

RUNNING SHORTS

Leah Koester completes her first marathon

By Ken Johnson



Photo by Bill Dwyer

Huntsville's Leah Koester is all smiles after completing her first marathon in Kingwood on New Year's Day. She finished with a time of 6:16:18.

Congratulations to Leah Koester of Huntsville for completing her first marathon. She ran the Texas Marathon in Kingwood on New Years Day. Koester completed the 26.2-mile distance on concrete sidewalks through the green belt in Kingwood in 6 hours, 16 minutes and 18 seconds.

Only about one percent of runners ever complete a marathon, so this is a significant achievement. Running that distance requires both physical and mental stamina. Koester, 48, is a Sales Executive at the Huntsville Item. She ran her first race in 2009 and has since completed three half marathons. Now that she has completed her first full marathon, she plans to complete another marathon in Sugar Land on January 26.

Congratulations to two other Huntsville runners, Steven Bickford, 52, and Donna Fabian, 39. In December, they both completed a one-year running streak. That means that they ran at least a mile every day for 365 consecutive days. They are now eligible to get on the national streak list, maintained by the U. S. Running Streak Assn. Both are very dedicated runners and will undoubtedly be at the two-year mark next December.

Finally, congratulations to all the runners and walkers who participated in the New Years Day Resolution Run in Huntsville. Sheridan Grant, 21, was the overall male

winner in the 5K. He completed the 3.1-mile distance in a blistering 17 minutes and 13 seconds. Karin Williams, 44, was the fastest female. Her time was 23 minutes and 37 seconds. Complete race results are below.

Recent race results:

Sunday Night 5K, The Woodlands, Jan. 5

Donna Fabian, 39	25:58
Leah Koester, 48	28:05
Ken Johnson, 72	36:45

Friends of Galveston Island State Park Run, Untimed, Galveston, Jan. 4

10K

Steve Bickford, 52

5K

Cathy Bickford, 52

New Years Day Resolution Run, Huntsville, Jan. 1

5K

Sheridan Grant, 21	17:13
Jose Torres, 20	20:34
Colin Carsten, 13	23:32
Steve Allen, 41	23:33
Karin Williams, 44	23:37
Bryce Boswell, 15	23:48
Brighton Boswell, 13	24:24
C. J. Courtney, 14	24:24
Donna Fabian, 39	25:13
Glenn Green, 51	26:18
Steve Bickford, 52	26:20
Brent Boswell, 46	26:38
Shawn Lane, 43	26:59
Kathie Boswell, 48	27:08
Dana Formon, 25	27:14
Kira Olson, 40	27:16
Isabelle Olson, 10	28:19
Clayton Heald, 43	29:32
Laura Green, 47	30:17
Robert Williams, 47	30:51
Cee Carsten, 36	31:00
Jan Parks, 57	31:10
Morgan Ashworth, 23	31:36
Clark Olson, 3	31:55
Christopher Shank, 30	32:04
Haley Tabor, 18	33:37
Len Hill, 60	33:57

Emily Ginder, 60	34:56
Rex Herklotz, 15	38:08
Don Ortloff, 68	39:05
Synneve Williams, 18	40:38
Jon Rogers, 41	40:56
Esther Herklotz, 51	41:59
Cory Platt, 36	43:13
Jennifer Langley, 57	53:28
Tamara Brown, 48	53:29
Heidi Miller, 43	53:32

1-Mile

Matthew Fabian	8:01
Andrew Fabian	8:55
Evelyn Williams	11:01
Stuart Beal	11:14
James Lane	12:10
Chuck Fabian	12:21
Kathleen Williams	14:16
Cora Olson	14:16
Joan Pickering	19:45
Eddie Livingston	19:45

Texas Marathon, Kingwood, Jan. 1

Leah Koester, 48	6:16:18 (1st marathon)
Ken Johnson, 72	7:13:47

Santa Hustle, Galveston, Dec. 22

Half Marathon

Steve Bickford, 52	1:51:40
--------------------	---------

5K

Cathy Bickford, 52	33:13
--------------------	-------

Race for Success 5K, Lufkin, Dec. 22

Donna Fabian, 39	25:15 (1st place)
------------------	-------------------

Upcoming races in Huntsville:

Jan. 25 - Frost Your Fanny 10K, 5K, 1-Mile, Location to be announced.

Feb. 1 – Rocky Raccoon 100-Mile Trail Run, Huntsville State Park

Feb. 8 – Rocky Raccoon 50-Mile Train Run, Huntsville State Park

Feb. 15 – Love.Run.Marathon, Half Marathon, 10K, 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.