

Marathon, 1/2 Marathon, 1/4 Marathon, 5K & Relays



2017 RUNNER'S GUIDE



WELCOME

## Welcome to the 14th annual Seabrook Lucky Trail Marathon weekend!

We're glad that you've chosen to run one - or more - of our races in 2017.

You're joining us from one of more than 110 Texas cities, 24 states outside of the Lone Star state, Canadian provinces Alberta and Manitoba as well as one guest from England.

On behalf of the City of Seabrook, our title sponsor, in addition to our remaining sponsors, vendors, volunteers and race staff, we'll do our best to meet and exceed your expectations in producing quality races again this year.

Brand new this year is the addition of an all-trail quarter marathon distance on Friday evening to go with the Friday night trail 5K that we started a year ago.

We've also switched our marathon and marathon relay from Sunday to Saturday, which may make this year's Trail Challenge ... more of a challenge!

And once again, the marathon serves as the Road Runners Club of America (RRCA) Texas State Championship to kick-off its 2017 Championship Series.

We'll crown eight new state champions by the time the course closes on Saturday.

We're glad to welcome Clear Creek Education Foundation as our partner in and race beneficiary from Saturday morning's road 5K.



The remainder of the proceeds from this weekend's races will benefit The Bridge Over Troubled Waters, Inc.

The organization, whose mission is to offer support, provide safety and prevent domestic and sexual violence, received the majority of the \$130,000 Running Alliance Sport raised last year, bringing our six-year total to approximately \$590,000.

The ranks of our Seabrook Lucky Trail Leprechaun Hall of Fame will swell by seven runners to 28 with half marathon or marathon finishes that will bring their participation with us to 262 miles covered on the trails or racing with us in 10 different years. (Relays and distances shorter than 13.1 miles are not included.)

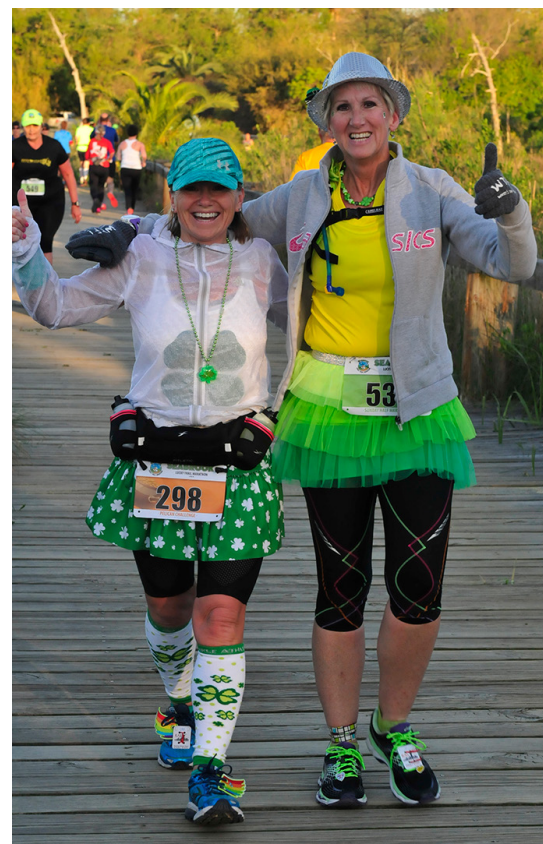
Our new inductees with their finish(es) this weekend include Richard Carroll, Bob Myers, Eric Raschke, Jacqueline O'Brien-Nolen, Edward Campos, Margaret Campos and George Z. Felan.

We certainly appreciate and thank all of you for your continued loyalty to our event, whose marathon is one of the eighth oldest in Texas - a title we share with the Miracle Match Marathon in Waco and the Big-D Marathon in Dallas.

Of course, we couldn't do all of this without your help and participation, as we deliver consistently well-organized races that challenge you and that come with usable swag and some of the best medals around.

Whether you're running with a goal in mind or cause on your heart, we hope you achieve it.

Regardless, have fun, run well and let's enjoy a great weekend here in Seabrook.



