

Natho, Bell win DRC Frigid 5K

The Dallas Running Club's Frigid 5K turned out to be a misnomer as the temperature was almost 60 when the race started Saturday (Jan. 5) morning at Winfrey Point at White Rock Lake. Sort of like the Fort Worth Runners Club's Tropical 10 and Hawaiian 5K in December. That race was definitely a misnomer as temps were at least 20-something degrees colder than the Frigid 5K. Nothing tropical about that chill-bump morning. In Dallas, Clint Bell sped to an easy victory in 16:33.95, and Sheila Natho easily won the women's title with a 19:36.90. [More....](#)

Natho shooting for half marathons; takes third at Houston Bell aiming for Cross Country Championship

Sheila Natho, who turned 42 on Dec. 31, won the women's race at the DRC Frigid 5K on Jan. 5, and said she was focusing on the half marathon at the Chevron Houston Marathon on Jan. 13. The focusing worked as she ran a 1:27:54 at Houston in what she said was one of the best races of her life. She placed third in the Masters division in the race designated as the U.S. Half Marathon Championship and won \$250. Natho has been posting big masters victories in the area. A couple of her big masters victories in 2007 were at the DRC Half and Dallas Turkey Trot.

“If the Houston half marathon goes well, then I'll go to Austin two weeks after that for the half marathon,” she said after winning the Frigid 5K. “Then that will be it for the distance races. In February and March, I want to focus on 5Ks. I want to get the 5K time down.”

Because she's been running more long distances in preparation for the 13.1-mile races, Sheila said she hasn't been to the track to work on her speed. “So, my speed isn't there right now,” she said.

Bell, who's training for the U.S. Cross Country Championships in San Diego on Feb. 16, said he originally wasn't going to race in the Frigid 5K.

“I had originally planned to do a 6-mile tempo run this morning. I did three 10-mile runs this week, and during yesterday's (Friday) stressed me,” he said. “So, I cut back today to get more quality and tried not to tear myself down too far....I ran faster than what I had set out to, but I wasn't in much of a strain. So, it served its purpos