

SEABROOK TEXAS  MARCH 16-18 2018



2018 **RUNNER'S GUIDE**



## PACKET PICK-UP

### Packet Pick-Up Schedule

Be prepared to give volunteers **THE EXACT NAME YOU REGISTERED UNDER**, not your bib name, nickname, maiden or married name if you did not use it to register.

#### Wednesday, March 14

**11 PM-6 PM**

Speedy's Fast Track  
11440 Hempstead Rd.  
Houston, TX 77092  
713-957-8803

#### Thursday, March 15

**10 AM-6 PM**

On the Run Clear Lake  
2427 Bay Area Blvd  
Houston, TX 77058  
281-480-5388

#### Friday, March 16

**10 AM-2 PM**

On the Run Clear Lake  
2427 Bay Area Blvd  
Houston, TX 77058  
281-480-5388

**5 PM-6:30 PM**

Rex Meador Park (race site)  
2100 Meyer Rd  
Seabrook TX 77586

#### Race Day Packet Pick-Up

Rex Meador Park (race site)

#### Saturday, March 17

**5:30 AM-11:30 AM**

#### Sunday, March 18 6 AM

If you are picking up your packet for **THAT DAY**, please arrive early!



#### RELAY TEAM PACKET PICK-UP

Relay team packets are listed under the relay team name. Only one member from the relay team need to pick up the packet for the entire team (no individual relay packet pickup)

#### GROUP PACKET PICK-UP FORM

If you are picking up packets for a group of 4 or more people, you can submit the names of those you are picking up for and we will try to prepare the bundle in advance. Be sure and let us know what **DAY** and **TIME** of scheduled packet pick-up you will be coming by.

The deadline to submit your request for group packet pick-up is Tuesday, March 14th at 5pm, no matter what day you plan to pick up. If you miss the deadline you can still pick up multiple packets, we just won't have time to gather them for you in advance.

For the group form, please **CLICK HERE**.

#### RACE DAY PACKET PICK-UP

PLEASE NOTE that the time before the race is hectic and we have only so many volunteers to help. If you wait until race day to pick up your packet, contents are not guaranteed. Arrive early enough before the race to check your bag and to attach your bib. Picking up your packet during scheduled packet pick-up times in advance is **ALWAYS** preferable, both for you, and for everyone on race morning.





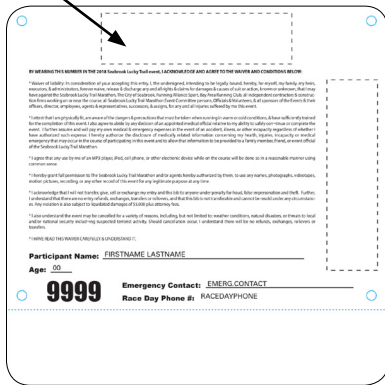
# RACE TIMING

## Timing Chip

Your timing chip is already attached the back of your race bib. Please use the pins provided in your packet to secure your bib to the **FRONT** of your shirt.

The timing chip is disposable and does not need to be removed or returned to us after the race.

A timing chip already attached to the back of a race bib.



## NO BIB, NO TIME!

Do not forget to bring your race bib. You will need to wear it to receive an official finish time when you cross the finish line. If you lose or forget your bib on race day there is a \$10 replacement fee.

Front of bib.



Show us your race bib for...

# 20% Off

New Balance  
 Footwear & Apparel  
 at **On The Run**



2427 Bay Area Blvd  
 OnTheRunTX.com 281.480.5388

Bring your bib to...  
**Speedy's Fast Track**



**HoustonFastTrack.com**

**\$30** in **FREE** Go-Kart Rides,  
 Laser Tag &/or Mini Golf  
 at Speedy's Fast Track

**Family Entertainment Center** **11440 Hempstead Road**  
**713-957-8803** **Houston, Tx 77092**

Valid through December 31, 2017.



THE RACE

## SCHEDULE OF EVENTS MARCH 16-18, 2018

### Friday, March 16

- 5:00 PM** Packet pick-up opens
- 5:30 PM** Kids 1K
- 5:45 PM** 5K\*

### Saturday, March 17

- 5:30 AM** Packet pick-up opens
- 6:00 AM** Early Marathon Walkers ONLY
- 7:15 AM** Marathon,  $\frac{3}{4}$  Marathon and Relay
- 7:30 AM** Half Marathon
- 7:45 AM** 5K\*
- 2:00 PM** Course closes


### Sunday, March 18

- 6:00 AM** Packet pick-up opens
- 7:15 AM** Half Marathon,  $\frac{1}{4}$  Marathon and Relay
- 11:30 AM** Course closes

\* Time limit 1 hour 15 minutes  
(Friday 5K: Sunset is around 7:30 PM. Bring lights if necessary.)

**BETTER RATES,  
LOWER FEES,  
MEMBER  
OWNED.**

**JSC**  
FEDERAL CREDIT UNION

 We do business in accordance with Federal Fair Lending Laws

 Federally Insured by the NCUA





### Race Location and Post Race Party

## Rex Meador Park

2100 Meyer Rd  
Seabrook TX 77586

### Parking Information

*Because parking is very limited, carpooling is highly encouraged.*

#### Arrival Time and Parking:

Please allow yourself ample time to find a parking space and get to the race start area.

Roads on the race course will be CLOSED by 6:45 am.

Follow the signs and direction from parking assistants.

PLEASE do not block any driveways and be courteous to the residents of the area.

