

Youth dominates River Ranch Run

The Lake Cities Cross Country Club, led by 13-year-old Craig Lutz, was not only visibly noticeable at the Fort Worth Runners Club Stockyards - River Ranch Run 5K with their team blue-and-yellow singlets and shorts, but was visible at the awards table as members of the team made numerous trips to receive trophies Sunday (Sept. 24) morning.

Craig, who has been running since he was 7, led the parade by winning the overall title in a personal-best 16:28 on the out-and-back course. In fact, one of the team's coaches, Craig's dad Brad, said all of those who ran from the 28-member team, set their PRs on the cool (62 degrees at start time) morning and on the sometimes rugged trail. Race participants not



only had to watch for rocks along part of the trail but also for ``reminders'' that the trail also is used as an Equestrian Trail leading to and from the Stockyard area in Fort Worth. The Lake Cities team is for youths from third through eighth grade and serves the Lewisville, Flower Mound and Highland Village area. Although the Lake Cities Track Club has been active for several years, this is the third year for the cross country division. This was the end of one of the team's six-week training periods and Brad said the team members should have been peaking, so the faster times were not a total surprise.

Brad said the club has built a close relationship with the high schools and, although this isn't an elite club, prepares the participants for high school competition. The club also shows how exercise benefits youth. Brad said Nathaniel Dubay has lost 30 pounds since joining the team and has lowered his 5K times from the 33-minute range to the 19:43 he ran Sunday. Craig, who discovered he was fast when he outran all first graders by 40-something yards when his family lived in Austin, ran his first 5K a few months after that first taste of running. He finished in 25:05 and has done nothing but get faster since. In the River Ranch Run, he grabbed the lead early (pictured) and won easily in 22 seconds against a runner at the other end of the age spectrum -- 50-year-old Esteban Megarado. Youth wasn't served in the women's division as Noreen Jacobson, 45, won in 21:53. Her nearest challenger was 43-year-old Sharla Foster, who took home the masters trophy.





Participants also were treated to a pancake, sausage and fruit breakfast





Noreen Jacobson won the women's division with a 21:53.