



Akor and Serrano Take Decisive Wins at 2009 Southern California Association USATF 10K Championships



**Mary Akor (34:33) and Charlie Serrano (29:34) win
2009 Southern California Association USATF 10K Championships**

DANA POINT, CA—As the sun rose to reveal clear skies and perfect racing conditions, elite USATF runners were handed the few precious bib numbers still available early on the crisp, Southern California Thanksgiving morning. For the second year in a row, the **Dana Point Turkey Trot 10K** had sold out, and numbers were in very short supply. With more than 10,000 participating runners in 2009, Dana Point claims the title as the most popular Turkey Trot event in the United States!

As the top twenty bib numbers were distributed, **Mary Akor**, the **2008 Southern California Association Half Marathon Champion**, was handed bid number one from **Bob Seagren**, CEO of **International City Racing**. "She's a helluva runner!" Seagren remarked, recognizing Akor from her many wins at ICR events.

From the start of the race, it was clear that Akor was anything but intimidated by wearing bib "1" as she took a strong lead and held it for the entire race. By the time Akor crossed the finish line in **34:33**, she was more than thirty seconds ahead of **Carly Harris (35:04)** and **Kaitlin O'Sullivan (35:16)**. The close finish between ICR teammates Harris and O'Sullivan mirrored their first and second place finish less than two weeks earlier at the **2009 SCA Cross Country Open Championships** on November 15, at **Kenneth Hahn Park**.

In the men's division, the competition was closer, but **Charlie Serrano**, (ICR runner and **2009 SCA Cross Country Open Champion**) won with a blistering finishing time of **29:34**. Serrano left nothing on the road that day, finishing just three seconds ahead of Morocco's **Karim Elmabchour (29:37)**. **Ben Bruce**, of Oregon Track Club Elite rounded out the top three runners with a time of **29:50**.



Dave Parcel (34:51) and Sue Zihlmann (39:11) win the 2009 Southern California Association USATF 10K Masters Championships

While **International City Racing** continues their domination of open events, **A Snail's Pace Track Club** showed the depth and power of their team roster in the masters division, where **Dave Parcel** and **Sue Zihlmann** took home the top honors, finishing in **34:51** and **39:11** respectively.

Under the direction of **Bob Morris**, A Snail's Pace Track Club fielded some of the best runners in the 2009 Road Running Championships, and the motivated club looks well positioned to lead in scoring in the 2010 Road Running Championships as well.

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