


First race of summer was a winner at the Karen K5K

By Fiona Green

For Angel Soriano, the Karen K5K at the Powerhouse Gym in Weatherford on July 31 was his first race of the summer. Despite having put in some good training runs, he was unsure how he would stack up against the competition. His training, however, had clearly paid off as he breezed to victory in 17:39, almost 30 seconds ahead of runner-up and Masters winner Todd Hamilton. Both are Weatherford residents as was overall female winner, 29-year-old Tara McCall (pictured above with Angel). With a course consisting of rolling hill after rolling hill, with an especially long one thrown in at the end for good measure, the course was challenging for 'non-local' runners more accustomed to running on smooth, flat roads. PRs were certainly not the order of the day. The course was a perfect fit for Soriano, who loves the speed of road racing as much as the thrill of cross country. Currently running for Western Texas College, his favorite distance is the 10K for which he has a PR of 33:56. McCall was proud of the fact that she was able to stay strong throughout the race. Having developed a love of running at a young age, she ran cross country in high school and has stayed active ever since. A fitness instructor at Power House Gym, she credits her endurance to the work-outs she teaches -- kick-boxing, spinning, weights and a class entitled Better Butts! She also believes that pushing her one-year-old in a stroller has helped develop her upper body strength. It should be mentioned that she left the stroller at home this morning.

The event was organized in memory of Karen Kahler, a former fitness instructor at the gym, and her daughters Lauren and Emily, who lost their lives as victims of domestic violence last November. Proceeds from the race were to be donated to Freedom House, a local organization which helps victims of abuse