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Stridelines

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Houston 2004 Big Blowout Issue!

The 2004 Houston Marathon, 1/2 Marathon and 5k The Houston Striders Perspective

What could possibly be interesting about putting one foot in front of the other for an extended period of time? On January 18th 73 Houston Striders ran in the HP Houston Marathon, the largest participation in any race in club history. In addition, 28 Striders ran in the Halliburton 1/2 Marathon, 4 ran in the Houston Press/Metro 5k, dozens assisted at the Houston Striders 21.5 Mile Water Station and dozens more watched and encouraged runners on the course. Over 60 club members have contributed their thoughts and feelings on the day, and they are as diverse as our members themselves. Read on as we hear unique perspectives from our First Timers, our Veterans, our On Course Members, participants from the Katy Fit Advanced Training Program, and a special section of observations on an often controversial topic - Pacing. We close with a selection of Sound Bites - observations that our members made with only an indirect relationship to running.



Go GUs! (from left) Saara DeWalt, Kathy Vizachero, Megan Clark-Dillingham and Sam Ogundele celebrate after the HP Half Marathon.

(Additional observations in italics by Steve Shepard.)

First Timers

Ah, First Timers! We laugh, we cry, we feel their pain, but mostly we share their triumph as they conquer new distances. First Timers have the big benefit that they automatically chalk up a PR. Most ran up to or surpassed their expectations, a few were disappointed with their results. More importantly, all had fun, learned valuable lessons from their experience, and did themselves and their club proud! Did you know that every single one of our contributors has participated in Power In Motion?

Charles Deeds - Tina and I both finished, but it was pretty ugly. Chalk it up to a learning experience. My brother Robert also ran. He ran the Disney Marathon the week before, and swears that he will never do two marathons on consecutive weekends again. He also wants to join the Striders as part of our California contingent.

Megan Clark-Dillingham - I still find it hard to believe that a year ago I couldn't run three continuous miles, let alone 13.1. Then I went out and did the 1/2 Marathon at a consistent pace that I'm really proud of and more than reached my personal goal. I will never forget what it felt like to cross the finish line! But I think what made the experience truly great is that I was able to share it with several people. Running may be an "individual" sport, but thanks to the support and encouragement of my GU

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training group - Saara DeWalt, Kathy Vizachero and Sam Ogundele - I made it to the finish line that day faster than I ever expected. Thanks, you guys!

Saara DeWalt - My first ½ marathon went as smoothly as I could have hoped. Much of the smoothness came from training with the best group of training partners ever. We were all GU's from PIM Fall 2003. In fact, Megan was such a devoted GUster, she ended up with part of her GU packet on her shirt.

The Elysian Viaduct was much less of a challenge than I was expecting, mostly because I was more focused on the mechanics of running without trampling other runners than on the incline. Towards the end of the run, I was shocked to find myself at mile 11 and thinking that the time was flying by. I never thought I'd think that two hours of running "flies by". The best part of the race, though, was finishing, reuniting with the other GU's, and then cheering on fellow Striders running the marathon.



Striders 2004 Houston Marathon Pasta Loading Dinner

Rhonda Douglas - At 30 I envied those who could run a marathon. I thought it would be an amazing thing to accomplish. But I knew my sprinter legs would never take me the distance.

At 40, I ran a 10k, to shout defiance at the aging process, and see what a bit of distance felt like. I barely made it. It's those sprinter muscles, y'know.

At almost 50, I ran a marathon. With age comes belief.

Graceila Estrada and Alicia Valle - Well to make a long story short we didn't do as well as we had hoped, but we both finished.

The last week of December, my cardiologist said that my blood pressure was way too high and that until I got it under control I should not run and that the marathon was definitely out of the question. I asked if it was OK to

walk and she said that as long as my heart rate didn't exceed 165 it was fine. So I walked! I started with the Houston Fit walking group at 4:30 a.m. and finished at 12:22 p.m. Yes, almost 8 hours. I took several breaks to stretch and massage my feet. Which is where the Chronicle photographer caught me.

Alicia started at 7:00 a.m. with the Houston Fit Red 5/1 Stridelines - 2

group. She says that she was doing OK until about mile 17 when she hit the wall. She thinks she didn't manage her carb intake properly. She had a couple of GU's, but evidently didn't drink enough water with them because her tummy started hurting. Luckily, our nephew met up with her at mile 18 and helped her in. She said that all the water stations started closing down about 11:30 so when they got to Memorial Drive there was no water or Gatorade in sight. Our nephew ran to a couple of gas stations and convenience stores to buy them, which is the only way she able to make it in. Alicia finally walked in at 1:57 p.m. with a glazed look on her face, but with the sheer determination to walk across the finish line.

We are both looking forward to the Spring training with Power In Motion, which is where we both started our running experience a year ago. Our coaches at PIM, Sandy, Pam and Loren, encouraged both Alicia and me "go for it" and both of our lives have improved so much since then.

Joan O'Connor - This was my first marathon, what an emotional roller coaster starting with joining Houston Fit in July to train for the marathon and Andrea Chan telling me to "train for the marathon you can always do the half marathon!" Needless to say I never dreamed I would run 26.2 miles in this lifetime. I did and a day after completing it I felt pretty darn proud of myself! Looking ahead to the New York Marathon, maybe, definitely will be back for the 2005 HP Houston Marathon, heck I need to break 4 hours 30 minutes and set a PR!

Pam Paling - The morning of my debut into the ½ marathon world had finally arrived, and it was just what I had hoped for. The streets were dry, the temperature was in the 50's, and the chance for rain pushed off until the afternoon. I was carbo loaded, hydrated, rested, and gratefully armed with a well-versed plan from Steve to finish in 2:14.

So, I stood there in the dark amidst a sea of close to 14,000 runners in the middle of the nation's 4th largest city, and tried not to feel like a very small fish. I knew I had a host of Strider friends queued up at the start and lining the streets of the course. All I needed was a ladder or a periscope to find just one of them.

I was lost in my own thoughts when I heard an exuberant, "WOO HOO!" from behind me. I knew it

was Disco before I had even turned around! WOO HOO! WOO HOO!

A little history here to explain my elation...Disco has paced me through countless runs over the last few years, but most notably my first 5k as a new runner with Power In Motion and my first SunMart 50k trail run. The tunes she listens to on her MP3 player keep her running strong, and I have the privilege of tagging along for the ride.

"Stay left and follow me" she said over the din of chirping chips as we crossed the mat. The magnitude of runners so tightly packed during the first few miles was a powerful thing to be part of. Following Disco through the masses I felt like a salmon swimming upstream, and I was so thankful to have her guiding me through. The view from the crest of the viaduct was well worth the climb and a sight I will never forget. The road ahead was a carpet of runners that seemed to go on forever. The cars honking from the roads and the people in their pajamas cheering us through their neighborhoods were nice surprises from a city that would normally be sleeping that early on a Sunday morning.

Mile markers 1-6 seemed to zoom by, and I was thrilled to hear the pace being called at just under a 10 minute mile. Things began to spread out after mile 6, including Disco and me. Her ATP training and my lack of became apparent at the ½ way point. I reveled at her strength as she pulled ahead, as well as the fact that I knew I was strong enough to make it to the finish. Her guidance thus far had been invaluable, but the rest was up to me.

The distraction of the crowd was most welcome as I made my down to what seemed to be the ever elusive mile 9 turn around, and reviewed in my head what Steve had told me about keeping my pace at a comfortable 10 minute mile. Taking the final turn on Allen Parkway was just one big rush of adrenaline for me. It was a thrill to know I'd be crossing the finish line in less than two miles, as well as to run towards the skyline of the city

I've called home my whole life. After smiling for the camera at mile 11, I looked at my watch, and the adrenaline really started to flow. I would not only make that 2:14 goal, I would come in safely under it.



The CCRiders Gang – Gerry Medeles, Susanna Chan and Steve Gross

I was hungry, thirsty, and tired when I crossed the finish line at 2:07:10. So, I stood there on a gray day in Houston at the finish line where 14,000 runners would pass, wearing a foil blanket, and rejoiced in feeling like a very big fish. WOO HOO!

Larry Stanteen - My wife Carey had an excellent race. She has come SO FAR from not being able to even run one block when we were in college. She had a goal of beating 3 hours and she far exceeded that goal (7:38

better, including a rest room stop) and was walking great the day after. That's more than I can say for myself.

Ken Startz - After running more than 80 5k and 10k races, I was still scared of the longer races. Boy, what a mistake! The ½ Marathon was all FUN and no pain. The fellow runners and the cheering crowds, along with the perfect weather made the ½ Marathon a great experience. Special thanks to Noah Matthews for his moral support before and after the race!



