

New winners at D.O. Dash

By Fiona Green



With almost 20 races taking place in the Metroplex Saturday morning (Oct. 9), runners had plenty of events to choose from. The downside to this for organizers of the 9th annual D.O. Dash 5K in Fort Worth was that participation was significantly lower than last year. The race, held at the Texas College of Osteopathic Medicine, was organized by students as a family event designed to promote a healthy lifestyle. The event also featured a kids' fun run and health fair where participants could check out their BMI and blood pressure and receive a complimentary massage.

It was fitting that this year's overall winner, 24 year-old Scott Keeney (pictured with female winner Mackenzie Fonfara), is a student at TCOM. Keeney, who blazed through the course in 16:41, ran for Indiana State University, specializing in the 5K and cross country. He currently trains alone, logging around 15 miles a week and cross-trains by cycling or hitting the gym for weight training. Despite his obvious talent, he has no race goals for the future and explained he simply enjoys running to keep in shape. Overall female winner was Mackenzie Fonfara, 22, who moved to Fort Worth this summer after completing a degree in mechanical engineering at LeTourneau University in Longview. The race was her first 5K in almost two years as she has been focusing more on distance training with her sights set on the Dallas White Rock Marathon on December 5. She said training in the summer was tough but made a point of hitting the road by 5 a.m. every day to beat the heat. She is motivated by her fiance, a keen soccer player and two co-workers at Jacobs Engineering who are training for an Ironman. A firm believer in cross-training, Mackenzie also plays co-ed soccer, swims and stays flexible with yoga.