### In This Guide

#### Get Ready:

- Packet Pick-Up
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- Thank You



## 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 15, 2017

**11 PM-6 PM**

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

#### Thursday, March 16, 2017

**10 AM-6 PM**

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

#### Friday, March 17, 2017

**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

**Saturday, March 18, 2017**

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

**Sunday, March 19, 2017**

**6 AM**

Meador Park

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

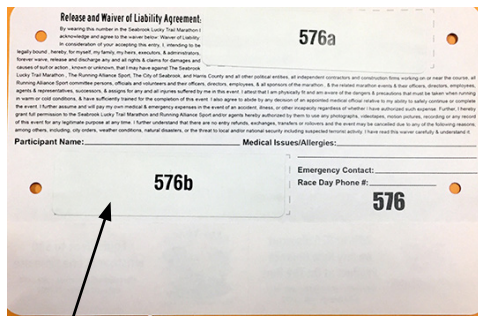
## Timing Chip

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.

### 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.



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

Front of bib.



**new balance**

Bring your bib for...

**20% or \$20 Discount**  
on any New Balance product  
at **On The Run**



2427 Bay Area Blvd  
OnTheRunTX.com 281.480.5388

Valid through April 2, 2017.

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 17-19, 2017

### Friday, March 17

- 5 PM** Packet pick-up opens
- 5:30 PM** ¼ Marathon\*
- 5:45 PM** 5K

\* Time limit 2 hours  
(Sunset is around 7:30 PM.  
Bring lights if necessary.)

### Saturday, March 18

- 5:30 AM** Packet pick-up opens
- 6 AM** Early Marathon Walkers ONLY
- 7:15 AM** Marathon
- 7:15 AM** Relay
- 7:30 AM** Half Marathon  
5K: Start after Half Marathon
- 2 PM** Course closes

### Sunday, March 19

- 6 AM** Packet pick-up opens
- 7:15 AM** Half Marathon
- 7:15 AM** Relay
- 11:30 AM** Course closes

Drs. Michael and Natalie Bodziony of Airrosti are offering THREE different opportunities for those who participate in the Seabrook Lucky Trails:

### Friday, March 17th

#### Pre-Race Injury Assessments 4:30PM - 6:30PM

These 15 minute appointments will allow Dr. Bodziony to properly assess and diagnose the source of your pain while discussing next steps to ensure you don't miss a beat. Pre-register at the link below and you will be contacted to schedule your appointment.

**Schedule Your Complimentary  
Injury Assessment**  
[Click Here](#) or call 800-404-6050

### Saturday, March 18th

#### Race Day (7 to 11am) Rock Taping & Injury Assessments 7AM - 11AM

Drs. Michael and Natalie Bodziony will be out at the race on Saturday to offer complimentary injury assessments and taping as well, which will increase blood flow and circulation, while reducing injuries or pain. Not to mention, keep you doing what you love doing!

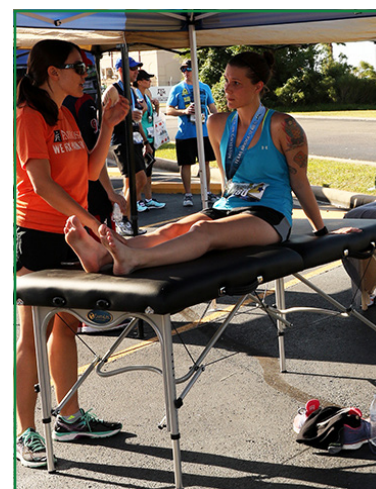
**Look for the Airrosti tent  
near the pavilion**

### Saturday, March 18th

#### Post-Race In Office Injury Assessments

Drs. Michael and Natalie Bodziony are offering in-office injury assessments. These 30-minute appointments will allow Drs. Michael or Natalie Bodziony to properly assess and diagnose the source of your pain while discussing next steps to ensure you don't miss a beat in your workouts and day to day activities.