Paulette Salanon celebrates after the race

Jeff Williams - The experience of running the Houston Marathon was one I will never forget! This Marathon will be hopefully my first of many to run. The crowds were great; the volunteers, spectators and other runners all made it, can I say, a pleasure to be a part of the event. Going up and down the first elevated road and seeing the amount of people running was at first unnerving, thinking how many will finish, will I finish? The rooting from the masses was very encouraging, seeing people that you know running and spectators was always a welcome sight, as I would receive and give "doing good, keep it up" exchanges. But, as the finish line became a reality going through Memorial Park and passing the Striders Water Station,

what a feeling it was that it was almost over. The runners had started to thin out and I was counting the miles, watching for the mile flags. This is when the

runners, to me, seem to have an unspoken bond that gives you that extra boost of energy to pull it off. Without sounding like I am receiving an Oscar, I want to thank all the people that made it possible, from PIM to the Striders and the weekend groups for early morning long runs where there was always a ton of Q and A sessions, sharing personal experiences and running gear advice.

Veterans

After running careers spanning dozens or even hundreds of races, our veterans are still strongly motivated to do the best they can. Special congratulations to our speediest Striders, Tom, Brett and John, who turned in spectacular times. Note that all are hungry to do better still!

Marian Bell - My quads were killing me most of the race, so several times I walked for short segments. One time I actually stopped to chat with some of my friends who came to cheer me on and somehow still finished 11th in age group and under 2 hours. Can you imagine what I would have done if my legs worked?

Andrea Chan - Although I wanted to keep running until I got to the Striders' Water Station, I managed to keep running until almost mile 21 (because I had to look good for them!). But, my strategy paid off and I PR'd.

Dusty Cook - It was the best running weather in recent Houston Marathon history. The last time I remember the weather being that cooperative was 1989, when I set my PR, and the Houston Marathon record of 2:10:04 was set. Everything went according to plan for me, except for a couple of miles around mile 8 and 9 where I got a little fast, and paid for it later. Still, it was my best time since 1990, so I ain't complaining (not too loud anyhow). *[A 14 year PR is super, especially considering Dusty has run dozens of marathons in that time. Congratulations from your fellow Striders! Steve]*

Mary Ramirez - This was my last full marathon, 28 in all. From now on I'll follow the example of another

Strider, have fun, and run half marathons, counting them as, "two halves equals a whole." Wonder which veteran Strider uses that kind of math?



Happy before the Start – Morgan Lusby, Lee Baughman, Kerry Kilgore, Dusty Cook, Marian Bell, Andrea Chan and Noah Matthews

Tom King - Once again, the marathon both entices and humbles! Once again, Nicole was waiting for me at the finish line. Thanks honey!

Brett Riley - Despite having to deal with stomach cramps the entire marathon - there is such a thing as too much carbo loading - I had a great time Sunday. Another cool marathon, great crowds, and awesome support from friends and family helped me make it to the finish.

John Yoder - All I can say about Sunday is...I'm glad its over! Yes, this was a PR for me by 37 seconds. I am a bit disappointed with my performance in the second half of the race. But a PR is a PR.

On the Course

Contributors to this section of our marathon day coverage represent a very strong and talented group of runners! Each had their own reason for not running - some couldn't, some had other running goals in mind, some simply chose the joys of cheering and volunteering over the joys of running. We Striders are justifiably proud of our ongoing contribution to the marathon through our 21.5 mile water station. We also had many members out and about on the course providing mobile support. Here's what our supporters had to say:



Preparing for a few thousand runners! Nancy Holcomb, Betty Manning and Bob Daugherty

Judy Hathcoat - I had a great view of the marathon from the Assist The Officer Hoopla Booth at Mile 22. I am always on the sidelines and always amazed at the diversity of the runners. There are people of all ages, shapes, sizes and colors. If I was running, all I would ever get to see is the back of everyone's head!

Barb Kennedy - When we were at the doctor's in May looking at the ultrasound of our unborn child, the doctor claimed our child would

arrive January 3. Paul's first words were, "The baby will be here in time for the marathon."

Today Barb (mom) and Jordan (daughter) Kennedy cheered dad on along the route as he ran a PR for the Houston Marathon. We are so proud of you Paul!

Avery Lim (as told to HoJim Lim) - I love watching and cheering for the runners (especially Mommy on her PR run!) and eating oranges. I leave orange remnants (since I don't like eating the orange skin and pulp) as a marker of where I've been on the marathon course.

Kay Lockard - I really missed running this year - had plans, but just didn't get the training that I needed to go for it. BUT, I found that it was quite rewarding working the water station. I could tell that people were encouraged by our anticipation. I was happy to play a part, however small, in urging people on at this critical point in the marathon. I also enjoyed the camaraderie with fellow Striders, and came away with a few new friends.

Marjorie Marks - I was at the water stop for the marathon and yelled for Striders as they swooshed by. I'm still running indoors which is boring as hell, but it is running, nonetheless. I'm currently prohibited from doing more than 3 miles until we figure out how the leg is going to fare with yet another pair of orthotics. I seem to be doing some kind of weird pronating thing, which led to this problem.

Andriy Mysyk - I very much enjoyed getting to know other Striders working at the 21.5 mile water station and already started thinking about doing the marathon myself next year. *[Andriy is a speedy new Strider who took the water station photos featured in this issue - Steve]*

Thorbjorn Pedersen - This year was my fifth year in a row at the Houston Marathon, though this year it was without a bib on my stomach. And how great it was to see the front runners fight for position as they passed the Striders aid station at mile 21.5. Soon after we got very busy providing fluid to the big waves of runners and we were busy right till we were shut down by the

race officials. It was a big eye opener to see how many runners, now walking, that were behind the sweeping police car. It was actually a scary and sad sight. Like watching an army retreating from a lost battle, except these were still battling heroes fighting to get to the finish line, which would be gone by the time they got there. As I ran home via Woodway, I saw the last runner still moving forward at the mile 19 marker, or should I say where the mile 19 marker had been. I cheered her on and she could still smile, even though she had over seven miles and probably two hours to go. Finishing a marathon this way requires a long time on your feet and if you are not prepared for that, it is a VERY VERY long time on your feet. *[Best of luck in February at the Rocky Raccoon 100 miler from your fellow Striders! - Steve]*



Ralph Collins



Kay Lockard



Andriy Mysyk

Lupe Ramirez - Did you hear about the wonderful, energizing hug Theresa gave Santos when he came by the Striders water station? It gave him the power to surge ahead and finish the marathon in a great time.

Diana Tiberia - It was especially fulfilling to have the runners thank us for being there.

Ed Wilsmann - At the Striders water station a male runner came up to me, gasping "Advil, Advil". I gave him the three Advil I had in my jacket and he was on his way. Shortly after that word must have gotten around. We had three additional tired runners asking for Advil. Could be that they thought the red Striders tent represented an aid station. All we could do was send them to the aid station a 1/2 mile down the course.

Later another panting runner asked for a banana, we complied and then he helped him self to a Danish.

Katy Fit Advanced Training Program

Six months of training six days a week doing "Silly Walks", "Jump O Ramas" and all sorts of other conditioning routines paid off in spades for the participants in the 2003/2004 Katy Fit Advanced Training Program. 32 people started the program, 28 ran one of the races, 22 set PR's and 10 qualified for the Boston Marathon - not too shabby! Best of all, we had loads of fun every step of the way.

Olaf Barth - The massage after the marathon made it worth running the whole thing. [Olaf broke 3 hours - bet that felt pretty good, too - Steve]

Geraldine Bliss - Here I come Austin! [Geraldine had a huge PR at Houston and will be gunning for another one at Austin. Typical ATPer, I'd say - Steve]

Kevin Campbell - The best part of today was knowing that the results had been set well before the gun sounded; it was time to reap the rewards of those many months of hard training as evidenced by the number of finishers, PR's and Boston Q's!

Whitney Daley - This was the first time I stayed strong throughout...I never hit that wall! The fans this year were awesome! Can't do it without spectator and volunteer support!

Lee Greb - This was a great marathon and probably one that I will not forget. The weather was good, the crowd was huge, and it was a great running experience. But I think what has made it even more special to me is the "ATP Experience". Training with all my fellow ATPers and Coach Steve at least three times per week for the last 27 weeks and then being able to see the hard work and effort turn into happiness with so many PR's and Boston Q's is tremendous!!!!

No, I didn't set a PR or qualify for Boston. But I did run the whole race (didn't walk or stop even once), took 17 minutes off last year's time, and I was able to finish strong and pass many people at the end (not the death marches I was getting used to before ATP). I saw all my friends getting PR's and Boston Q's and it made me feel good. Even more important were the opportunities to meet and share all these experiences with such a great group of people. In my case the journey (ATP Experience) was as gratifying as the results. I'm going to miss you all until it hopefully starts all over again in July!!! I can't wait.

