

Teens in the chips at the Buffalo Boogie 5K

By Charles Clines



Payton Shoush

Two high school runners took home top honors at the Buffalo Boogie 5K on an overcast and relatively cool Saturday (May 9) morning at the Fort Worth Nature Center & Refuge.

Jesse Benes Jr., 18, an Azle High School runner, won the men's division in 17:36.3 and said he was using the event as a "high tempo" run in preparation for regional competition. "It was a pretty good time for a high-tempo run, but not a race," he said after winning by about 200 meters. "It was a good practice run. My best time for a road race is 16:55."



Jesse Benes Jr.

Gabriel Zambrano of Fort Worth led much of the race, but couldn't stay with Benes down the stretch.

Payton Shoush, 17, won the women's division in 20:47.7. The 17-year-old Brock High School runner said she also is preparing for regionals in June as she tries to return to state to defend her 2A 800-meter title.

It was her first time at the Buffalo Boogie. "My mom finds races in the Metroplex for me to run." She liked the course that "starts off easy (downhill) and finishes hard (gradual uphill). But that's OK. That's the way it should be."

Besides the timed 5K run, there also was 5K and 1-mile fun runs, and several participants brought their dogs, which received a bandana. There also were several door prizes, vendors and food. (Pictures below)



Lining up for the 5K.



Taking off on the downhill start.



Chasing the leaders.



Who let the dogs out?





Mens' winner Jesse Benes Jr. nears the finish.



Payton Shoush, 17, of Brock won the women's division.



Dogs are decked out for their chance to run (or walk).