What the Prez-Elect Says

Beginning with the Texas Marathon in Kingwood on New Year’s Day and ending with the first annual Bill Crews Remission Run on the 31st, January was a very active month for our club members. The single biggest day found 143 club members participating in the Chevron Houston Marathon, Aramco Half Marathon or the EP 5K. Many posted very good performances with 19 of our club members clocking times to punch their tickets to Boston.

Our annual Houston Marathon post-race party was held at Goose’s Acre for the third year in a row and we had a great turnout for the celebration with nearly 100 attending to share their event day experiences.

On Sunday afternoon, March 29, TWRC will hold its first general membership meeting of the new year. There will be at least one item of business in addition to the always fun social. The Club's membership will be asked to vote on the officers for 2009-2010.

The current nominees are as follows: Kerri Snyder - vice president/president elect; Pam Meaux - Treasurer, Mary Kerschbaum - Secretary and Mike Csikos - Registrar. Bill Dwyer will move from vice president to president as outlined in the club bylaws. Of course, additional nominations are welcomed and encouraged. Thanks go out to Ann Leoni and Jim Braden who volunteered their time to function as our Nomination Committee.

E-vites and more information about our General Membership Meeting will be sent soon.

In other business the Dan Green Scholarship Fund is getting closer to becoming a reality.

It is the Board’s intent to grant two $1,000 scholarships (1 female, 1 male) to May 2009 graduates. Kristin Collins and Tom Battle are currently serving as the TWRC Scholarship Committee helping to establish the guidelines for these awards.

The HARRA Spring Series is under way with the Buffalo Wallow 6K and Park to Park 5 Miler already in the books. We had good representation at both events that will be reported on in March’s Deer Tracks. The HARRA Competition Series adds an additional element of competition with other local clubs - making local events a little more fun. And, you don’t have to be fast to score club points.

Always feel free to contact any TWRC board member with a suggestion to improve our club. Your Board continues to work hard to respond and guide our club in the best interest of our membership.

Bill Dwyer
HARRA Fall Runner of the Season Final Standings

Women 40 and Under (Cash Awards to top 6)
1. Diana Hirst - Toronados
2. Adrienne Langelier - TWRC
3. Michelle Friedman - Tornados
4. Jennifer Brown - Tornados
5. Sarah Husbands - Al Lawrence Running Club
6. Stacy Holden - Al Lawrence Running Club
7. Joey Krivi - TWRC

Women 40-49 (Cash Awards to top 7)
1. Helen Grant - Houston Striders
2. Jody Berry-Rico - Houston Striders
4. Bonnie Jo Barron - Bayou City Road Runners
5. Lauri Aaron - Tornados
6. Melissa Hurta - Al Lawrence Running Club
7. Kathy Roldan - Unattached
8. JoAnna Blakeley - TWRC
9. Pam Meaux - TWRC
10. Gena Meaux - TWRC

Women 50-59 (Cash Awards to top 3)
1. Donna Sterns - Houston Harriers
2. Suzanne Day - Houston Harriers
3. Billie Kay Melanson - Houston Harriers

Women 60+ (Cash Awards to top 1)
1. Nancy Prejean - TWRC

HARRA Spring 2009 Series Events

Mar. 14 (Sat) Bayou City Classic 10K, Houston
Mar. 28 (Sat) John J. Eikenburg Law Week 8K, Houston
Apr. 4 (Sat) Bellaire Trolley Run 5K, Bellaire
Apr. 22 (Wed) 42nd annual LP Run, Houston
Apr. 28 (Sat) Bayou Bash 4x2-mile Relay, Houston

Men Under 40 (Cash Awards to top 5)
1. Luis Armenteros - Houston Harriers
2. Gabriel Rodriguez - Tornados
3. Brett Riley - Houston Striders
4. Abel Zavala - Tornados
5. Jose Lara - Tornados
6. Mark Cahill - TWRC
64. Buck Snyder - TWRC
67. Mike Csikos - TWRC

