



Was it really a tropical day at the FWRC's Tropical 10 and Hawaiian 5K? Well, maybe. At least, some were ``dressed" for it. Photo submitted by Richard Stingley. And winning the awards (pineapples) for best costumes were Randy Wyman and Leah Tiller.

Cold weather and speedy times

The wind Saturday morning (Dec. 15) made it seem much colder than the already chilly 40 something degrees (if that), but a big field still participated in the Jog'r Egg Nog'r at Norbuck Park in Dallas. Some of the area's best runners also showed up and they provided a little heat on the 15K and 5K courses.

In the 15K, Andrew Cook, coach at Flower Mound High School, zipped to a winning 48:28 time to win the men's title. Catherine Loden, a 17-year-old from White Oak, won the women's division with a 58:47.

Jody Hawkins, one of the nation's top masters, sped to the women's title with a 17:13 while Clint Bell blitzed the men with a 15:32.

In Fort Worth, the tongue-in-cheek named Tropical 10-mile and Hawaiian 5K had 167 turn out, up from 151 last year. But the awards ceremony will be delayed until Dec. 18 at the FWRC Christmas party. After awards were handed out individually, the shivering participants wanted to seek the warmth of their cars for forgo the ceremony