



C. Keith Grisham and Andrew Bitmansour tried to make elbow room in the 10K. Bitmansour won by about 16 seconds. Photos provided by LGRAW members.

### Nelson adds another RRCA title

Laura Nelson of Grapevine added the RRCA 10K State Championship to her trophy shelf on

Saturday morning (Oct. 9) by winning the women's race at the LGRAW Double Trouble 10K.

Nelson, 44, already had won the RRCA Southern Region Championship by taking the female title at the FWRC's Labor Day 15K. She ran a 41:03.4 Winning the men's title and also the RRCA State Championship title was Andrew Bitmansour, 39, with a 36:42.9.

The participants were treated to ideal running autumn temperatures and supported by many cheering friends and family members who took the opportunity to enjoy the morning outside. Many runners ran in both races yet Jeff Garber was the only runner to place in an overall category, Masters, in both races. The 10K race was

highly competitive with reports that the top two male finishers might have tangled elbows on the course. While the 5K was won by a teenager, the 10K was for the mature runner with four of the top-five runners being 39 years or older. Age-group winners received medals in both races. The overall winners, masters and grandmasters male and female winners in the 10K received RRCA Texas State 10K Championship plaques. Kelly "K2" Richards, Director-at-Large, represented the RRCA and presented the championship plaques.

### RRCA 10K State Champions



The LGRAW Double Trouble 10K was the RRCA State



Kelly "K2" Richards presents Laura Nelson, left, and Leana Sloan their RRCA State

Championship in Grapevine on Oct. 9.

Championship trophies. Nelson was the overall female champ and Sloan the female masters winner.



Jeff Garber



Randy Roebuck



Kim Andres

Other state champs included (from left), Jeff Garber, male master, Randy Roebuck, male grandmaster and Kim Andres, female grandmaster.