

RUNNING SHORTS

A hundred marathons and counting for Sam Houston professor

By Ken Johnson

Congratulations to Dr. John Slate for completing his 100th race of a marathon (26.2 miles) or longer distance. He reached this milestone at the Miracle Match Marathon in Waco on Jan. 27.

Slate's impressive list of 100 includes 16 races longer than a marathon, the longest being a 100-miler. Only about 1 percent of all runners ever complete a marathon, so completing 100 is a remarkable achievement.

Slate, 57, is a professor at Sam Houston State University, a resident of The Woodlands and a member of the Seven Hills Running Club in Huntsville. He ran his first marathon at age 42.

His next long race will be the Piney Woods 50K (31 miles) Trail Run this Saturday in Houston.

Recent race results:

Sunday Night 5K (3.1 miles), The Woodlands, Feb. 3

Ken Johnson, 71 35:51

River Road Half Marathon (13.1 miles), New Branfels, Feb. 2

Ken Johnson, 71 2:48:04 (1st in age group)

Bridgefest 5K, Kingwood, Feb. 2

Donna Fabian, 38 26:19

Miracle Match Marathon (26.2 miles), Waco, Jan. 27

John Slate, 57 5:18:50

Ken Johnson, 71 6:26:59 (2nd in age group)

Keep on Truckin' Trail Marathon, Brazos Bend State Park, Jan. 27

Jacob Gautreaux, 40 3:33:11

Frost Your Fanny Run, Huntsville, Jan. 26

10K (6.2 miles)

Steve Bickford, 52 49:20

Alvin Ingalla, 36 53:55

Bonnie Ollenburg, 47 55:42

Steve Allen, 40 58:09

Kim Johnson, 39 58:23

5K

Jose Torres, 19 20:24

J. C. Guzman, 41 20:50

Henrru Guzman, 33	22:16
Emily Villines, 16	23:37
Casey McDonald, 24	23:37
Zackary Toney, 20	24:55
Haley Tabor, 17	27:50
Donna Fabian, 38	28:07
Bat-Erdene Myagmarjav, 23	28:22
Chris Basa, 20	30:13
Glen Carter, 62	30:42
Elena Rodriquez, 43	31:31
Julius Fernandez, 33	32:38
Chelsey Marks, 21	33:57
Skipper Nethery, 63	33:57
Sarah McNeel, 24	35:17
Karen Moran, 42	35:32
Chivas Barroga, 35	35:45
Elizabeth Keith, 38	36:02
Ken Johnson, 71	37:08
De Los Reyes Raul, 36	37:59
Cameron Smith, 8	40:41
Candace Smith, 8	40:41
Stacy Smith, 40	40:41
Rose Barroga, 33	40:55
Esther Herklotz, 50	40:55
Noelle Howell, 36	41:22
Jeannine Perry, 56	42:28
Claire Willson, 60	42:36
Kaycee Hendrix, 23	42:59
Kirby Mackey, 22	42:59
True Cousins, 79	44:37
Cathy Bickford, 51	47:31
Mary Meaux, 38	51:39
Marsie Grant, 50	60:29
Marilynn Johnson, 67	60:29
Lantz Gilbert, 8	Time not recorded

1-Mile

Mandie Villines, 14	7:38
Andrew Fabian, 8	9:58
Maya Ocampo-Ingalla, 34	20:17
Athan John Ingalla, 3	20:17
Charie Devos Reyes, 32	20:32
Andrus Devos Reyes, 2	20:32

Louisiana Marathon, Baton Rouge, Jan. 20

Ken Johnson, 71	6:08:46
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Run for the Governors, Point Blank, Jan. 20

5K

Jacob Gautreaux, 40	18:14
Emmanuel Larius, 14	18:52
Jose Torres, 19	19:18
Patrick Justice, 14	20:15
Emily Villines, 16	23:30
Dana Carlton, 11	24:30
Jose Moreno, 51	24:38
Mandie Villines, 14	24:53
Steve Allen, 40	25:07
Branden Justice, 13	26:29
Glenn Green, 50	26:37
JC Guzman, 41	26:37
Steve Bickford, 52	26:38
Donna Fabian, 38	27:14
Leah Koester, 47	27:25
Haley Tabor, 17	27:38
Clayton Heald, 42	28:29
Jon Walk, 46	28:49
Jan Parks, 56	29:05
Glen Carter, 62	30:01
Megan Gautreaux, 14	30:50
Chris Basa, 20	32:16
Melanie Justice, 44	32:47
Jenni Copeland, 31	32:52
Tesa Moore, 33	33:02
Laura Green, 46	33:10
Stacey Smith, 39	33:33
Skipper Nethery, 63	34:30
Elisha Nunley, 34	38:43
Tiffany Whitley, 23	39:08
Meghan West, 25	39:14
Julie Johnson, 11	40:23
Monty Perry, 53	44:10
Brian Belanger, 52	44:30
Chad Belanger, 15	44:30
Jeannine Perry, 56	46:02
Joan Pickering, 54	61:38
Charmaine Torres, 27	61:40

1-Mile

Scott Lennard, 16	6:12
Michael Lennard, 11	7:04
Adam Lennard, 13	8:24
Brian Lennard, 13	8:25
Diedre Ware, 29	9:43

Doug Ware, 31	9:43
Crissy Welsh, 35	9:52
Kate Lennard, 45	14:15
Alex Lennard	14:15
Lee Lennard, 47	14:15
Mo Morse, 73	19:53
Stacey McIntosh, 44	20:42
Kitra Ruiz, 62	20:45

Disney World Marathon, Orlando, Jan. 13

Mark Robinson, 68 5:55:35

Disney World Half Marathon, Orlando, Jan. 12

Mark Robinson, 68 2:42:30

Upcoming races in Huntsville:

Feb. 9 – Love.Run.Marathon, Half Marathon & 10K Trail Runs, Huntsville State Park

Feb. 16 – Sweethearts 5K, Bowers Stadium Parking Lot

Feb. 24 - Sweetheart 5K & 1-Mile Run/Walk, Health & Kinesiology Center, SHSU

Mar. 2 – CASA 5K, Bowers Stadium Parking Lot

For more information about these races and others in the area, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.