



**Matt Standefer**



**Brittaney  
Smash**

## Teens lead the way at Soles For Souls

By Fiona Green

Overall winners in the Soles For Souls 5k in Arlington on Saturday, July 18, were teens Matt Standefer and Brittaney Smash. On an overcast morning with an almost tolerable temperature, both runners generated excitement by winning their respective divisions by a margin of only a few seconds.

Brittaney Smash, 17, is a student at Mansfield Summit High School, won the women's division at St. Mark's Church with a 20:17. While she obviously has some good speed on the roads, having already run a sub 19- minute 5K, her preference is for the adventure of cross country. Her favorite running memories include running with her friends over hills and through ditches covered from head-to-toe in mud. As the time for choosing a future college and career path approaches, Brittaney is debating between veterinary studies and teaching (biology or history). Whatever she decides, one thing is certain - she will continue to run.

Matt was pleased with his overall win after having finished in 5th place in last year's race because of a late start. Setting off with the other runners on Saturday definitely had its advantages! This time, he went to the front and won in 18:07.

A student at Lamar High School in Arlington, Matt, 16, is on the cross country and track teams. With a 5K PR of 17:09, Matt obviously excels at distance running. His goal, however, is to break 4 minutes for a mile. Having already run a 4:30 for the distance, he feels that with the right training, his goal is realistic. Given his passion for running and obvious talent, it probably i