Andy Grout - In the final analysis, the only disappointing aspect to the race was that when I called down to the hotel desk for them to provide a VCR in order to permit me to watch the Prefontaine inspirational movie, they did not know what a VCR was. So, I missed the movie. I think I am a generation or two behind, technologically. [See Andy's review of

Without Limits - The Prefontaine Story in March Stridelines - Steve]

Terry Halliday - Ouch!! Despite the fact that I am pleased with my time, I had a HORRIBLE RACE!!! I can't figure it out. At mile 10 I wanted to quit. Of course I am too stubborn for that. My legs were hurting almost from the beginning. I started out with the 3:30 pace group and Cortney. I think we were together for the first 16 miles and then she was slightly ahead but I could still see her. By the time my friend Sean joined me at mile 21.5, I was

dead. I was walking for 10-15 seconds between each mile marker and lost those 6 minutes in the last half of the race. Despite all of that, I am happy with my time but I will be looking for something better in Austin! I must be crazy, but regarding Austin and Boston, one day after, I am thinking yes to both!! [Terry had a massive PR and her first Boston Q - wonder how she would have done on a good day! Steve]

Rob Manach - Arghhhhh! [This is the involuntary sound one makes when one misses their Boston Marathon qualification by 59 seconds - Steve]

Chris McKeown - I just got back from the doctor and I've torn my gastrocnemius and soleus on the right leg. It's pretty swollen and blooded right now. I think I did it at mile 6. The whole run was a blur after that. I only picked up at mile 25, when everything was numb, and I tracked in with one of the pace groups.



Geraldine Bliss



Whitney Daley



Jacquelyn Tomlinson



Donica Nowotny

Donica Nowotny - My husband Jim is very pleased with his Mega PR and plans on hanging up his marathon running shoes. He thinks he's more of a half-marathon guy :) As for me, I plan on doing Austin (without the leg cramps).

Nag Rangaraju - Though I am kind of disappointed with my results I still am happy to have finished my first marathon. I was having a hard day right from the start but nothing

serious and I hit the halfway mark at 1:32. I had factored in a negative split of 2 minutes and so I thought I was on target for a 3:00 but at 23 I lost all steam and almost blacked out. *[If anybody can turn around in one month and take 36 minutes off their marathon time and qualify for Boston, I believe it would be this young man - Steve]*

Cortney Richa - Well, I didn't do horribly, but definitely not what I was hoping for. I think that the wind was definitely a factor. Also, I think that I'm just tired from the training, the Warm Up Series, and Athens. I felt so good at the 20k and even the 25k, but by the 30k I was feeling pretty run down. My energy went in waves on the course. I felt good at the start, got tired around Rice, took my Power Gel, felt better until the Galleria, got tired again, took my Gel, didn't start feeling better until I got through Memorial Park, then I think that the adrenaline kicked in and I was able to finish



Patti Sears



Rich Sears

relatively strong. Oh well, ya' win some and ya' lose some.

Patti Sears - Eighth marathon and finally sub-4:00! I attribute this to Katy Fit ATP (great coaching and runners). Lesson learned - don't try and run an entire marathon without GU!!

Rich Sears - It always seems hard at 22 miles.

Steve Shepard - I figured out the answer for the annoying sticky hands you get after drinking Gatorade for several stops. Wiping your hands on your singlet only works until your singlet gets sticky too. No, the answer is, after you quickly drink your Gatorade, grab a cup of water and wash your hands in it!

Miriam Terc - This past marathon confirmed that running a marathon is more mental than physical. Although my IT band started talking to me at mile 10, I was able to keep my pace and run through the pain by staying positive. I definitely worked my mind more than I did my body and the results are...B O S T O N !!!!!

Sandy Wollangk - Now I know what "negative splits" are thanks to Coach Steve and Katy Fit ATP - WOO HOO!!

Pacing

Pacing is powerful stuff. It can be magical if done well, or explode in your face if not. Here are some Strider pacing experiences from marathon day that will hopefully benefit Striders in future races.

Joel Du Bois - Just wanted to say how **proud** I am of Barb and Kathy whom Carol and I paced at the marathon. I know it was a hard day for both of them, but they gutted it up when they needed to, and were able to meet their goals. You both have said how you appreciated Carol and me pacing you, but always remember that YOU ran sub-5 marathons, we did not run them for you. We were happy to be part of such a great day for our Strider friends (that's what being part of a running club is all about).

In return, you will have helped us when we finish our 100-miler in 3 weeks - by keeping us from hurting our chances by running TOO hard out there today. So, this is my thanks to you, in advance of accomplishing my goal.

Kathy Schaffer - Joel and Carol staying with Barb and me for the entire 26.2 miles to give us the support we needed to reach our goals of under 5 hour marathons - now that's friendship!

David Hinkley - For me the biggest impression was being able to see the three balloons of the Clif Shot Pacer (4:30) in the crush of the pack. Followed it until the ½ turnaround and was much more comfortable than having to worry about pacing myself.

Stacey Sullivan - Natasha and I went out together with the 3:40 Cliff Bar pacer guy. This was my first time running with a pacer and I will never do it again. I'm pretty good at pacing myself but wanted the motivation. He ran the first mile in 9:49 and then proceeded to make up the time over the next 3 miles by running each mile in 7 minutes i.e., faster than my 10k pace. He was like a madman -- it reminded me of chasing a pig or something -- he was all over the place in terms of the road/speed/etc. By mile 6 I was ready to quit. By mile 10 I was wiped out. I know I could have done better had I paced myself. Last year, except for the last few miles when I slowed down, I ran every single mile within 8 seconds of each other.

Sound Bites

Recurring themes in these sound bites are inspiration, motivation, determination, and having fun. I dare say most of us experienced all of these on the day!

Juan Arrieta - I was inactive (running) all of 2003, but I am now itching to get involved in training and racing again. Hopefully this long rest and new perspective can help me perform better.

Karen Bowler - Thanks to Santos for looking after me after the finish and thanks to Noah for rescuing my finishing mug which I left behind at the post race party!

Tim Bowler - If you have had to walk, then walk through the finish line.

Natasha Burt - The quest for Boston continues.....
[Natasha PR'd but missed qualifying for Boston by a mere 6 minutes - she will get there - Steve]

Barry Chambers - I got a big lump in my throat at the starting line during the singing of the national anthem and the flyover; what a send-off!

Victor Curo - I've received formal confirmation from the HP Houston Marathon Committee so I guess I'm going to Athens, Greece. I feel blessed and lucky for this opportunity but at the same time I feel I have an obligation. An obligation to perform well!

Brandy Lim - I saw a quote on the back of a runner's shirt around mile 13 that said (roughly), "The determination in your heart and mind will last longer than your effort". From then on, it was my mantra and got me to my PR!

Lynlee Linke - I ran the ½ marathon and it was a great day, but I was truly ecstatic when I was able to turn around and wave to the marathoners as they made their way onward.

Noah Matthews - Weather was excellent again this year, Mercury and Thor must be good friends!

Loren Neufeld - Great running weather and great spectator support! The best crowd I've seen at a Houston finish line. What more could you ask?

Paulette Salanon - The pain in my IT band during the race cannot compare to the excitement of crossing the finish line still running.

Kathy Vizachero - At about mile 2 ½, pink light in the sky shone on three white birds flying north in the distance--great inspiration!

Tom Woltz - It was cooler than originally expected. I should have trained harder!

See One Do One
Saturday, February 7, 9:00 am Sunday, February 8, 7:00 am

BIRMINGHAM
2004
DOWNTOWN CRITERIUM COURSE
MEN'S MARATHON

mercedes marathon
6 full-marathon

Marathon, Half Marathon,
Kids Marathon,
Wheelchair Half Marathon,
Marathon Relay

New Medal, New Course
Same Great Southern Hospitality

Click to visit Olympic Trials Site Click to visit Mercedes Marathon Site

205.870.7771

PIM WINTER RUNS!

All Winter long...

Wednesdays, 7pm

**Memorial Park
across from the
Fitness/Aquatic Center**

All paces accommodated



Message from the President

By Sandy Wollangk

February is the start of a new year for our club and the end of my first year as President. The past year has been just fantastic with the addition of many new and energetic members and an awesome increase in member participation in our many club activities and runs. I welcome all our new members and challenge them to become involved in the operation and enhancement of the club.

So many Striders have shown such interest and dedication, as seen in our award-winning newsletter Stridelines, our communication and delivery of information and news through Stride4Fun, our involvement with PIM and HARRA, and other successful activities both in the running and social aspects of our club. We are ready to start the New Year fresh, recharged, new officers and board, and full of ideas and optimism.

