

Masters ruled

Sheila Natho of Dallas led the way for the masters (40-older) runners over the Sept. 13-14 weekend by running faster than anyone to win the Autumn Equinox 5K in Dallas. Natho, 42, ran a 19:46. In the men's division, 57-year-old Jimmy Parker of Mesquite won with a 20:35.

Other masters runners who won overall titles were Michael Henry (40) and Linda Kelly (57) at the Dream Mile 5K in Dallas; Fiona Green (43) who won the women's race at the Autumn Equinox 15K; Yolanda Hopping (46) and Mark Olateju (46) at the Race For Children 5K in Lewisville; and Sandra Ricaud (44) and Norman Roper (51) at the Irving Symphony League 5K.

Life might or might not begin at 40, but these runners show that it isn't over.

This weekend, at least nine races are in the D-FW area. The Celebrate the Run in Sherman is offering prize money for the fleet of foot. Also, the Candlelighter run in Fort Worth has been canceled, and The Peace Run has changed its venue from the TCU soccer fields to Kelly Park.

See a slideshow of the Irving Symphony League 5K on Sept. 13 at Las Colinas in Irving. Photos submitted by Movin' Pictures. Visit www.movin-pictures.com for more pictures.