

## RUNNING SHORTS

### **Gautreaux completes 100-mile race**

By Ken Johnson



Last Saturday, Huntsville runner, Jacob Gautreaux completed his first 100-mile race. Gautreaux ran the Brazos Bend 100 Trail Run at Brazos Bend State Park in Needville. With his finish, Gautreaux joins a very elite group of runners who have conquered that distance.

Huntsville runner, Jacob Gautreaux, 42, completed his first 100-mile race on Saturday. Gautreaux ran the Brazos Bend 100 Trail Run at Brazos Bend State Park in Needville. With his finish, Gautreaux joins a very elite group of runners who have conquered that distance.

He finished in 19 hours, 44 minutes and 58 seconds, placing him 10<sup>th</sup> of 69 runners who completed the course under the 30-hour time limit.

The course was four loops on a 25-mile course through the park. About 6 miles of the course was muddy.

Gautreaux is a Houston Fire Captain and has previously completed 21 other races of a marathon (26.2 miles) or longer. He said that he has been thinking about completing a 100-mile race for three years.

Gautreaux reports that the first 50 miles was relatively easy on Saturday, but then it got tough, especially the last 25-mile loop late at night. He said that there was no way he could have completed the race without his support crew, his wife, Lisa, and two other runners, Jason Wallace and Becca Houts, who each ran with him for 25 miles.

When asked about his future running plans, he said that for right now, he doesn't want to think about running, but then admits to wanting to complete the Western States 100 in California. It is the granddaddy of all 100-mile races in the world.

Merry Christmas to all. No need to run 100 miles, but get out and run.

**Recent race results:**

**Dallas Half Marathon, Dec. 14**

Patrick Ray, 25	1:43:06
Rebekah Ray, 23	2:13:36
Katy Lampson, 39	2:46:16
Candace Prater, 47	2:46:17

**BCS Half Marathon, College Station, Dec. 14**

**Marathon (26.2 miles)**

Kristen Hooten	5:00:33
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**Half Marathon**

Alvin Ingalla, 38	2:04:44
Dana Formon, 26	2:06:24
Kathy Markham	2:25:02
Julie Simmons	2:28:25
Jill Blake, 35	2:28:26
Karly Sanders	2:30:56
Marvin Dunbar, 47	2:32:06
Christopher Shank, 31	2:36:55
Angela Lyons	2:37:56
Ray Sarno, 67	2:38:52
Linda Edgington	2:39:25
Misty Lampson	2:40:59
Dee Dee Dretke, 54	2:51:23
Ken Johnson, 73	3:02:29
Theresa Grivich	3:08:46
Carol Hyman, 54	3:08:50

**Marathon Relay Team**

Happy Pacers	4:27:44
Kristy Vienne, 37	
Keith Ahee, 26	
Christine Gann	
Justin Allmand	

**Brazos Bend 100-Miler, Brazos Bend State Park, Dec. 13**

Jacob Gautreaux, 42	19:44:58
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**Jingle Bell Run, Livingston, Dec. 13**

**5K**

Donna Fabian, 40	23:48
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Jan Parks, 58 30:03  
Ken Johnson, 73 35:42

**1-Mile**

Jadyn Justice 8:53  
Melanie Justice 8:54

**Reindeer Run, 3.3 miles, Lufkin, Dec. 13**

Ken Johnson, 73 39:08

**Sunday Night 5K, The Woodlands, Dec. 7**

Ken Johnson, 73 38:00

**Texas 10 Series Conroe, Dec. 7**

**10 Miles**

J. C. Guzman, 42 1:11:36  
Jose Torres, 21 1:13:16  
Steven Wright, 33 1:17:35  
Steve Allen, 42 1:20:34  
Steve Bickford, 53 1:23:23  
Jose Moreno, 53 1:24:16  
Dana Formon, 26 1:39:35  
Jan Parks, 58 1:52:21  
Christopher Shank, 31 1:54:17  
Ken Johnson, 73 2:09:47

**5 Miles**

Dan Byrne, 56 31:46  
Darren Grant, 50 41:20

**Rock 'n' Roll Marathon, San Antonio, Dec. 7**

**Marathon**

Sarah Pena, 22 4:13:07  
Will Oliver, 47 4:38:19  
Amy Moyer, 23 6:02:16  
Ashley Bible, 24 6:02:16

**Half Marathon**

Jenna Tomei, 28 2:11:44  
Tracy Schaub, 42 2:15:18  
Carla Munoz, 34 2:17:27  
Ray Sarno, 67 2:59:50  
Heidi Schneider, 59 3:31:46

**City of Lights 5K, Natchitoches, LA, Dec. 6**

Kristy Vienne 26:24

**Upcoming races in Huntsville:**

January 1 – New Years Resolution Run, 10K, 5K, 1-Mile, Physical Therapy Associates

January 31 – Rocky Raccoon 100-Mile Trail Run, Huntsville State Park  
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.