

**Rotary Resolution a start for healthy lifestyle for some (if pizza and beer qualify as healthy);
10K male winner has sights set for something bigger**

By Fiona Green



Among the participants at the Rotary Resolution 5K were (above, left to right), Gabriella McCord (nice face), Kim Rogers-Tracy and Amy Jantzen. Pictured left is John Yundt-Pacheco, who was impressed by the postrace spread. Kim won the female 30-34 division. Photos submitted by Fiona Green.

The annual Rotary Resolution 5K and 10K Runs in Addison on Saturday (Jan. 16) once again attracted an impressive number of runners -- everyone from local elites to first-timers who had resolved that 2010 would mark the start of a new healthy lifestyle. Ironically, part of this particular event's popularity may have something to do with the copious amounts

of postrace pizza and beer that are served, but as experts always tell us, it is best to ease into a new healthy routine gradually.

The event also featured an impressive raffle with some great prizes. Race participants automatically received a raffle ticket, but additional tickets could be purchased with proceeds being donated to the earthquake victims in Haiti.

The overall female winner in the 5K (and third place overall finisher) was Sonya Correa, who ran a speedy 18:30, while 16-year-old Kenny Stice claimed the men's title in 17:43.

Overall male 10K winner Jeff Arnier Jr., finishing almost 4 minutes ahead of runner-up Jacob Philips, completed the course in 31:57. Let's get one thing straight. Jacob, 17 years old, ran a great race, finishing in 35:31, a time that probably would win the overall title at

many local races. However, when fellow Metroplex Striders runner, Jeff, shows up, Jacob knows he might have to settle for second place. Jeff runs effortlessly. I spotted him three times during the 2-lap course, far ahead of the pack with nobody to help with pacing. He looked like he was jogging, barely breaking a sweat. Although he was a little disappointed with his time, Jeff was satisfied with fairly even splits -- 15:54 and 16:03. Bear in mind that this kid is logging 95-mile weeks and that gives an idea of how good he really is. Jeff has set his sights on qualifying for the IAAF World Cross Country Championships, which will be in Poland in March. In order to qualify, he needs to finish among the top six runners in the Junior class race at the USATF organized USA World Cross Country Championships in Spokane, Washington on February 13.

The female 10K winner was 33-year-old Shannon Yarbray, who clocked an impressive 36:37.

It's always fun to speak with first-timers. Assuming they finished the race, they are generally happy, having just set their first PR, and are enjoying the post-race high that 'habitual' racers know and love. Amy Jantzen, 33, always trains on a treadmill, running for an hour before work every morning. She enjoys her indoor workouts and dislikes running outdoors as she has difficulty pacing herself. She did, however, enjoy this experience and, encouraged by friend Gabriella McCord, is confident that she will be racing again very soon.

John Yundt-Pacheco, 45, was encouraged to start running by a family member, who is a triathlete. John also enjoyed today's experience and was particularly impressed by the unexpected post-race beer. Guided by new racing friends and age-group winners, Craig Vollmer and Jason Koplinski, John learned some valuable lessons. Most importantly when choosing his next race, he will first check the sponsor list. If there is a beer company listed, he'll be the first to sign up.