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Alan Black makes his way across the finish line as he wins the Macon Labor Day Road Race 5K event for the eighth time. He also has three 10K titles.

Champion of Labor Day

Black picks up eighth 5K win in Macon Labor Day Road Race

By JOHN KOSATER
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Even at the age of 38, Hillsboro's Alan Black proved once again that he is a dominant force in the Middle Georgia running scene, winning the Macon Labor Day Road Race by more than 30 seconds. Black, who won the 10K race last year for the third time, won the 5K event this year for the eighth time.

"It's always good to come out here at my age and try to



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FPD product and Georgia cross country runner Victoria Coppage heads to victory in the Macon Labor Day Road Race women's 5K event. She won her race by more than a minute.

Macon Labor Day Road Race winners

beat the young guys," said Black, who was running his third race of the long weekend. "I love this course and it is the biggest race in this area, so I really never consider not running it."

"There were about three of us together after the first mile, and we were out in 4:40, which is really fast. I just think my experience paid off."

"I am in the middle of my training for the New York City Marathon in November, and this is just a great training tool because it allows me to get out and race and push myself."

RaShaun Tanner of Tennille finished second, while Joby Peake of Atlanta finished third.

Macon's Victoria Coppage won the

"It's always good to come home and win a race."

Victoria Coppage, the winner of the Macon Labor Day Road Race women's 5K event

outdistanced second-place Abby Booth from Perry and third-place Danielle Ferro, a Maconite.

"It was nice to win this year," said Coppage, who was running the race for the seventh consecutive year. "I knew I probably wouldn't put up a great time because I had just run in a cross country meet on Saturday. My goal was to get out and get the lead, and I was able to do that. After that I just tried to run with some of the guys on my old cross country team, and that gave me a good pace. It's always good to come home and win a race."

Coming home was exactly what Josh Myers did Monday.

Myers, who grew up in Cochran and now lives in Jacksonville Beach, Fla., won the men's 10K for the fourth time. He ran the race after attending Georgia's football game Saturday against Buffalo.

"I ran this race all the time when I was younger but hadn't made it back here in four or five years," said Myers,

10K				
Name	Overall	Guntime	Chiptime	Pace Bib
Josh Myers	35:12	35:12	5:40	3900
Allison Eagen	41:27	41:27	6:41	1518
Luke White	1:03:01	1:02:57	10:08	1857
Makenzie Kittrell	1:04:16	1:04:12	10:20	1635
Tommy Dorminy	45:55	45:54	7:24	1513
Susie Dorminy	51:45	51:41	8:19	1512
Adam Stroup	43:10	42:59	6:55	2334
Kike Afolabi-Brown	52:30	52:22	8:26	2190
Danny Shaw	41:11	41:11	6:38	1788
Kelcie Daniels	46:38	46:38	7:31	1496
Chad Bacon	38:38	38:38	6:14	2168
Jacqueline Hunsicker	47:40	47:40	7:41	1605
Jason Miller	40:00	40:00	6:27	1687
Megan Strandburg	46:51	46:34	7:30	1812
Kevin Graham	37:59	37:59	6:07	2011
Angie Hinkle	46:52	46:50	7:33	1587
Shawn McKinnon	40:16	40:16	6:29	1677
Gina Bolen	48:13	48:12	7:46	1438
Steven Aylesworth	41:25	41:22	6:40	1409
Carolyn Bowen	48:49	48:45	7:51	1442
Mark Greiner	42:28	42:26	6:50	1553
Betty Ham	48:44	48:30	7:49	1561
Dan Ash	42:57	42:57	6:55	82
Elizabeth Marshall	53:45	53:41	8:39	1654
John Fetner	47:38	47:35	7:40	1530
Debbie Chapman	59:33	59:18	9:33	1466
Bill Fuller	46:30	46:29	7:29	1537
Brenda Cooter	59:34	59:22	9:34	1484
Frank Eady	55:02	54:52	8:50	2039
Karen Fauer	1:19:17	1:18:45	12:41	1527
Jacob Cooter	1:14:02	1:13:49	11:53	1485
Joyce Hodges-Hite	1:27:42	1:27:08	14:02	1590

who is also currently training for the New York City Marathon. "I actually didn't sign up until (Saturday). I used to work at Run Fit Sports, which is right where the race starts, and I have probably run this course over a hundred times in my life. I didn't feel real good when I woke up, and my girlfriend really encouraged me to go ahead and run, and in the end I was glad to be out here and see so many familiar people. It is just a great course, and I was fortunate to win."

The women's 10K winner, Allison Eagen, is training for the Chicago Mara-

5K				
Name	Overall-Male	Guntime	Chiptime	Pace Bib
Alan Black	15:25	15:25	4:58	357
Victoria Coppage	18:28	18:28	5:57	465
Bailey Taylor	21:46	21:44	7:00	1231
Sara Kate Durkee	27:07	27:04	8:43	535
Aaron Clements	20:50	20:50	6:43	450
Kate Boland	21:04	21:03	6:47	368
Jacob Burgamy	16:12	16:12	5:13	411
Katie O'Quinn	20:05	20:05	6:28	1019
Kyle Ashcroft	17:20	17:20	5:35	2041
Stephanie Sawyer	22:01	21:14	6:50	2090
Matt Trick	17:15	17:15	5:33	1285
Valeria Curtis	20:07	20:05	6:28	2294
Terrell Peacock	19:05	19:05	6:09	1047
Kristie Poole	20:02	20:01	6:27	1081
Cris Dietrich	16:38	16:38	5:21	510
Beckie Harwood	24:23	24:20	7:50	1941
Rusty Boland	18:41	18:40	6:01	370
Stacie Bulloch	21:10	21:06	6:48	405
David Martin	18:20	18:20	5:54	897
Kerry Oedel	20:24	20:24	6:34	1026
Jim Kyle	20:25	20:22	6:34	829
Karen Heath	22:50	22:49	7:21	688
Alfie Cronin	20:00	20:00	6:26	474
Glenda Byrd	26:09	25:56	8:21	420
Johnny Hinman	24:07	24:04	7:45	707
Patrice Perugini-Hosmer	32:05	31:50	10:15	1742
Sam Benedict	21:29	21:29	6:55	346
Maureen McCullough	34:39	33:57	10:56	926
Jim Balkwell	22:54	22:54	7:23	320
Armita Harris	40:33	39:28	12:42	682
Jim Hite	31:46	31:34	10:10	713
Gisela Cramer	38:22	38:01	12:15	472

thon in October.

"I have been training and felt like I needed a race, and this fit perfectly into my schedule," said Eagen, who is from Tallahassee, Fla. "I run about 100 miles a week when I am training, so I didn't run a best time, but I was happy with the run. I loved the course because it's pretty flat and downhill. I came here with the idea that it is just part of my training, but once it starts I always want to win. Once I knew I was the top woman, I just tried to pass as many people as I could."