

**Joe Beisner, Laura Nelson win Labor Day 15K titles;
nab RRCA Southern Region Championship**



Laura Nelson



Joe Beisner

Laura Nelson and Joe Beisner won the Fort Worth Runners Club's Labor Day 15K on Monday (Sept. 6) morning to also claim RRCA Southern Region titles.



Joe Beisner



Laura Nelson

Joe Beisner, 37, of Irving and Laura Nelson, 44, of Grapevine made their recent hard training pay off Monday morning (Sept. 6) by winning their respective male and female overall titles at the Fort Worth Runners Club's Labor Day 15K and also claiming the RRCA Southern Region Championships.



Noe Nunez



Julie Sandoval

This was the second year the event, which includes a Kids 1K and 5K, has been conducted at Montgomery Plaza and Beisner's 49:53.7 set a course record. Beisner, who also is featured on the Runner in the Spotlight on this website, blazed through the 5K mark at about 15:45 and was never challenged after

building a big lead. It was at least his 10th overall victory this year in D-FW area races. Ken Hall, 46, of Colleyville won the masters title with a 55:08.6. Blade Norman, 50, won the Grand Masters with a 1:04:53.9, and Jim Sansone, 60, of Arlington was first in the Senior Grand Masters division with a 1:08:08.8.

Nelson said she started by pacing herself with another runner for the first 5K and then started extending the gap between herself and other challengers and finished in 1:02:48.1. Cora Turner, 41, of Alvarado finished second and also won the female masters title with a 1:03:23.8..

Nelson has been training for speed recently and the 9.3-mile test left her spent at the end, she said. Nelson has a bet that she can run a 5:45 or faster mile, so she has been logging fast intervals at a track twice a week in her effort to take the bet.

Also in the women's 15K division, Debbie Clark, 58, of Colleyville won the Grand Masters trophy with a 1:16:05.1 and Sher Chapline, 61, of Arlington took the Senior Grand Masters title with a 1:33.17.9.

In the 5K, which followed the Kids 1K Fun Run, Noe Nunez, 23, of Mesquite and Julie Sandoval won the respective male and female titles. Nunez ran a 16:25.2. David Holtsford, 49, of Tipan won them male masters title with a 18:38.3. Taking the Grandmasters title was Ceclio Escamilla, 52, of Dallas with a 20:15.5. Bill Richardson, 66, of Arlington won the Senior Grand Masters trophy by running a 22:14. In the women's division, Elizabeth Rudy, 52, of Arlington won the Grandmasters trophy with a 22:12.4 and Linda Landham, 64 of Fort Worth took the Senior Grand Masters title with a 27:37.8.

Sandoval, who was a pole vaulter at UT-Arlington and now works for Luke's Locker, set a PR by almost 10 seconds with her time of 19:40.7. She was somewhat surprised with the victory considering it was her first race since May. Sandoval was among the leaders in her 20-24 age division this year heading into the race with a 19:50 and Nunez is among the leaders his 20-24 age division with a 16:20 time.

Besides the runs, there was plenty of food, including hot dogs and lettuce wraps, drinks and activities for the kids, including face painting.

This is the FWRC's featured event of the year and the new location at Montgomery Plaza has been a hit among participants. It previously was

conducted at the old Luke's Locker store on University Dr. Luke's moved to Montgomery Plaza and is one of the event's sponsors.



Shoppers check out the Luke's sidewalk sale.



Runners replenish their "carbs" after running



A stack of hot dogs were available.



The leaf wraps proved to be popular.