

## RUNNING SHORTS

### **Rocky Raccoon Trail Run packs Huntsville State Park**

By Ken Johnson

One of the challenges that runners face is getting beyond a distance comfort zone. We get accustomed to a certain distance and it's difficult (mostly mental) to run farther. Huntsville State Park was packed with runners who met the challenge this past weekend. Runners from 36 states and 5 countries participated in the 16<sup>th</sup> Annual Rocky Raccoon 100-mile and 50-mile Trail Run. There is no doubt that every one of them will tell you that when they started running they could never have imagined running those distances. You just have to take it one step at a time, but keep challenging yourself.

The Rocky Raccoon Trail Run is managed by Joe and Joyce Prusaitis of Austin. The 100-mile race had 281 registered runners, with 252 starters and 168 finishers. The 50-mile race had 182 registered runners, with 159 starters and 142 finishers.

Congratulations to the two Huntsville runners running the 50-mile race. Phillip Clark, 44, finished in 11:25:15 and Curtis Barton, 28, finished in 11:32:10. Clark and Barton had previously completed 50K (31 miles) races, but the 50-mile distance was a new distance for both.

The 100-mile race started at 6 a.m. on Saturday and was officially over 30 hours later at noon on Sunday. The male winner of the 100-mile race was three-time winner, Jorge Pacheco, 40, of Los Angeles, with a time of 14:12:20. The first female finisher was Jen Davis, 37, of Princeton, New Jersey. Her time was 20:01:59.

The male winner in the 50-mile race was Ted Archer, 30, of San Jose, California. His time was 6:38:01. The female winner was Meredith Terranova, 33, of Austin with a time of 8:21:49.

In case you might not be familiar with long distance trail running, there are aid stations set up along the trail every few miles. Runners can stop and fill up their fluid bottles and grab food items off the table. Typical food items include small sandwiches, cookies, chips, candy, boiled potatoes and hot soup. Yes, the runners run through the night. They wear headlamps and carry flashlights. The challenge is staying on the trail and avoid tripping on roots and other trail hazards. In the 100-mile event, many will be running all day Saturday and Saturday night and finish on Sunday morning. An additional challenge for many is just staying awake.

Huntsville's Seven Hills Running Club operated one of the aid stations for 30 hours at this year's Rocky Raccoon. Thanks to the following volunteers who worked at the aid station in support of the runners: Jan Parks, Ben Johnson, Ron and Mary Ann Davis, Niki and Nick Bellnoski, Colleen Spencer, Megan Williams, Chris Kunkel, Glen Carter, J. C. Guzman, Robert Duncan, Don Ortloff, Norman Langwell, Jr., Dene Swearingen and Ken and Marilyn Johnson.

#### **Other race results:**

Bridge Fest 5K, Kingwood, Feb. 2

Robert Duncan, 47 18:51 (3<sup>rd</sup> in age group)

3M Half Marathon (13.1 miles), Austin, Jan. 27

Celeste Harris, 34 2:03:48

Trey Harris, 37	2:01:37
Alfonso Lopez, 25	1:52:02
Nicole Zersen, 22	2:49:19

Frost Your Fanny, Huntsville, Jan. 26

10K (6.2 miles)

John Slate, 52	47:00
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Norman Langwell, Jr., 37	47:47
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Don Ortloff, 62	90:08
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5K

Shane Ice, 26	20:26
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Lavonne Zaiontz, 40	32:52
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Ken Johnson, 66	34:50
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Deanna Langwell, 12	45:05
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Freddie Langwell, 7	45:05
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Milli Langwell, 34	45:32
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Kathy Byrn, 59	46:09
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Janice Lewis, 50	46:09
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Mardi Gras Beach Run, 5K, Galveston, Jan. 26

Mallory Harris, 20	35:07
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**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.