

A Kenyan story



Two Kenyans, one a former TCU runner, took top honors in the 5K and 10K runs at the B.G. Squirrel Run on Saturday (Nov. 11) even though both are recuperating from injuries and are not in top condition. In the women's divisions, Savannah Matzinger, student at University of North Texas in Denton and no stranger to the winner's circle, won the 5K in 18:49:48, and Jessica Davis of Fort Worth was more-or-less a surprise winner in the 10K in 46:40. She actually believed she was the second woman, but the competitor in front was doing a training run and dropped out near the 3-mile mark.

Rowland Mugo, who moved to the Fort Worth area a few months ago, won the

5K in 16:44. He has been recuperating from a nagging back injury and said he's in the process of getting back into shape and is shooting for the half marathon at the Wellstone White Rock Marathon on Dec. 10.

His countryman and former Kenyan school buddy Herbert Mwangi won the 10K over the rolling 6.2-mile course in 35:40. Mwangi, a standout at TCU, has been running professionally since he graduated from TCU in 2003. He said he has yet to win, but has been in the top three at a few events. He has been fighting a recurring calf injury and is in the process of trying to return to top form.

Matzinger, who said she didn't like the big hill heading to the first mile, ran cross country at track at Decatur High School. She showed her speed after the climb up Harley and said she liked the rest of the course "a lot."

Davis, 27, said her time wasn't that good, but she had competed in the earlier 5K and posted a 20:48. Jessica, who has lived in Fort Worth, ran at Boise State, which won the Big West when she was there. She ran in the high 17s and in the 18s at Boise State, "but I'm not in that kind of shape anymore." This was the first overall victory since being in Fort Worth.

Runners were greeted with cool temperatures, nice for running but still didn't make the hills any easier.



The 10K leader, Herbert Mwangi, heads past the Botanic Garden Conservatory (top left) en route to victory. Some of the middle-of-the-pack students and adults head toward the first mile in the youth 5K (above right). Runners who are chasing Mwangi head up the hill on Harley (right). Some of the 10K runners (below left) are getting started on their 6.2-mile trek. Dyno, below right, can't quite keep the pace with 5K winner Rowland Mugo.





Some of the 10K competitors (above left) about a quarter of a mile into the race. They were all chasing winner Herbert Mwangi, a former TCU runner (above right), who won in 35:40. Below are some of the competitors dashing to the finish inside Botanic Garden. B.G. Squirrel poses with some young competitors. Some of the finishers graze at the food court (below left). Now this (bottom right) is a REAL starting gun. The cannon boomed to start each race.



