

# On the Run

www.southwindrunners.org

January-February 2007

## Marathon Review

*Through the eyes of a member*

What better way to get a review of marathons near and far than from one of our own? Yes, this is our member who describes herself as "Businesswoman Extraordinaire, mother of six (three with two legs, three with four), Traveler of the world and finisher of a marathon in all 50 states and on six continents. Yes, you probably guessed it: Laura Garrett.

You will find her working a booth at many a marathon expo, then on the course the next day. Below you will find her notes on just some of the marathons she has run in the past year or so. You may want to keep them in mind well setting your own schedule for the year.

### **New Hampshire Marathon**

*Cold but pretty - around a lake but on a road that was NOT closed to traffic - so we were on the side of the road the whole way.*

### **Maine Marathon**

*Pretty. Again, cool and hilly. My first and only double -- but it was two new states and one airfare.*

### **Niantic, CT**

*Nice trees, but loops and very confusing. At one intersection folks were going three different ways depending on where they were in the race.*

### **Little Rock, AR**

*When they say hills, they aren't kidding. I do like this race though - HUGE medal and after all, its all about the hardware.*

### **Ellerbe Springs, NC.**

*I have an outhouse on my charm bracelet for this one. The first race I have been in that had NO porta potties on the entire course. At the water stops they handed you toilet paper - and pointed to the woods. For someone who is the porta potty queen, this was a bit unnerving, but I survived. Again a VERY hilly race - especially right at the end. Very small race too. Lots of NC folks don't even know where it is. At least it was not a loop course! Ha.*

### **St. Louis, MO**

*A nice race - goes through grounds of the brewery, the Clydesdales are out, you go through St. Louis University and can see the arch at some point I think. I would run it again.*

### **Great Wall of China Marathon.**

*What to say about this one - just WOW. It was about three hours outside of Beijing in the Tianjin Province. Hilly doesn't even begin to describe this one. A three mile long hill led up to the start of the wall where we traversed 4 kilometers of it - short steps, tall steps, smooth steps, crumbling steps, some with walls on both sides, some with no walls at all. Then proceeded to run through the villages around the wall and at mile 20 came back to the wall to go up and over it the other direction. In all it was 3,700 stone steps to conquer. Took about 1.5 hrs longer than a normal marathon.*

### **Mayor's Marathon, Anchorage, AK**

*What a beautiful state. Some folks saw a moose at mile 2. I think I was too busy talking (who me you say?) to see it. There was a very long stretch on a tank trail that was very hard on the legs - lots of rocks to try to maneuver around or if not, pay the price when you land on them. Not an easy race, but the scenery was worth it. I would definitely do it again but would know not to expect it to be easy. Very long finishing time so lots of walkers and Team in Training folks.*

### **Disney Goofy Challenge**

*Or in our case the "Dopey" challenge. Very little time is spent running in the parks and LOTS of time on service roads. (Cont. on page 3)*

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## RACE RESULTS

### San Antonio Half Marathon

James Dixon	1:35:54
Doug Edwards	1:37:49
Christine Dixon	1:38:34
Scott Zarley	1:39:34
Barbara Johnson	1:51:58
Dana Hamilton	1:59:05
Tony Alvarado	2:03:01
Lisa Soule	2:04:10
Brad Garrett	2:07:53
Erike VanRiper	2:12:09
Laura Garrett	2:30:32
Patsy Palmer	2:38:44

