

Three amigos
keep the tradition going



Tom Murphy, David Cabral and John Hart continued a Fort Worth Runners Club tradition on Sunday, June 24, by conducting the 15th Three Amigos 4-Mile Run on an out-and-back course through Trinity Park.

It was a warm, but not-to-hot morning as George Lutkenhaus repeated as the men's champion with a 22:20, the same time he ran last year to win. Fiona Green, a masters runner, won her first Three Amigos overall title with a 26:42.

“Fifteen years ago, the club was looking for race directors and I was on the board of directors at the time,” Tom said. “So, me, David Cabral and Stan Adams established the Three Amigos run. 1993 was the inaugural run. Since that time, Rodney Hart has replaced Stan as the third amigo. We do it to support the club and we really enjoy it.”

Tom and David have seen the event grow as the club has grown, too.

“In the early days, we were fortunate to get 70 or 80 runners,” Tom said of the run that has attracted as many as 175, which Tom considers a good turnout considering it's June and the distance is four miles. “It's grown and established itself.”

Among the competitors June 24 was four-time overall winner Ricky Cox, who also won the first men's title and has added two masters titles, and five-time women's overall winner Debbie Sanders, who also has added four masters titles. Ricky won the men's 45-49 age division with a 23:02, and Debbie placed second in the women's 45-49 age division with a 29:20.

The course is the third that has been used as it has had to be changed for various reasons



George Lutkenhaus, left, won his second consecutive Three Amigos 4-Mile men's title on June 24 with a 22:20. Tom Murphy presents his award.



Fiona Green won her first Three Amigos women's overall title. She's holding her award presented by David Cabral.