

On the Run

www.southwindrunners.org

September 2007

"Some people want it to happen, some wish it would happen, others make it happen."

-Michael Jordan

Two of the people that have made it happen are Laura Garrett and Mike DiGennaro. Laura has just become one of the newest members of the 50 States Marathon Club by completing a marathon in all 50 states and all 7 continents. She is even considering doing a double; completing two marathons in every state and seven continents. She wants to do a different marathon on the second go around and I know that she can make it happen!

Mike DiGennaro began running a marathon a month exactly one year after major surgery. The idea was to run 12 marathons in the next twelve months. Well, the year came and has gone but Mike is still doing a marathon a month. He trains with us in Nolanville but leaves for a weekend to do "just another long training run," then comes home and continues to do our training. It's always interesting to hear about a marathon that you didn't know even existed.

Both of these runners not only wished this would happen, they both went out and made it happen.

I've seen this over and over as I have gotten to know some of the members in the SouthWind Runners Club. Carla is in intense training to do her first half marathon. Heidi has become a confident couch that has been out there with Carla urging and encouraging. Erike is making it happen as she trains for her first full marathon in Houston. Even my son, Antonio, is training to run his last marathon. He's always said he would run his last marathon when I ran my last marathon. Of course, this just happens to be his first marathon too. Along with my brother, Orlando, they'll be there to make sure I finish my 20th Houston Marathon. Even Mike and Lisa will be there at my side not only during the marathon but during all the training too. Jerry and Brigette will also be there but will be slightly ahead. Scott will do the Half Marathon and will be there at the end to help with my bag. Now that's a great team!!!!

There are marathons in Waco, Dallas, San Antonio, Houston, Austin and Fort Worth this season. Get with some friends and make it happen. See you on the roads, Tony

Marathons are as unique as people

Just to check to see what Laura and Mike had been running, I looked up what they have done this year and found these jewels: University of Okoboji Marathon, Triple Crown Trail Marathon, Bataan Memorial Death March, Self-Transcendence Marathon, Gold Coast Airport Marathon, Shamrock Sportsfest Marathon, and the Cowtown Marathon. This goes along with the normal sounding marathons of Grandma's, Rock 'n' Roll (2), Green Bay, Country Music, Big-D, Georgia, Little Rock, Austin (2), another Rock 'n' Roll in Arizona, Boston, and even Houston. And this only covers the marathons between January and July 2007. Laura did mention completing marathons in Scotland, Athens and Australia during this time also. Bionic Woman?

Race Results

Hot 2 Trot 5K - Temple

Ariel Davis	35:56	2AG
Alexandria Davis	37:17	3AG
Gretel Davis	35:08	2AG
Mary Kaplan	33:29	1AG

Fila Relays (2.44 Miles Each)

Chris Dixon	17:01
Brigette Sparks	17:49
James Dixon	16:17
Jerry Sparks	17:16

National Nite Out 5K

Keith Matiskella	16:47	First Overall
Tony Alvarado	27:54	2AG
Jennifer Bearden	44:15	1AG
Josephine Bearden	28:35	3AG
Molly Byrd	26:45	3AG
Christine Dixon	21:47	1AG
James Dixon	20:23	2AG
Doug Edwards	20:33	2AG
Dana Hamilton	26:37	2AG
Barbara Johnson	28:32	1AG
Dan Kinn	20:19	1AG
Brett Lingle	33:07	
Carla Maddox	27:14	
Deborah Maisonet	29:34	
Paty Matiskella	27:56	w/Finn in a buggy
Wayne Prosser	29:39	
Ruth Prosser	29:39	
Luis Rivera	24:40	1AG
Mario Rodriguez	27:52	
Jonathan Sanders	24:10	
Virginia Sanders	22:08	1AG
Vanessa Simms	27:49	3AG
Lisa Soule	29:25	
Chad Spillman	21:13	3AG
Angie Wilson	28:35	2AG
Scott Zarley	21:31	3AG

New Members

David & Jennifer Bowen	Laura Garrett
Keith & Paty Matiskella	Karin Oaks
Daryl Williams	Derek & Jolinda Baird
Molly Byrd	
Tom Hart	Carla Maddox
Mary Raring-Hart	Barbara Johnson
	Colleen Isdale

Renewals

Toughest 10K - Lampasas

Keith Matrkella	32:57	First Overall
Lisa Soule	61:42	
Mike Digennaro	49:04	
Daniel Kinn	43:33	3AG
Chad Spillman	44:48	2AG
Scott Zarley	48:18	
Josephine Bearden	8:17	1AG Mile

