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Sports XML

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Brown, Krah team up to finish 1-2

College students dominate 5-mile race at River Run

NICK WALTER
Herald Staff Writer

PALMETTO - Two years ago, when Nate Krah made one of his morning jogs through Lakeland Ranch Country Club, he spotted another runner.

He noticed the man's steady pace and professional running form.

Back at the country club that evening, now on a bicycle, Krah saw the same guy - running again.

"I thought, 'You're doing two-a-days?' " Krah said. "You must be pretty fast."

Krah approached Darren Brown, and they became running partners.

On Saturday morning at Emerson Point Park, under record temperatures for this time of year, Brown won the Manatee River Run 5 Miler in 26:04.5, defeating second-place Krah by 35 seconds.

The race also was the Bradenton Runner's Club Championship.

As it turned out, Brown, from the University of Texas, and Krah, a runner at Bowdoin University in Maine, both grew up in Lakeland Ranch. Both are 21.

Although Brown breezed to a lengthy win, he began to feel fatigued during the last mile and a half. There, the sun burned on one's face, and the wind presented a steady push into a runner's body.

All that took its toll on Brown the last 400-to-600 yards.

"It really started to hit me," Brown said. "It goes to your head - you get light-headed, and there's a couple steps where the legs give out a little."

Another college student, Laura Bowerman, won the female division in 30:11.43. Bowerman, 20, lives in Temple Terrace and will run cross country and track and field at Florida State.

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"I used this as a workout for track season," she said.

Jacki Wachtel, 27, took second (30:17.84).

Third and fourth belonged to two 36-year-olds from Bradenton. Heather Gollnick and Harmony Holland were proud to point out they both have three kids.

"I tried to go out with (Bowerman and Wachtel)," Gollnick said. "But their pace was a little faster."

When Gollnick was Bowerman's age, she was a gymnast in better shape than she is now.

But would a younger Gollnick have prevailed on Saturday?

"Heck, yeah," Gollnick said.

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