

## RUNNING SHORTS

### **SHSU grad student wins Top Female at the Surfside**

By Katy Lampson

On the morning of February 9<sup>th</sup> a little over 500 runners gathered on the beach at Surfside, Texas to run what is deemed a very unique race, in that it is the only marathon in the U.S. that is run entirely on sand. The Surfside Beach Marathon is a very different experience for most road runners, who are not accustomed to the terrain or volatile coastal weather conditions, which are subject to change every minute.

Adrienne Langelier, a Huntsville resident and SHSU graduate student, and 7 Hills Running Club member, made the trek down to Surfside to run her debut marathon with the hopes she would finish in under four hours. Not only did Langelier meet her goal with a time of 3:36:01, she placed first among all female participants, and earned a time that puts her second on the list for the fastest female in the history of the race. About midway through the race, a thick fog rolled in and hovered over the course. Langelier described it as very strange, as if she was running all by herself. Unable to see any of the other runners, she relied on spectators to let her know how she was doing, and their affirmation that she was in first helped to keep her motivated.

Langelier, a recent Texas A&M graduate, is in the process of earning her master's degree from Sam Houston State in clinical psychology. Langelier has said that she thinks running and academics help create a balance in her life; they both require a great degree of tenacity and consistency, and both provide their own challenges. She also attributes much of her success at Surfside with all the training hours she put in on the trails at Huntsville State Park, which can be very challenging with all of their obstacles and hills.

Although Langelier believed the race to be very tough, she looks forward to running another marathon soon. She has been running consistently for about five years, but just recently took her running to the next level and began entering in races. Last October Langelier also placed first among females in the Huntsville Half Marathon with a time of 1:36:20.

At the age of 25, this young runner has a promising future ahead of her, and it is certain that she will become a fixture and force to be reckoned with in the local running community.

Congratulations to all of our local runners who completed the Surfside Beach Marathon and Half Marathon. Results for these events are as follows:

#### Marathon:

|                        |  |
|------------------------|--|
| Adrienne Langelier, 25 | 3:36:01 (1st female) - first marathon. |
| Christopher Wilson, 58 | 4:45:20                                |
| Ken Johnson, 66        | 6:05:35                                |

#### Half Marathon:

|                  |         |
|------------------|---------|
| John Cook, 52    | 2:20:27 |
| Katy Lampson, 32 | 2:28:29 |
| Tim Cade, 31     | 2:30:31 |
| Robert Cade, 34  | 2:49:09 |

Other races completed recently by local area runners were the Austin Marathon and Half Marathon. Results for these events are as follows:

Marathon:

Katy Lampson, 32                      5:04:18

Half Marathon:

Magan Langley, 23                      2:05:21

Nathan Winkelmann, 25                      2:05:22

Breanna Frost, 23                      2:42:49

Meagan Parker, 19                      3:29:03

Keelie Hughes, 23                      3:29:04

**Upcoming races**

Ramp Romp (5K), College Station, Feb. 23

Sweetheart 5K, Huntsville, Feb. 24

For details and other races, go to the Seven Hills Running Club web site at <http://www.7hills.us>.

Click on Race Schedule.

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