

RUNNING SHORTS

Winning consistently paving way for bright future

By Ken Johnson



Despite being relatively new to road racing, Adrienne Langelier is already making a name for herself. Langelier has taken first place in the women's division in four races in the past seven months. But even with the success, Langelier looks to continually improve on her times and as a runner.

Relatively new to road racing, Huntsville's Adrienne Langelier is making a name for herself. It all started with the Huntsville Half Marathon (13.1 miles) last October. She became the first female runner from Huntsville to win the female division since back in the 1980's. She beat out the pre-race favorite, Lisa Tilton-McCarthy of Houston, with a time of 1:36:20. Tilton-McCarthy was second with a time of 1:38:41.

Langelier, 25, whose hometown is Sugar Land, is a Psychology graduate student at Sam Houston State University. She has been running for several years for fitness and enjoyment. At the same time, she admits to being very competitive by nature, so running and racing is a good outlet for her. With her busy school and work schedule, running, as she puts it, is the "perfect escape hatch."

Langelier's second big race win was the Surfside Beach Marathon (26.2 miles) at Surfside Beach, Texas last February. She was the overall female winner with a time of 3:36:01. It was not only Langelier's first race on the beach, it was her first marathon. In fact, the Surfside Beach Marathon is the only marathon in the United States run entirely on the beach.

Last April, she competed in her first trail race, the Hog's Hunt 25K (15.5 miles) at the Huntsville State Park. Again, she was the first place female winner, with a time of 1:57:36. With this win, she became the first local runner ever to win a trail race at the Huntsville State Park.

Her next race was the Run the Woodlands 5K (3.1 miles) in The Woodlands on June 14. She won the female division with a time of 19:17. Later in June, she competed

in the Polish Pickle 5K in Bremond, Texas and ran a personal best of 18:56. This placed her third among females in this large and very competitive race.

Langelier's most recent win was the Benezzy Purple Monkey 10K (6.2 miles) in Alvin on August 30. She was the overall female winner, with a time of 40:49.

She is a member of the Seven Hills Running Club in Huntsville and The Woodlands Running Club and does most of her training runs early in the morning on the streets of Huntsville. One of her running goals is to improve her marathon time and get under three hours. She wants to continue racing and competing in and winning larger races. Ultimately, she wants to run the Boston Marathon, a goal shared by many other runners.

Langelier's future race schedule includes the Huntsville Half Marathon on October 11, the HMSA Classical 25K (15.5 miles) in Houston on November 9, the Lake Williams Ranch 30K (18.6 miles) on December 14 and the Houston Marathon on January 18.

There is no doubt that Adrienne Langelier is hooked on the sport of running and racing. She has a bright future in the sport.