they had considered not running this year had the courses not changed.

“It was a much better course,” said Duncan Cragg, the runaway winner in the 10-kilometer race in 32:30.35. Craig didn't much like last year's route that was an out-and-back through the Deep Ellum area. This year, the course made two loops around Fair Park, with the second loop continuing on to Haskell and then back to Fitzhugh before retracing itself until cutting off toward the finish.

“With the second loop, you had some sense of where the finish would be,” Cragg said.

Clint Bell, who had Robby LeBlanc of Little Rock, Ark., shadowing him the first two miles of the 5-kilometer before breaking away, said he reconsidered about running this year after learning the course had been changed. Last year's 5K stayed inside the Fair Park grounds, making for a multi-turn route. This year, the course went outside to Fitzhugh and Robert B. Cullum streets before returning into Fair Park. Both courses finished near The Science Place.

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## **Familiar names and newcomers big hits at Dino Dash**

Duncan Cragg said he was using the Dino Dash 10K as a warm-up for the Heartbeat 5K, May 20, in Dallas.

“Everybody in the Metroplex goes to it,” he said, regarding the more competitive runners. “No one hides anything there. I've been training the whole year for this.”

Women's 10K winner Sarah Broyles might become more familiar in upcoming events. The 24-year-old, who ran one year at Baylor, has returned to more serious training about a month and a half ago. Sarah, who moved to Dallas 2 1/2 years ago from Corpus Christi, said she has been jogging mostly for the past five years. So, to double her fun at the Dino Dash, she did the 5K and 10K. Sarah placed second in the 5K and she figured it was a good workout day. She expects to become more competitive as her training progresses.

Clint Bell won the men's 5K and Joan Gonzalez took the women's division with a 16:59.12.

Robby LeBlanc, who challenged Bell in the 5K, said he ran for LSU and is now doing his residency in Little Rock. The orthopedic surgeon-to-be said he was burned out after college, but has begun racing again. “It's fun again,” he said.



Start of the Dino Dash 5K on May 13 at Fair Park..



Clint Bell had Robby LeBlanc of Little Rock shadowing him for almost 2 miles before pulling away to win the Dino Dash 5K. Bell said he has rebounded from an Achilles' injury and a stomach virus this past winter. He also reduced his weekly mileage from 65 he had logged for four weeks to about 45-50 this past week. He said his 15:10.06 was "pretty close to what I wanted."



Duncan Cragg won the men's Dino Dash 10K, and Sarah Broyles won the women's 10K after placing second in the earlier 5K.



Second wave of 5K starters at Dino Dash 5K



The middle and back of the pack Dino Dash 5K participants take off from The Science Place in Fair Park.



Jeff Arnier Jr., (left) shown here heading toward the second mile in the Dino Dash 5K, believes he had third place nailed down until a foul-up on the turn back into Fair Park that heads to the finish. He said a volunteer directing the runners wasn't using clear hand signals and he went straight for almost 200 meters before hearing the volunteer's shouts to come back. Arnier won the men's 5K overall title at Mayfest in Fort Worth, May 6.