

Training for speed spurs on overall winners

Louis Brasco and Kim Gray were inserting some speed work into their training at the Spur On 5K in Haltom City on Saturday (Sept. 6) and both had enough to outdistance their competitors in the male and female divisions.

Brasco, 37, of Grand Prairie is training for a half marathon and ``I've been concentrating on the tempo runs and speed sessions, so I needed to get a little more speed in."

He won the men's race on the sunny, warm and humid morning in 17:04 at the second-year race in Haltom City that features a gradual, steep hill heading to the finish in the parking lot of the Glenveiw Church. ``It's not that steep, but after you run 2 1/2 miles, you say, `Oh great, a hill.'"

Brasco and triathlete Nicholas Luft, 29, of Fort Worth were close after two miles, but then Brasco kicked it up a notch and Luft couldn't match the kick. Luft also was logging in a speed workout before competing at a triathlon on Sunday at Joe Pool Lake and finished in 17:31.6.

Gray, 34, of Arlington took the lead from 12-year-old Daisy Martinez at about the 1-mile mark and won the women's division in 21:51. She is training for the Chicago Marathon in October, among others, this fall and winter. She's planning to run one a month, including the Cowtown Ultra 50K. Gray began running about seven years ago, and didn't run her first marathon until White Rock in December, 2007, and since then already has logged six marathons.

She began concentrating on the longer distances after a foot injury in September, 2007, kept her off the roads for a few weeks, and when she came back she started running a little slower and longer.

Daisy, who completed the FWRC Labor Day 15K on Monday, Sept. 1, in 1:16:35.6 (chip time), came in second among the women in 22:23.2, and said she's shooting for the DRC Half in November. The 15K was her first attempt at that 9.3-mile distance and now she hopes to be ready for the half.

Daisy said she has been running since she was 3 or 4 years old because most of her family runs, and she's following in their steps. She runs almost every day of the week, including long runs of 10 miles. She is eighth in the 11-14 5K age division in the Fastest Times at D-FW Road Races that's posted on this website with a 20:59, and has been consistently in the 22-minute range and below.

Approximately 220 had registered for the race, almost 60 more than had competed last year at the event that features a downhill start, a trip through trails and then back up to the finish.

Pictured below from left are Louis Brasco, Kim Gray, Daisy Martinez and Nicholas Luft.