### Race Parking Locations

#### Seabrook Intermediate School

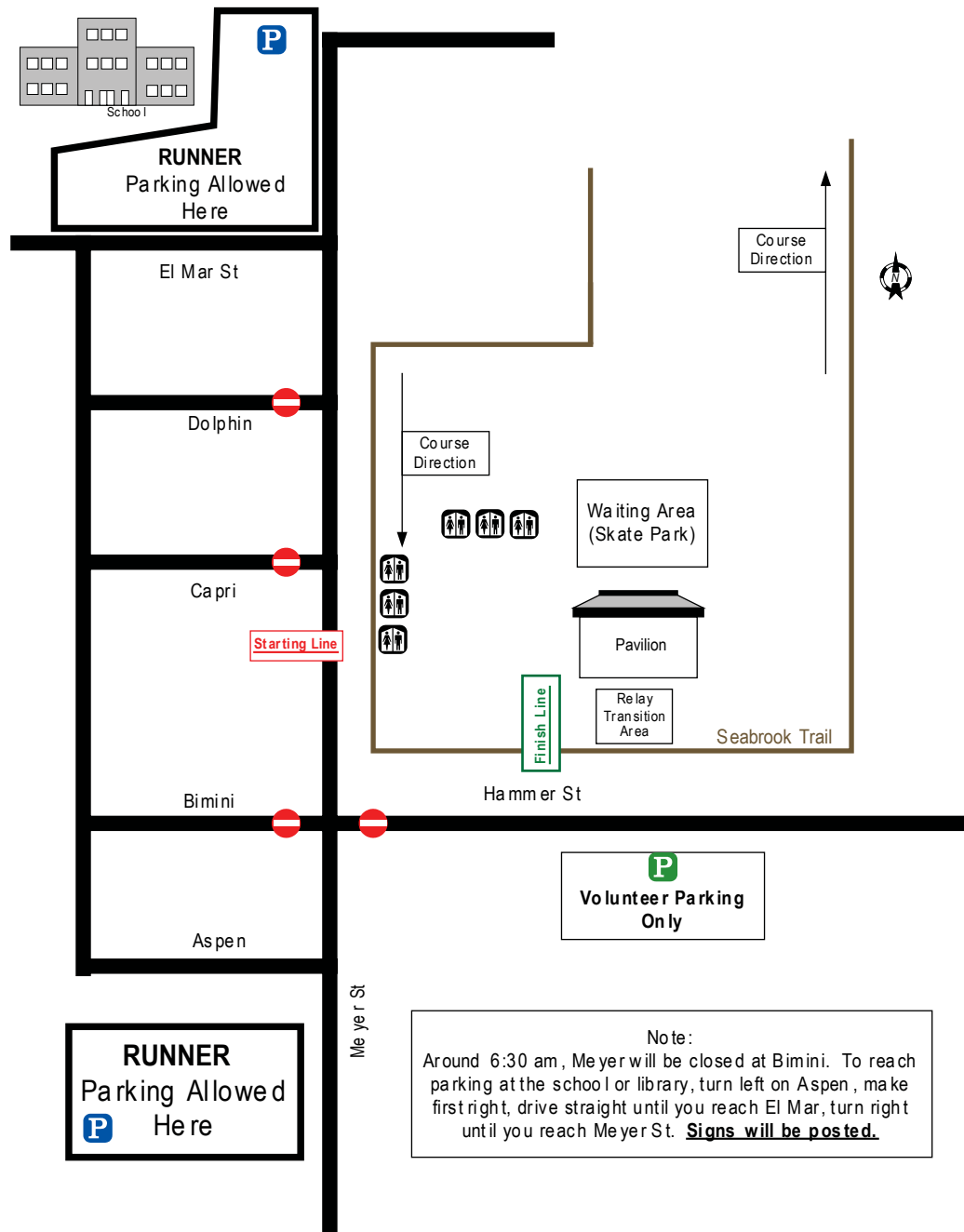
2401 N Meyer Rd  
Seabrook, TX 77586

#### Seabrook Sports Complex

1805 N Meyer Ave  
Seabrook, TX 77586

#### Overflow Parking

Miramar Shopping Center  
2000-2100 TX-146  
Seabrook, TX 77586  
approximately 5 blocks from the start



Note:  
Around 6:30 am, Meyer will be closed at Bimini. To reach parking at the school or library, turn left on Aspen, make first right, drive straight until you reach El Mar, turn right until you reach Meyer St. **Signs will be posted.**



Finisher's Medal and a Drink Coaster!







## Course

The 26.2-mile,  $\frac{1}{4}$  marathon and  $\frac{3}{4}$  marathon course starts at Meador Park (see enclosed race map). The course closes at a graduated pace, approximately 14:53 minutes per mile pace. The first mile, approximately, will be on city streets. Streets will be closed to vehicle traffic for approximately 30 minutes. The remainder of the course is run on the Seabrook Trails, which will also be open to the public. There will be police stationed at the major street crossings (street crossings are E. Meyer, Red Bluff, and Todville Road entering Pine Gully Park). See enclosed course map for more details. Please use caution when crossing all streets and be courteous to the residents of the neighborhood.

## Marathon

Four loops on the Seabrook Trails starting at Meador Park, proceeding north to Pine Gully Park and returning to Meador Park.

## Half Marathon

The Half Marathon consists of two loops of the course.

## Relay Marathon

Each person completes one loop. See additional instructions below.

## 5K

Friday 5K course will be on the Seabrook Trails. Saturday 5K course consists of 2.7 miles on the streets and 0.4 miles on the trails. Participants must complete the first 2.7 miles by 8:30 AM (1 h time limit). After 8:30 AM, the streets will be opened to traffic.

## Course Markers

Visible markers will be positioned along the course. Volunteer course monitors will be positioned to provide help and directions along the course.

## Photography

Official race photographer, RaceShots.net, will be on the course and at the finish. Smiley faces will likely end up on our Facebook page or on our marketing materials.

## Water/Aid Stations

Aid stations will be located at approximately every 1.5 miles. Medical aid station will be located at the start/finish area. Gatorade (Lemon- Lime Flavor) and water will be provided at each aid station.

## Bibs

All participants must wear their bib on the front in a way that it can be seen by course officials. **Relay teams**-please see additional instructions below. Non-registered runners and/or bandit runners will be removed from the course. No one will be allowed to finish the race without a bib #.

## Safety

Runners and walkers will be expected to follow directions and instructions of race officials. EMT personnel may be riding the course on bicycles. Please let them or any aid station personnel know if you are having any problems. Headphones are allowed. However, volume should be low enough so that you can hear the race officials' instructions. NO pets are allowed on the course.

## Trail Etiquette

- The trails are narrow so please use caution and be courteous to other participants!
- PLEASE do not run more than 2 abreast. If you see others approaching you, then move to single file.
- If someone comes up behind your group, move to single file as they pass. Additionally, let people know that you want to pass them. If you are using headphones, keep the volume down low enough so that you can hear the runner wanting to pass.
- PLEASE remember this is a trail run, expect your times to be slower than a road race. Please line up at the start according to your pace.
- Stay to the right on the trails.
- Be mindful of on coming runners and runners behind you.
- If the course is wet, and muddy in areas, DO NOT attempt to run on Todville road! This is a narrow city street and very dangerous to foot traffic. YOUR safety matters most!
- Course monitors are there to help, please communicate problems or issues you may encounter in a friendly way!
- Give a big "THANK YOU" to the event volunteers, they like supporting you!!





### Race Time Limit

The time limit for completing the Sunday half-marathon is four hours. For Saturday, the course will be open for 6.5 hours for all Saturday races (except early marathon walkers starting at 6 AM). Runners and walkers who have not finished by the time of course closure will be responsible for their own safety.

Early starts are not allowed (unless you registered for the Saturday Marathon early walkers start). Only official and local vehicles are allowed on the course.