**Schedule Your Post-Race  
Injury Assessment**  
[Click Here](#) or call 800-404-6050



**Dr. Natalie Bodziony of Airrosti**

Airrosti, is a conservative, non-invasive approach for pain/injuries.

**GOT PAIN?**  
Join Airrosti for  
**COMPLIMENTARY INJURY ASSESSMENTS!**

Dr. Natalie Bodziony  
Airrosti Clear Lake  
18201 Egret Bay Blvd. Suite A  
Houston, TX 77058

Dr. Michael Bodziony  
Clear Creek Clinic  
302 S. Highway 3  
League City, TX 77573

**(800) 404-6050**



### Race Location & Post Race Party

Rex Meador Park  
 2100 Meyer Rd  
 Seabrook TX 77586

#### 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

#### Parking Information

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

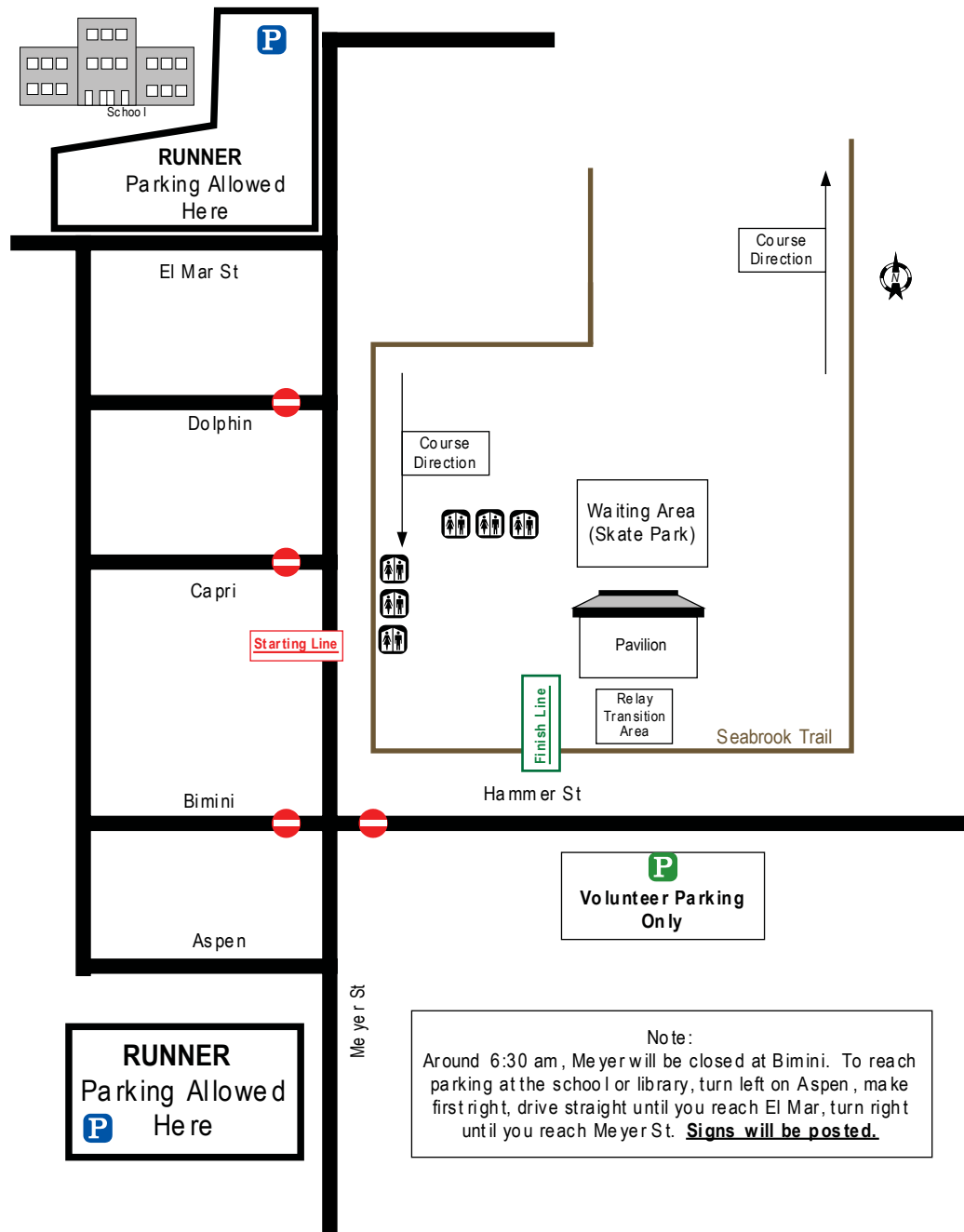
#### Arrival Time and Parking:

