



## ***Running to the front***

Cindy Craine, 27, who ran two years at junior college in Kansas before transferring to TCU, has moved to the front of the pack among women in recent races. Her recent overall women's victories have been the Komen Tarrant Race for The Cure, the Butterfly Boogie and Run the Rite Way.

She won the Komen in 18:19.50 in April, but has lowered her times to 17:28.1 and 17:36 at the Butterfly and Rite Way. Her best effort was a 17:03 at the 2005 Hit The Bricks, which was a fast point-to-point course. Her goal now is to break the 17-minute barrier.

She discovered her passion for running in Grade 7 and since then she has competed in most distances -- from a leg of a 4x800 team at the Penn State Relays to a full marathon (just for fun!), but believes that her strength lies in the 5K distance.

She runs under the supervision of her coach, Jon Sinclair of Colorado, via e-mail. In addition to running, Cindy is an avid cook and she and husband Patrick love creating delicious healthy meals together to support their active lifestyles.

Report and photo submitted by Fiona Green.