



Keith Kotar



Aly Nielson

Easy run for men's winner; PR for women's winner

Mayfest might have been scrubbed Saturday morning, May 2, because of the threat of swine flu, but most road-races ``braved" the threat and were conducted anyway. In Southlake, at the Dragon's Fire 5K, women's winner Aly Nielson, 16, was glad to see the race go on because the Colleyville Heritage sophomore set a road-race PR of 17:56.5 (17:55.3 chip time) on the overcast, humid morning. She beat her previous best by about four seconds, though she has been several seconds faster in cross country competition. For men's winner Keith Kotar, 18, an Aledo High School senior who usually competes in triathlons, his winning time of 17:01.7 was logged without much strain. He said it was the easiest effort he has logged for a time that fast. He has run about 30 seconds faster for a 5K, but he said that was during a triathlon. Kotar said he runs 5K events as part of his triathlon training. Byron Benoit, 42, of Euless won the men's masters title in 18:34.4, and Marily Burnhan, 40, of Southlake took the women's masters title in 20:22.5..