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.

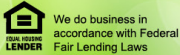


Note:  
 Around 6:30 am, Meyer will be closed at Bimini. To reach parking at the school or library, turn left on Aspen, make first right, drive straight until you reach El Mar, turn right until you reach Meyer St. **Signs will be posted.**

# SPRING

## Into a Great Deal on a New or Used Auto Loan

**Low Rates Available**



We do business in accordance with Federal Fair Lending Laws



Federally Insured by the NCUA



## 13.1 Reasons to become a member of Bay Area Running Club!

1. Running partners
2. New friends
3. Social events
4. Volunteer opportunities
5. Training advice
6. Experienced mentors
7. All paces welcome
8. Freebies/giveaways
9. Networking with the greater Houston running community
10. Award-winning individuals and club (Back-to-back-to-back-to-back HARRA Series Club Champions!) "4-Peat"
11. Charity opportunities
12. Organized group runs
13. HARRA 500 Houston Marathon Program
- 13.1. 10% discount at On The Run!

Register today at *On The Run* in Clear Lake or online at [BARCHouston.com](http://BARCHouston.com)



## Texas' Premier Running Specialty Store



We are Houston based shoe sellers, runners & triathletes that are all about a great fit, great quality and great customer service. Founded in 2003, we specialize in gait analysis and have a combined 30+ years experience fitting runners and walkers of all skill levels and injury types. Come by and see us!

2427 Bay Area Blvd  
OnTheRunTX.com 281.480.5388





## Course

The 26.2-mile 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.

## 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

Saturday the course will be open for 6-1/2 hours. Sunday the Half Marathon course will be open for 4 hours. NO EARLY STARTS are allowed on Sunday. Runners and walkers who have not finished by 2:00 p.m. 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.

