

Veteran Black sweeps 5K, 10K of annual race

By Sarah Meinecke
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Alan Black knew he could win the 5K portion of the Labor Day Road Race. He's done that twice before.

Winning the 10K race wasn't a stretch either because he's been that event's champion five times.

But what about winning both races? In the same morning?

Black, an Eatonton resident, added the Labor Day double to his resume on Monday, making an entrance twice in Central City Park, first as the 5K champion, then about 45 minutes later as the 10K winner.

"The first race, I tried to conserve as much energy as

TOP FINISHERS

10K Men

1. Alan Black 31:54
2. Josh Myers 34:40

10K Women

1. Krista Swanson 42:55
2. Amy Boyer 43:07

5K Men

1. Alan Black 15:00
2. Roberto Bonilla 15:25

5K Women

1. Paula May 19:40
2. Sherri Hintz 19:56

■ Results, 6C

possible, but I had one guy pushing me the entire way," Black said. "I just wanted to get right at 15 (minutes), which I did. Everything went as planned today."

Black had just 30 minutes

to run 3.1 miles from the Vineville Baptist Church to the park, then drive up to the starting line for the 6.2 mile race.

He took little time enjoying the moment of his 5K win, which he clocked in exactly at 15 minutes. After crossing the line to cheers, Black hightailed it to his truck.

"I had under 15 minutes to get back to the starting line after I finished," Black explained. "So I took I-75 down to Hardeman Avenue (exit) to get there pretty fast. I just zoomed up there."

He joined the group of 10K participants a mere

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RACE

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minute before the start of the race. While he had been trailed closely in the first race, he was in total control in the second.

"I just took off and I led the whole thing," Black said. "It wasn't like the first when I had someone pushing me the entire way."

Black, 29, is training for a Chicago marathon in October, and aims to place in the Birmingham Olympic Trials in February.

The runner who was giving him the most competition in the 5K was Roberto Bonilla of McCrae. The Puerto Rican-born competitor finished 25 seconds behind Black for second place. John Kirksey of Norcross was third in 16:47.

Paula May of Peachtree City was the female winner in the 5K, clocking in at 19:40.

"It's great, but it's a little bit slower than my (personal record)," May said. "It feels good to be the first and also to be 50 years old. I've been training for a marathon so I did this for speed work."

Black finished almost three minutes ahead of Cochran's Josh Myers (34:31) in the 10K. Buddy Uark of Fort Valley crossed the finish line just more than three minutes after that for third.

Krista Swanson, the first female to finish the 10K, literally raced toward the finish line. With a fellow racer in front of her, Swanson sprinted the final 20 yards of the race for a 43:02 time.

"It feels invigorating and I enjoyed passing the men," Swanson said, laughing. "I sped up at the end because my boyfriend was like 50 feet ahead so I tried to catch him. But I didn't want to hurt his ego so I didn't pass him."

The final race of the day, the Fun Mile, was a race filled with youths ages 3-14. Lindsay Duncan, a 10-year-old from Macon, was the overall winner with a time of 7:27. The originally scheduled Wheelchair 10K was cancelled because there were no participants.

"It went as smooth as silk," race director Steve Corkery said. "Most of these people do one run a year and this is it. Everyone seemed happy, and that's great because we do this for the community."

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