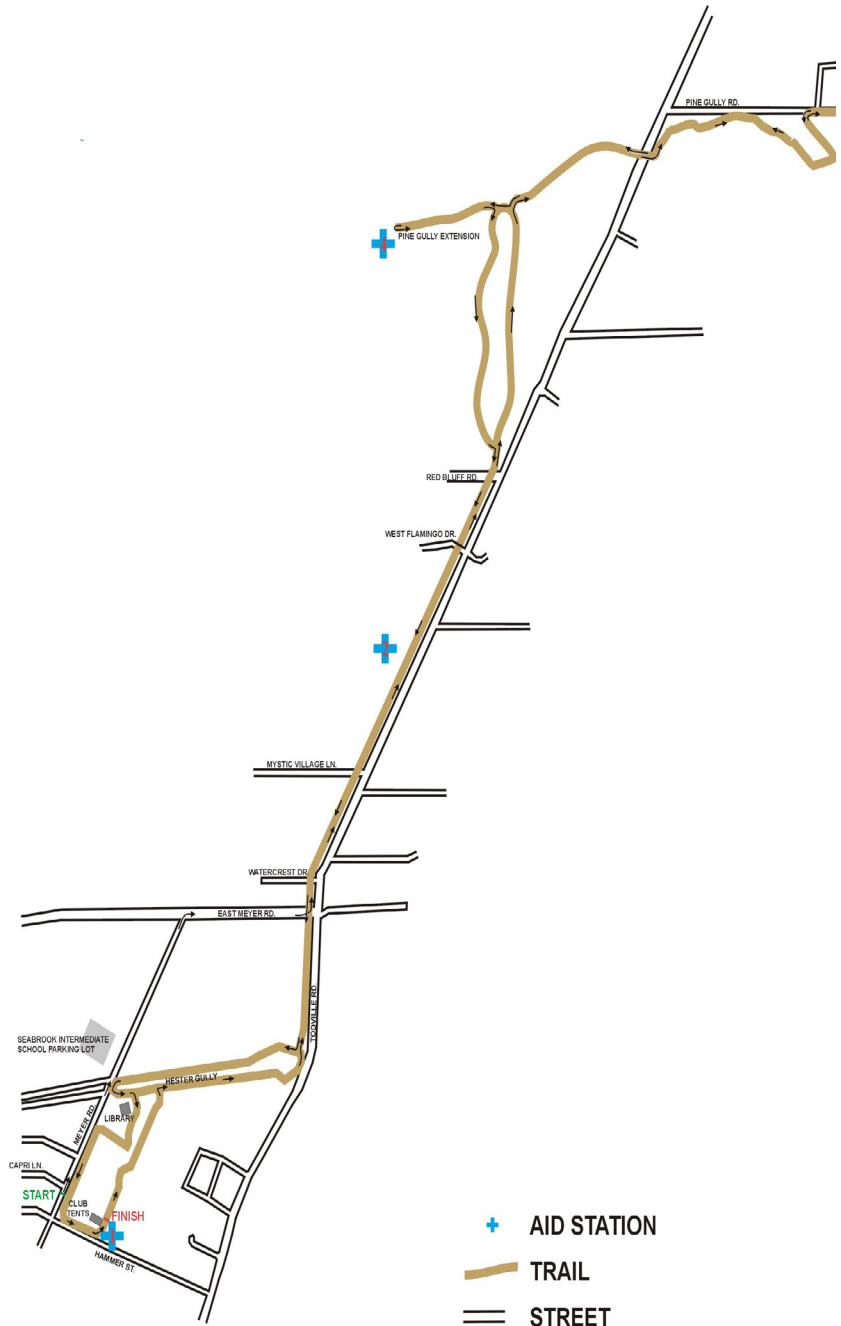
No bicycles, baby joggers, pets, in-line skates, unauthorized and other non-official wheeled vehicles are prohibited on the course.

### Bag Drop

We will have bag drop off at the start, where volunteers will tag your bag with your bib number and will bring your bag to the finish area. You can pick your bag up at the finish when you are done with the run.

### Finish Line

Keep moving after you cross the finish line. Results will be posted at the park and also on the official marathon website at [seabrookmarathon.org](http://seabrookmarathon.org). Finisher's medal will be awarded just outside the finish chute.





## Additional Instructions for Relay Teams

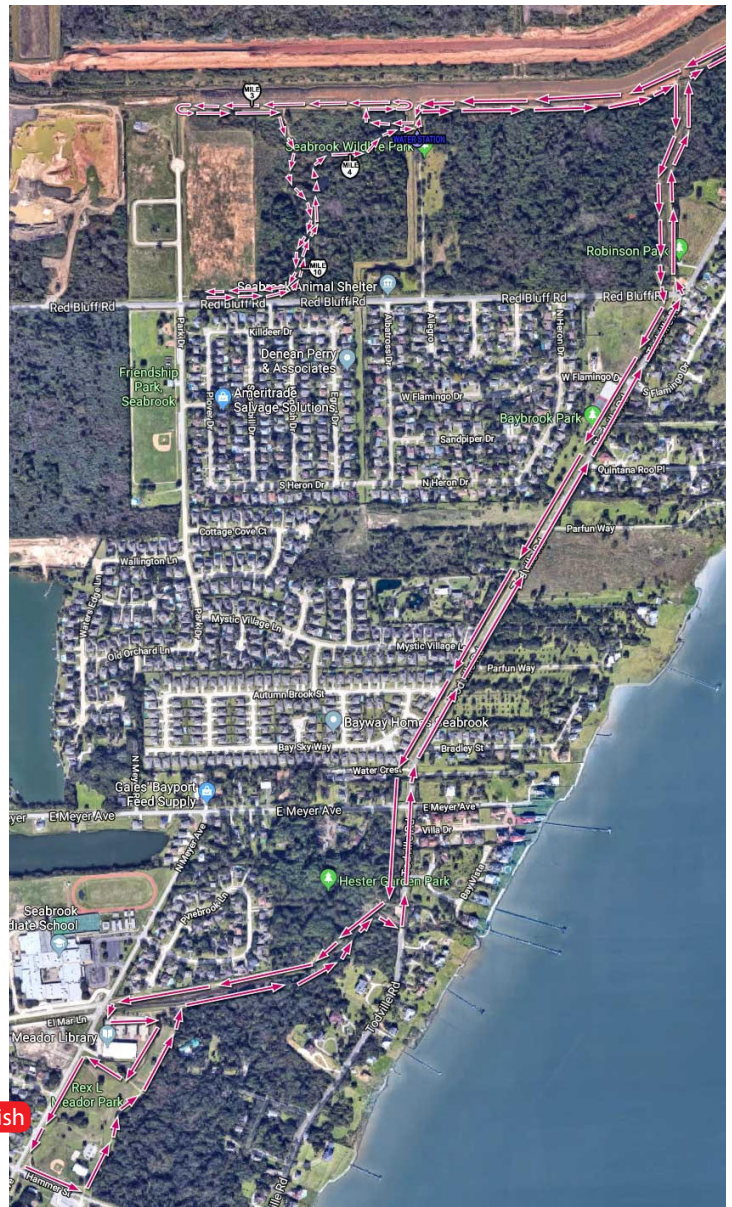
Saturday: Four person relay - Sunday: Two person relay

Each participant on a relay leg can only start after the preceding relay leg has completed his leg. Otherwise, the team will be disqualified (no time recorded).

Each relay team will be timed according to the team's name. The team will receive split times for each lap. Individual team members will know their time from the team's split time for their leg of the relay.

Each relay team will be issued four bibs with the same number for the 4-person relay or two bibs with the same number for the 2-person relay. Each relay team member will be issued his own individual timing tag. Team members need to decide which leg of the relay they are going to run and wear their bib. The same person can not run two legs back to back. The transition area will be to the right, across the trail from the finish chute. Team members need to be ready to transition when their preceding teammate is coming in.

## Quarter Marathon Course Map





## Frequently Asked Questions

**Do you accept credit cards at Packet Pick-up and Race Day registration?** We sure do! And there's another reason to bring your credit card – we will sell any left over shirts after the conclusion of the race!

**What is the minimum age requirement and do you need a parents or guardian's consent to participate?** The minimum age for the half marathon or marathon is 8 years, for the 5K or quarter marathon it's 6 years, and we do need the signature of a consenting parent or guardian.

