

Austin Marathon

Charlie Ozuna

The Austin Marathon was my 3rd Marathon this season, not including Sunmart. I did run Austin last year with heel problems and a time of 4:29:24. This year my heel problems were better, but I started having problems with shin splints. My shin splints have improved tremendously since I have been wearing Kinesio tape. I'm sure some of you have seen Rich and me wearing what everyone calls "that Black tape". Well this year I ran a 4:11:56. Not just better than last years Marathon, but better than my first which was 5:05:11, and since then everyone has been better. Austin is a great marathon even though it has all those hills. They also have better music and much better crowd support than San Antonio's Rock and Roll. It sure was nice to see Henri and Gloria right before the finish and Sid, Ronnie, and David at the finish. Austin is also a great training run for anyone running the Prickly Pear, which I will be running on March the 7th.

Houston Marathon

Mike Rivera

Well this year I finally became an official veteran of the Houston marathon. 10 or more Houston marathons & you are classified as a veteran. I submitted my application & received an email from Jack Lippincott from the veteran group that all my times have been verified & welcoming me to the club. Hopefully I will get to order a veteran shirt soon. Anything for a shirt!! The race started off good , I figured at my fitness level this year I could hang between 3:45 & 3:50. Everything was great all the way till mile 23 when it felt like someone stabbed both my calves with a hot knife. Ouch!!! I was stopped in my tracks and had to resort to a mix of running & walking all the way in. Oh well all was good & finished with a 3:59, I'll take it!!!! Congrats to my awesome wife-Rachel who despite a severe hamstring injury leading up the race managed to complete the half-marathon in her trail shoes as she forgot her running shoes. Tough!!!! Also congrats to my high school friend Terry for A PR on the half-marathon!! Thanks also to Randy & Frank for the company all the way up till mile 20. Sorry I fell off! Congrats to all & it was great seeing all the Corpus Christi runners out there.

Rich Martucci

I know by now that you shouldn't have to ask
I just should have got right down to the task

But it wasn't close to a spectacular achievement
But enough time has been allowed for bereavement

I knew from the start that I couldn't run with Ronnie
There was this feeling in my heel and it wasn't funny

So I decided to make sure I would get to the finish
And insure what little fitness I had wouldn't diminish

So I decided to run a very slow and easy race
And to try to keep up with a very even pace

Taking walk breaks at every water station
Doing the best that I could to avoid the temptation

Of going out to fast and taking a big chance

Of around mile 20 doing the suicide dance

The best part of the day was seeing my friends
And passing about 300 runners at the end

The Houston marathon is always a great event
And definitely worth every dime and minute spent

In training, travel and hotel accommodations
If you haven't yet done it put aside the hesitations

Steve McNeil

I appreciate the opportunity to help my fellow runners achieve their goals.

Bob Williams and I led the 4:45 group this year. The wave start allowed us to be only 40 seconds off pace at mile as compared to last year's 2:00 deficit. We skipped the first water stop and were able to "get" on pace by mile 3 - 4. We slowly built a 1:30 - 1:40 minute buffer by mile 8. Our strategy was to walk about a minute at every water stop. Unfortunately, Bob had some leg (see chronic fatigue) issues and fell off pace around this point of the race and was never able to catch back up to the group. We ran the next 14 miles at a flat pace varying by only seconds per mile arriving at mile 22 with a 1:20 buffer. I would guess that there were 30+ in our group at this point. I rewarded the group with additional walks at the Allen Parkway underpasses. The group somewhat disintegrated at this point. A few runners were able to surge ahead knowing they were in the last miles. The majority fell off pace but not by much. I had one gentleman run the entire race side-by-side with me. He was able to shave 15 minutes off last year's time. We crossed the finish line at 4:44:46 (14 seconds under the Goal Time). The 4:45 "Bus" came in on time as promised.

It is a great feeling to walk around in the post race recovery area and have several people come up to me and tell me how much the pace group(s) helped them attain their respective time goal / finish. Now that my one day adulation and worship as passed, I look forward to pacing again next year.

I noticed this year that I wasn't as aware of in the past, another service we provide to the spectators. They were able to see the pace/time as we passed to know when to look for their runners.

New Orleans Marathon

Don Winkley

I went to New Orleans Marathon with my old traveling and training partner Gabe Lucido. It was great fun. I ran into Tamay in the French Quarter at lunch time and she shared a real hamburger with me. I haven't eaten a real hamburger in years. Always 94/6. That evening Tamay meet Gabe, Efram and I for dinner before the race at a really good inexpensive pizza place in the French Quarter. Eating like a hog - I gained everything back I lost in 3 weeks in the 4 day road trip.

