

## RUNNING SHORTS

### **Now is the time for running resolutions**

#### **Several area runners set to run first marathon in Houston**

By Ken Johnson

It's time to make a resolution to start running to achieve and maintain physical fitness. If you are already a runner, but have been slacking off, make a resolution to run on a regular basis again. For your health's sake, quit smoking and get rid of that excess weight. Take charge of your health and improve the quality of your life. Start running. You can do it, but you have to overcome the mental limitations and excuses you have established for yourself. Make 2008 a turnaround year. Be sure to consult with your doctor before starting a running program.

Several Huntsville area runners have set their sights on completing their first marathon (26.2 miles) in Houston on January 13. To put it in perspective, only about one percent of all runners ever complete a marathon. Not only does running a marathon require physical conditioning, it requires mental stamina and determination. Finishing a marathon is a significant achievement. Norman Langwell, Jr., 36, of Huntsville is one of those running his first marathon in Houston. Langwell changed his health and lifestyle. In March 2006, he weighed 379 pounds; now, he is down to 203. Leslee Jo Cade, 36, of Huntsville will be running her first marathon. She is using the event to raise money for MS research. Shawna Pieper, 23, of Huntsville and Jody Slaughter, 44, of Madisonville will also be attempting their first marathon. Houston will be a second marathon for Katy Lampson, 32, of Huntsville. She completed the White Rock Marathon in Dallas in December and will also be running the Austin Marathon in February. When she completes all three, she will receive a special "Marathons of Texas" award. Veteran marathon runners in Houston will include Toast Vinson, 25, of Trinity and Melvin Neely, 51, of Huntsville.

The Houston Marathon is accompanied by a half marathon (13.1 miles) and a 5K (3.1 miles). Huntsville runners competing in the half marathon are:

Ruby Rushing, 51, Irma Dowden, 42, Robert Cade, 36, Sam Epps, 30, Crystal Skuca, 22, Nathan Winkelmann, 25, Jacqueline Smith, 55, Jacqueline Jenson, 33, Garrett Craddock, 29, and Timothy Ashley, 44.

Huntsville runners competing in the 5K are:

Linda Farrell, 60, Jim Peters, 44, Andrew Peters, 13, Tiffany Peters, 34, Matthew Peters, 7, Amy Morley, 23, and Alex Cade, 12.

Good luck to all the Huntsville area runners in Houston.

Congratulations to Huntsville runners, J. C. Guzman and Felix Montelongo, for completion of the Sunmart 50-mile race at Huntsville State Park on December 8. It was the first 50-mile race completion for both. A record high temperature on race day made their achievement even more significant.

There are not many races in late December, however, Robert Duncan, 47, of Huntsville completed the Run the Woodlands 5K in The Woodlands on December 22 with a time of 19:33.

The next race in Huntsville is the Frost Your Fanny 5K and 10K on January 26. For more details and a list of other races in the area, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.

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