

Myers adds second title

Black wins fifth men's 5K championship

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Josh Myers has run in more prestigious races than the Macon Labor Day Road Race. But to him, no race is more important.

"I grew up looking up to the people that won this race," Myers said. "They were like heroes to me. I'd always get up the next morning and read the paper to see the times and the photos. This race means a lot to me."

The Cochran native won the 10K portion of the 30th annual race on Monday with a time of 33 minutes, 11 seconds. He also won the 2004 race with a time of 35:46.

"It was real special to win today," Myers said. "This is probably my 11th race and I didn't know when I started that I could win one. Now, I've won two."

Myers, who will run in next month's Chicago Marathon,

Top finishers

10K

Men: 1. Josh Myers, 33:11; 2. Jeff Dobias, 33:50; 3. Mike Caldwell, 37:01.

Women: 1. Lauren Grant, 39:56; 2. Rachel Heim, 42:40; 3. Kathy Woodard 42:50.

5K

Men: 1. Alan Black, 15:33; 2. Scott Cope, 15:46; 3. Joby Peake, 15:49.

Women: 1. Kerry Oedel, 20:05; 2. Megan Breitbach, 20:19; 3. Ashley Cope, 20:22.

cruised to a 39-second win over Jeff Dobias of Macon.

"I haven't been doing much speed training recently because I've been preparing for the marathon," Myers said. "I guess I ran about what I expected."

Myers, 23, runs for the Run Fit Sports team and works at the store that opened in Peachtree City in May. He previously worked for the Forsyth Road store in Macon. In preparing for the Chicago Marathon, Myers has been training his body to handle the rigors required in running that

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distance.

"You train for five or six months and then you can't do another for about five or six months," said Myers, who has run in the Boston Marathon as well as three marathons in Warner Robins. "It really takes a toll on your body. There's a lot of pressure because you really only have one shot."

Myers said he realistically would like to finish in the top 50 to 100 in Chicago, and that in the future he wants to try to qualify for the Olympic Trials.

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RACE

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While Myers has had experience running the Labor Day course, Lauren Grant had seen it just once. And then it was only half the course. The Savannah resident ran the 5K portion in 2001, but has since tried to run more 10K races.

Grant, 23, was the overall winner in the women's 10K race with a time of 39:56, which was nearly three minutes faster than runner-up Rachel Heim of Marietta.

"It was a personal best for me, so I'm pretty happy with that," Grant said. "I never really expected to win the race because there are usually so

many good runners here."

Myers' Run Fit Sports teammate Alan Black won the men's 5K for the fifth time. Black won both distances in 2003. Macon resident Kerry Oedel won the women's 5K.

First Presbyterian Day siblings Scott and Ashley Cope finished in the top three in the 5K races. Scott, a senior, finished 13 seconds behind Black to finish in second, while his FPD teammate Joby Peake was three seconds back in third place. Ashley, a freshman, took third in the women's race, 17 seconds back of Oedel.

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