

**Dedicated Swiatochas dominate Park Glen 5K;  
others, including former smoker, share their passion for running**



Jonathan, Ed, Davy Swiatocha

By Fiona Green



On a perfect Thanksgiving Day morning (Nov. 26) for running, a small but enthusiastic group of runners and walkers gathered in Park Glen for the annual Turkey Trot 5K. In the previous year, the event had been marred by confusion over the route with some of the lead runners being misdirected near the end. This year, however, everything ran smoothly and participants enjoyed the mainly flat course that wound through a scenic park and residential area.

Overall male winner was Jonathan Swiatocha of Keller, a 17-year-old junior at Keller High School who blazed the course in 16:27, only 8 seconds off his 5K personal best, which he ran at the Lewisville Invitational this year. Keeping it in the family, 15-year-old brother Davy finished second overall in 16:45. Jonathan, wise beyond his years, appreciates the importance of core

training and among his exercises maintains a regimen of 300 sit-ups a day. His future goals include running a marathon and possibly running professionally.

He and Davy have clearly inherited their great genes from their father, local running legend Ed Swiatocha. Ed, 59, a former Olympic Marathon Trials qualifier, took home the Masters title, posting an impressive 18:05 (his time included a slight 15-second detour toward the end). Despite a fairly heavy training schedule and averaging around 70 miles a week, this was Ed's only fourth race of the year. His long-term goal is simple -- to continue to run as well as he can for his age for as long as he can.

While breaking 17 or 18 minutes is the privilege of only a few gifted athletes, many others share their same passion for the sport . Renee Richardson, 41, of Keller, placed second in her age group in 29 minutes. A smoker for 19 years, Renee turned her life around six years ago, thanks to her son, Blake (both pictured). Realizing her habit was impacting his life as well as her own, she made the decision to quit and to take up running. Embracing her new healthy lifestyle and loving the way it made her feel, she encouraged Blake (now 8) to adopt an active lifestyle and the pair have run numerous 5Ks together. While Renee's times and goals may differ from Jonathan's, both are dedicated runners who share the same passion for the sport and are eagerly looking forward to their next race.