

RUNNING SHORTS

Local runners trained and ready for Houston Marathon

By Ken Johnson

The Huntsville area will be well-represented when 18,000 runners line up for the Chevron Houston Marathon and Aramco Half Marathon on January 18. Just under half will be running the full marathon (26.2 miles), while most will be running the half marathon (13.1 miles). Both races start and finish at the George R. Brown Convention Center in downtown Houston.

To gain the physical and mental stamina required to complete a marathon or half marathon, runners have to spend hours on long training runs for months before the race. You just don't wake up one morning and decide to run a 13.1 or 26.2-mile race the next week. The local runners are to be congratulated for their dedication and willingness to take on the challenge.

Adrienne Langelier, a 26 year old graduate student at Sam Houston State University, will lead the pack of local runners. Langelier was the female winner of the 2007 and 2008 Huntsville Half Marathon, as well as the Surfside Beach Marathon last February. She earned Local Invited Runner Status in this year's Houston Marathon by finishing the Lakes of Williams Ranch 30K (18.6 miles) in Sugar Land last month with a time of 2:05:49. Langelier will be up front with other elite runners at the start of the Houston Marathon.

Another local runner to watch for is Wendell Londeen, 82, who will be running the half marathon. Londeen ran the half marathon in 2007 and finished in 3:07:51. He was the oldest runner in the race.

Local runners registered to run:

Marathon

Ed DeLaGarza, 38
John Glesmann, 52
J. C. Guzman, 37
Amy D'Ann Jackson, 32
Adrienne Langelier, 26
Magan Langley, 24
Norman Langwell, Jr., 37
Melvin Neely, 52
Willard Oliver, 41
Darryl Shreves, 48
Jody Slaughter, 45
Nathan Winkelmann, 26

Half Marathon

Leslee Jo Cade, 38
Robert Glenn Cade, 37
Garrett Craddock, 30
Paula Jannett, 45
Lindsay Anne Justice, 27
Katy Lampson, 33
Tamra Lira, 34

Wendell Londeen, 82
Jessica Marie Payne, 31
Anne Marie Prouty, 37
Marty Reeder, 32
Mark Rudis, 38
Adam Santos, 23
Anna Streves, 49
Stacy Ulbig, 38
Lee Williams, 68

Recent race results:

Texas Marathon (26.2 miles), Kingwood, Jan. 1

Norman Langwell, Jr., 37 4:35:26
Curtis Barton, 28 4:50:04
Ken Johnson, 67 6:06:50

New Years Resolution Run, Huntsville, Jan. 1

5K (3.1 miles)

Ben Harvie, 62 23:10
Keanu Cousins, 13 29:42
Ron Davis, 60 30:47
Lavonne Zaiontz, 41 30:58
Jan Parks, 52 33:55
True Cousins, 75 37:41
Mary Ann Davis, 60 39:27

1-Mile

Pam Smithwick, 50 21:57
Karen Fowler, 33 23:40
Marilynn Johnson, 63 23:40

Upcoming races: Visit the Seven Hills Running Club web site at <http://www.7hills.us>.
Click on Race Schedule.