

Masters XC champions crowned in Tallahassee

TALLAHASSEE, FLORIDA -- Gorgeous conditions greeted the masters runners assembled to contest the 5 KM Masters Championships at the Apalachee Regional Park in Tallahassee last weekend.

Sonja Friend-Uhl and **Marisa Sutera Strange** wasted no time in going to the front to renew their friendly rivalry. Strange beat Friend-Uhl by a single second at the USATF 10K Championships in April before Friend-Uhl was sidelined by injury for a few months. When she came back at the USATF 5K Championships in early October, Friend-Uhl edged Strange by eight seconds. This matchup also belonged to Friend-Uhl, as she pulled away to win in 18:12, opening up a half minute margin by the end. Strange finished in second overall in 18:44. **Katherine Wolski** pulled away from the chase pack to claim third in 19:12.

Friend-Uhl noted that, "I had three goals coming into today: to lead my Atlanta Track Club Women's 40 and over team to victory, to win the Masters race, and to break 18 minutes. I'll take two out of three."

Kristian Blaich, Jon Noland, Danny Goodman, and **Craig Greenslit** formed a lead pack early in the race. Eventually that pack broke up as Goodman and Greenslit fell away and then Noland kicked away to win in 16:23.8, with Blaich less than 2 seconds back in second place. Goodman ran 16:34 to edge Greenslit for third by two seconds.

The age-grading champions were Strange, 53, for the women with 91.22%, and **Tom McCormack**, 63, for the men with 92.06%.

The Atlanta Track Club took home four of the seven team titles, while the Genesee Valley Harriers edged the Boulder Road Runners in a thrilling upset victory in the Men's 60+ division. Shore Athletic Club took the Men's 70+ crown, while New Balance Tampa captured the Women's 50+ title.

Contributed by Paul Carlin, USATF Masters LDR Media Chair