

# Fierce Competition at Alex Hoag 5K



**Under the watchful eye of Pikes Peak, Kelly Handel of Manitou Springs outkicks Emily Shertzer of Colorado Springs to the 5K finish line.**

**Alex Hoag Run for  
Sunshine 5K  
May 13, 2006  
Colorado Springs,  
Colorado**

Each year some of the best runners in the area gather at Security Service Field in Colorado Springs for the annual Alex Hoag Run for Sunshine 5K. In honor of Alex Hoag and to benefit for the Proteus Syndrome Foundation, this 5K starts out on a gentle downhill to the turnaround point. At this point, racers must sprint back up the hill to finish on the field of Security Service Field, the AAA baseball affiliate of the Colorado Rockies.

This year, the race was one of the most competitive 5K fields in the state. Leading the charge on the men's side was Michael Nicks of

Colorado Springs, who crossed the line 15:12. This was a blistering time considering the hilly nature of the course and its elevation at 6,600 feet. In all, the first 10 finishers broke 17 minutes, including the first master's runner, Peter Fleming of Colorado Springs, who cut the tape at 16:32.

The women's race was just as competitive with the first four runners finishing within 15 seconds of each other, led by Kelly Handel of Manitou Springs in 18:58. The first female master's runner was Amy Regnier of Colorado Springs, who crossed the finish line at 20 minutes. Both Nick's and Handel's times were course records.

One unique thing about this race is that it also offers a road mile which starts 30 minutes prior to the 5K, allowing the option for people to run both. In the men's mile, Sandu Rebencik of Colorado Springs crossed the line first in 4:46, and then finished third in the 5K in 15:38. For the