



## *Molly Tucker goes the 10K distance*

Molly Tucker, who who turned 11 on July 6, tested the 10K distance July 4 at the LGRAW's 10th Anniversary 10K near Lake Grapevine. Molly, who has been grabbing attention by winning overall 5K women's titles and dipping into the 18-minute range (18:05 for PR), discovered the 6.2-mile distance is somewhat more taxing than the 5K tests.

“It was twice as hard,” Molly said after finishing in a little over 44 minutes on the course that was announced to be somewhat short. LGRAW was using a fourth course after the first three fell victims to the recent heavy rains and flooding.

“It was really hard,” Molly said, stressing the word hard. “I tried pacing myself, but it was really hard. I kept on going wavy because I was getting tired.”

Molly said when she reached the 7K mark (the race was marked in Ks rather than miles), she began having doubts about finishing when she began experiencing stomach cramps. “I tried taking some Gatorade, but it kept spilling all over me, and water. I had a little popcycle (which were being handed out to runners on the course), but it didn't help that much.”

Overall, though, she seemed pleased with her time, though she said she had been shooting for a 40-minute time. But, as she said, the distance was twice as far as she has been running and twice as hard.