Men 40-49 (Cash Awards to top 11)
1. Wilmer Bustillos - Tornados
2. Gerardo Mora - Houston Masters Sports Association
3. Richard Peoples Jr. - Al Lawrence Running Club
4. Robert Walters - Bayou City Road Runners
5. Kevin Regis - Tornados
6. Francisco Garza - Tornados
7. Lance Collins - Houston Striders
8. Jose Reyes - Tornados
9. Garrett Rychlik - Unattached
10. Mike Marczak - Bayou City Running Club
11. Paul Schulz - Bayou City Running Club
53. Bill Travis - TWRC
55. Richard McQuaide - TWRC
56. Randy Bradley - TWRC
98. Greg Alvarez - TWRC
110. Jon Walk - TWRC

Men 50-59 (Cash Awards to top 8)
1. Keith Wilhelm - Unattached
2. Larry Tidwell - Houston Masters Sports Association
3. Fernando Lopez - Tornados
4. Jamal Jamalyaria - Tornados
5. Philip Trumby - Tornados
6. Jay Hendrickson - Bayou City Road Runners
7. Ramiro Ramirez - Tornados
8. Jose Torres - Al Lawrence Running Club
16. Stephen Smith - TWRC
68. Wayne Rutledge - TWRC
70. William Blount - TWRC
100. Tony Allison - TWRC
108. Gary Van Kuiken - TWRC

Men 60+ (Cash Awards to top 3)
1. Ben Harvie - Terlingua Track Club
2. Rich Siemens - Al Lawrence Track Club
3. Kenneth Ruane - Unattached
5. Jim Braden - TWRC
Like the rest of our fellow HARRA affiliated clubs, we regularly celebrate the running accomplishments of our members and let you know a little bit of what is going on up here in The Woodlands as we continue to strive to be the voice in 2009 for our sport in Montgomery County and northern Harris County.

We all know that it takes more than a good Board to make a running club successful. It takes people who are willing to sacrifice and give of themselves on a regular basis.

While our “Deer Tracks” newsletter editor Bill Dwyer gets more photographs in to every issue than Hershey’s has chocolate, 62-year-old retired geologist and master gardener Mike Mendeck for most of the last two years has produced a very well-written “In The Spotlight” profile on many of our members.

From his initial profile of Buck and Kerri Snyder in May 2007 to Bill and Dana-Susan Crews to close 2008, Mike has worked to unveil more than just the runner of some of our members.

In last year’s September issue, he even turned the spotlight on himself to share the blessing that running has cast upon him after being diagnosed 10 years ago with medullary thyroid cancer and his efforts to live a full healthy, successful life.

Mike passes the reins in 2009 of our popular “Deer Tracks” feature to Dana-Sue Crews, but to he and his wife, Meg, we say thanks for your time!

If you ever hear the words, “Here, take a picture for me”, it’s likely the voice behind it is that of Debbie Tripp.

Our August 2008 edition of “Deer Tracks” featured nearly 30 pictures of Debbie with over 60 of her running friends.

Since the club’s inception, she has been one of its most active volunteers and has served many roles including Social Coordinator, but now has completely streamlined everything involving our club’s t-shirts and running singlets. She keeps us looking good and green!

Jana Jordan and Carrie Davies have admirably taken the lead as our Social Coordinators and have been responsible for initiating and responding to membership meeting e-vites and e-mails as well as planning and implementing those events with the precision of Haile Gebreselassie marathon.

Jana and her husband, Carey’s, beautiful facility, “Town Hall Texas”, in Conroe has served as the venue for many of our club socials.

And a running club wouldn’t be without actual runs!

With the help of Carlos Ortegon, every Sunday TWRC offers a group long run that is coordinated by JoAnn Blakeley, who we dubbed the “Queen of the Queensboro Bridge” after her 3:20 performance last November in New York City.

Yes, Blakeley is both fast and friendly, but plans routes - and e-mailed, of course - each week for those seeking longer and shorter distances to aid in their marathon and half marathon training - or for purely social benefits.

And even though Molly Field-Stout and Lynette Pebernat finished the half marathon at New Year’s Day Texas Marathon in Kingwood and that Les Ellsworth goes for the Texas Trilogy with last month’s Bandera 100K and this month’s Rocky Raccoon 100, it is our members who contribute off of the results page that makes our club what it is.

