

Teen tests himself at longer distance while chasing the Soles For Souls 5K winner

By Fiona Green



Overall winner of the 4th annual Soles for Souls 5k in Arlington on Saturday, July 17, was 22-year-old Noe Nunez of Dallas, who convincingly won the race in 16:53, more than a minute ahead of runner-up Domingo Merinos.

A little farther back in the pack, several other runners recorded their own personal achievements.

Competing in his first 5K was 14-year-old Kyle Nickols of Keller (pictured). Kyle, a multi-sport athlete, who has competed in track and cross country for his high school team, was curious to see how he would fare in a longer distance race. Considering the longest he has run this summer had been 1.6 miles, he was satisfied with his 21:44 finish, although he admitted the final mile was tough. For Justin Tullis, 29, of Midlothian, the event marked his first race in over a year after a trampoline accident last summer resulted in a broken leg. Although his 20:29 finish was a couple of minutes slower than his time in recent races (no doubt due to the weight of the pins in his legs), he was happy to be able to complete the event pain free. He is now hoping to work on his speed a little in preparation for his high school reunion race in August.

Herb Armentrout, 50, also enjoyed the race although this is not the event he had planned on doing when he set out from his home town of Shreveport, La. He had, in fact, registered for a triathlon and only discovered after arriving in Arlington that that particular event is actually taking place next week. Rather than see some good adrenalin go to waste, he signed up for the race and comfortably won his age group in 20:43. He plans to return next week for the triathlon.