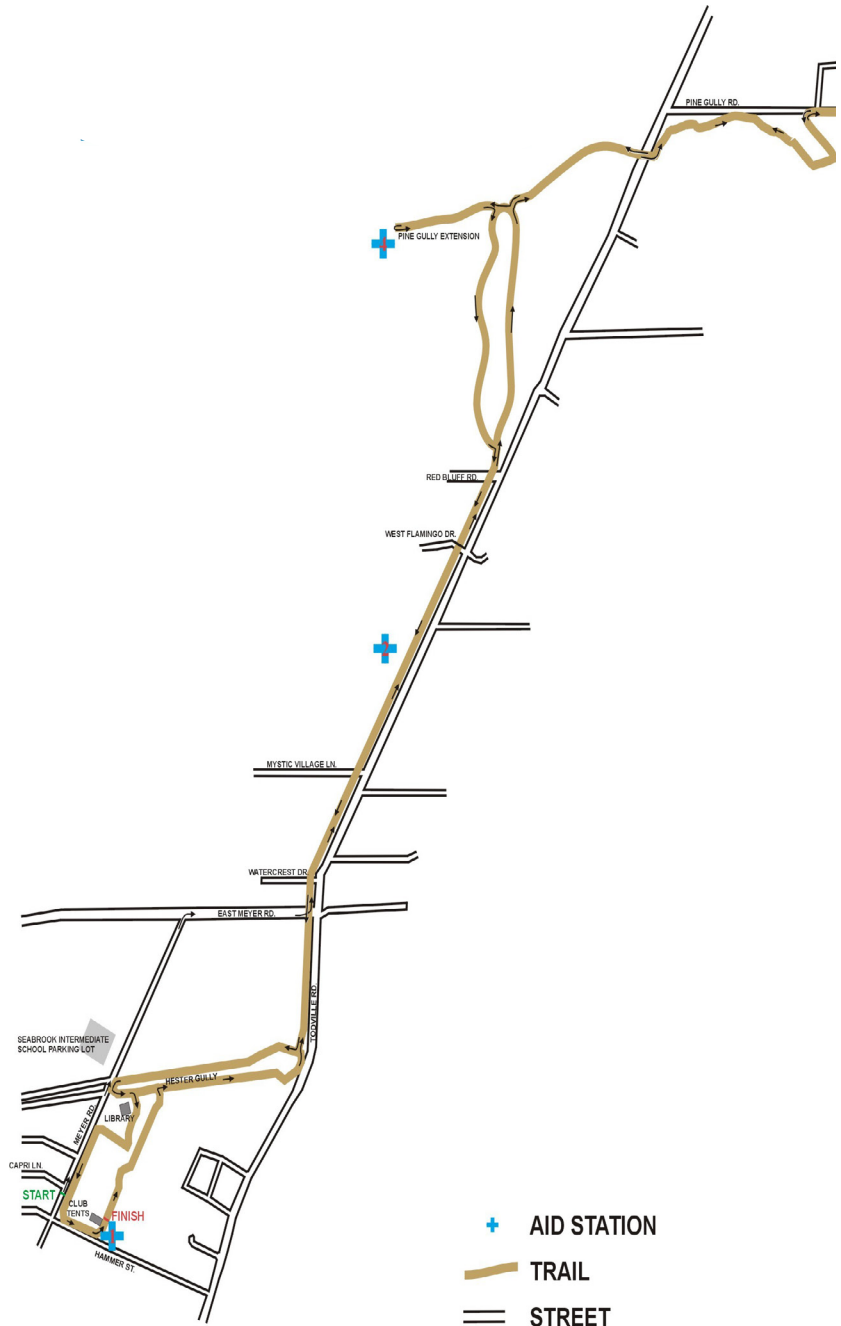
No bicycles, baby joggers, pets, in-line skates, unauthorized and other non-official wheeled vehicles are prohibited on the course.

