

No shuffling for these two at the Snowman Shuffle



Alison Semrau and Ashley Nunez won their age divisions at the Snowman Shuffle.

Best friends Ashley Nunez and Alison Semrau are two of the area's top female runners. Ashley, 28, won first place in her age group in Saturday's (Jan. 12) Snowman Shuffle 10K at White Rock Lake in Dallas with a PR of 39:50 -- hardly a shuffle; she was moving!

Her time was especially exciting as it was the first time she had broken the 40 minute barrier. When asked if she had adjusted her training to achieve such an impressive result, she said she hadn't changed anything but said she felt very relaxed and simply let her legs do all the work.

Her endurance has no doubt improved from her many months of marathon training. She has a marathon PR of 3:09 -- not bad considering she started 'jogging' seven years ago simply to lose weight.

Alison, 31, an attorney who has also been marathon training, won first place in her age group in the 5K. Despite her win, she was a little disappointed with her time and said she might have started out too fast, explaining that adjusting race pace for a fast 5K after running marathons is not always easy.

The pair often train and race together with the Luke's team and recently enjoyed running the Chicago Marathon, crossing the line hand-in-hand in a time of 3:27. That was an amazing feat considering the brutal hot conditions for the race.

Alison's marathon times are very consistent. Regardless of the course or weather conditions, she has managed to run most of her marathons between 3:25 and 3:30. Her PR is 3:16.

Their plans for the coming year include running a few half marathons and some shorter races in the spring. – *Submitted by Fiona Green*