



TCU runners Tanja Ivandic, left, and Kelly Dawson placed 1-2 in the DRC Frigid 5K on Saturday, Jan. 3

TCU runners finish 1-2 in Frigid 5K

Photo and article submitted by Fiona Green

The top two female runners in Saturday's (Jan. 3) Frigid 5K in Dallas are members of TCU's track and cross country teams. Tanja Ivandic, 20, who ran a speedy 18:54 to claim the women's title, moved to Texas from Bosnia in 1998. A student in graphic design, she loves being a part of the TCU team because it provides her with the opportunity to travel and create memories with her teammates doing what she loves most - running and competing.

Her current preferred race distance is the 1.500 meters, and future goals include qualifying for the regional championships in this event. Tanja's motivation to train comes from within and her own competitive nature. After setting a new PR, she simply raises the bar and trains harder to run even faster in her next race. When she is not running or studying, she enjoys photography and playing and watching a variety of sports.

The women's 5K runner-up in Saturday's race was 18-year-old Kelly Dawson, a kinesiology student, specializing in movement science. Before she decided to focus on running, Kelly played soccer for 10 years and still enjoys an occasional game when her schedule permits. While she usually follows the advice of the team nutritionist, Kelly admits to having a sweet tooth and enjoys baking -- brownies, cookies -- anything with sugar. Since an average week consists of approximately 65-70 miles of running, it is unlikely she will gain any weight as a result of her indulgence! Like many runners,

Kelly's motivation comes from the feeling of satisfaction and sense of accomplishment provided by an early morning workout.

Nothing frigid about this run

The DRC Frigid 10K and 5K didn't quite live up to its name Saturday (Jan. 3) morning (thankfully) as the temperature had risen to the mid-60s at Winfrey Point at White Rock Lake in Dallas by the 8 a.m. starting time. Rather than tights, gloves and hats, runners donned shorts and either short-sleeve shirts or singlets as the temperature continued to warm. Winning the men's 10K was Dave Gardner, 38, in 36:55.65, and women's winner was Jodi Hulett, 23, in 38:32.34. Masters winners were Michael Held, 43, (38:17.75) and Julie Platt, 40, (43:36.15). In the 5K, Jason Trevino, 20, won the men's title in 16:54.46, and Tanja Ivandic, 20, won the women's in 18:54.76. Masters winners were Bill Shaw, 65, (19:45.35) and Fiona Green, 44, 20:15.64.