

## Mayfield, Upshaw speed to victories in Denton



Some fast times were seen at the Liberty Run 5K in Denton on a humid Saturday morning (July 3). Overall winners were Tristan Mayfield, 18, of Denton in 17:12, followed closely by female winner Tara Upshaw, 19, in 17:41.

Mayfield said he felt nervous before the race and explained pre-race nerves are common for him despite the fact that he logs 60-mile weeks and is no stranger to racing. Although he doesn't currently incorporate much cross training into his weekly workouts, he did practice karate for about nine years although now his main focus is running. He trains alone but is looking forward to more structured group training when he starts running for Brigham Young University in the fall.

Local superstar Tara, a Southlake Carroll graduate, now majoring in education at A&M, is taking a break from intense competition. Although she does not currently train under a coach, she is staying in great shape and was satisfied with her time. Considering she hadn't been feeling well, 17:41 is a pretty respectable time for a humid July morning. -- Submitted by Fiona Green. Photo of Tristan and Tara courtesy of Gene Ross.