Please check us out on the web at www.thewoodlandsrunningclub.org for our scheduled runs, club events and download a copy of “Deer Tracks” while you’re there.

“Editor’s Note: This is our TWRC club report that will appear in the February edition of the HARRA Footprints newsletter in Inside Texas Running. It is reviewed and approved by the club president before its submission to HARRA.”
“Happiness is magic rays of sunshine that come down when you’re feeling blue.” That famous quote came from the movie Waterboy, but when Mike Csikos hears it, he thinks of his hero, his son Christopher. It’s because of Christopher that Mike runs marathons and feels inspired to continue raising funds for the Leukemia & Lymphoma Society’s Team in Training.

In the summer of 2000, just after his second birthday, Christopher was diagnosed with leukemia. Mike and his wife Lisa endured more than three years of their son’s treatments including chemotherapy and two bone marrow transplants. Their daughter Michaela was her brother’s donor for one of those transplants. The Csikos family was blessed by Christopher’s strength and perseverance during his battle against cancer. His joy and confidence and love for sports had him out in the halls of Texas Children’s Hospital playing golf with plastic clubs, never letting his IV pole slow him down.

Although Christopher fought like a true champion, they could not cure his disease. Mike and Lisa were with him on December 11, 2003 when he took his last breath at the age of five. “He bravely and courageously battled leukemia for 3 ½ years. He lived his life to the fullest and was an inspiration to everyone who knew him. Christopher’s smile and wit had a way of charming us all,” says Mike.

It was only a few months after his death that Mike decided to join Team in Training to raise funds and awareness for the Leukemia & Lymphoma Society. He has continued to run marathons in his son’s honor and memory. His marathon PR is 3:28 and his short term goal is to run a Boston qualifier.

