

Xsightment had talent

The number of runners was relatively small (197 finishers) at the Xsightment 5K in Colleyville on June 3, yet the event was thick with quality.

For starters, men's winner Andrew Cook is a former Texas A&M competitor and was challenging to beat 15 minutes on the rolling course on a warm, muggy morning. He finished in 15:03. William Moore, a former White Rock Marathon winner (1998), four-time The Half champ and an Olympic Marathon Trial qualifier, was runner-up at 16:21.1. Other men in the field included 2004 Xsightment winner Joe Beisner (fifth at 16:59.6) and former winner of the Cowtown ('87) and Dallas ('85 and '86) marathons, Ed Swiatocha. Ed, 55, showed he still has speed by winning his age group in 18:18 and finished 12th overall. Swiatocha also was an Olympic Marathon Trials qualifier.

On the women's side, Sarah Broyles, who won the Dino Dash 10K and who ran a year at Baylor, came in first in 17:52.1. After Dawn Charlier, 28, finished second in 18:34.4, the next two of the area's top masters masters runners, Fiona Green and Ruthie Tate battled it out the last tenth of a mile with Fiona taking the 40-over top award in 19:24.7. Tate finished in 19:31.5

Cash awards of \$100 were given to the overall man and woman winners \$50 for second and \$25 for third. Masters awards were \$75 for first and \$25 for second. But if you didn't finish in the money, maybe you cashed in with the syrup. Everyone was treated to pancakes and sausage, provided by the Colleyville Lions Club.

Xsightment 5K loaded with talent

Results

Andrew Cook, 25. A former Texas A&M runner who is in his first year coaching track and cross country at Pilot Point High School



won the men's title at the Xsightment 5K in Colleyville on June 3. Cook, who also won the talent-filled HeartBeat 5K in Dallas two weeks ago, said the Xsightment 5K probably was his last race until the fall. "I'm ready to shut it down

(for the summer)," he said. He'll work on his base mileage to prepare for fall season that



Sarah Broyles of Dallas, middle, won the women's division at the Xsightment 5K in 17:52.1. Dawn Charlier of

Dallas, right, was second in 18:34.4 and Fiona Green of Keller, left, was third in 19:24.7. Green also was first

might include a marathon. Cook, of Flower Mound, won the HeartBeat in 15:05 over what he said was an even tougher course than the rolling Xsightment course, which he covered in 15:03. At Heartbeat, Cook was being pushed by Duncan Cragg, a former SMU runner from South Africa. However, after battling for the first two miles, Cragg pulled out as Cook blazed ahead. "He said he began feeling a twinge in his leg," Cook said. However, the next week, Cook said Cragg "stomped" him in a mile run (4:19 to 4:23). "He got his revenge," Cook said.

Women's runner-up Dawn Charlier, 28, ran one of her faster 5Ks, and she hopes it's a sign that her training and growing experience are paying off. She was mainly a 1,600- and 800-meter runner at Texas Tech and hasn't become comfortable with the 5K distance. "I sometimes go out too fast or I have a lot left over at the end. It's been frustrating," she said.



Ed Swiatocha, who won the Cowtown Marathon in 1987 after winning two White Rock Marathons ('85-'86),

made one of his rare race appearances and won the 55-59 age division in 18:18. Swiatocha, who runs about 40 miles a week, said he seldom races anymore. "The only other race I did this year was Run The Ranch (in March)," he said. Swiatocha

in the masters division, outkicking Ruthie Tate to the finish. Because there was no duplication of prize money, Green chose the masters \$75 rather than the third-place \$25 payoff.

Broyles, 24, said she opted for the 5K rather than a workout. Someone had told her there was prize money offered at the race, but she didn't know the amount. "I was hoping it would be at least \$25 so I could get my entry fee back," she said. The actual prize was \$100. Broyles, who moved to the area two-and-a-half years ago from Corpus Christi, also has won the Dino Dash 10K in May in 39:49:03, after placing second in the preceding 5K with a 17:50. Broyles had taken off five years "jogging" before trying to become competitive again this year



Runners take on in the Xsightment 5K in Colleyville. Men's winner Andrew Cook is in the gray singlet in front and women's winner Sarah Broyles is in the green shorts and top.

works at a Luke's Locker store in the Colleyville shopping center in front of the Xsightment start and finish lines, so it was a convenient site. "I was pretty pleased," he said of his time. "I ran the first mile in 5:47. If I can keep my miles below 6 minutes, I'll be happy,"



A hula hoop contest entertained some of the children after the 5K.



Pancakes, sausage, watermelon, oranges and bananas were served to runners and spectators.



William Moore, right, finished second and 2004 Xsightment champ Joe Beisner was fifth. They are holding the unique Xsightment trophies. Both also went home with checks in their pockets. Moore won \$75 for being the first men's masters. Beisner, because two of the top five finishers were masters, collected the overall third-place money of \$25.

William Moore, a Dallas pediatrician, didn't know what to expect at the Xsightment 5K. Five weeks ago, the 44-year-old sustained a torn calf muscle and has been undergoing physical therapy while nursing the injury. Just a little over two weeks ago, Moore began light jogging. His hardest workout was Tuesday before the June 3 race when he ran some fartleks. "It felt fine then," he said. He also had been training on an elliptical and was surprised that he was able to maintain his conditioning. "It helped to know the course," he said. "Joe and I have run it a couple of years. Still, when I reached the first mile, I didn't know if I could sustain it or fade. I had mile splits of 5:15, 5:18 and 5:20, so I was able to hold it fairly consistently."

Beisner, 33, also is rebounding from a hip injury sustained about seven months ago while training for Run The Rock marathon. Beisner, who ran for Northwood University, said his training had been going great for the marathon before the injury. He had logged two half marathons in the 1:07 range and was looking for a fast marathon. He might get there this year. He and Moore are contemplating a marathon in the fall, probably Run The Rock.