

Clint Bell, Ashley Graben to represent Dallas in Japan half marathon



Clint Bell, one of the top runners in the Dallas-Fort Worth area, and Ashley Graben, who began running just five years ago, have been selected to represent Dallas in the Sendai International Half Marathon in Japan on May 13.

Bell, a former Dallas Christian and SMU runner, has won several overall men's titles in the area and contributes articles to this website. He and Ashley, who moved to Dallas three years ago from New York, were selected as part of the event's sister cities invitational program.

Clint Bell is going to Japan.

the Texas Half in February in 1:20:24

Among Bell's top efforts this year was a 15:42 in winning the Race and Roll 5K in Dallas, and winning

Ashley, originally from New Orleans, has posted in her short career PRs of 1:26 in the half, 18:50 in the 5K and 3:06 in the marathon. Ashley, a teacher, said she enjoys teaching many of her fifth grades how the benefits of running, and is particularly pleased to see the afterglow of her students (and fellow teachers) after a good race.