If you see Mike Csikos out running on Saturday mornings along the Flintridge hills, you don’t see sorrow. You see those magical rays of sunshine in his face. His hero inspires him from Heaven, while those of us who know Mike are inspired by him.
<table>
<thead>
<tr>
<th><strong>Location:</strong></th>
<th>The Woodlands</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Date/Place of Birth:</strong></td>
<td>3/14/1969 – Waco, TX</td>
</tr>
<tr>
<td><strong>Height/Weight:</strong></td>
<td>5'9&quot; / 165</td>
</tr>
<tr>
<td><strong>Educational Background:</strong></td>
<td>Texas A&amp;M ’91 - B.A. History</td>
</tr>
<tr>
<td><strong>Occupation:</strong></td>
<td>Area Sales Mgr. – Zimmer Dental</td>
</tr>
<tr>
<td><strong>Hobbies:</strong></td>
<td>Golf, Fishing</td>
</tr>
<tr>
<td><strong>Personal Strengths:</strong></td>
<td>Honesty, Perseverence, and a Loving Family</td>
</tr>
<tr>
<td><strong>Personal Weaknesses:</strong></td>
<td>Starbucks, Cabernet, and Desserts</td>
</tr>
<tr>
<td><strong>Personal Hero(s):</strong></td>
<td>My son, Christopher</td>
</tr>
<tr>
<td><strong>Personal Philosophy:</strong></td>
<td>Do unto others as you would have them do unto you.</td>
</tr>
<tr>
<td><strong>Short Term Goal:</strong></td>
<td>Qualify for the Boston Marathon</td>
</tr>
<tr>
<td><strong>Long Term Goal:</strong></td>
<td>To be able to run road races with my future grandkids</td>
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<tr>
<td><strong>Greatest Fear:</strong></td>
<td>Not being able to be physically active</td>
</tr>
<tr>
<td><strong>Volunteer Activities:</strong></td>
<td>Leukemia Society’s Team in Training Program</td>
</tr>
<tr>
<td><strong>Why I volunteer:</strong></td>
<td>To serve others and support a very worthy cause</td>
</tr>
<tr>
<td><strong>Other Sporting Activities:</strong></td>
<td>Snow Skiing</td>
</tr>
<tr>
<td><strong>Years Running:</strong></td>
<td>5</td>
</tr>
<tr>
<td><strong>Weekly running program:</strong></td>
<td>30-40 during marathon prep and 15-20 otherwise</td>
</tr>
<tr>
<td><strong>Why I run:</strong></td>
<td>Stress relief and health benefits</td>
</tr>
<tr>
<td><strong>Favorite training run:</strong></td>
<td>Flint Ridge loop from Shadow Bend Park</td>
</tr>
<tr>
<td><strong>Favorite distance:</strong></td>
<td>Marathon</td>
</tr>
<tr>
<td><strong>Favorite race:</strong></td>
<td>Houston Marathon, Polish Pickle 5k, Run thru the Woods</td>
</tr>
<tr>
<td><strong>Running PR’s:</strong></td>
<td>3:28 marathon, 45:32 10k, 34:43 5 mile, 20:16 5k</td>
</tr>
<tr>
<td><strong>Number of races finished:</strong></td>
<td>7 marathons (4 with Team in Training)</td>
</tr>
<tr>
<td><strong>I joined the TWRC:</strong></td>
<td>To support the local running community.</td>
</tr>
<tr>
<td><strong>Running advice for others:</strong></td>
<td>Stretch AFTER warming-up.</td>
</tr>
<tr>
<td><strong>Favorite Book(s):</strong></td>
<td>Lord of the Rings Trilogy</td>
</tr>
<tr>
<td><strong>Favorite Movie(s):</strong></td>
<td>Indiana Jones and the Raiders of the Lost Ark</td>
</tr>
<tr>
<td><strong>Favorite Television Show:</strong></td>
<td>Extreme Home Makeover &amp; Biggest Loser</td>
</tr>
<tr>
<td><strong>Favorite Music:</strong></td>
<td>Country and Rock</td>
</tr>
<tr>
<td><strong>Favorite Musical Performer:</strong></td>
<td>Lyle Lovett</td>
</tr>
<tr>
<td><strong>Greatest Adventure:</strong></td>
<td>Whitewater rafting in Colorado</td>
</tr>
<tr>
<td><strong>Favorite Spectator Sport:</strong></td>
<td>College football</td>
</tr>
<tr>
<td><strong>Favorite Vacation Destination:</strong></td>
<td>Ski mountains and beaches</td>
</tr>
<tr>
<td><strong>Favorite Famous Quote:</strong></td>
<td>“Then you will know the truth and the truth will set you free.” John 8:32</td>
</tr>
</tbody>
</table>
THE WOODLANDS RUNNING CLUB
Membership Application

Name:________________________________________Date of birth:________Sex:________
Address:___________________________________________________________________________
___________________________________________________________________________
Telephone: Evening:_________________________Daytime:*__________________________
E-mail:______________________________________________(will be used only by TWRC)
Individul:_____ (Annual dues - $20.00)  Family/household:_____ (Annual dues - $25.00)
List other family/household members by name:
_________________________________________Date of birth:________Sex:________
_________________________________________Date of birth:________Sex:________
I apply for membership in The Woodlands Running Club (TWRC). I accept that TWRC will send all notices (including meeting notices) to me at my e-mail address.

Please make checks payable to: The Woodlands Running Club
Send checks to: P.O. Box 132163, The Woodlands, TX 77393

Texas Independence Relay - March 7 & 8
Good luck to all TWRC members running TIR

Asphalt Assault
Return of the Apples!
The Raging Aging
Tejas Renegades
The Athletic Girls Next Door
Texian Road Warriors
Battling Bloggers of the Texas Republic 1
Battling Bloggers of the Texas Republic 2
Running with a Shiner
Hecarwis
Running on Empty
The Road Killers and
Alan Wrinkle - Solo Run