### 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. All finishers will receive a finisher's medal.





## Additional Instructions for Relay Teams

Saturday: Four person relay - Sunday: Two person relay

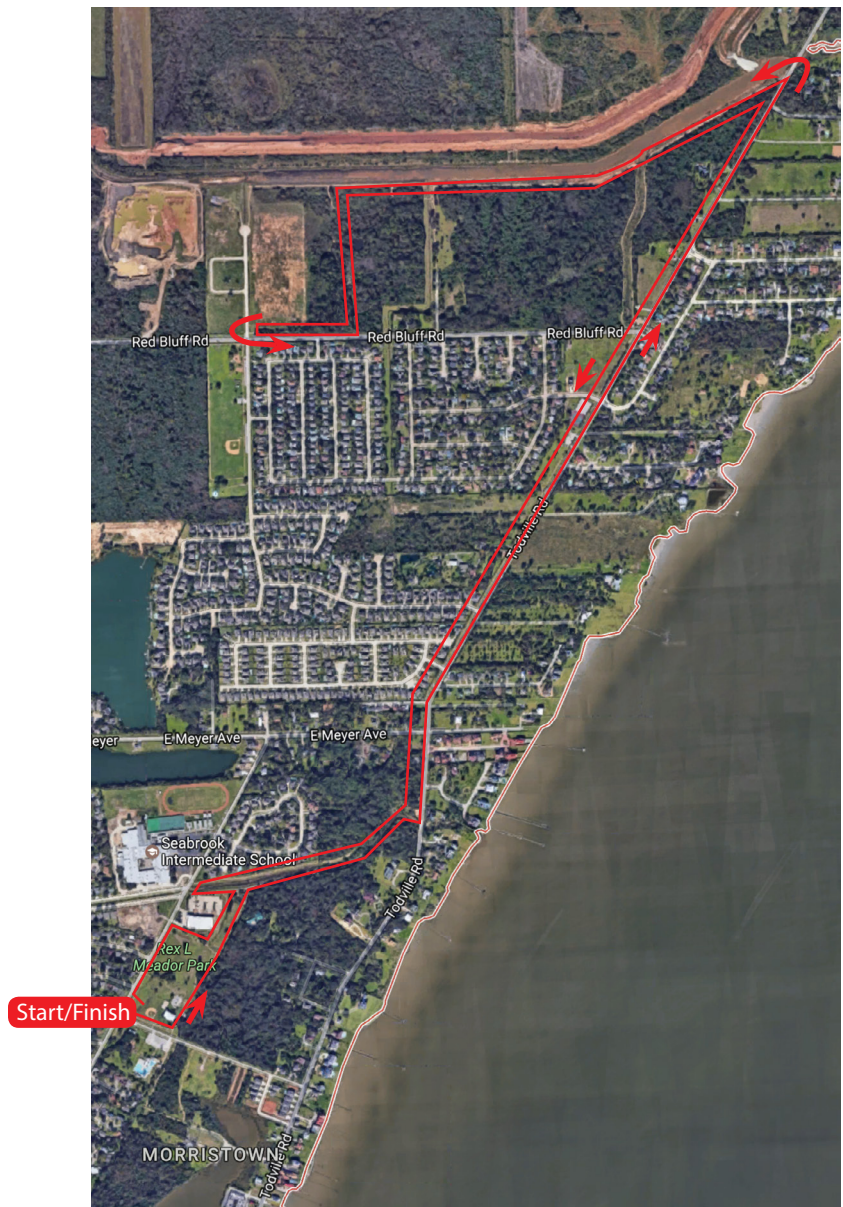
Each participant on a relay leg can only start after the preceding relay leg has completed his leg. Otherwise, the team will be disqualified (no time recorded).

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 the appropriate bib. The person with tag A will start the race, followed by the one with tag B, then C, then the one with tag D will run the last leg and be the one to cross the finish line. 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

**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 1/2 marathon on Saturday and do the 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 14, 2016 unless the race is full. After February 14, 2016, there is a \$25 charge and loss of personalized bib. 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.

### SWITCHING RACES FOR RELAY:

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, and there is a \$10 transfer fee. If it is after the bib deadline, they will not have a personalized bib. Race week, transfers will be done at packet pick-up. 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 before the event takes place. We are not giving raincheck options after the race is done.

**I paid my registration fee but couldn't attend the race. 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 Accommodations 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?** 1/4 marathon or 6.55 miles.

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

**Are there any special challenges or deals?** The Pelican Challenge-Run the half marathons on both Saturday and Sunday. The Trail Challenge-Run the half marathon on Saturday and the full marathon on Sunday. Sign up for (and 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 Sunday. 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.

**Can't make the race?**  
You have a couple of other options: 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, and there is a \$15 transfer fee. If it is after the bib deadline,

they will not have a personalized bib. Race week, transfers will be done at packet pick-up. (price increases to \$25 race day)

### Relay Questions

**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. If a team loses a member, contact us with the new member so we can change the names of the innocent. And yes, 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 Questions

**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

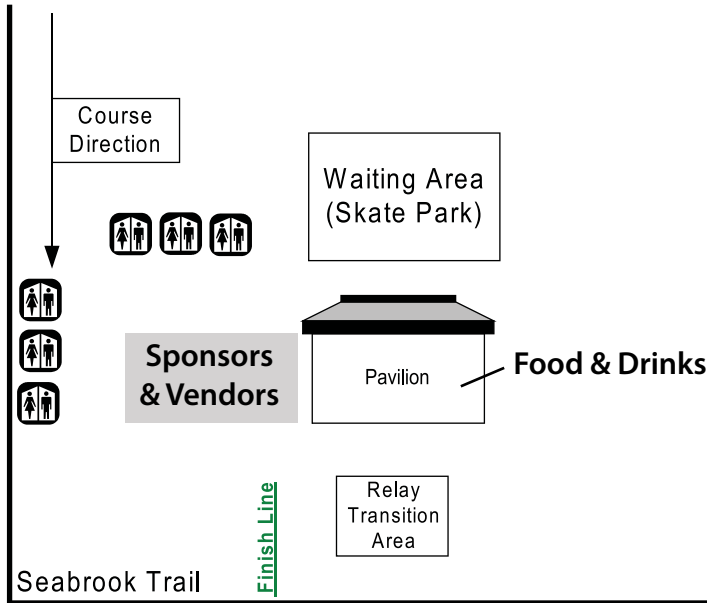
of protection from the dangerous conditions. If it gets bad and we are not there to help you off the course please do everything you can to keep yourself safe and take shelter.

