



Clay Janse



Laura Nelson

Perfect weather; great races

Lewis George, producer of the Vineyard Run in Grapevine and owner of Mellew Productions, led the way on his bike as the starting horn sounds on a cool Saturday morning (Oct. 2) at Delaney Vineyards. A record crowd of almost 1,500 ran and walked the 5K on a perfect running morning with temperatures just below 70 degrees. Clay Janse, 30, who moved here from San Angelo about two months ago, won the male division in 18:15.42 and Laura Nelson, 44, of Grapevine, who has won at least 15 overall female titles this year, won a back-and-forth battle with Kim Rogers-Tracy of Plano with a 19:23.4, about six seconds in front. David Chase, 45, won the male masters title with a 20:23.14 and Leana Sloan, 48 of Grapevine won the female masters title with a 21:08.

Another close race developed in Addison as Clint Bell, 31, of Dallas edged Joe Beisner, 37, of Irving for the male title at the Mary Kay 5K. Bell finished in 15:46.97 and Beisner came in at 15:56.63. Dawn Grunnagle, 32, won the female division in 17:30.40. Masters winners were James Jackson, 43, of Denton in 17:43.40 and Fiona Green, 45, of Keller in 20:44.41.



Finishing farther back in the pack were Mandi and Winston Shows of Carrollton. Winston raced with Tippy, a Border

Collie that the couple rescued from the Fort Worth Humane Society 13 years ago. Tippy, who looks and acts like a dog half her age, clearly enjoyed the event and crossed the finish line with her tail wagging. Mandi usually jogs about 2 - 3 miles every day with her and loves the fact that even when she feels tired, Tippy motivates her to put on her running shoes and hit the road. As well as providing some quality time together, their daily jog gives Tippy an outlet for her energy and keeps her from getting into trouble! She is the perfect dog for their active lifestyle and they are grateful that their paths crossed all those years ago.

Judging by the number of dog-friendly races that have been appearing on the race calendar recently, it is evident that the couple are not alone in combining their passion for animals with running. Many of the rescue groups organizing these events are fostering high energy dogs who would be a perfect match for a running family. We would like to help these groups promote their pets and have added a new section to the site for runners interested in adopting a canine training buddy. Simply click on the link below and please check back regularly for more great dogs.

http://a-a-n-t.org/athletics_department