

## Kiplimo shows resilience by bouncing back from difficult marathon

By Fiona Green  
(overall women's winner)



**Overall winners Kiplimo Chemirmir and Fiona Green are on the left and Masters winners are Leana Sloan and Thomas Okazaki.**

Runners in Southlake appreciated the unseasonably cool temperature as they lined up for the 3rd annual Kiwanis Run for the Kids 5K on Saturday morning (May 8). There is certainly something very appealing about the idea of a May race where you don gloves instead of sweating profusely and quaffing copious amounts of water and Gatorade at every opportunity. This year's event offered participants a new location. Starting in Southlake Town Square, runners looped around the town center, then covered the remaining distance by running smaller loops around the stores in the Square. While the course was relatively flat, there were some gradual inclines and the various turns during the last mile kept runners, even those familiar

with the location, wondering, "Are we there yet?"

Repeating as overall winner was Kiplimo Chemirmir, who posted a 15:57 chip time. Chemirmir, who was clearly born to run, spoke of his most recent "April marathon adventure." For those of you who haven't heard of his last April marathon adventure two years ago, he accidentally ran a full marathon instead of a half. This April, he finished in 9th place in the Oklahoma City Marathon. While this might seem like a huge accomplishment to most of us mere mortals, the details of his race show just how tough a competitor he is. As Kip explained, he was having the best race of his life, on pace for a 2:22 finish. His mile splits had been better than he'd expected. Aiming for 5-minute miles, he'd knocked out a couple of 4:40s and was feeling great when suddenly, almost 7 miles from the finish, disaster struck. He pulled a muscle in his leg -- only he didn't just feel it in his leg but all the way up to his shoulder. Medical staff were quick to come to his aid and worked on him so he could regain the ability to move without pain. They suggested he call it a day, but the thought of quitting never entered Kip's mind. He had signed up for a marathon and he would complete the distance even if it meant walking. A week later, while still frustrated that he had missed his marathon goal, he showed he had overcome his disappointment by easily winning the Heels and Hills Half marathon in Irving.

Finishing close behind in Saturday morning's race were brothers Jonathan and Davy Swiatocha of Keller, who ran 16:09 and 16:25, respectively.

In the Masters division, Thomas Okazaki, 53, of Southlake proved that he is not only comfortable with long distance events, but that he still has some speed in his legs, as he crossed the finish line in 19:49. Female Masters winner was Leana Sloan, who recently won the Masters title in the 5K State Championship race in Grapevine.