

## Winner of Spur On 5K also earns a trophy and a bride



Miles Knupp was on a mission Saturday morning (Sept. 11) at the Spur On Trail Drive at Glenveiw Church in Haltom City. His goal was to win the 5K race and then propose to Nicole Coy in front of everyone. Mission accomplished.

Knupp won the male division of the 5K in 17:37.8 and took the stage when presented his trophy. He spoke a few words and then told the crowd of more about 400 that this was a special day and said he was going to ask Nicole to marry him. Miles left the stage, knelt in front of unsuspecting Nicole to the crowd's delight and presented her with a specially-made ring that was topped by a diamond that has been in his family for about 60 years. He had been planning this day since early June.

They will have been dating for three years on Sept. 21 after meeting on My Space, an internet site. "I found her online, said the right thing and she responded," he said of the former Weatherford resident.



After breaking up with his previous girl friend, he began searching on My Space because "I was tired of being by myself after three weeks."

So, he began flipping through the pages on My Space and finally found someone he might be interested in -- Nicole -- and e-mailed her with the dubious "right" line of "You look shiny." Apparently, though, that was enough to

pique her interest and she e-mailed him back wondering what the heck he meant. After a few more exchanges, they were hooked and the romance was on.

Miles said he went out hard in the 5K, hoping to build a big lead and maybe coasting in. The going out part was easy as the course starts downhill on Haltom Road. But the last mile begins with a slow climb back to the finish and then gets much steeper with a difficult hill of about a quarter of a mile before heading to the finish line in the church parking lot. "I felt like Shaq was standing on my head going up that hill," Miles said, referring to NBA star Shaquille O'Neal. Miles, 23, has a good running background and was a regional champion in the 2-mile distance at Paradise High with a 9:54.

In the female division of the 5K, Laura Nelson, 44, of Grapevine and fresh off her FWRC Labor Day victory, which earned her the RRCA Southern Region Championship, won with a 19:28.



In the 10K race, a couple of masters runners dominated with Craig Minyard, 45, of Colleyville winning the male title

with a 37:31.6 and Fiona Green, 45 of Keller taking the women's title in 45:29.1.

There were more than 400 who registered for the event, which also included a kids' 1K, bounce house, rock climbing, vintage cars, several vendors and for those fast enough, special Spur On trophies, shown at left.