



Joe's Run had good treats after cold, windy runs

By Charles Clines



Mark Miller



Kriston Carson

I didn't run, so I opted for a hot cup of Starbucks, but the nearby Paris Coffee Shop was looking more inviting as my fingers became colder in the 37-degree temperature and winds that probably were gusting that high weren't helping. But those who did run the Joe's Run 10K or 5K, got to munch on some pretty good stuff after their journeys, such as tamales, barbecue sandwiches, quiche, pasta, peanut butter and banana sandwiches, huge chocolate chip cookies (probably from the Paris Coffee Shop; I didn't ask) and other goodies.



Fiona Green



John Valentine

Event director Aaron Siegel said more than 1,500 had registered for the event, but the cold front that moved in Friday afternoon probably convinced some of them to stay in bed and deterred more potential participants from registering that morning. The ones who did brave the weather either tested the newly-added 10K course or the 5K that was introduced last year after the event moved from the North

Side area to near the Rosedale-Hemphill intersection to be closer to the Samaritan House, which the race benefits.

The two races started 20 minutes apart, with the 10K going first. The plan was to have the leaders of the two races merge at Magnolia and 8th so they could spur each other to the finish. However, John Valentine, who runs for Arlington Martin, spoiled that plan by arriving at the merging streets along with Madison Flowers, 30, about three minutes before 10K leader Mark Miller. The two battled for the lead until Valentine, who had competed in a track meet Friday evening, broke away with about a tenth of a mile to go. Valentine, who said he won the 2-mile and came in second in the mile at the track meet, finished in 16:40.3, and Flowers came in at 16:45.9.

“I wanted to sleep in because I was a little tired, but I really wanted to run this,” Valentine said on his decision to compete again after just a night's sleep. “It was a good (course), but tough.”

Kriston Carson, 28, of Fort Worth won the women's division in 19:58.9. Carson said she has been coming back after a 3:11:46 effort at the White Rock Marathon in December.

Miller, 31, of Carrollton, finished a few minutes later in 36:41.7. Fiona Green, 44, of Keller won the women's title in 42:56.6.

They, along with most competitors, found the wind difficult for about half the run when they were heading north and northwest. Also, the uphill stints at the beginning and near the 6-mile mark had some of the competitors struggling.

“That last mile, going uphill with the wind in our face (was difficult),” said Miller, who was among the few who donned only a singlet and shorts (Valentine did, too).

Overall, the runners I talked to liked the 10K course, but general opinion about the merge of the two races was negative, especially among the 10K mid-packers who said they jammed up behind slower 5K runners/walkers. Some had to get outside the traffic-control cones to get around the slower participants and risked being hit by cars or trucks.

Siegel said he would see what might be done to rectify the situation next year.

Meanwhile, I was trying to find another Starbucks...fingers needed thawing. I should have run. “It wasn't that bad once you got going,” said Don Borger, a regular road-race competitor.