

Frozen Foot 5K Produces Hot Competition

By Adam Hodges
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The weather gods once again looked kindly upon the CU triathlon team as they hosted the third annual Frozen Foot 5K at the University of Colorado on Sunday, February 4. Sunny skies and balmy temperatures created spring like conditions for the nearly two hundred runners who lined up to chase the rabbit attached to the back of the lead pace bike.

Pedro Alvarez of Boulder took the early lead and never looked back. In the first mile, he was followed closely by a small pack of runners more intent on following him than chasing the rabbit, literally or figuratively. Alvarez, who moved to Boulder from Morelos, Mexico five years ago, just got over a bad case of shin splints and has only recently started ramping up his training again. He's a familiar face at the front of many local races, though, and this race proved no different as he cruised to victory in 15:16.

Mark Werner of the Boulder Running Company's racing team took second in 15:29. Werner took up serious running only three years ago and credits his improvement to coach and former 10K standout Arturo Barrios. "He has a good philosophy on training," said Werner, who is keying on the 12K race at cross country nationals in two weeks.

Women's winner Sarah Toland cranked it up in the final mile to post a time of 16:29, good for a sixth place overall finish. Toland recently graduated from Colby College in Maine and is back in Boulder to run. Relatively new to the sport, Toland started running to get in shape for lifeguard competitions on Cape Cod, where she spent her college summers guarding the beaches. Toland used this race as a final tune-up before she heads to Portland in two weeks for cross country nationals. Toland will be competing in the 8K race there.

Faith Byrum, who posted a blazing time of 16:59, took second in the women's race.

As the field of runners wound their way around the CU campus, they were directed at every turn by CU triathlon team members taking the morning off from training to put on the event. The race acts as the primary fundraiser to help the team travel to the Wildflower Triathlon in California at the beginning of May. Wildflower is where the collegiate triathlon championships are contested and the CU team looks to continue their domination of the event this year.

Women's Top Ten

- 1 Sarah Toland 16:29
- 2 Faith Byrum 16:59
- 3 Kristine Leader 18:29
- 4 Cindy Rosenberg 18:51
- 5 Laura Bruess 18:52
- 6 Kelli Kidd 19:21
- 7 Imke Slacik 20:05
- 8 Lisa Mickley 20:23
- 9 Jan Ward 20:51
- 10 Christine Spehm 21:11

Men's Top Ten

- 1 Pedro Alvarez 15:16
- 2 Mark Werner 15:29
- 3 Tim Geldean 16:03
- 4 Rick Bruess 16:17
- 5 Andy Ames 16:26
- 6 Adam Hodges 16:42
- 7 Erik Bitru 16:54
- 8 Hector Martinez 16:55
- 9 Todd Baldini 17:14
- 10 David Gotgill 17:14

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