### Motive Bison Half Marathon

Brigette Miller	1:43:55
Jerry Sparks	1:43:54
Peter Boulette	1:37:11

### Turkey Trot 5K Killeen

Ariel Davis	36:34	1AG
Alexis Davis	34:26	2AG
Brooke Hailey	28:30	
Virginia Sanders	22:18	2AG
Maryann Nickoli	25:51	
Erike VanRiper	25:59	2AG
Ruth Prosser	27:45	
Brigette Miller	23:20	1AG
Christine Dixon	21:11	1AG
Carla Maddox	37:03	3AG
Laura Garrett	27:50	1AG
Josephine Bearden	28:25	2AG
Patsy Palmer	32:00	1AG
Mary Kaplan	31:03	1AG
Gretel Davis	33:41	2AG
Jeremy Nickoli	21:18	
Ron Chipkin	24:42	2AG
James Dixon	20:03	3AG
Wayne Prosser	27:36	
Doug Edwards	19:18	1AG
Scott Zarley	20:37	2AG
Darryl Williams	20:11	1AG
Jerry Sparks	21:19	2AG
Pete Boulette	20:26	1AG
Luis Rivera	22:53	1AG

Tony Alvarado 24:20 2AG

### Thundercloud Subs

#### Turkey Trot 5 Miler

Christine Dixon	40:18
James Dixon	34:29

### Jingle Bell Dash 5K Killeen

Christian Anhalt	28:15	3AG
Chad Spillman	21:01	3AG
Jeremy Nickolai	21:32	2AG
Ron Chipkin	25:09	2AG
Jeffery VanRiper	49:40	
James Dixon	20:18	2AG
Doug Edwards	19:16	1AG
Scott Zarley	21:11	2AG
Mike DiGennaro	22:33	
Daryl Williams	20:59	1AG
Jerry Sparks	21:35	2AG
Luis Rivera	23:14	1AG
Tony Alvarado	26:12	2AG
George VanRiper	49:39	3AG
Ariel Davis	33:48	1AG
Alex Davis	36:06	2AG
Erike VanRiper	26:13	3AG
Brooke Haley	29:42	
Mary Ann Nickolai	26:51	2AG
Martha Anhalt	27:16	1AG
Brigette Miller	23:16	1AG
Dana Hamilton	24:38	2AG
Kari Maschhoff	26:55	
Heidi Heckel	35:10	1AG
Carla Maddox	35:15	2AG
Barbara Johnson	24:10	1AG
Angie Wilson	32:00	2AG
Patsy Palmer	31:52	1AG
Mary Kaplan	31:35	1AG
Gretel Davis	34:11	3AG
Wayne Prosser		
Ruth Prosser		

### Decker Challenge 20K

Brigette Miller	1:39:18
Jerry Sparks	1:36:58
Doug Edwards	1:29:51
Chad Spillman	1:38:18
Peter Boulette	1:31:32

### Oklahoma Marathon (Tulsa)

Mike DiGennaro	4:07:46
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### Tucson Half Marathon

Lisa Soule	2:03:00
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### White Rock Marathon

Mike DiGennaro	4:06:08
Jerry Sparks	3:58:45

### White Rock Half Marathon

Doug Edwards	1:36:35
Scott Zarley	1:40:58
Brigette Miller	1:46:13
Daryl Williams	1:40:03
Brad Garrett	2:10:17