Once again the Striders have outdone themselves by unselfishly volunteering their time. Many, many Striders volunteered for the 21.5 mile water station at the HP Houston Marathon and rumor has it that it was the best on the course! The only regret I have running the half marathon is that I did not have the opportunity to experience the Strider water station and hoopla. Many thanks to Lupe and Mary Ramirez and Theresa Drago for a great job!

Hearty congratulations to all our Striders who took part in the HP Marathon, Halliburton Half Marathon and Houston Press/Metro 5k where we had a record number of 105 participants! Check out how your fellow Striders spent their day in this, our annual Houston Marathon edition of Stridelines. And good luck to all who are participating in races in February - the Austin Marathon and Half Marathon, the Conoco Rodeo Run 10k, the Bayou City 10k, which is our race of the quarter, and the Park to Park 5 Miler to name a few.

On a personal note, a very special message of gratitude and recognition to all of you who have helped me and carried me through the year, both in my endeavors to enhance the club and my efforts to improve my running abilities, and made the past year so much fun and enjoyable. Thanks to Katy Fit ATP Coach Steve Shepard and all of my running buddies, I have now experienced my first negative split – rock on!

See you on Tuesday, February 10th at Antonio's Flying Pizza!

2nd Annual 5K and 1-mile Fun Run

May 8th, 5K start 7:30 A.M. at Westside H. S. (located just west of Hwy 6 and Briar Forest)

1st, 2nd, and 3rd Place Medals in 6 Age Groups
Trophies for Team Competitions – based on top 5 times per team

Registration form available on-line Feb 23rd at www.myzipworld.com/whs

New Members

Marian Bell
 Leslie Bellfore
 Andriy Mysyk

February Birthdays

Andrea Galvan	4	Jushua Sellers	17
Sharlene Schlorholtz	6	Adina Norris	18
Michael Tognarelli	8	Judy Hathcoat	18
Bettina Gyr	8	Carol Cain	19
Betsy Meyer	9	Nancy Kral	20
Jennifer Snyder	12	Catherine McKeown	21
Marjorie Marks	12	Dave Stadnick	21
Joey Meyer	12	Michelle Grace	24
Charles Deeds	13	Larry Stanteen	24
Lucy Jones	14	Carlos Medrano	25
Joseph Valdez	14	Natasha Burt	25
David Long	15	Christian Rodriguez	27
Judy Cook	15	Elizabeth Valdez	28
Angie Joe	16		

Quantity Not Quality

by Tim Bowler

It wasn't the *slowest*, it wasn't the *fastest*, but it was the 55th race of the year! Hard to believe, really, but this is what The Run the Woodlands 5k on December 27th was for me.

Why?

You might well ask! Crazy? Yes. Why 55? Well, you might like to guess my age now! Why in the first place? I certainly did not start the year intending to achieve this. My wife Karen and I arrived in Houston at the end of 2002 and up until recently had been leasing an apartment. So at the weekends there was time readily available for races. It wasn't until around July time when I was doing some recording that I realized I

was on target to do 50 races; I guess that's when the idea formed. The Koala/Luke's 20k proved to be the race that completed that target but there were still a couple of months to the end of the year, so the idea of a race for every year of my age came to me.

How?

Several midweek events like Tour de Bayou, Senior Olympics, LP Run and some insane multi-event weekends. I visited the UK in July and traveled to the North of England to visit relations. Of course there were races to do on route and I managed to find 4 races in 4 days. Only problem was I picked a July weekend, with record high temperatures and 2 races on one day including the hilliest 10k I've ever run followed by a beach 10k race 3.5 hours later in Blackpool through sand and water!

Lots of 5k races (28) - the bread and butter of the Houston racing scene. I can recommend the Run the Woodlands 5k series as low key, but very well put on series of events that has been on the go for 4 years and only costs \$1.

Highlights

Several of these, but especially the USA Masters series in Eugene where not only did I manage not to come last in the track races, but actually won a silver medal in the 50-54 age category running the 8k race along the famous Steve Prefontaine trails. Karen and I had a good long weekend break in superb weather

conditions and doing what we both like to do – running and drinking wine.

Lowlights

Easy one – The London Marathon. I've done many of these throughout the years and never enjoyed one. This year was even worse as I spent most of it either walking or in the bathroom.

The cost?

I bring this up, as everyone seems to mention it! Some free and \$1 events, but sure most races are a minimum of \$15. However, even if you consider an average of \$20 per week for a sport I like doing, that I can share with my faster wife, that keeps me fit and hopefully alive, can't be bad.

The future?

Not 56 races!!

As Steve Shepard said if I had done the Longest Long Run on December 27th instead of the Run The Woodlands 5k I would have had to start again do 56 races in 2004! Good incentive Steve!

Perhaps I should try the more normal approach of quality rather than quantity. However I might try some Ultra's again – probably even more stupid! Anyway you can bet I will be running and racing!



Karen and Tim Bowler enjoying a laugh. Tim had completed race #55 earlier in the morning while Karen was enjoying The 2003 Longest Long Run.

IRON RUNNERS!

Congratulations to the following Striders who each earned an **Ironfoot Award** for the HARRA Fall 2003 series by completing the 10-mile, 20k, 25k, 30k and marathon. Woo Hoo!

Tim Bowler
Yong Collins
Dusty Cook
Charles Deeds
Paul Kennedy
Tom King
Brett Riley

Congratulations to the following Striders who each earned an **Ironlung Award** for the Strider Fall 2003 series by participating in the Bear Creek 10k/20k, Tour de Memorial, Christmas Lights Run, Longest Long Run and Resolution Run. Double Woo Hoo!

Barbara Shepard
Steve Shepard
Sandy Wollangk

Tim Bowler's Race Log for 2003

	Date	Race	Distance	Time	Pace
1	11-Jan	Rockets Run	5k (short)	22:14	7:48
2	19-Jan	Houston El Paso	1/2 Marathon	1:50:26	8:26
3	1-Feb	Fine Arts	5k	22:45	7:20
4	22-Feb	Conoco Rodeo Run	10k	48:55	7:53
5	1-Mar	Kemah Gallop	10k	48:44	7:51
6	8-Mar	Bayou City Classic	10k	49:12	7:55
7	15-Mar	Looking Good	5k	23:46	7:39
8	22-Mar	Law Week	8k	38:46	7:48
9	24-Mar	Senior Olympics	10k	48:43	7:51
10	29-Mar	Eeyores	5k	23:51	7:41
11	30-Mar	Capitol (Austin)	10k	51:55	8:22
12	5-Apr	Bellaire Trolley Run	5k	23:30	7:34
13	13-Apr	London Marathon	Marathon	4:58:53	11:24
14	16-Apr	LP Run	33 1/3 minutes	33:20	7:53
15	19-Apr	Resurrection Run (Clear Lake)	5k	22:50	7:21
16	23-Apr	Tour de Bayou White Oak Bayou	~4 miles cross country	32:30	8:07
17	26-Apr	Bayou Bash Relay	2.81 miles	20:40	7:21
18	30-Apr	Tour de Bayou Ho Chi Minh -1	~4 miles cross country	32:30	8:07
19	3-May	Sprint for Life	5k	23:28	7:33
20	4-May	Friends for Scleroderma	5k	23:56	7:42
21	7-May	Tour de Bayou Ho Chi Minh -2	~4 miles cross country	32:30	8:07
22	10-May	On the Run (Clear Lake)	5k	23:13	7:29
23	17-May	Beach to Bay Marathon Relay	4.2 miles	35:00	8:20
24	24-May	Astros Race for the Pennant	5k	24:02	7:44
25	7-Jun	Heights Run	5k	23:26	7:33
26	12-Jun	Run for the Sole	5k	24:43	7:58
27	22-Jun	Sugar Creek (Sugar Land)	1 mile	6:57	6:57
28	28-Jun	Independence Run (Deer Park)	5k	23:26	7:33
29	4-Jul	Uptown Mall 4th July	5k (long)	24:40	7:57
30	5-Jul	Shiner Half Moon	5k	22:39	7:18
31	11-Jul	Upton (Chester, UK)	5k	23:59	7:43
32	13-Jul	Edge Hill (Bradford, UK) - 1.30pm	10k	57:39	9:17
33	13-Jul	Blackpool Beach (UK) - 5.00pm	10k	59:57	9:39
34	14-Jul	Frampton on Severn (UK)	10k	53:30	8:37
35	26-Jul	Run The Woodlands	5k	24:02	7:44
36	7-Aug	USA Masters (Eugene, Oregon)	5k	23:19	7:31
37	9-Aug	USA Masters (Eugene, Oregon)	10k	49:35	7:59
38	10-Aug	USA Masters (Eugene, Oregon)	8k	39:40	7:59
39	16-Aug	Run for the Badge (Clear Lake)	5k	24:10	7:47
40	23-Aug	Run The Woodlands	5k	23:50	7:41
41	30-Aug	Cougar Classic	5k	24:46	7:59
42	6-Sep	BearKat (Kleine)	5k	22:48	7:21
43	13-Sep	Run The Woodlands	5k	23:35	7:36
44	20-Sep	HARRA Cross Country Relay	2 miles	15:50	7:55
45	27-Sep	Carol Williams (Sugar Land)	5k	23:53	7:42
46	4-Oct	Race for the Cure	5k	23:37	7:36
47	5-Oct	Space City (Clear Lake)	10 miles	1:26:17	8:38
48	11-Oct	Senior Olympics (Temple)	5k	24:17	7:49
49	12-Oct	Senior Olympics (Temple)	10k	51:30	8:18
50	19-Oct	Koala/Luke's	20k	1:46:58	8:37
51	1-Nov	Run with the Saints	5k	23:54	7:42
52	9-Nov	KRTS Classical	25k	2:24:30	9:18
53	27-Nov	Sugar Land Turkey Trot	5 miles	42:16	8:27
54	7-Dec	Houstonian Lite (Sugar Land)	30k	2:50:55	9:10
55	27-Dec	Run the Woodlands	5K		

