

Laurie Shea might be modest, but she'll still whip her competition

By Fiona Green



Overall female winner of the Believe!2009 10K in McKinney on Saturday morning (November 28) was 30-year-old Laurie Shea from Prosper, who covered the hilly course in 39:39. She was third overall and two minutes ahead of the second female finisher, Natalie Merrill.

Despite the fact that she dusted the competition, Laurie is extremely modest. She wasn't even aware of her time as she crossed the finish line. Petite and attractive with a healthy glow and perfect smile, Laurie wouldn't look out of place on the cover of *Runners' World* magazine.

Although she ran cross country in high school, she took a break from the sport for several years and started competing again only five years ago after the birth of her second daughter.

Originally from Salt Lake City, Utah, she spent six years in California before moving to Texas in 2008 and has been making an impression in the running scene ever since. She admitted finding her first summer here tough for training and, like many runners, she is happy that cooler weather is finally here.

Winner of this year's Cowtown Half Marathon, Laurie now has her sights set on White Rock, where she hopes to beat the 3:04 marathon PR she set last year at the event. However, she couldn't match that effort this time and finished in 3:30:41.