**Are the events chip timed?** Yes. Timing tags will be attached to your bib – no bib, no time. If you lose or forget your bib on race day there is a \$10 replacement fee.

**What if I forget my bib at home?** If you lose or forget your bib on race day there is a \$10 replacement fee. DO NOT run without your bib (timing tag attached) – your official time will not be recorded. Non-registered runners and/or bandit runners will be removed from the course. No one will be allowed to finish the race without a bib #.

**The shirt in my packet doesn't fit, can I exchange it for a different size?** We post deadlines for both bib name and shirt size selection, and order shirts in advance according to what you selected if you register by those deadlines. We estimate the remainder. If we have any extras after the race you are welcome to exchange, but if the race fills, extras for exchange are unlikely.

**Are jogging strollers allowed?** Due to the nature of the course, and the congestion, we will not be able to allow any strollers on the course.

**Is your race a Boston qualifier?** Yes it is, however, our course is slow, due to it being on narrow trails, and congestion.

**If I wanted to run the marathon on Saturday and do the ½ marathon relay on Sunday, what registration steps do I need to take?** You will need to register separately for each race.

**Can I change races or days?** An Individual (NOT RELAY) can switch races and days with no fees up to February 11, 2018 unless the race is full.

**Should you decide to drop from marathon to half, after the race starts, you will receive an official time, however, you will not be eligible for any awards.** You will also receive the medal you registered for.

**You CANNOT switch from relay to an individual run, or vice versa.**

**Is there any minimum time if I start early?** Marathoners utilizing the early start will have a minimum official finishing time of 6 hours.

**What if I change my mind after I've started the race – if I don't think I can do the full marathon, can I do the half instead?** Should you decide to drop from marathon to half, after the race starts, you will receive an official time, however, you will not be eligible for any awards. You will receive the medal you registered for.

**Will there be a place to leave a drop bag for the race?** Yes. You can leave a drop bag before the race and pick it up after the race.

**I registered and can't run, can I get a refund?** Our policy is no refunds. You have a couple of other options, though.

**Donate your entry to charity, you will get a cash donation receipt.** Just let us know!

**If you want to give your slot to someone else you must contact us with their full runner information.** \$10 fee while online registration is open, \$15 at packet pick-up, \$25 on race day; after bib deadline no personalized bib and no change of shirt size. Shirts may be exchanged after the race.

**For the Seabrook event, there is a \$15 raincheck option when you register.** If you did not purchase this option when you registered, you may request permission to purchase the raincheck after the fact but before the event, but we can't promise to give this in all cases.

**Can you mail my race packet to me or can I pickup my packet after the race?** No. All unclaimed race packets will be given to late registrants at the race.

**I left early, but it looks like I won an award, can you mail it to me?** No, we do not mail out awards after the race. You may be able to pick up your award at a designated location, usually one of the packet pick-up spots. Check with us via the Contact form.

**Is there a host hotel?** You can visit the Hotels page for host hotel, rates, contact info and details.

**Where else can I stay in Seabrook?** Lodging in Seabrook can be found by visiting the Seabrook TX Official Website.

**How long is each "loop" of the Seabrook Trails?** ¼ marathon.

**What about spectators, can they watch and cheer, even though it's a trail run?** Yes, there are few excellent spots where spectators could watch and cheer.

**What will the weather be like on race day?** The weather can vary that time of year. The first year of the race it was a little warm the day of the race and a week later we had very cold weather again. Keep posted to your favorite weather source for the latest information.

**Are there any special challenges or deals?** Challenges – run the following combination of two races:

- Pelican Challenge A 2018: Half Saturday + Half Sunday
- Pelican Challenge B 2018: ¾ Saturday + 1/4 Sunday
- Trail Challenge 2018: Saturday Marathon, Sunday Half
- Make Any Challenge ULTRA: Add Friday 5K, (+\$15.00 to price)

Complete either challenge and get a one of a kind third medal as well as a great break on the registration price.

Note: Challenge participants will only receive ONE goody bag and shirt

**How many aid stations will you have?** We will have aid stations approximately 1.5 to





2 miles apart.

**What kind of sports drink will you have.**

Aid stations will have Lemon Lime Flavored Gatorade.

**Where are the restrooms on the course?**

Port-A-Potties will be available. They will be near our aid stations.

**What if I don't finish in the required time?** We will not leave anyone behind.

**I might not be able to finish within the time limit.** Can I start early?

**An early marathon start is available on Saturday.** It is available for participants entered in the marathon only. No Half Marathon. You must register for it either when you signed up or during packet pick up. No early start participant will have an official finishing time of less than 6 hours.

**I'm running, can my spouse/family volunteer?**

**Yes we can use all the help we can get.** They can sign up for the volunteer schedule here

**Will you run out of food?** No way!

**Will there be prize money?** All our proceeds will go to charity, no prize money is available at this time.

**I couldn't make it to the race, Can I still pick up my Packet?** No. All unclaimed race packets will be given to late registrants at the race.

**Can I get a refund?** No, remember this is going to charity, we hope you can use it as a donation to a good cause.

**Can I wear my headphones?** The RRCA (our insurance provider) has a written guideline against the use of personal music devices in running events, as such we strongly discourage the use of headphones in our races.

**Can I participate with my wheelchair?** We're sorry, at this time the race is not insured for wheelchair racing.

**Is there a minimum number of people on a relay team?** Saturday – four people; Sunday – two people.

**Do relay team members register separately?** Registration is for the whole team, the team captain will register the entire team. One person can run two separate legs of the relay on Sunday, if they choose to do so, due to loss of a member, you just have to notify us.

**I am registered to run a relay – will I get a shirt?** Every registered team member will each get a packet, that include all the goodies. including a shirt.

**I am registered to run the relay – can I run with my friend who is registered to run the relay as well?** Each participant on

a relay leg can only start after the preceding relay leg has completed his leg. Otherwise, the team will be disqualified (no time recorded).

**We lost a member of the relay team, can we substitute another member?**

**Yes, let us know ASAP, race day is too late.** The substitute will keep the same bib.

**Send us the name of the team, and the name of the member being replaced, and for the new team member, send us their Full Name, Date of Birth, Email address, Shirt Size (and gender), Emergency Contact name and phone number – in short, all runner info.**

**Can we change our team name?** Yes if it is before bibs are printed, normally a month before the race.

**Do I get a medal for running the relay?** Yes, each team member will receive a medal.

**Pelican/Trail Challenge: Can I start with the early marathon starters at 6:00 AM?** Trail challenge will be allowed early start, Pelican challenge will start when the half marathon starts.

**At packet pickup, do I pickup two packets and two shirts?** No. One packet and shirt per person. Remember if you registered before Feb 16, you do get a lower registration price. If you successfully finish the challenge, you will earn a third medal.

## Contingency Plans For Bad Weather

**Rain-** The event will NOT be cancelled due to rain alone unless the downpour is such that athletes, police, and volunteers lose visibility making situations unsafe. If this occurs we will wait until the rain subsides and follow the same procedure listed for lightning conditions (minus the 30 minute rule). Athletes will be informed of such a change via announcements on race morning.

**Lightning-**In the event of lightning the race will be postponed by 30 minutes every time lightning is spotted and thunder is heard within 6 miles of the event. Please note that every time lightning strikes and thunder is heard within 6 miles of the race site we must delay the start by 30 minutes.

