

## RUNNING SHORTS

### Huntsville's Brian Zemlicka completes 100-mile run

By Ken Johnson



Brian Zemlicka was one of 358 runners from all over the United States and several foreign countries to start the Rocky Raccoon 100-Mile Trail Run at Huntsville State Park on February 6<sup>th</sup>. Ultimately, 241 (67%) would finish.

This was Zemlicka's first attempt at 100 miles and he finished in good shape in 22 hours, 9 minutes and 17 seconds. This race was also designated as the USA Track & Field National 100-Mile Trail Championship race and he finished 2<sup>nd</sup> place in the 50-54 age group.

The runners started at 6 a.m. on Saturday and had until noon on Sunday (30 hours) to finish. They ran five 20-mile loops. Every few miles on the course, there were aid stations providing food, fluids and medical aid. Finishers received a special belt buckle.

Ian Sharman of Oregon, one of top trail runners in the world, won the race with a time of 13 hours, 45 minutes and 3 seconds.

Brian Zemlicka, 54, is the Deputy Director of Education Service Center, Region VI, in Huntsville. He says that he was in good health and felt that the time was right to attempt 100 miles. His longest training run was "30/20." That means that he ran 30 miles and came back the next day and ran 20. He did that 4 times over a 5-week span.

Many runners have a problem staying awake during a 100-mile run. Zemlicka reports that was never a problem for him. He expected the 4<sup>th</sup> loop to be the toughest mentally. As it came out, his 2<sup>nd</sup> loop was the most challenging. At that point, "I could not see the light at the end of the tunnel."

Just 5 yards from the finish line at 4:09 a.m., Zemlicka dropped to his knee and proposed to his girlfriend (she accepted) and they walked to the finish line together.

He reports that he was exhausted and totally done physically, but felt fine, minus some stiffness. He attributes his success in completing the race to the support of his loved ones, family, friends and co-workers.

Zemlicka has no plans for another 100-miler, but will continue running and competing in shorter races.

Congratulations to Brian Zemlicka and other local runners who are out running the shorter races.

### **Rhythm & Blues Run, Houston, Feb. 14**

#### **Half Marathon (13.1 miles)**

Terrie Grivich, 66 2:54:02

Ken Johnson , 74 3:09:58

#### **5K (3.1 miles)**

Sylvia Rosenberger, 58 41:01

Kathleen Hazelwood, 56 43:20

### **Galveston Marathon (26.2 miles), Feb. 14**

Willard Oliver, 48 4:35:17

#### **Half Marathon**

Donna Fabian, 41 2:04:35

Sarah Oliver, 15 3:26:52

Judy Oliver, 47 3:47:22

#### **Cupid 5K**

Steve Bickford, 55 22:08

Cathy Bickford , 54 35:31

### **Austin Marathon, Feb. 14**

Chris Basa, 23 5:15:49

#### **Half Marathon**

Maria Wicker, 51 2:22:47

Emily Carpenter, 30 2:53:19

### **Run the Woodlands 5K, The Woodlands, Feb. 13**

Ken Johnson, 74 37:31

### **Girls Just Want to Have Fun 5K, College Station, Feb. 13**

Cindy Pate, 55 40:59

Jessica Twardeski, 35 51:04

### **Sunday Night 5K, The Woodlands, Feb. 7**

Donna Fabian, 41 23:59

### **All-America City 10K, Edinburg, Feb. 6**

Ken Johnson, 74 1:19:58

**Rocky Raccoon 100-Mile Trail Run, Huntsville State Park, Feb. 6**

Brian Zemlicka, 54     22:09:17

**Katy Half Marathon, Feb. 6**

Terrie Grivich, 66     2:51:40

**Choco Loco 5K, Houston, Jan. 30**

Tim Williams, 27     33:10

Erin Bareham, 25     36:06

**Upcoming races in Huntsville:**

Feb. 20 – Sweetheart 5K, & 1-Mile Run/Walk, SHSU campus

Mar. 19 – Color Em Kats 5K, SHSU campus

Mar. 20 – Run the Trails, 3.5 Miles, Huntsville State Park

For more information about these races and others in the area, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.