



Visitors meet the humid Summer Sizzler

Colorado residents Jeff Marcus and his children Adam, 8, and Morgan, 11, ran the Summer Sizzler 5K in Arlington on July 28 and discovered that the humidity is a factor they don't have to deal with in his state. Jeff, a cross country coach for sixth through 12th graders, said they were in Arlington visiting in-laws. "We have a little running club back there (Brush, Colo.), so we had to keep in shape while we were gone," he said. "We're not used to the humidity, though. It's 15 degrees cooler in the mornings there and I only sweat like this after about 10 runs." However, all three took home awards as Jeff placed third in the 35-39 age division with a 20:35, Morgan took top honors in the female 9-11 with a 29:32, and Adam won the male 8-under with a 25:45.