

## The name might not be familiar, but the runner is

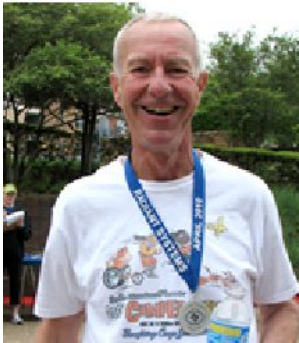
By Fiona Green



Joe Beisner and Dawn Grunnagle

Winners of the 2nd annual Radiant Systems Sprint for Cancer in Las Colinas on Saturday (April 17) were familiar area competitors even if one of their names was not. Joe Beisner, 37, of Irving won the male division in 16:20 while the second overall runner and first female appeared to be an apparent newcomer, 32-year-old Dawn Grunnagle, who clocked an amazing 18:09.

The fast lady is in fact none other than Dallas athlete Dawn Charlier, who married her long-time beau Harry in Costa Rica last month. Dawn's time was all the more impressive considering she had significantly cut her training while preparing for her wedding, then followed that with a bout of pneumonia. Looking at how she effortlessly out sprinted the rest of the field, you could never tell.



Spareribs Lamothe

When we lined up to race, we have no idea what is going on in the life of the person next to us. Runners often surprise and inspire us - like the young girl pushing the stroller who finished among the top three females. Despite pushing a heavy stroller for 5 kilometers, she held a steady pace, barely breaking a sweat. The lady in question was Sarah Griffin, one of the area's top female runners. Despite having giving birth in December, Sarah is as petite and fast as ever, leaving other runners wondering how fast she might have run if she hadn't been pushing the stroller.

Another runner who continues to amaze and inspire is Spareribs Lamothe of Coppell. As well as being charming and funny, this young 63-year-old is running with a transplanted heart valve. While he appreciates that the valve allows him to continue to pursue his active lifestyle, he laments the fact that it doesn't allow his heart to beat as fast as he would like. In his head, he is still capable of knocking out 17-minute 5Ks, but alas the valve tells him to slow down a little and smell the roses. Having said that, he does still enjoy testing his limits and recently completed the Arbuckles to Ardmore marathon in 4:33. His next goal is to beat his time in the upcoming Oklahoma City marathon. We wish him luck!