### South Wind Runners Club

<b>Date</b>	<b>Race</b>	<b>Distance</b>	<b>Place</b>	<b>Series</b>
1-14	Houston Marathon	5K/13.1/26.2	Houston	
1-21	Frost Yer Fanny Duathlon Run/Bike		Round Rock RunTex	
1-27	Endurathon	25K/relay	San Antonio RunTex	
1-28	D6 3M	13.1M	Austin RunTex	
2-10	Mardi Gras	5K	Austin RunTex	
2-10	Cupid's Chase	6K	Georgetown RunTex	
2-10	Jackrabbit Classic	26.2	El Paso RW	
2-15	Surfside Beach Marathon	26.2	Surfside, TX RW	
2-18	D7 Austin Marathon	13.1/26.2/relay	Austin RunTex	
2-24	Cowtown Marathon	26.2/13.1/10K/5K	Ft. Worth	
2-24	Cross Timbers	26.2	Texoma, TX RW	
3-3	Bearathon	13.1	Waco RunTex	
3-3	Spring Fling	5K	Austin RunTex	
3-4	El Paso Marathon	26.2	El Paso, TX RW	
3-4	Johnny Carino's	10K	Cedar Park RunTex	
3-4	BagelFest	5K	Austin RunTex	
3-10	Waco Five-0, Two-0, One-0	50K/20M/10M	Waco WS	
3-10	Run for the Bluebonnets	5K	Bastrop RunTex	
3-10	Fiesta 5K	5K	Austin RunTex	
3-10	Go for the Gold	10K	Austin RunTex	
3-18	Seabrook Lucky Trail	26.2	Seabrook, TX RW	
3-25	Capitol 10K	10K	Austin RunTex	
3-31	Fun Run Sober Run	5K	Austin RunTex	
4-1	The Big-D Texas	26.2	Dallas RW	
4-14	Bluebonnet Festival	5K	Burnet IRT	
4-22	Schlotzksy's Bun Run	5K	Austin RunTex	
5-5	Silicon Labs Marathon	Relay	Austin RunTex	
5-12	Chuy's Hot to Trot	5K	Austin RunTex	
12-9	White Rock Marathon	26.2	Dallas RW	

C = CenTex Race Series (Killeen and Harker Heights Parks and Recreation)  
D = Distance Challenge (RunTex)

Check the following links for additional information.

[www.southwindrunners.org](http://www.southwindrunners.org) (SWRC)

[www.insiderunningtexas.com](http://www.insiderunningtexas.com) (IRT)

[www.runtex.com](http://www.runtex.com) (RunTex)

[www.wacostriders.com](http://www.wacostriders.com) (WS)

[www.runnersworld.com](http://www.runnersworld.com) (RW)

#### **Marathon review (cont. from page 1)**

##### **Athens, Greece**

*Not like they were around the corner but figured since I was already on the "continent," I'd go run Athens after the Dublin one. Went through Apostoles Greek Tours and they did a good job. Jeff Galloway is a big supporter of this race - he was with us on the whole trip. Again, it was cold - as in record lows. Great. In the lower 30s with a strong wind. Greece is supposed to be hot! What happened? They took us out to the town of Marathon and we ran in along the same route as the Olympics. Pretty neat. Mostly through towns, not the greatest of scenery but not bad either. The coolest thing was finishing the race inside of the Olympic stadium. I felt great even though John "the Penguin" Bingham had me worried sick about the race. I saw him a few weeks before I went and he told me it was the hardest race he had ever done. Great. He talked about the 17 mile long hill. I was so freaked out that I don't think it was near as bad as I expected. Yes, it was steady up but still had a few downs in there too. I felt great and finished with a big smile on my face!*

## Where to find us

Our running schedule changes with the availability of light, among other things. We are currently meeting Sundays at 7:30. That is likely to change to 7 a.m. shortly, so watch the Web site or keep in touch.

Tuesday speedwork is now at Carl Levin park, around 5:30 p.m. Here we have the benefits of a lighted route. Check with your running buddies for Saturday times.

## MEMBER NEWS

### New Member

Christain Anhalt

### Renewals

Martha Anhalt

Brooke Haley

Dana Hamilton

Kari Maschhoff

Ruth & Wayne Prosser

Scott Zarley

Dick Sweezy

## Birthdays

Doug Edwards	6
Jimmy Davis	7
Angel Wolfe	9
Charlie Johnson	10
Jessica Wolfe	13
Chad Spillman	14
Jolinda Baird	25
Mary Skaggs	31

## February Birthdays

Butch Skaggs	3
Gary Salmon	5
Barbara Sutherland	11
Virginia Sanders	12
Linda Wolfe	16
Barbara Johnson	24
Secora Murray	28

Southwind Runners Club, Inc.  
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STAMP

Save a stamp, and a tree, let us send you the newsletter via email

ADDRESS CORRECTION REQUESTED