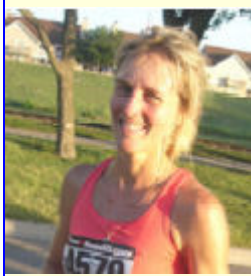


# *A Guest Report On the HeartBeat 5K*



(On occasion, I will request a guest writer to submit a report on a race I couldn't attend. Fiona Green of Keller, who won the masters title at the HeartBeat 5K in 20:01, agreed to write this report of the May 20 event in Dallas.)

The name 'HeartBeat 5k' does not quite do justice to this race. The organizers might want to think about renaming it 'HeartPounding 5k.' This was definitely not a race for first-timers. It was tough!

With the runners assembled at the start line, the emcee spoke about how great it was to see so many eager faces and commented on the many fine specimens about to run. I'm not sure how fine those specimens looked after the race. The course had 3 'nice' hills -- one near the beginning, one in the middle and one challenging uphill climb right at the end. This was not a course for PRs -- in fact many runners claimed that this was their slowest race in a long time. But isn't that what builds character and makes us stronger?

Despite the heat, the overall winners managed to beat the times of last year's winners. Andrew Cook of Flower Mound ran an impressive 15.05 while Dallas resident Emily Field shattered the time of last year's female winner with her incredible 16.31 clocking.

After the race, runners had the chance to have their cholesterol and blood pressure checked. This seemed like a great idea and judging by the line-ups, it was very popular. Before the distribution of the HeartBeat awards, Chuck Dannis gave out trophies for the Crosson Dannis race series. It was inspiring to watch runners in their 70s and beyond collect their awards. They all looked so much younger than their age -- a great advertisement for staying in shape. The HeartBeat awards were given out next with the top 3 runners and Masters winners receiving running shoes for a year. Age group winners also received great gifts, and for those who didn't quite make it this time, there were many exciting door prizes.

I have to commend the many volunteers at this race. Everyone was so friendly and helpful - from the police monitoring the course to the 7-year-old girl who asked if I needed help putting on my chip to the gentleman at the cholesterol booth who placed a band-aid on my trophy when it ripped through my bag (they're pretty solid -- you could lose a toe!). All-in-all the event was a lot of fun and I'll be back next year.