

**Caballero beats former Cowtown champ who's making comeback;
Hope women's winner also is returning to racing scene**



Women's winner Chelsea Deakins.

Two Masters (40-older) runners dominated the men's division at the Hope River Run 8K in Fort Worth on an almost perfect running day (low 60 degrees, but breezy). Participants were greeted with sun and fun activities, including a bounce house, climbing wall, kids' 1-mile run, and a jumbo TV provided by GoVision. The TV allowed runners to see themselves finish...if they were looking.

Ernesto Caballero of Dallas, who leads the Masters Division in the Fastest At Metroplex Races list on this site, zipped around the course, which starts in a grassy field adjacent to the Hope River Church and loops around a trail that consists of cement and gravel over the 8K distance, in 26:20 to win the men's title. The 42-year-old edged out James Jackson of Denton, 41, who finished in 26:53. Jackson, a former Cowtown 10K winner, has returned to the racing scene after a prolonged layoff. He said he has been training seriously for about nine months.

One of Jackson's students, Chelsea Deakins, 34, of Crowley, also is returning to competitive form after a layoff and won the women's division in 32:33. Chelsea had been one of the better area runners before her layoff. Jackson had helped coach her during that period. However, she had become so discouraged with her running that she "trashed" all her trophies and threw away her running shirts about six or seven years ago, she said.

"I was just so discouraged. I figured I was never going to get any faster. And I couldn't keep up the training with being on the road," she said.

She explained that she and her boyfriend, who was in the trucking industry, were on the road a lot. She also had moved to a small town outside San Antonio, and moved back here a little more than a year ago, which is when she began trying to get back into shape.

"But that relationship ended, so I started running again," she said. "I've been training seriously about four months ago. I picked up James again, and told him to make me out a schedule and let's start all over."

She didn't know what to expect at the Hope race, but expected to finish among the leaders. She was surprised she won. "I'll try for first, but I'd have been happy with third or fourth."

“I was really scared about pace, but I think it was fine. It really hurt after three miles, though. I knew if the race was any longer (than 8K), they were all going to catch me,” she said.



It was a great morning for running and some participants decked on in costumes for the Hope River 8K Run in Fort Worth on March 15