Caliente 10K

Christine Dixon	44:34	First Lady
James Dixon	43:07	2AG
Wayne Prosser	67:06	
Scott Zarley	44:38	3AG
Doug Edwards	53:54	
Daryl Williams	44:53	1AG
Jerry Sparks	48:17	2AG
Peter Boulette	43:40	2AG
Mario Rodriguez	60:12	3AG
Jonathan Sanders	52:14	3AG
Luis Rivera	50:29	1AG
Ariel Davis	77:20	1AG
Vanessa Simms	56:42	
Brigette Sparks	48:25	1AG
Molly Byrd	55:44	2AG
Dana Hamilton	55:45	3AG
Barbara Johnson	54:57	1AG
Laura Garrett	66:53	3AG
Virginia Sanders	44:51	1AG
Gretel Davis	75:45	1AG

August Birthdays

Erike Willes	2
Brooke Haley	9
Paul Gilliland	12
Warren Sutherland	23
Brigette Sparks	25
Luis Rivera	26
Lisa Soule	28
Alan Ward	29
Erikke Woods	30
September Birthdays	
Ariel Davis	10
Mary Raring Hart	30

October Birthdays

Tony Alvarado	2
Michael McCuskey	2
Ruth Prosser	4
Brett Lingle	6
Andrea Maddox	10
Jerry Sparks	10
Heidi Heckel	16
Kari Maschhoff	17
Daryl Williams	19
Tamika Johnson	20
Paty Matiskella	30

South Wind Runners Club

9-3-07

Date	Race	Distance	Place
9-15	Founder's Day	5K/10K	McGregor RunTex
9-22	Eagle Run	5K	Rogers RunTex
9-29 C7	Gallop or Trot	5K	Copperas Cove KP&R
9-29	5 Kay	5K	Rockdale RunTex
9-30	Silicon Lab Marathon Relay	26.2 Relay	Austin
10-7	Cedar Perk 5 Miler	5 M	Cedar Park RunTex
10-12	LIVESTRONG Challenge	5K or Bike ride	Austin RunTex
10-13	HEB Hairy Man	5K	Cedar Park RunTex
10-20	Fall Fling	5K	Austin RunTex
10-21 D1	IBM Uptown Classic	10K	Austin RunTex
10-27 C8	Monster Dash	5K	Harker Heights P&R
10-28	Miracle Match Marathon	13.1/26.2/Relay	Waco RunTex
11-3	Jameson 5K	5K	www.Jameson5K.org
11-4	DRC Half Marathon	13.1	Dallas RunTex
11-10	Marine Corps Leatherneck	5K	Waco WS
11-11	San Antonio Marathon	13.1/26.2	San Antonio IRT
11-11 D2	Run for the Water	10M	Austin RunTex
11-17 C9	Turkey Trot	5K	Killeen P&R
11-17	Turkey Trot	5K	Waco WS
12-1 C10	Jingle Bell Dash	5K	Killeen P&R
12-2 D3	Decker Challenge	20K	Decker Lake Austin RunTex
12-9	White Rock Marathon	26.2	Dallas RW
1-1-2008	Texas Marathon	26.2	Kingwood, TX
1-5? D4	ARA 20 Miler	20M	San Marcos RunTex
1-13	Houston Marathon	5K/13.1/26.2	Houston IRT
1-27 D5	3M	13.1	Austin RunTex
2-17 D6	Austin Marathon	26.2	Austin
2-23	Cowtown Marathon	26.2	Ft. Worth

Bold = All of these have Half Marathons which attract many of the SWRC members

C = CenTex Race Series (Killeen and Harker Heights Parks and Recreation)

D = Distance Challenge (RunTex)



These are just some of the club members at the National Nite Out 5K in Harker Heights. Notice all the blue (yes, they're blue) plaques which were only the first and second age group awards.

Need a Running Buddy?

SouthWind Runners Club has many runners training for a half or full
Marathon

Tuesdays: We are currently meeting at the Harker Heights High School track at 6:30 p.m. At the end of Daylight Saving Time, we will meet at Carl Levin Park in Harker Heights at 6:00 p.m. The track workout is not always about intervals. Many of us just jog while others do intervals between 100m to a mile.

Saturday and/or Sunday long runs: We meet at the Shell Station in Nolanville on Saturdays at 6:30 a.m. This is usually a long run for those training for a fall half or full marathon. This week we will be doing between 8-12 miles depending on who you want to follow (or lead). On Sundays, we run at 7:00 a.m. and do less than a long run (4-8 miles) unless Saturday gets rained out or there is a race. Most of the runs are out and back so you can always start with a group and turn for home when the urges hits you.

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ADDRESS CORRECTION REQUESTED

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