**Tornado Warning-**If at anytime before (race morning close to start time) or during the event, a tornado warning is issued, the race will be cancelled.

**On Course Cancellation-**If the race is canceled due to storms (lightning and/or excessive rain) or tornado warnings while it is in progress we will do everything in our power to alert everyone on the course. All police, SAG, and medical personnel will be made aware and do all they can to warn and SAG in all participants. We will also do everything in our power to assist those that are still on course. Those that are on course without means of rescue should seek immediate shelter via open stores, buildings, garages, homes and/or any other means

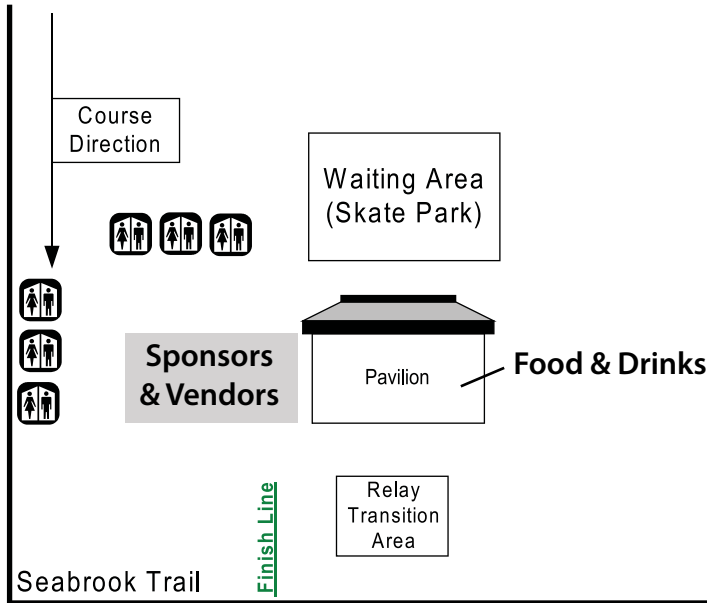
of protection from the dangerous conditions. If it gets bad and we are not there to help you off the course please do everything you can to keep yourself safe and take shelter.

Because of agreements with the Texas Department of Transportation and various municipalities regarding a fixed amount of time to have roads closed or in use or the time of public safety or law enforcement officials, Running Alliance Sport, at any time, reserves the right to shorten the distance of any of its races to comply, especially in dealing with inclement weather conditions that may make any course unavailable or unsuitable for runner participation.



# POST RACE PARTY

After you cross the finish line join us for the post race party.



FREE FOOD & Drinks  
*Burgers, Chicken Sandwiches,  
 Vegetarian Red Beans & Rice,  
 Snacks, Fruit*

*Sodas, Water & **Green Beer!***

FREE Post Race Massage

Awards, Give-A-Ways & FUN!!!

Costume Contest  
 with Awards!







# 5K & 5-MILE RUN!

# JULY 4<sup>TH</sup> 2018

## A RACE FOR EVERY PACE!



**COSTUME CONTEST WITH AWARDS**



**AWESOME POST RACE PARTY WITH FOOD AND BEER!**

★ **COME FOR THE RUN**

★ **STAY FOR THE PARTY!** ★

Save Money on Future Races

One-of-a-kind Finisher's Medal

Personalized Race Bib

Chip Timing

Free Parking

Gender Specific Technical Singlet

Digital Runners Guide

No Charge Race Morning Packet Pickup

Plenty of Port-A-Potties Per Runner Ratio



Local Running Clubs  
Voted the  
**BEST POST RACE  
AFTER PARTY**

**VOTED BEST**

No Fees for Online Registration

Profits Go To Charity

5 Year Age Group (3-Deep) AWARDS!

Awesome Post Race Party!

UNLIMITED Real Food (not just a banana)

Variety of beverages (Including BEER!)

Sausage Eating Contest with AWARDS!

Costume Contest with AWARDS!

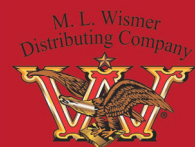
**EVERYONE IS A VIP!**

Check website for cutoff date and details.



# BudHeatWave.org

Recognized 501(c)(3) net proceeds go to the Baytown Special Rodeo Association







### Commemorative Award:

First Three (3) Males and Females in the following age groups will each receive a special commemorative award:

14 and under	40-44	70-74
15-19	45-49	75-79
20-24	50-54	80-84
25-29	55-59	85-89
30-34	60-64	90-94
35-39	65-69	

*Awards will be handed out the day of the race only. No awards will be mailed. If there is an unforeseen circumstance that prevents awards from being picked up on race day, awards may be picked up at a designated location, usually one of the packet pick-up locations. Overall and Masters winners (top male and female) will be based on gun time. Age group awards for top males and females will be based on chip time. No double-dipping. No Duplication of Awards.*

## Seabrook Lucky Trail Marathon All-Time Top 20 Times

Marathon

### Men

- 2:38:12: Matt McCurdy, Houston, 2008, 1st
- 2:43:27: Calum Neff, 2017, 1st
- 2:43:48: Jonathan Le Jeune, La Porte, 2011, 1st
- 2:47:04: John Hill, Kingwood, 2008, 2nd
- 2:47:17: Bryan Smith, Thibodeaux, La., 2006, 1st
- 2:56:30: Matthew Curtner-Smith, Tuscaloosa, Ala., 2008, 3rd
- 2:57:30: Dink Taylor, Huntsville, Ala., 2007, 1st
- 2:57:51: Francisco Garza, Houston, 2009, 1st
- 2:58:28: Todd Reynolds, 2007, 2nd
- 2:58:34: Daniel Minisini, Houston, 2014, 1st
- 2:59:16: Peter Lawrence, Houston, 2011, 2nd
- 2:59:33: Patrick Flores, Katy, 2010, 1st
- 3:00:29: Ronnie Delzer, Spring, 2014, 2nd
- 3:00:33: Chris Robbins, Seabrook, 2016, 1st
- 3:02:36: Kerry Lee, 2016, 2nd
- 3:03:07: Daniel Bucci, Houston, 2015, 1st
- 3:03:59: Bryce Farber, Houston, 2015, 2nd
- 3:04:02: Carlos Ibarra, 2005, 1st
- 3:04:08.1: Lonnie Coone, 2016, 3rd
- 3:04:21: Dink Taylor, Huntsville, Ala., 2008, 4th

### Women

- 3:10:16: Rachel Lindner, 2017
- 3:15:16: Caroline Chamness, Kingwood, 2007, 1st
- 3:18:53: Maria Martinez, Fort Worth, 2013, 1st
- 3:19:54: Caroline Chamness, Kingwood, 2008, 1st
- 3:23:42: Henrita Van Wyngaarden, The Woodlands, 2015, 1st
- 3:25:40: Maria Martinez, Fort Worth, 2012, 1st
- 3:26:55: Kay Evans, 2007, 2nd
- 3:27:32: Samantha Lambert, League City, 2010, 1st
- 3:28:40: Doan Pham, Houston, 2016, 1st
- 3:29:07: Stefanie Bernosky, 2016, 2nd
- 3:29:35: Lilia Vazquez, 2007, 3rd
- 3:30:02: Kristen Kilpatrick, 2016, 3rd
- 3:30:15: Sarah Husbands, Pearland, 2008, 2nd
- 3:30:44: Roberta Varela-Hein, San Antonio, 2007, 4th
- 3:31:23: Amy Ewing, Fort Worth, 2015, 2nd
- 3:33:31: Rose Rhoton, Houston, 2008, 3rd
- 3:34:03: Kristen Kilpatrick, League City, 2015, 3rd
- 3:34:57: Kelly Ramey, Houston, 2014, 1st
- 3:36:00: Doan Pham, Houston, 2015, 4th
- 3:36:06: Allison Dunn, Houston, 2011, 1st