50 States Leader Board

Marathons

<table>
<thead>
<tr>
<th>Club Member</th>
<th>States</th>
<th>Total Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gary Van Kuiken</td>
<td>50</td>
<td>61</td>
</tr>
<tr>
<td>Lou Wilson</td>
<td>44</td>
<td>99</td>
</tr>
<tr>
<td>Tony Allison</td>
<td>29</td>
<td>38 plus 1 Ultra Marathon</td>
</tr>
<tr>
<td>Geri Henry</td>
<td>26</td>
<td>32 plus 1 Ultra Marathon</td>
</tr>
<tr>
<td>Sue Rouse</td>
<td>25</td>
<td>63 plus 33 Ultra Marathons</td>
</tr>
<tr>
<td>Jon Walk</td>
<td>12</td>
<td>23 plus 2 Ultra Marathons</td>
</tr>
<tr>
<td>Ken Hayman</td>
<td>11</td>
<td>16</td>
</tr>
<tr>
<td>Sue Van Natta*</td>
<td>10</td>
<td>27 (4 countries outside the USA)</td>
</tr>
</tbody>
</table>

Half Marathons

| Patrick Morien       | 34     | 39                   |
| Jon Walk             | 25     | 56, (1 Province)     |

* all 27 of Sue Van Natta’s marathons are Boston Qualifiers
If we miss you, please don’t be offended. Just drop us a line! We want people to know what you’re planning on racing - and after the race, the membership would love a race report for Deer Tracks.

**Cowtown Half Marathon:** Fort Worth, TX; February 20, 2009
Althea Caldwell

**Disney Princess Half Marathon:** Lake Buena Vista, FL; March 8, 2009
Sarah Broyles

Sarah adds, “So while lots of our club members will be running the Texas Independence Trail, I’ll be a princess running through the Magic Kingdom!”

**Ironman New Orleans 70.3:** New Orleans, LA; April 5, 2009
Gena Alvarez, Greg Alvarez, Kristie Chandler, Vivian Corliss, Dana Lyons, Susan Rouse

**Davy Crockett Bear Chase Marathon:** Groveton, TX; April 11, 2009
Rick Cook

**113th Boston Marathon:** Boston, MA; April 20, 2009
Tony Allison, Casey Clark, Joe Killeen, Kristin Collins, Skip Moschell

**Big Sur International Marathon:** Carmel, CA; April 26, 2009
Stephen Smith

**Ford Ironman Coeur d’Alene:** Coeur d’Alene, ID; June 21, 2009
Doug Stiles, Nora Wilson

**The Western States Endurance Run:**
Squaw Valley to Auburn, CA; June 27-28, 2009
Rick Cook

**Buffalo Springs Lake 70.3 Triathlon:** Buffalo Springs Lake, TX; June 28, 2009
Gena Alvarez, John Laskowski

**News and Sentinel Half Marathon:** Parkersburg, WV; August 22, 2009
Patrick Morein

**Subaru Ironman Canada:** Penticton, BC; August 30, 2009
Michael Collins

**Super Jock ‘N Jill Half Marathon:** Woodinville, WA; September 7, 2009
Patrick Morein

**Ford Ironman Arizona:** Tempe, AZ; November 22, 2009
Michael Collins, Nora Wilson
10th annual Texas Marathon  
Thursday, January 1, Kingwood, TX  
Jon Walk - 5:43:03

1st annual Texas Half Marathon  
Thursday, January 1, Kingwood, TX  

2nd annual Mississippi Blues Marathon  
Saturday, January 3, Jackson, MS  
Geri Henry - 5:03:26 State No. 26  
(Geri moves back in to sole possession of 4th place on TWRC’s state leader board.)

Bandera 100K  
Saturday, January 10, Bandera, TX  

Walt Disney World Half Marathon  
Saturday, January 10, Lake Buena Vista, FL  
Donald Goodson - 1:32:03 2nd AG

Run The Woodlands 5K #216  
Saturday, January 10, The Woodlands, TX  

Walt Disney World Marathon  
Sunday, January 11, Lake Buena Vista, FL  
Donald Goodson - 3:26:29 2nd AG

USA Fit Marathon  
Sunday, January 11, Houston, TX  
Trudy Regnier - 6th overall female, 2nd AG

USA Fit Half Marathon  
Sunday, January 11, Houston, TX  
John Laskowski - 2:40:12, Lynette Pebernat - 3:09:17

