

Run For Sarah makes successful return

By Charles Clines

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Vanessa Kelley



Ken Hall

Approximately 1,300 runners and walkers registered for the Run For Sarah 5K and 1-mile fun run on a warm, humid Saturday (May 22) morning, showing that even though the event wasn't conducted last year that few had forgotten about it.

The races, starting and finishing inside the parking area to Birdville High School's football stadium, benefits The Sarah Friend Heart Foundation, which raises awareness of Sudden Cardiac Arrest and Promotes AED Placement. The event was started by Laura Friend, whose 12-year-old daughter Sarah died of cardiac arrest while at a water park. It was determined that she had died of a heart disease called Hypertrophic

Cardiomyopathy (HCM), a thickening of the heart muscle or enlarged heart. When someone suffers a cardiac arrest and their heart goes into ventricular fibrillation, the only life saving remedy is an AED (automatic external defibrillator). It's Laura's goal to help place AEDs in schools and public places.

The runners and walkers were greeted by a warm, humid morning that was thankfully overcast during most of the 5K, which included a trip on a trail around a pond in the Home Town addition. Ken Hall, 46, of Colleyville won the 5K in 16:25.5. It was Ken's fifth overall title in the DFW area this year, including the RRCA 5K State Championship at the Hound Dog Hustle in Grapevine. "I'm actually running slower than last year. The faster runners just aren't showing up (at the races he wins)," he said.

Winning the male masters title was Jesus Lopez, 44, of Dallas in 18:11.4.

In the female division, Vanessa Kelley, 28, of Keller won in 20:02. Kelley was third in the Cowtown Marathon in February with a 3:08:33 and said she likes the longer distances. "I don't run too many 5Ks," she said. "I like to run the longer races so I can go a little slower." She also had won the Tal Morrison 15K in Dallas this year. She ran the 5K as a tune-up for a sprint triathlon coming up in Austin. The female masters winner was Laura Nelson, 44, of Grapevine in 20:29.1. She also was the female overall runner-up.