

**Debbie James makes it two in a row,
but doesn't beat everyone to the finish this time**



Laurie Shea and
Debbie James

Debbie James couldn't pull off another overall victory, but she did win the female division at the McKinney Historical Run 5K on Saturday (Aug. 7). Debbie, who nipped Jesus Lopez last week at the Healthy Kids 5K in Carrollton, to beat everyone on a course that was deemed about a tenth of a mile short, ran an 18:41.77 (gun time) on the relatively cool morning (hey, it wasn't 100 degrees) to beat Laurie Shea by almost nine seconds. Kiplimo Chemirmir was far in front as he won the male title in 15:58:05 (gun time), beating Craig Donnelly by almost four seconds.



Kiplimo Chemirmir
and Craig Donnelly

Laura Nelson won the women's masters with a gun time of 20:01.55 and Jesus Lopez came in at 18:38.15 to win the male master's title and this time finish in front of Debbie. In the Carrollton race, Debbie's gun time was 17:30.0 and Jesus' time was 17:30.2. However, he had a faster chip time of 17:25.9 to her 17:26.9.

Female wins Summer Bath 5K



Brigitte Barnard and
Pat Laney.
_Photos by Fiona
Green

Though it's not rare that a female is first across the finish line as was Debbie James at the Healthy Kids, it is unusual. Last year, for example, Megan Skeels, a former outstanding Fort Worth high school runner and Arkansas all-American, beat everyone when she won the Texas Half in Dallas. Then, just as early as Sunday, Aug. 8, Lauren Simpson of Waco was first across the finish line at the Summer Bath 5K in Dallas with a 20:27.35. The male winner was Alex Wolters of Grand Prairie in 20:41.06.

The beneficiary of the McKinney Historical race was North Texas Cat Rescue, a volunteer-run organization committed to the humane and compassionate treatment of cats. The group holds regular adoption events at Petsmart in McKinney and Allen. Like many rescue groups, they are always looking for new foster families, who can care for a cat or kittens until a permanent home is found. For more information about NTCR, contact Pat Laney at atpat@northtexascatrescue.org or Brigitte Barnard at brigitte@northtexascatrescue.org. Fostering is extremely rewarding and requires little more than a love of animals.

There are many rescue groups in the D/FW area that would welcome new foster families with open arms. If you are interested in fostering either cats or dogs, please contact Fiona Green at animaladvocatesofnorthtexas@ymail.com and she can put you in touch with a group near you.