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!





### 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
- 2:43:48: 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
- 3:04:25: Jacob Tonge, Houston, 2008, 5th

### Women

- 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
- 3:36:57: Suzy Seeley, Houston, 2006, 1st

Half Marathon

### Men

- 1:19:50: Ryan Teel, Friendswood, 2014-1, 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
- 1:24:41: Erik Ramos, 2011-1, 1st
- 1:24:57: Steve Maliszewski, Houston, 2014-1, 4th

### 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
- 1:30:50: 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
- 1:32:17: 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
- 1:33:26: Victoria Webster, Houston, 2015-2, 1st
- 1:33:34: Rebecca Whitney, 2005, 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

### 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

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

### 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

### 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

### 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 Wyngaarden), 1:35:04
- 2016: ARC (Chung Elaine & Iram Leon), 1:24:44

Seabrook Lucky Trail Relays





## Seabrook Lucky Trail Leprechaun Hall of Fame

The Leprechaun Hall of Fame is designed to recognize our most loyal runners since the Seabrook Lucky Trail Marathon began in 2004. Any runner who has or is set to run 262 miles (40 loops of the trails) in individual events (i.e. the marathon or half marathon) or has finished the half marathon or marathon in 10 or more years earns automatic entry.

### 2013

Carlos Reyes  
Lee Greb  
Richard Jares  
Robert Lott, Jr.

### 2014

Donna Palmer  
Macey Contreras  
Michele Williams

### 2015

John Hyak  
Joseph Leonguerrero  
Ron Berglund

### 2016

Bob Livitz  
Don Womble  
Jacob Tonge  
James Reeve  
Joshua Rake  
Karen Berglund  
Michael Purvey  
Paula Boone  
Steve Boone  
Terry Grim  
Yen Nguyen

### 2017 Inductees



Richard Carroll



Bob Myers



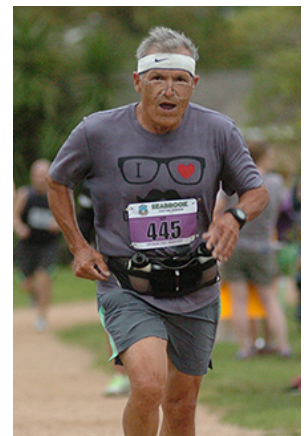
Eric Raschke



Jacqueline Nolen



Edward & Margot Campos



George Z. Felan

Half Marathon Relay or Marathon Relay participation does not count in the mileage calculation. Finishing the 5K or the Quarter Marathon does not count towards the total number of years, although the miles do in the mileage calculation.



Come train with us! Here are races we are targeting in 2017. Coaching options available for both run and triathlon! Give us a call!



## 2017 TEAM RACES & EVENTS

[www.powerhouseracing.net](http://www.powerhouseracing.net)