View from the Westside



By Steve Shepard

Hi All,

Just ran in my 11th consecutive Houston Marathon dating back to 1994. Running Houston is special - you're on your home turf, and you get to see people you know all along the course and at the finish. And, if the weather's good, as it has been for three straight years now, you can run a really good time as the course is relatively flat and has few turns.

I thought the race was in decline in the late 90's and was not shy about saying so. However, under new leadership I think the race has not only come back strong, it has regained its spot as one of the country's best marathons. Here are some of the nice features I noticed about the race, none of which were true a few years back:

- ◆ The water stations were totally uniform, with GatorAde in front and water in the back. The volunteers were well-trained; they all made drinks readily accessible, called out what they had, and wore gloves.
- ◆ The food was outstanding! I went through the line at the 6 hour mark and there was plenty of everything, no waiting, everything tasty, and good variety.
- ◆ The Michelob Ultra was icy cold and refreshing.
- ◆ The results were quickly posted and easy to spot.
- ◆ The crowds were as large as I can remember.
- ◆ The finisher sweatshirts were completely first class. I requested a large but then asked to exchange it for a medium - no problem!
- ◆ The mile markers were very easy to spot. Some quibbles - I'm pretty sure the 1st mile marker was long, some mile markers were missing split callers, and the 26th mile marker was hidden from view.
- ◆ Splitting the start between the marathon and 1/2 marathon worked very well.
- ◆ Splitting the post race festivities between inside and outside worked well - The GRB seemed much less crowded than in years past.
- ◆ There was loads of musical entertainment on the course, the most I can remember, both live bands and radio station trucks.
- ◆ The web site is excellent - informative and easy to navigate. The results were available in real time with full information - gun time, chip time and lots of splits. The new pictorial representations of results are cool!
- ◆ The strengths of the past remained, things like the traditional hoopla (Elvises, cloggers and, of course, belly dancers), immediate medal presentations at the finish, and easy chip removal.

Other observations:

- ◆ I thought the camera shots on the TV coverage were just outstanding, both from the helicopter and the convoy with the lead runners. Alas, the commentators (Jon Warren excepted) were poorly prepared.
- ◆ The blue line painted on the road to mark the course is fading. I checked with the marathon - they'd love to have it repainted but the city is balking at the cost.
- ◆ It will be interesting to see what happens to the course next year given Metro is reluctant to have it cross the light rail line again. If the course can't cross the light rail line then the GRB is probably not viable for the start/finish area and a completely new course would be required.

See you on the roads,
Steve

COME TO THE MARCH MEETING!

The next **Strider Membership Meeting** will be held on
Tuesday, March 9th, 7pm,
at **Antonio's Flying Pizza** located at **2920 Hillcroft**
A Guest Speaker will address the group.

Houston Striders - Marathon Honor Roll

Marathon Records

Open Male: Brett Riley (2:34:03, Houston 2003)
Open Female: Christine Agnew (3:11:02, Boston 2001)
Masters Male: Mike Schlorholtz (2:58:01, Austin 2000)
Masters Female: Sharon McNeill (3:39:43, Chicago 2001)



BOSTON ATHLETIC ASSOCIATION

Striders Having Achieved Thier Boston Marathon Qualifying Time

Christine Agnew	Dave Dunaway	Brett Riley
Olaf Barth	Tom Elder	Mike Schlorholtz
Karen Bowler	Bryon Evenson	Carol Schmidt
Tim Bowler	Terry Halliday	Patti Sears
Jen Brown	Javier Hidalgo	Joe Sellers
Carlos Camacho	Scott Johnson	Steve Shepard
Kevin Campbell	Tom King	Miram Terc
Barry Chambers	Noah Matthews	Mike Tognarelli
Yong Collins	Sharon McNeill	John Yoder
Nancy Crane	Cortney Richa	

Meet The Members

With Thorbjorn Pedersen

Our February Meet The Member guest is Marcella Paull born in Brooklyn, New York. Marcella is 54 years old and is married to Barry. Their sons have taken off to promising lives. Twenty eight year old Keith is a doctor (Allergist); Craig, 26 years old, owns a computer business (Systek); and Karl, 31 years old, is a medical student.

Marcella lives in College Station. She has loved living there since the day she arrived and would never leave Texas. Marcella always enjoys Houston for the variety of activities, but does not care for the traffic.

SL: What do you do in “real life” apart from running?

Marcella: Running IS my life, except for my family. My degree is in Accounting, and I am a practicing accountant, although I do this around my running

SL: Do you have other interests, maybe fitting in some hobbies?

Marcella: I love to cook and prepare pastries, read, and am finally learning to swim.

SL: Do you have any special hidden talents?

Marcella: I am very good at organization.

SL: Would you do anything impulsive and what would that be?

Marcella: I am the most “un-impulsive” person you have ever met. I must schedule and plan everything or else I get very nervous. Sorry to say I am very “un-spontaneous” to my husbands chagrin.

SL: What is your biggest unfulfilled ambition?

Marcella: I am sorry I never became a doctor. I have been around medicine my whole life and know a lot of “doctor things” but never pursued the M.D.

SL: How does your running persona differ from your “day-job” persona?

Marcella: When I run, I am very focused and quite aggressive. I am not aggressive in any other part of my life. It is very strange that I can switch between the two.

SL: Would you tell us of any unusual, whacky or otherwise fascinating facts about yourself?

Marcella: There are so many whacky things about me that I do not know where to start. I am very direct, very open and very honest. People always know what I am thinking at all times and how I feel about any given subject. Some people like this about me and some people do not. On the not so whacky side I care deeply about people and would give them the sports bra right off my bust if they needed it. (Woman only.)

SL: What is your favorite movie and why?

Marcella: Chariots of Fire has to be my all time favorite. It was so inspirational!

SL: Can you tell us about your favorite book and reading material?

Marcella: I enjoy so many different kinds of books, but right now I would have to say the Harry Potter series is one of my favorites.

SL: What is your favorite restaurant and what it says about your relationship with food?

Marcella: My favorite restaurant is Freebirds. What this says about my relationship with food is that I enjoy making food my way. To say nothing about how healthy it is.

SL: What is your favorite running or anytime food?

Marcella: My favorite food to eat before, during or after a run has to be bananas. I must eat five or six bananas every day. When I shop at the grocery store they look at me like I am crazy, especially if I purchase a weeks worth.

SL: How would you describe a dream vacation?

Marcella: My dream vacation is anywhere different as long as it is not within a city with McDonalds, Burger King and Wendy's. I like to get into the countryside to see the beauty of the land and observe how the people of different cultures live. If there are hills to run, all the better.

SL: Could I dare you to tell what you do when nobody's looking?

Marcella: Luxuriate in a bubble bath.

SL: What are your favorite running shoes and clothes?

Marcella: Nike shoes, definitely. I have tried all the others and still come back to Nike time and time again. For clothes however, I prefer Adidas.

SL: Do you have a favorite running route or location?



Marcella: My favorite route is Lake Bryan in Bryan, Texas. There are so many trails with hills and is heavily wooded. It is soft on the feet, quiet and so serene that you feel like you are the only person on the planet.

SL: Do you have a favorite running ritual?

Marcella: My ritual is simple. I wake at 5:30 brush, stretch, get into my running gear and am out the door in 30 minutes. This sets my day off just perfectly.

SL: When did you start running regularly/seriously?

Marcella: I started running competitively about 7 years ago.