First Light Half Marathon  
Sunday, January 11, Mobile, AL  
Jon Walk - 2:14:09 (State/Province No. 25)
Chevron Houston Marathon
Sunday, January 18, Houston, TX

Men

Women

Aramco Houston Half Marathon
Sunday, January 18, Houston, TX

Men

Women

EP5K
Sunday, January 18, Houston, TX

Men

Women
19 TWRC members ran a Boston qualifying time. Adrienne Langelier, Mark Cahill, Buck Snyder, Wayne Hudson, Skip Moschell, Don Cole, Joann Blakeley, Joe Killeen, Dan Jordan, Vera Heg, Susan Rouse, Tina Teykl-Parrish, Sarah Broyles, Anne Kate Solversen, Johanne Skorve, Vincent Attanucci, Sue Van Natta, Kristin Collins, and Dick Esselborn.
P.F. Chang's Rock ‘N’ Roll Arizona Half Marathon
Sunday, January 18, Phoenix, Arizona
Mary Kerschbaum - 2:12:37

Run The Woodlands 5K #217
Saturday, January 25, The Woodlands, TX

Rockets Run 5K
Saturday, January 31, Houston, TX
Jason Eagleson - 19:12 3rd AG, Patrick Morien - 21:33, Raul Gutierrez - 21:34

1st Annual Bill Crews Remission Run 5K (Cross Country & Trail Run)
Saturday, January 31, Conroe, TX
Feb. 28 (Sat)  Rodeo Run, 10K, 5K, Houston
Feb. 28 (Sat)  Run the Woodlands, #217; Barbara Bush Elementary

Mar.  7 (Sat) Spring Fever 5K, The Woodlands
Walk in registration at The Woodlands Recreation Center & Luke’s Locker
Registration Received by March 6: $25, Race Day Registration March 7: $30

Mar. 14 (Sat)  Run the Woodlands, #218; Barbara Bush Elementary
Mar. 28 (Sat)  Run the Woodlands, #219; Barbara Bush Elementary

April 4 (Sat) Muddy Trails 5K, The Woodlands
Early Registration February 1 - 28 $20
Registration March 1 - April 3 $25, Race Day Registration April 4 $30

May 2 (Sat)  CB&I Tri, The Woodlands
Registration (Feb. 16 - Mar. 15) - Individual: $80; Relay Team: $130
Late Registration (Mar. 16 - Apr. 27) - Individual: $90/Relay Team: $140

HARRA Spring Series Events

Mar. 14 (Sat) Bayou City Classic 10K, Houston
Mar. 28 (Sat) John J. Eikenburg Law Week 8K, Houston
Apr. 4 (Sat) Bellaire Trolley Run 5K, Bellaire
Apr. 22 (Wed) 42nd annual LP Run, Houston
Apr. 28 (Sat) Bayou Bash 4x2-mile Relay, Houston

For more area events please refer to the following websites
Runner Triathlete News - www.runnertriathletenews.com
Houston Area Road Runners Association - www.harra.org
Inside Texas Running - www.insidetexasrunning.com
Running in the USA - www.runningintheusa.com
TWRC & HARRA Members

Tony Allison
Gena Alvarez
Greg Alvarez
William Banes
JoAnne Blakeley
William Blount
Jim Braden
Randy Bradley
Mark Cahill
Sheila Carmody
Mike Csikos
Bill Dwyer
Lori Eubanks
Molly Field-Stout
Juan Flores
Lidia Gutierrez
Jim Klein
Joey Krivi
Adrienne Langelier
John Laskowski
Ron Longtin
Valerie Lowe
Alana-Rose Lynes
Richard McQuaide
Pam Meaux
Mike Mendeck
Robert Nelson
Michael Oehler
Jeff Paul
Nancy Prejean
Trudy Regnier
Wayne Rutledge
Stephen Smith
Buck Snyder
Kerri Snyder
Bill Travis
Gary Van Kuiken
Dave Wadsworth
Jon Walk
Waverly Walk
Kimberly Wallace
Nora Wilson

Meeting Minutes

TWRC Meeting Minutes can be viewed on the club website.