Half Marathon

### Men

- 1:19:43: Jeremy Saums, 2017-2, 1st
- 1:19:50: Ryan Teel, Friendswood, 2014-1, 1st
- 1:19:51: Stephen Wolff, Friendswood, 2017-2, 1st
- 1:20:35: Adam Jackson, Cypress, 2008-1, 1st
- 1:20:35: Todd Bennett, Columbia, CT, 2014-1, 2nd
- 1:21:26: Stephen Wolff, Friendswood, 2016, 1st
- 1:21:28: Kerry Lee, 2016, 1st
- 1:21:42: Chris Bittinger, La Porte, 2009-1, 1st
- 1:22:03: Carlos Rivas, Houston, 2006, 1st
- 1:22:20: Daniel O'Callaghan, Houston, 2009-1, 2nd
- 1:22:45: Ronnie Delzer, Spring, 2014-1, 3rd
- 1:22:54: Stephen Wolff, Friendswood, 2015-1, 1st
- 1:23:05: Carlos Rivas, Houston, 2007, 1st
- 1:23:11: Chris Toman, 2005, 1st
- 1:23:32: Chris Robbins, Seabrook, 2012-1, 1st
- 1:23:38: Stephen Milford, 2016, 2nd
- 1:23:49: Chris Robbins, Seabrook, 2013-2, 1st
- 1:23:57: Ryan Swartz, 2011-2, 1st
- 1:24:16: Chris Robbins, Seabrook, 2013-1, 1st
- 1:24:23: Chris Robbins, 2016, 2nd

### Women

- 1:28:20: Olya Perevalova, League City, 2007-1, 1st
- 1:28:22: Katylynn Welsch, Alvin, 2014-2, 1st
- 1:30:09: Brenna Abbitt, College Station, 2009-2, 1st
- 1:30:11: Alexandra Paddon-Jones, Houston, 2010-2, 1st
- 1:30:13: Catherine Kruppa, Houston, 2008-1, 1st
- 1:30:40: Victoria Webster, Houston, 2014-1, 1st
- 1:30:50: Victoria Webster, Houston, 2014-1, 1st
- 1:31:10: Alexandra Gajewski, Galveston, 2006, 1st
- 1:31:15: Brenna Abbitt, College Station, 2009-1, 1st
- 1:31:25: Debbie Rudisill, 2005, 1st
- 1:31:49: Kaytlynn Welsch, Alvin, 2014-1, 2nd
- 1:31:54: Victoria Webster, Houston, 2017-2
- 1:32:17: Heather Welsch, Alvin, 2014-2, 2nd
- 1:32:17: Victoria Webster, Houston, 2014-2, 3rd
- 1:32:37: Victoria Webster, Houston, 2016-1, 1st
- 1:32:39: Victoria Webster, Houston, 2013-1, 1st
- 1:32:52: Debbie Rudisill, 2004, 1st
- 1:33:06: Victoria Webster, Houston, 2016-2, 1st
- 1:33:08: Victoria Webster, Houston, 2015-1, 1st
- 1:33:14: Nicole Richardson, Spring, 2010-2, 2nd



# Seabrook Lucky Trail Marathon Overall Winners

## Marathon

### Men

- 2004: Carlos Rivas, Jr., Houston, 3:05:04
- 2005: Carlos Ibarra, 3:04:02
- 2006: Bryan Smith, Thibodeaux, La., 2:47:17
- 2007: Dink Taylor, Huntsville, Ala., 2:57:30
- 2008: Matt McCurdy, Houston, 2:38:12
- 2009: Francisco Garza, Houston, 2:57:51
- 2010: Patrick Flores, Katy, 2:59:33
- 2011: Jonathan Le Jeune, La Porte, 2:43:48
- 2012: Gordon Christie, Katy, 3:08:47
- 2013: Charles Lundquist, Friendswood, 3:10:26
- 2014: Daniel Minisini, Houston, 2:58:36
- 2015: Daniel Bucci, Houston, 3:03:07
- 2016: Chris Robbins, Seabrook, 3:00:33
- 2017: Calum Neff, 2:43:27

### Women

- 2004: Mindy Kerfey, 3:50:31
- 2005: Suzy Seeley, Houston, 3:37:05
- 2006: Suzy Seeley, Houston, 3:36:57
- 2007: Caroline Chamness, Kingwood, 3:15:16
- 2008: Caroline Chamness, Kingwood, 3:19:54
- 2009: Jessica Utsman, San Antonio, 3:49:11
- 2010: Samantha Lambert, League City, 3:27:32
- 2011: Allison Dunn, Houston, 3:36:06
- 2012: Maria Martinez, Fort Worth, 3:25:40
- 2013: Maria Martinez, Fort Worth, 3:18:53
- 2014: Kelly Ramey, Houston, 3:34:59
- 2015: Henrita Van Wyngaarden, The Woodlands, 3:23:42
- 2016: Doan Pham, Houston, 3:28:40
- 2017: Rachel Lindner, 3:10:16

## Half Marathon

### Men

- 2004: Jesus Garza, 1:30:10
- 2005: Chris Toman, 1:23:11
- 2006: Carlos Rivas, Houston, 1:22:03
- 2007, Race 1: Carlos Rivas, Houston, 1:23:05
- 2007, Race 2: Devin Berthelson, Tomball, 1:26:49
- 2008, Race 1: Adam Jackson, Cypress, 1:20:35
- 2008, Race 2: Devin Berthelson, Tomball, 1:26:05
- 2009, Race 1: Chris Bittinger, La Porte, 1:21:42
- 2009, Race 2: Andrew Gutacker, Seabrook, 1:25:51
- 2010, Race 1: Erik Ramos, Katy, 1:27:15
- 2010, Race 2: Johnny Fuentes, Houston, 1:29:06
- 2011, Race 1: Erik Ramos, Katy, 1:24:41
- 2011, Race 2: Ryan Swartz, 1:23:57
- 2012, Race 1: Chris Robbins, Seabrook, 1:23:32
- 2012, Race 2: Chris Robbins, Seabrook, 1:26:13
- 2013, Race 1: Chris Robbins, Seabrook, 1:24:16
- 2013, Race 2: Chris Robbins, Seabrook, 1:23:49
- 2014, Race 1: Ryan Teel, Friendswood, 1:19:51
- 2014, Race 2: Steve Maliszewski, Houston, 1:25:58
- 2015, Race 1: Stephen Wolff, Friendswood, 1:22:54
- 2015, Race 2: Steve Maliszewski, Houston, 1:26:14
- 2016, Race 1: Kerry Lee, Friendswood, 1:21:28
- 2016, Race 2: Stephen Wolff, Friendswood, 1:21:26
- 2017, Race 1: Stephen Wolff, Friendswood, 1:19:51
- 2017, Race 2: Jeremy Saums, 1:19:43