SL: How did you start running regularly or seriously?

Marcella: Before I started running I was body building. My trainer told me I needed to do something aerobic and suggested running. I told him he was crazy, that I hated running, but he insisted. The rest is history.

SL: Why do you run?

Marcella: I run for the endorphin high I get every time I step foot outside. It has become a wonderful addiction.

SL: When did you know you were hooked on running?

Marcella: That was when I came in from my first 15 minute run and did not die although I was certain I was going to.

SL: What has been your best running experience?

Marcella: That was winning an 800 meter national event. I was considerably behind but determination and single mindedness got me through.

SL: What has been your worst running experience?

Marcella: That was breaking my foot on the track when I was setting a PR.

SL: Who have you been coached by?

Marcella: Karl Mobbs (best coach in the world)

SL: What is your current weekly mileage?

Marcella: That is about 85-90 miles when I get close to a marathon.

SL: What does your typical training week look like?

Marcella: I train twice a day everyday except Friday and Sunday those are rest days.

SL: What is your training philosophy?

Marcella: Be consistent and dedicated to what I am training for.

SL: Do you do any cross-training and if so, what?

Marcella: Yes. I mostly swim and aqua job as my means of cross training.

SL: What is your best race distance?

Marcella: I am best at the 800 meter, although I love the marathon more.

Marcella's running goals for the next 12 months: World Championships in Spain in 2005.

SL: What has most helped your running in the last 12 months?

Marcella: That has been to increase the intensity of all my runs.

SL: What has been your biggest running high?

Marcella: That was getting to run the first time after my broken foot was healed. I thought I was in heaven.

SL: Do you have a favorite thing to help you get out the door when you can't be bothered?

Marcella: I know this is going to sound crazy but I can honestly say that I have never wanted to not get out the door. In the last five years I have not missed a single workout.

SL: What do you think about while you are running?

Marcella: Sometimes I am very focused and only associate and other times particularly when I am on a recovery run I will let my mind wonder and I will think about problems at the office, try to solve family issues, or simply decide what to make for dinner.

SL: How will you describe the best thing about being a Strider?

Marcella: The best thing is the camaraderie and being able to share my love of running with other people who feel the same way about the sport.

SL: Do you have any top tip you would give new runners?

Marcella: Take it slowly. Do not try to do too much too quickly.

SL: What is your best quote on running?

Marcella: "To me, running means freedom, but you need the discipline to gain the freedom. Find nice places, find people to run with. Use your runs as devotions, a time to be thankful for life's beauty." – by Doris Heritage

SL: And any other advice on running or life?

Marcella: Keep at it, never give up.

COME TO THE FEBRUARY MEETING!

The next **Strider Membership Meeting**
will be held on

Tuesday, February 10th, 7pm,
at **Antonio's Flying Pizza**
located at **2920 Hillcroft**

Joel DuBois and Carol Schmidt Will speak on
"Training for a running a 100 mile race"

Book Review



Eat Smart, Play Hard

by Liz Applegate, PH.D.

Book Review by Brett Riley

For many runners food is one of the driving forces that fuels their running habit. Who amongst us has not rewarded themselves with a sweet treat after a workout or has not looked forward to breakfast after a weekend run? Chances are, if you're a runner, you love to eat. But how often do we take a serious look at what goes into our mouth (aside from choosing between pancakes and oatmeal)? Should we be concerned with pre-workout fueling? How about foods other than carbohydrates? Will our eating habits (good or bad) impact our running performance? *Eat Smart, Play Hard*, the latest book from sports nutritionist and *Runner's World* nutrition expert Liz Applegate addresses these questions and much more.

Eat Smart, Play Hard is broken down into three parts, each of which addresses a different aspect of sports nutrition. Part One, Fueling Basics, provides advice on fueling for your workout (day, afternoon, or evening). Applegate stresses that when you eat is just as important as what you eat. There's also good information on what to eat if you're pregnant, vegetarian, or recovering from an illness. Part Two, Advances in Fitness Eating, is a must read for everyone. This section takes a close look at 41 "power foods" that may not only improve the quality of your life, but may very well aid in your post-workout/race recovery. This section also dispenses the latest information on 23 of the most popular supplements on the market. Applegate is pretty good about laying out the pros and cons of each supplement; you may want to rethink what's in your medicine cabinet. Part Three, Eat to Reach Your Goals, offers sound nutritional advice on a variety of topics. From "losing weight" to "building muscle", "healing an injury" to "improving your golf game" and, more importantly, running a race, Liz Applegate has the answers that may help you.

You might initially think that a book on nutrition would be dry; however, *Eat Smart, Play Hard* is anything but that. Applegate's writing style flows and doesn't get bogged down on technical jargon. The concepts and advice written within the book are as easily absorbed as the gel from your morning run - and even tastier since Applegate includes some of her favorite recipes. Enjoyable and easy to read, you'll find yourself going back to *Eat Smart, Play Hard* again and again.

In the end it all comes down to this: if you want to play hard, then you really do need to eat smart.

Available from www.runnersworld.com for \$16.95.

Stridelines - 15

IT'S TIME FOR POWER IN MOTION!!

Hey Striders -- get your friends and family to join the Runners' Cult! Sign them up for Power In Motion (PIM) Spring 2004 so they can find out just what the joy of running is all about.



PIM is a 10-week running clinic held Wednesdays at 7pm starting March 3rd. All sessions take place next to the Memorial Park Fitness and Aquatic Center (see map below). Each meeting features great informational seminars on topics like nutrition, stretching, and injury prevention. After the seminar everyone breaks into smaller groups for a guided run. Experienced, friendly coaches help every step of the way. The program's highlight will be the Friends For Scleroderma 5k Run on May 2nd.

For those new to running, PIM will take you from a standing start through a schedule of walking and running that gradually prepares you to run the full 5k distance. For experienced runners interested in improving your speed (aren't we all?), PIM can help you, too! Experience the thrill of hills, fartlek workouts, Indian lines, and track ladders, all guaranteed to have you zipping to a race finish in record time. PIM is great for 5k and 10k training, but you can also use it to supplement your marathon training.

The cost for this program is \$38 (\$34 for HARRA members and PIM alumni). Woo Hoo!! Plus, the club rebates \$10 to Striders in PIM. Double Woo Hoo!! So, help someone adopt the running lifestyle by getting them to join PIM -- and sign yourself up for good measure. You'll be glad you did. Really, it's a lot of fun and you'll see great results.

Call the PIM Hotline at (713) 797-8498 or visit www.powerinmotion.org for completion program details and on-line registration.



January Race Results

Run the Woodlands 5k

Tim Bowler - 24:12

Jammin in January Marathon

Morgan Lusby - 4:15:07

Pat Snyder - 4:02:39

Resolution Run 5k

Karen Bowler - 23:20 1st in age group!

Tim Bowler - 23:50

Arizona Rock and Roll 1/2 Marathon

Nancy Kral - 1:57:39

Halliburton 1/2 Marathon

Marian Bell - 1:58:12

Megan Clark-Dillingham - 2:02:33 First Timer!

Rick Craig - 1:58:34

Nancy Crane - 2:05:55

Saara DeWalt - 1:50:39 First Timer!

Catherine Elder - 2:05:57

David Hinkley - 2:10:56

Paige Krekeler - 1:59:23

Lynlee Linke - 2:10:10

Ronnie Maas - 2:54:40 First Timer!

Andrew Marquardt - 1:39:30

Noah Matthews - 1:42:21

Bonnie Mize - 2:29:12

Sam Ogundele - 2:02:19 First Timer!

Pam Paling - 2:07:10 First Timer!

Jayne Richter - 2:38:46

Paulette Salanon - 3:03:34

Doug Spence - 3:24:30 First Timer!

Carey Stanteen - 2:52:22 First Timer!

Ken Startz - 1:57:13 First Timer!

Ted Steinkogler - 2:38:46

Bill Sudell - 2:06:57

Joe Valdez - 2:42:35 First Timer!

Lisa Van Stone - 2:45:28

Kathy Vizachero - 2:09:27 First Timer!

Michael Windeler - 1:32:17 First Timer!

Sandy Wollangk - 2:02:57

Tom Woltz - 1:44:17

HP Houston Marathon

Carlos Alzate - 3:45:49

Olaf Barth - 2:58:35 PR! Boston Q!

Lee Baughman - 3:42:17

Geraldine Bliss - 4:11:06 PR!

Karen Bowler - 4:28:17

Tim Bowler - 4:43:47

Chris Boylan - 3:15:59 PR!

Natasha Burt - 3:47:04 PR!

Kevin Campbell - 3:18:07 PR! Boston Q!

Barry Chambers - 3:43:19 Boston Q!

