

Youth were in spotlight at McLean 5K

With Cowtown Charlie to help pump up the some 500 students who participated in the Movin' With McLean 5K, Saturday (Oct. 11) was indeed a morning for youth. But one "old-timer," 49-year-old Bob Scully beat everyone to the finish line with a 19:31.5. However, youth was served in the women's division with 14-year-old Rachel Gleason winning with a 20:36.3.

While many of the faster Dallas-Fort Worth area runners were competing in the Lake Joe Pool Pumpkin Run, the stage was set for Scully and Gleason to claim the first-place trophies. For Scully, it was another pain-free run after having battled right foot problems much of the past two years. Gleason was coming off a cross-country meet on Friday, where she placed fourth. "I was a little sore today," she said.

Scully said his foot problems was at first plantar fasciitis, but had developed into just heel pain. Thanks to some seemingly-contradictory therapy, he's been almost pain free (unless he has to sprint) the past several weeks.

"Luckily, I didn't have to sprint to the finish, so it was OK," he said.



Rachel Gleason, 14, who attends Trinity Christian Academy, won the women's division at the Movin' With McLean on Saturday (Oct. 11) with a 20:36.3. Visit later for story and more pictures. [See the results.](#)



Bob Scully, 49, of Fort Worth, won the men's division with a 19:31.5. Scully supports the race that attracts mainly McLean Middle School students because a couple of his friends started the event. Approximately 600 participated.