Tamay outran me to the half marathon point, we both arrived at the half in about 2:01. Tamay had problems so slowed considerably just after I passed. I finished 4:01:15 so the sub 4 hr still eludes me this year. Tamay 4:12:40

Gabe was really disappointed running a 2:40:10. He was wanting a 2:35. You should have seen the expression on Gabe's face at about 18 miles. The expression of real pain. Gabe was 4th overall and 1st age. I outlived them - 1st age also, think I would have been first in 65-69 but a ringer in 60-64 outran me.

Gabe's friend and training partner in San Antonio ran 1:16 for the 1st half and died 2:57:47 at the finish.

The friends name is Efran Velazquez. Efran was a really good traveling companion so the ancient sage and the two young bucks - we were awesome - just ask us! Efran wants a 5k or 10k road trip - lost a toe nail in the marathon - redemption at a shorter distance. He has some real speed - fun to follow his and Gabe's racing.

PS Gabe won the 5k the first year we went to New Orleans, the half marathon the second year and the full marathon the 3rd year. I am talking overall, overall, overall.

This was my 5th New Orleans Marathon. I defended at least one prior age group victory. Can't wait for next year, Gabe and Efran will perhaps use my 3 mile repeats training program and Why not myself? We will HAMMER.

Other Runs

Dup and I went to **Port Isabel** two weeks ago and I ran the Longest Causeway 10K, in 61:18, and was first in my age group.

Yesterday, I ran the **3M Half Marathon** in Austin in 2:13:10 and was first in my age group. There were 18 runners from CC in the results from Austin! You would probably recognize the names, but I didn't know any of them. Both of these races were really nice events—good organization, nice awards and great post-race parties! I would recommend them both.

Kay

Bandera Trail Report

Tom Wolter

The Bandera 25K/50K/100K were January 10th. A cold and strong northern blew in at 3:00 am dropping the temperature to the low 40's at race start. The course for the 25K and 50K were single loops with the 100K at 2 loops. Race director Joe Prusaitus designed this course so that each runner experienced the full spectrum of steep climbs, descents, and rocks that The Hill Country State Natural Area offers. Often my eyes involuntarily left the rocky path to gaze at the panorama of primitive beauty.

This race has grown since I first ran the 25K in 2006. There were excellent fuel stops every 5 to 5.5 miles and enthusiastic workers as well. Drop bags were delivered for the 50 and 100K runners at 7:00 am. I ran the 50K and hit the halfway point at 2:34hrs. My wife ,Carrie, met me at the 15.5m and 20.5 m stations. The relentless terrain slowly decimated my legs and I finished in 5:56 (26/125). A big breakfast and lemon pie at the OST café in Bandera eased the discomfort.

Other Corpus Christi runners who made a great showing in the 25K: Ed Montgomery (2:19), Jesse De Hoyos (3:20), Christina Cruz (3:21), and Donna Lawson(3:29). The 25K had 241 runners and the 100K had 135

Edinburg 10k All American City Run Feb. 7. 2007

Don Winkley

Combining a 2k walk with a 10k run - it is the race we could only wish was more than just once per year. The 27th annual didn't disappoint. Finishers 1,448 in the 10 k with 6000 in the combined races including the 2 mile walk. From 3 years of age to over 80 they came from out of the woodwork to participate or duke it out real time.

Prize money 25 deep in both male and female divisions, well you never saw so many Kenyans except in Eastern Africa. John and Julie McAllister, Jesse Real, Anita Perez and I along with several others from Corpus Christi attended. A small contingent but as age competitors - well we represented Corpus well.

The race started 10:30 with a really strong wind, into your face in several of the really long straight segments. Our estimate is that without the wind times might have been 2 min faster. Winning time 29:12 by a skinny Kenyan - actually the first 25 were basically all Kenyans. Making a rare sight in 4th overall was a white guy - Andrew Lemoncello an English steeple chaser running 29:23. I attempted to count the white guys at an out and back, our John McAllister was 4th white guy by my count. John 39:34 or 6:22 pace for 1st Senior Master worth \$100. He spent his fortune on a birthday dinner for his daughter that evening.

Prior to race start I talked with several 65-69 friends from the valley that I have raced over the years. One reminded me of a time I passed him at 4 miles into this race. I have aged up so I didn't have to race the young guys 65-69 and won the 70-74 age group 50:55. I would have been 3rd in the 65-69 age. Jesse Real won 75-79 with a time of 1:02:23 while a 80+ guy ran 52:42 perhaps the best age graded time of our bunch.

On the girls side, Julie McAllister ran 54:27 a 10k PR and good for 6th in the age. Anita Perez - really looking good and racing well 40:08. Anita ran 1:21:06 San Antonio Rock and Roll half marathon. Liza Galvan 36:30 5:53 pace.

Others you might know Rafael Martinez 40:57 2nd 50-54 and Gilbert Perez 48:35. An really old friend once on my Beach to Bay team Jesus Escobar 1:03. He was always much faster than I but one victory for Don. How many times he beat me - I don't have enough fingers and toes.

That's a wrap. Into the scrapbook Next year your name can enter my scrapbook!