Andrea Chan - 5:26:36 PR!

Sue Chan - 4:26:26

Yong Collins - 3:48:56 Boston Q!

Dusty Cook - 4:45:25

Victor Curo - 3:40:05

Whitney Daley - 4:41:35 PR!

Charles Deeds - 4:51:37 First Timer!

Rhonda Douglas - 5:47:01 First Timer!

Joel Du Bois - 4:57:59 Pacing Duties

Tommy Elder - 3:15:20 Boston Q!

Bryon Evenson - 3:17:29 Boston Q!

John Fredrickson - 4:56:25

Francisco Galvan - 4:29:12

Lee Greb - 3:56:25

Steve Gross - 4:26:26

Andy Grout - 3:44:38 PR!

Terry Halliday - 3:36:44 MEGA PR! Boston Q!

Santos Hernandez - 3:49:00 PR!

Katina Jimenez - 4:14:23 PR!

Scott Johnson - 3:35:39

Lynda Kelley - 5:22:01

Paul Kennedy - 3:49:12 PR!

Kerry Kilgore - 5:49:52 PR!

George Killinger - 4:52:12

Tommy King - 2:52:43 Boston Q!

Rich Klick - 3:56:11 PR!

Brandy Lim - 4:59:28 PR!

Ken Lokey - 5:33:21

David Long - 3:41:45

Morgan Lusby - 4:10:28

Rob Manach - 3:16:58 PR!

Chris McKeown - 4:15:03

Karen McSheehy - 4:41:21 First Timer!

Judith Neufeld - 7:45:51

Loren Neufeld - 4:45:44

Donica Nowotny - 4:15:50 PR!

Jim Nowotny - 3:56:58 MEGA PR!

Joan O'Connor - 4:40:13 First Timer!

Mary Ramirez - 5:29:06

Nag Rangaraju - 3:46:01 First Timer!

Cortney Richa - 3:34:50 Boston Q!

Brett Riley - 2:36:40 Boston Q!

Charles Rodriguez - 3:55:33

Kathy Schaffer - 4:54:22 PR!

Carol Schmidt - 4:54:22 Pacing Duties

Patti Sears - 3:57:12 PR! Boston Q!

Rich Sears - 4:04:02

Joe Sellers - 5:23:08

Barbara Shepard - 4:58:01 PR!

Steve Shepard - 3:18:00 Boston Q!

Pat Snyder - 3:53:35

Larry Stanteen - 4:06:09 First Timer!

Stacey Sullivan - 3:56:23 PR!

Miriam Terc - 3:57:04 PR! Boston Q!

Mike Tognarelli - 3:04:06 Boston Q!

Jacqueline Tomlinson - 4:36:11 PR!

Jeff Williams - 4:01:31 First Timer!

Jean Wrench - 5:31:33

John Yoder - 2:42:18 PR! Boston Q!

January Race Results - Continued

Houston Press/Metro 5k

Sarah Cooper - 40:10
 Maggie Martinez - 37:08
 Fern Michel - 49:19
 Helen Paling - 50:24

Bandera 50k

Joel DuBois - 7:01:25
 Carol Schmidt - 6:53:31

Bandera 25k

Pat Snyder - 3:32:47

Terry Halliday and Cortney Richa enjoy the post race party



Strider Race of the Quarter

The Striders Race of the Quarter for 1Q is the Bayou City Classic 10k. The race is on March 6th in downtown Houston. Striders running the race will be reimbursed \$15 off their entry fee!



Patti Davis and Theresa Drago provide water for the runners.

Stridelines Ads

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Houston Striders Training for a Future Event

Long Run Long Run

<u>Name</u>	<u>Phone</u>	<u>Email</u>	<u>Event</u>	<u>Day</u>	<u>Pace</u>
Brett Riley	(713) 667-4705	brett@riley.net	Austin	Sunday	6-7
Donica Nowotny	(281) 391-8019	dnowotny@velaw.com	Austin	Saturday	8-9
Geraldine Bliss	(713) 460-5819	bbliss1@houston.rr.com	Austin	Saturday	8-9
Jeff Williams	(713) 729-1532	jsurflammer@ev1.net	Austin	Sat/Sun	8-9
Judith Neufeld	(713) 666-8451	txnsnowlady@aol.com	Austin	Saturday	Walk
Lee Greb	(281) 890-4856	di4000@ev1.net	Austin	Saturday	8-9
Loren Neufeld	(713) 666-8451	lorenmr@aol.com	Austin	Saturday	9-10
Morgan Lusby	(713) 466-5833	morgan.a.lusby@exxonmobil.com	Austin	Sat/Sun	8-9
Nag Rangaraju	(281) 647-7960	rangaraju@sbcglobal.net	Austin	Saturday	7-8
Natasha Burt	(281) 759-6603	natashajburt@hotmail.com	Austin	Sat/Sun	8-9
Pat Snyder	(281) 370-7033	psnyder@hess.com	Austin	Sat/Sun	8-9
Paul Kennedy	(713) 524-9157	pauliek99@yahoo.com	Austin	Sat/Sun	8-9
Ronnie Maas	(281) 894-7088	dmaas@houston.rr.com	Austin	Saturday	9-10
Santos Hernandez	(281) 392-5326	cas@hal-pc.org	Austin	Sat/Sun	8-9
Terry Halliday	(281) 558-4677	thalliday@sea-engr.com	Austin	Saturday	7-8
Yong Collins	(281) 498-9213	ralphcollins@aol.com	Austin	Sunday	8-9
Bryon Evenson	(281) 855-9186	beverson@houston.rr.com	Austin 1/2 Marathon	Saturday	7-8
Jim Nowotny	(281) 391-8019	jnowotny@atwd.com	Austin 1/2 Marathon	Saturday	8-9
Ken Startz	(713) 592-5692	startzkl@aol.com	Austin 1/2 Marathon	Sat/Sun	8-9
Mike Tognarelli	(713) 592-9480	matogna@msn.com	Austin 1/2 Marathon	Sat/Sun	6-7
Miriam Terc	(713) 301-8971	miriam.terc@halliburton.com	Austin 1/2 Marathon	Saturday	8-9
Noah Matthews	(281) 345-6850	sgnmjm@worldnet.att.net	Austin 1/2 Marathon	Sat/Sun	8-9
Karen Bowler	(281) 558-7867	kbowler@enigmadata.co.uk	Big Sur	Sat/Sun	8-9
Tim Bowler	(281) 558-7867	tbowler@enigmadata.com	Big Sur	Sat/Sun	8-9
Nancy Crane	(713) 408-3757	ncrane1126@aol.com	Boston	Saturday	8-9
Olaf Barth	(281) 858-7616	obarth@duke-energy.com	Boston	Sat/Sun	6-7
Stacey Sullivan	(713) 526-9675	StaceySullivan7@aol.com	Dallas Trails	Saturday	8-9
Barry Chambers	(713) 460-8683	jbchambers@sbcglobal.net	Mardi Gras	Sat/Sun	8-9
Barbara Shepard	(281) 493-3578	texassheps@aol.com	Mercedes 1/2 Marathon	Sat/Sun	9-10
Steve Shepard	(281) 493-3578	texassheps@aol.com	Mercedes 1/2 Marathon	Saturday	7-8
Frank Krekeler	(713) 464-2495	fkrekeler@houston.rr.com	MS 150	Sat/Sun	9-10
HoJin Lim	(281) 313-4096	hlim@coseng.com	MS 150	Sat/Sun	7-8
Michelle Grace	(713) 864-5502	Michelle.Grace@aiminvestments.com	MS 150	Sat/Sun	8-9
Steve Gross	(713) 465-7907	gross@pdq.net	MS 150	Sat/Sun	8-9
Carol Schmidt	(713) 777-6910		Rocky Raccoon 100 Miler	Sat/Sun	8-9
Joel Du Bois	(713) 880-8748	jadrun@yahoo.com	Rocky Raccoon 100 Miler	Sat/Sun	8-9
Thorbjorn Pedersen	(713) 215-7372	Thorbjorn_Pedersen@oxy.com	Rocky Raccoon 100 Miler	Sat/Sun	8-9
Paige Krekeler	(713) 464-2495	fkrekeler@houston.rr.com	Seabrook Trails	Sat/Sun	8-9
Sandy Wollangk	(281) 293-9319	swollangk@myronstevens.com	Seabrook Trails	Saturday	8-9
Nancy Kral	(858) 793-6616	msnancy2u@aol.com	St. George	Sat/Sun	8-9

