

Laura Nelson takes the bet

Laura Nelson, the RRCA 2010 Southern Region 15K champ who has had a bet that she could beat 5:45 for a mile apparently has won. Nelson, 44, won the Rahr & Sons Oktoberfest 5K on Saturday (Sept. 25) and came back on Sunday to take the female titles at the Carrollton Runners Club 5K and 1-mile races. In the 1-mile, her time was 5:40.96 (times were corrected from the previous results, which knocked 1.5 seconds off her earlier posted time). Someone should be paying off. She has a 5:15 PR for the mile, but that came a few years ago.