### Women

- 2004: Debbie Rudisill, 1:32:52
- 2005: Debbie Rudisill, 1:31:25
- 2006: Alexandra Gajewski, Galveston, 1:31:10
- 2007, Race 1: Olya Perevalova, League City, 1:28:20
- 2007, Race 2: Anna Hern, Giddings, 1:39:02
- 2008, Race 1: Catherina Kruppa, Houston, 1:30:13
- 2008, Race 2: Stacy Holden, 1:37:58
- 2009, Race 1: Brenna Abbitt, College Station, 1:31:15
- 2009, Race 2: Brenna Abbitt, College Station, 1:30:09
- 2010, Race 1: Lisa Fletcher, Houston, 1:38:23
- 2010, Race 2: Alexandra (Gajewski) Paddon-Jones, Houston, 1:30:13
- 2011, Race 1: Leanna Dolson, Galveston, 1:36:26
- 2011, Race 2: Jessica Scheider, 1:40:04
- 2012, Race 1: Victoria Webster, Houston, 1:36:55
- 2012, Race 2: Kaytlynn Welsch, Alvin, 1:42:31
- 2013, Race 1: Victoria Webster, Houston, 1:32:39
- 2013, Race 2: Kaytlynn Welsch, Alvin, 1:34:23
- 2014, Race 1: Victoria Webster, Houston, 1:30:50
- 2014, Race 2: Kaytlynn Welsch, Alvin, 1:28:23
- 2015, Race 1: Victoria Webster, Houston, 1:33:08
- 2015, Race 2: Victoria Webster, Houston, 1:33:26
- 2016, Race 1: Victoria Webster, Houston, 1:32:37
- 2016, Race 2: Victoria Webster, Houston, 1:33:06
- 2017, Race 1: Victoria Webster, Houston, 1:30:40
- 2017, Race 2: Victoria Webster, Houston, 1:31:54

### Marathon Relay

- 2005: Runsport Racing, 2:42:51
- 2006: On The Run (Chris Bittinger, James Menze, Rudy Rocha & Carwyn Sharp), 2:42:17
- 2007: On The Run (Rudy Rocha, Chris Bittinger, Tom King & Gerardo Mora), 2:36:50
- 2008: On The Run (Rudy Rocha, Tom King, Gerardo Mora & Brett Riley), 2:31:11
- 2009: On The Run (Tom King, Stephen Milford, Gerardo Mora & Brett Riley), 2:34:32
- 2010: On The Run (Rudy Rocha, Yergeny Vinogradkiy, Tom King & Gerardo Mora), 2:37:57
- 2011: On The Run (Junior Mitchell, Tom King, Paul Riley & Stephen Milford), 2:32:56
- 2012: Penarol (Carlos Campos, Nicolas Motta & Pablo Motta), 3:15:27
- 2013: Team Taylan (Mark Gavin, Ron Buado, Lee Alviza & Norvel Alviza), 3:15:54
- 2014: BAM Tri Not To Suck (Evan Lapka, Todd O'Neal, Eric Wilson & Stephen Milford), 3:00:35
- 2015: Bammit, You Guys Are Hot! (Charles Canales, Stephen Milford, Todd O'Neal & Edward Avieles), 2:57:36
- 2016: Powerhouse Og (Chris Heise, Jim Yarzy, Chris Ploss & Johnny Zepeda), 3:04:40
- 2017: Legs Of Fury (Daniel Imrecke, Mike Pierre, Nour Pinnow & Khon Truong), 3:02:40

### Half Marathon Relay

- 2008: Ney-tro (Virginia Ney and Bonnie Ney), 1:40:08
- 2009: Bitter Rivals (Eddie Araguz and Kyle Priest), 1:33:19
- 2010: Cuervo Mania: TCH (Pablo Motta and Carlos Campos), 1:33:06
- 2011: Alex Squared (Alex Vaporciyan and Alejandro Garcia), 1:27:20
- 2012: Oiltankers (John Nicodemus and Jesman Devia), 1:28:33
- 2013: El Guero Y Corndog (Justin Howard and Cornelio Garibay), 1:36:48
- 2014: Hare & Tortoise (Jager Livingston and Tolby McGlothlin), 1:36:23
- 2015: Scrambled Eggs and Bacon (Will Hanson and Henrita Van Wynngaarden), 1:35:04
- 2016: ARC (Chung Elaine and Iram Leon), 1:24:44
- 2017: Lightning Thief's (Jose Deleon and Angel Martinez), 1:28:30

## Seabrook Lucky Trail Relays



## Seabrook Marathon Lucky Trails Legacy Runners

### 14 Years

Richard Jares  
Carlos Reyes

### 13 Years

Macey Contreras

### 12 Years

Michele Williams

### 11 Years

Paula Boone  
Donna Palmer  
Don Womble

### 10 Years

Karen Berglund  
Richard Carroll  
Lee Greb  
John Hyak  
Robert Lott  
Parvaneh Moayedi

### 8 Years

Ron Berglund  
Steve Boone  
Edward Campos  
Margot Campos  
George Felan  
Abbie Higgins  
Joseph Leonguerrero  
Bob Livitz  
Pamela Mackay  
Yen Nguyen  
Kimberly Pilcher  
Michael Purvey  
Jim Reeve  
Holly Rake  
Pete Rake  
Cindy Reeves  
Vickie Rickman  
Heidi Riggs  
Anna Rodriguez  
Elizabeth Rose  
Guy Rozas  
William Schneider  
Lorinda Smith  
Chris St Jean  
Erin Stutts  
Jim Surratt  
Diep Tran  
Erwin Veteto  
Ed Waley  
Fred Ward  
Victoria Webster  
Lynda Wolff  
Elizabeth Wondergem  
Marc Wondergem

### 7 Years

Jose Amador  
Garland Bauch  
Ray Boytim  
Priscilla Fierro  
Laura Greivenkamp  
Lin Hale  
Melanie Holland  
David Johnson  
Ken Johnson  
Carol Jordan  
Cathy Kimble  
Steve Maliszewski  
Nati Melancon  
Ken Merenda  
Sonny Mims  
Bob Myers  
Jitka Newald  
Sara Pressel  
Eric Raschke  
Janet Raschke  
Brendan Rodgers  
David Sanderson  
Terry Sullivan  
Brian Talley  
Jacob Tonge  
Mana Vautier  
Karen Williams

### 6 Years

Laura Bellman  
Peter Bennett  
Theresa Bueno  
Stephen Butler  
Valerie Christian  
Sean Cochran  
Larry Davis  
Tom Des Lauriers  
John Ellis  
Mary Hall  
David Hamer  
Wendy Hammerman  
Kari Henry  
Gloria Hinton  
Grant Hodges  
Steven Holehan  
Tony Le Cara  
Darren Martin  
Cecile Mcdonald  
Amy Monini  
Jacqueline O Brien-Nolen  
Richard Oechslin  
Don Padilla  
Harry Pang  
Dung Quach  
Joshua Rake  
Kevin Rarey  
Jessica Roeschel  
Fred Scott  
Bruce Smith  
Toni Smith  
Mark Spruce  
Mark Theobald  
Pam Veteto  
Angela Worrell

