

## RUNNING

# Spectacular race for female winner

Merachi overcomes upset stomach

By Kevin Gleason  
Times Herald-Record

MIDDLETOWN – Askale Merachi held her stomach after crossing the finish line. She headed for a garbage can on the infield of the Middletown High School track ... just in case. A cup of water was handed to her quickly.

Merachi was fine. Just a little stomach issue she has from time to time.

Her road race Sunday was more than fine. In fact it was spectacular.

Merachi, 30, a native of Ethiopia living in Queens, won the Crystal Run Healthcare 10K Classic in an eye-opening time of 33 minutes, 15 seconds. It was 23 seconds ahead of runner-up Gladys Kipsoi (33:38), a Kenyan making her home in Lansing, Mich.

If Merachi's name sounds familiar, it's because she won The Classic in 2013, but in a time, 35:06, almost 2:00 slower than on Sunday.

"I really like the course," said Merachi, who has an impressive running resume, including a win last month in the 50,000-strong Broad Street Run, a 10-miler in Philadelphia. "I like this race."

■■■

Alice Fellenzer had a special prize in store for the winner of the family challenge in the 10K and Rowley 5K races. The competition was in honor of her husband, Archie Fellenzer, a longtime runner who passed away in October 2015.



John Fellenzer

Alice just wasn't telling anyone the prize until they met later in the day. The family, spread across Goshen and Middletown, sent nine runners to the starting line: seven in the 5K and two, John, 54, and Margery, 50, in the 10K.

Turns out John (49:06) and Margery (49:44) had the most impressive showings given the 6.2-mile distance.

Frank, 13 (24:30), Steven, 16 (26:42), Daniel, 13 (26:55), Jess, 17 (32:54), Kelly, 17 (33:35), Anne, 55

## Complete results online

Overall and age-group results at [www.recordonline.com/sports](http://www.recordonline.com/sports)

(49:09), and John's step-son, Patrick Griffin, 32 (49:08), held their own in the 5K.

"It's just a great family event," John Fellenzer said. "If it's more than 200 yards, it's quite a distance for me."

■■■

Dr. Michelle Koury has a first-person account of what makes the event special. She's chief operating officer of the race's major sponsor, Crystal Run Healthcare, and a runner herself. Dr. Koury finished the 10K in a credible 54:00, 210th out of 500 finishers. There were another 348 finishers in the Rowley 5K for a total of 848, close to last year's total of 877.

"It's important to support the race, not just by writing the check but to be a part of it," said Koury, a 49-year-old Goshen resident.

Of course there are other benefits to running, both physically and competitively. At 49, Koury gets to soon move into an older age group that could provide more medals for her trophy case.

■■■

"All I ask is that when you go by me," Frank Shorter told the runners and walkers before the start of the 10K, "say, 'Looking good.'"

Shorter, who will turn 70 this year, was honored on Saturday night with a dinner to benefit Safe Homes of Orange County. It's a charity near and dear to Shorter, who has openly discussed being abused by his father, Dr. Samuel Shorter, while growing up in Middletown.

"He's a decorated Olympian and he's still able to change lives, maybe more than ever," said KellyAnn Kostyal-Larrier, executive director for Safe Homes, which provides domestic-violence services to victims and their families. "More often than not, survivors think they are alone. There are so many times when people suffer in silence. I definitely think (helping raise awareness of abuse) is a new chapter for him."

Kostyal-Larrier also ran the 10K. "It's incredibly organized," she said.



Askale Merachi was the women's winner at the Crystal Run Healthcare Classic 10K with a time of 33 minutes, 15 seconds.

[ALLYSE PULLIAM PHOTOS FOR THE TIMES HERALD-RECORD]



Former Olympian Frank Shorter enters the last leg in the Crystal Run Healthcare Classic 10K.