



Despite the warm and humid morning and a challenging course, there were some fast times at the Colleyville Lions xSIGHTment 5K on Saturday morning (June 5). Female winner D'Ann Arthur (bottom left) and runner-up Dawn Grunnagle set road PRs. Male winner Andrew Cook (top right) didn't set a PR, but dipped under 16 minutes while holding off Joe Beisner. The male and female over the out-and-back course that includes four hills (two going and the same two coming back) earned \$200 while the runners-up took home \$50.

### **Some hot times on a warming, humid morning at the xSIGHTment 5K**



Among the post-race snacks were tasty pancakes and sausage.



Hot off the griddle.

By Charles Clines

The weather wasn't exactly the kind that runners like on Saturday (June 5) morning, but apparently they were inspired by the money that was on the line as they posted some hot times at the 13th Colleyville Lions xSIGHTment 5K. And there was a record 440 registered for the event.

Besides the temperature that was creeping toward the high 80s and the humidity that felt almost as high, there also was a challenging out-and-back course to negotiate. The course features two hills heading out and the same two coming back. But Andrew Cook of Flower Mound shifted to a higher gear at about the two-mile mark to stave off the challenge of Joe Beisner of Dallas to win the male title in 15:21. Beisner came in at 15:37.4, his fastest time of the year by about a second. On the female side, D'Ann Arthur, 22, who is training for a triathlon, was able to keep Dawn Grunnagle at bay to win in 17:25.6, her fastest 5K on the roads though she said she has a 17:19 on the track. Considering that she hasn't been doing any speedwork, D'Ann, a medical student, was especially pleased with the effort. Dawn, 32, who is planning to return to her home of Green Bay, Wisc., next weekend to run the Bellin 10K, finished in 17:32.7, beating her previous PR by about a second.

Andrew, 29, a two-time San Francisco Marathon winner and, as his wife Melissa, a former Olympic Trials qualifier said he was content being about 10 to 15 seconds ahead of Joe through the first two miles. However, Beisner, 37, who said he's running better now than the in the past six years, surged to close the gap to maybe five seconds. That's when Cook was forced to hit another gear.

"I tried to keep up, but when we turned the corner (with a little more than two-tenths of a mile to go), I just couldn't stay with him," said Joe, who has been training hard for his marathon debut in Toronto on Oct. 17, with a stop at the Napa to Sonoma (Calif.) Half Marathon on July 18 in between. Actually, he said running in the xSIGHTment race was a decision he hadn't made until the night before when a couple of friends talked him into it.

Andrew said he's planning to run the Houston Marathon on Jan. 30, 2011. But those plans could be iffy because he and Melissa are expecting their second child on Aug. 1. "We have a 7-year-old girl, and this is going to be a boy," Andrew said, adding that the family probably is complete now.

Dawn and her husband Harry are heading to Green Bay this week so that she can compete in the Bellin 10K on June 12. Dawn, the former Charlier, and Harry were married in March in Costa Rica. This will be her first trip back home since their marriage, and Harry said the Bellin race is loaded with world-class runners.

In the masters races, the top two males were listed as the well-known Ed Swiatocha, 59, of Keller in 18:09 and Jesus Lopez, 44, of Dallas in 18:18.7. Ken Hall, 46, of Keller actually could have taken the top masters prize with his third overall finish and 16:24.6 time. The top two female masters were Laura Nelson, 44, of Grapevine in 19:56.8 and Sandra Ricaud, 46, Irving in 20:21.5. The masters earned \$50 and \$25 for their first- and second-place finishes.