### 5 Years

Elizabeth Ahrens  
Robert Alvers  
Abbie Artley  
Michael Bayer  
Charity Bell  
Susan Bell  
Enrico Bernal  
Adam Billman  
Bruce Boyd  
Teresa Burell  
Christopher Campbell  
David Chapman  
Gordon Christie  
Sue Colvin  
Chad Cook  
Elizabeth Culver  
Garabet Dakarmandjian  
Barry Davis  
Beverly Dement  
Bobby Duke  
Norma Duke  
Patrick Dwyer  
Susie Eisenberg-argo  
Eli Escobar  
Robert Espinosa  
Cheryl Esposito  
Peter Eversley  
Greg Ford  
Penny Garcia  
Erin Garrett  
Terry Grim  
Sean Halloran  
Sandra Johnson  
Vanesa Keller  
Jeanne Kellogg  
David Kreiner  
Rose Linseisen

Michael Lowe  
Mark Mann  
Catherine Martin  
William Moeller  
David Nemoto  
David Neumann  
Tim Nolan  
Shannon Norstrud  
Thomas Okazaki  
Andrew Olsen  
Daron Peschel  
John Pontikas  
Sharon Prentice  
Dan Priest  
David Raines  
Holly Rake  
Pete Rake  
Cindy Reeves  
Vickie Rickman  
Heidi Riggs  
Anna Rodriguez  
Elizabeth Rose  
Guy Rozas  
William Schneider  
Lorinda Smith  
Chris St Jean  
Erin Stutts  
Jim Surratt  
Diep Tran  
Erwin Veteto  
Ed Waley  
Fred Ward  
Victoria Webster  
Lynda Wolff  
Elizabeth Wondergem  
Marc Wondergem



March 31, 2018



Yuri's Night Houston  
10K/5K/Kids 1K  
[YurisRunHouston.com](http://YurisRunHouston.com)

July 4th, 2018



Texas Heat Wave  
5-Mile Run, 5K Run, Kids 1K  
[Texas5MileRun.org](http://Texas5MileRun.org)

July 14, 2018



Lunar Rendezvous Run  
5K, 3K Walk and Kids 1K  
[RunningAllianceSport.org](http://RunningAllianceSport.org)

October 6, 2018



St Thomas Family  
5K, 5K-9 & 1K Fun Run  
[RunningAllianceSport.org](http://RunningAllianceSport.org)

September 16, 2018



Toughest 10K Kemah  
[OneTough10k.org](http://OneTough10k.org)

October 20, 2018



Toughest 10K Galveston  
[Toughest10kGalveston.org](http://Toughest10kGalveston.org)

November 18, 2018



La Porte By the Bay Half Marathon  
[LaporteByTheBayHalfMarathon.org](http://LaporteByTheBayHalfMarathon.org)



## OUR MISSION

# RAS

Running Alliance Sport

Net proceeds from the Seabrook Lucky Trails go to The Bridge over Troubled Waters better known as "The Bridge".

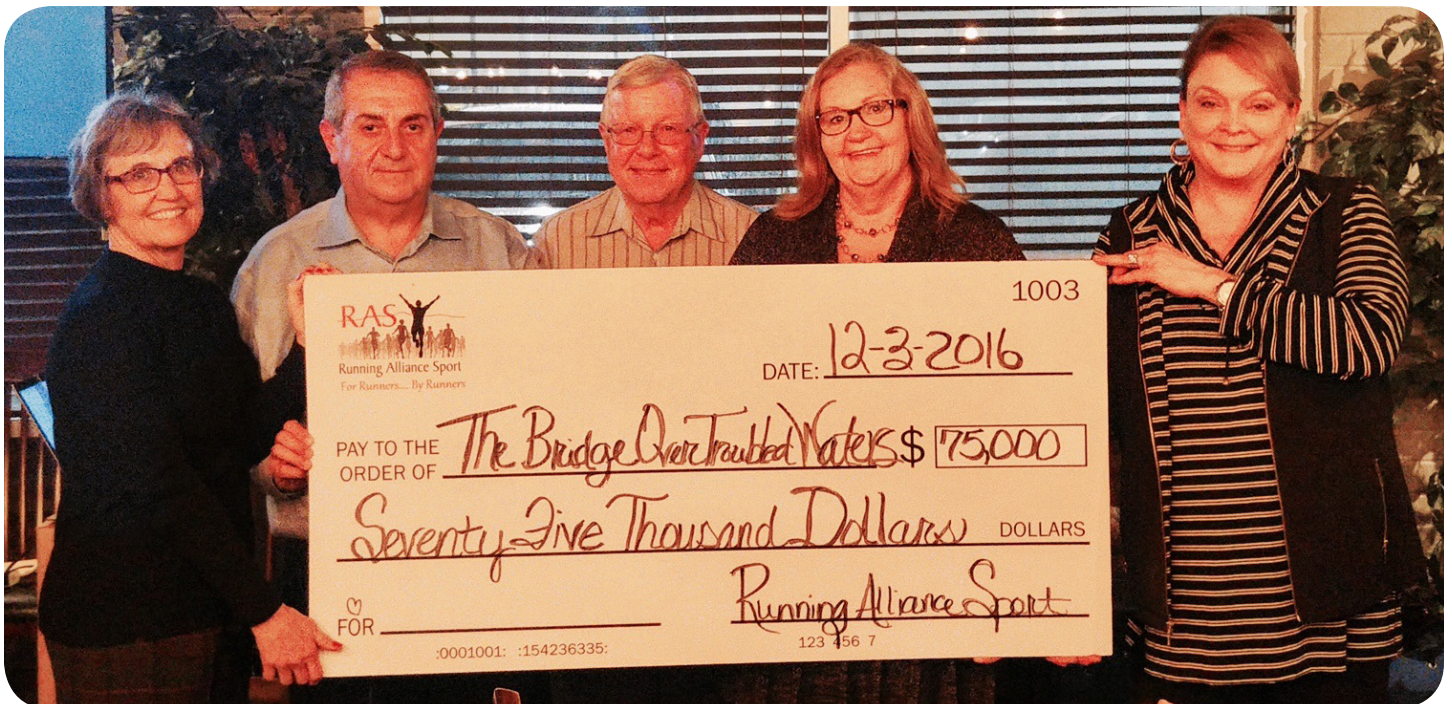
"The mission of The Bridge is to offer support, provide safety, and prevent domestic and sexual violence."

To learn more about The Bridge and how you can help, visit their website at [thebridgeovertroubledwaters.org](http://thebridgeovertroubledwaters.org).

### About Us

Calling the greater Houston area home, Running Alliance Sport (RAS) is a not-for-profit event production company that has a passion for producing quality running events which in turn support local communities and its charities. RAS successfully works with city governments in Seabrook, Nassau Bay, Kemah, La Porte, Baytown, Galveston

and Tiki Island to produce six races annually from March to November that engages nearly 500 volunteers, sends over 7,800 runners and walkers across finish lines and has donated over \$590,000 to local charities since its inception in 2011. For more information, please visit [RunningAllianceSport.org](http://RunningAllianceSport.org).





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