RACE CALENDAR

<u>Date:</u>	<u>Event:</u>	<u>Time:</u>	<u>Day:</u>	<u>Place:</u>	<u>Contact:</u>	<u>Phone:</u>
2/7	Bridgefest Family Run 5K	8:00 AM	Sat	Kingwood, TX	Carol Sutton	281-360-2500
2/7	Rocky Raccoon 100/50 miles	6:00 AM	Sat	Huntsville, TX	Joe Prussaitis	512-895-6100
2/14	Friends of Hermann Park 5 miler	8:00 AM	Sat	Houston, TX	Mindy Weikerth	713-524-5876x339
2/14	Run The Woodlands 5K	8:00 AM	Sat	The Woodlands, TX	Hotline	936-271-1368
2/14	Mardi Gras Beach Run 5K/10K	8:30 AM	Sat	Galveston, TX	Jamie Huygens	409-763-4607
2/21	Women's Hospital Spring Fling 5K	7:30 AM	Sat	Houston, TX	Dara Daniel	713-528-6798x2230
2/27	Houston's Ultra Weekend	11:00 AM	Sat	Houston, TX	Wes Montieth	281-930-0720
2/28	Run The Woodlands 5K	8:00 AM	Sat	The Woodlands, TX	Hotline	936-271-1368
2/28	ConocoPhillips Rodeo Run 5K/10K	9:50 AM	Sat	Houston, TX	Hotline	281-293-2447
3/6	HEB Bayou City Classic 10K	8:00 AM	Sat	Houston, TX	Camille Yarbrough	713-784-3915

HOUSTON STRIDERS CALENDAR OF EVENTS

Date	Day	Venue	Event
January 1st	Wednesday	Bear Creek Park	4th Annual Resolution Run
January 18th	Sunday	Memorial Park	Houston Striders 21.5 mile water station
February 10th	Tuesday	Antonio's Flying Pizza	Formal Meeting (Speakers: Joel and Carol)
March 6th	Saturday	Downtown	Bayou City 10k (Strider Race of the Quarter)
March 9th	Tuesday	Antonio's Flying Pizza	Formal Meeting (Speaker: TBD)
2Q	TBD	TBD	(Strider Race of the Quarter)
April 3rd	Saturday	Memorial Park	5th Annual Houston Striders Chili Cookoff
May 2nd	Sunday	Bear Creek Park	Friends for Scleroderma 5k
May 11th	Tuesday	Hershey Park	Novelty Run
May 11th	Tuesday	Big John's Ice House	Informal Meeting
May 14th - 16th	Friday-Sunday	Lake Tahoe NV	RRCA Convention
June 8th	Tuesday	Antonio's Flying Pizza	Formal Meeting (Speaker: TBD)
3Q	TBD	Minute Maid Field	Houston Astros Baseball
3Q	TBD	TBD	(Strider Race of the Quarter)
July 17th	Saturday	Gordon Ranch	Houston Striders Picnic
August 10th	Tuesday	Antonio's Flying Pizza	Formal Meeting (20k planning session)
September 14th	Tuesday	Antonio's Flying Pizza	Formal Meeting (Speaker: TBD)
September 26th	Sunday	TBD	20k Packet Stuffing I
4Q	TBD	TBD	(Strider Race of the Quarter)
October 10th	Sunday	Bear Creek Park	6th Annual Bear Creek 10k/20k
October 12th	Tuesday	TBD	20k Packet Stuffing II (if needed)
October 17th	Sunday	Downtown	Koala/Luke's 20k Race
November 9th	Tuesday	Memorial Park	Novelty Run
November 9th	Tuesday	Beck's - Memorial Park	Informal Meeting
November 27th	Saturday	West Memorial	10th Annual Tour de Memorial
December 7th	Tuesday	Damian's	Houston Striders Holiday Party
December 16th	Thursday	West Memorial	7th Annual Christmas Lights Run
December 26th	Sunday	Marathon Course	11th Annual Longest Long Run

Houston Strider Group Runs

Name	Phone	Email	Day	Time	Type	Distance	Pace	Location
Steve Shepard	(281) 493-3578	texasshps@aol.com	Monday	7:00 PM	Easy Run	5 miles	8-9	Terry Hershey Park
Tom Woltz	(281) 531-9448	tomwoltzsr@yahoo.com	Mon-Sat	7-9:00 PM	Moderate Run	3-7 miles	7-9	West Houston
Mercedes Tarley	(281) 531-5814	tarley@hal-pc.org	M/W/F/S	7:00 AM	Easy Run	Varies	9-10	Terry Hershey Park
Morgan Lusby	(713) 466-5833	morgan.a.lusby@exxonmobil.com	Tuesday	6:00 PM	Easy Run	6-10 miles	9-10	Memorial Park Fitness Cent
Steve Shepard	(281) 493-3578	texasshps@aol.com	Tuesday	7:00 PM	Speed Work	Varies	All	Terry Hershey Park
Morgan Lusby	(713) 466-5833	morgan.a.lusby@exxonmobil.com	Wednesday	6:00 PM	Stadium Steps	Varies	All	Rice Stadium
Steve Shepard	(281) 493-3578	texasshps@aol.com	Thursday	7:00 PM	Speed Work	Varies	All	Terry Hershey Park
Marlene Lanza	(713) 782-6240	marlenell@yahoo.com	Sat/Sun	6:00 AM	Long Run	Varies	9-10	River Oaks
Mary Ramirez	(713) 771-7564	maryer@flash.net	Saturday	6:30 AM	Long Run	Varies	10-11	Memorial Park
Morgan Lusby	(713) 466-5833	morgan.a.lusby@exxonmobil.com	3rd Sunday	7:00 AM	Train Run	11-16 miles	All	Huntsville State Park
Mercedes Tarley	(281) 531-5814	tarley@hal-pc.org	Sunday	7:00 AM	Long Run	10 miles	9-10	Memorial/Terry Hershey
Diana Tiberia	(281) 759-3607	dtiberia@mymailstation.com	Weekends		Walk	Varies	Walk	Terry Hershey Park

HOUSTON STRIDERS CONTACT INFORMATION

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Houston, TX 77272-1405

Hotline: (713) 797-8601
Email: Stride4fun@houstonstriders.com
Website: www.houstonstriders.com

Position	Contact Person	Phone	Email
President	Sandy Wollangk	(832) 379-1486	swollangk@mfsco.com
Vice President	Vacant		
Secretary	Paulette Salanon	(281) 565-4211	spintex@alltel.net
Treasurer	Barbara Shepard	(281) 493-3578	texassheps@aol.com
At Large	Lee Baughman	(713) 796-9539	lee.baughman@sbcglobal.net
At Large	Nancy Holcomb	(713) 937-0405	nanc@hal-pc.org
At Large	Steve Shepard	(281) 493-3578	texassheps@aol.com
At Large	Pat Snyder	(281) 370-7033	psnyder@hess.com
At Large	Rose Ennis	(281) 584-0721	rte@egtgroup.com
At Large	Ed Willsman	(281) 752-5366	ewilsmann@cs.com
President Emeritus	Ralph Collins	(281) 498-9213	ralphandcollins@msn.com
Committee Chairs			
Web Page	Lee Baughman	(713) 796-9539	lee.baughman@sbcglobal.net
Newsletter	Lee Baughman	(713) 796-9539	lee.baughman@sbcglobal.net
Stride4Fun	Steve Shepard	(281) 493-3578	texassheps@aol.com
Membership	Steve Shepard	(281) 493-3578	texassheps@aol.com
Program	Vacant		
Social Coordinators	Rose Ennis	(281) 584-0721	rte@egtgroup.com
	Ed Wilsman	(281) 752-5366	ewilsmann@cs.com
20k Director	Barbara Shepard	(281) 493-3578	texassheps@aol.com
Volunteer Coordinators	Andrea Chan	(713) 528-4728	chana@flash.net
	Rob Manach	(281) 647-6150	rob_manach@msn.com
Welcoming Committee/ Club Clothing	Joan O'Connor	(713) 529-9446	joan.oconnor@aramcoservices.com
	Rob Manach	(281) 647-6150	rob_manach@msn.com
HARRA Liaison	Noah Matthews	(281) 345-6850	sgmnmj@worldnet.att.net
Novelty Runs	Pat Snyder	(281) 370-7033	psnyder@hess.com
Hot Line	Nancy Holcomb	(713) 937-0405	nanc@hal-pc.org
Librarian	Brian Parizot	(281) 496-2647	parizot@houston.rr.com
Running Coach	Steve Shepard	(281) 493-3578	texassheps@aol.com
Walking Coach	Diana Tiberia	(281) 759-3607	dtiberia@mymailstation.com
20k Venue Search			
20k Venue Search	Inactive		
Beach to Bay Coordinator	Frank Krekeler	(713) 464-2495	fkrekeler@houston.rr.com
HARRA Relay Coordinator	Steve Shepard	(281) 493-3578	texassheps@aol.com

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