- March 18** Seabrook Lucky Trail, Seabrook, TX
- April 2** Ironman Texas-Galveston 70.3, Moody Gardens, TX
- April 22** IRONMAN TEXAS, The Woodlands, TX
- May 14** TriGirl SuperSprint, Alexander Deussen Park, TX
- May 28** Silverlake Triathlon sprint/olympic, Pearland, TX
- June 11** Sylvan Beach Tri/Du Tri Team Challenge, Sylvan Beach, TX
- July 4** Bud Heatwave 5 Miler, Baytown, TX
- July 16** Shadow Creek Ranch Triathlon, Pearland, TX
- Sept 2** Benezy Purple Monkey 5k/10k, Alvin High School, Alvin, TX
- Sept 23 & 24** Kerrville Triathlon Festival, Kerrville TX
- Nov 5** Oilman Half Iron distance triathlon, Lake Conroe, TX
- Nov 19** La Porte by the Bay Half Marathon, La Porte, TX
- Dec 3** Run Girl Half Marathon, Alexander Deussen Park, TX
- Dec (TBD)** Santa Hustle, Galveston, TX



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**(281) 787-8285 (713) 594-6302**



## Things To Know or Look For This Weekend

1. 27 runners will be running either our 5K or quarter marathon on Friday and one of the Challenges on Saturday and Sunday. They will receive a special Challenge Coin upon their Friday finish.
2. We've not had a repeat winner in the men's marathon, but League City's **Chris Robbins** is back to defend his championship from a year ago.
3. None of our former women's marathon champions are entered; however, two former runners-up are — **Yong Collins** (2004) and **Jacqueline O'Brien-Nolen** (2013 and 2014).
4. Our men's half marathon course record-holder **Ryan Teel** of Friendswood returns. He finished the first race three years ago in 1:19:51.
5. The three-time defending fastest finisher in the Pelican Challenge, **Steve Maliszewski**, will not only try for his fourth consecutive crown, but the following weekend will attempt to run the entire 203-mile course of the Texas Independence Relay ... alone.
6. RaceShots.net has been our official race photographer since 2012.
7. Seven wins in the half marathon here over the last five years and **Victoria Webster** returns to see if she can pull off a double win for the third straight year. Only she and **Chris Robbins** are the only runners to win both half marathons in back-to-back years.
8. The defending women's champion of our 3.98-mile Saturday 5K from last year, **Darcy McCarty**, of Friendswood, will be running the Saturday half marathon this year.
9. Webster's **Sebastian Koran** won our inaugural road 5K two years ago. This year, the 15-year-old will try to capture the Friday night trail 5K crown.
10. Joining us from Boulder, Colorado is **Benji Durden** and his wife, **Amie**. Amie will be a favorite to capture the Senior Grandmasters RRCA Texa State Marathon Championship. Benji is the 1982 winner of the Chevron Houston Marathon (2:11:12), but his marathon PR of 2:10:40 came two years earlier when he finished second in the 1980 United States Olympic Trials Marathon, which ran from Buffalo, New York to Niagara Falls, Ontario. It is believed to be one of the deepest field of American marathoners ever assembled.
11. Humble's **Steve and Paula Boone** were both inducted into our Seabrook Lucky Trail Leprechaun Hall of Fame last year. Both have been staunch supporters of our race. The first one to finish Saturday's marathon between the two of them will represent their 1,000th marathon finish between the couple. Steve ran the Zydeco Marathon on Sunday in Lafayette, Louisiana for his 675th marathon finish, while Paula enters our race this weekend with 324.
12. Check out the kicks from New Balance that all of our RAS team members are wearing this weekend. Thank you to New Balance and On The Run for taking care of our team!
13. League City's **Todd O'Neal** was part of the winning marathon relay team in 2014 and 2015. This year, he'll team up with **Ceseilia Perez** as they'll run two laps each to form "Captain and TO'Neal".
14. Pearland's **Carlos Campos**, who will be running in a half marathon relay team with **Silvina Berutti**, is one of only two people - the other being teammate **Pablo Motta** - ever to be on the winning team in both the Half Marathon Relay (2010) and the Marathon Relay (2012)
15. Katy's **Michael Aikman**, who has three previous finishes there to his credit and was one of the affected runners last Saturday at The Woodlands Marathon, will be using the Trail Challenge this weekend as part of his training for the 88-kilometer Comrades Marathon that is run between Durban and Pietermaritzburg, South Africa on June 4, 2017. He will be joined there this year by **Maliszewski**, who has finished there each of the last five years, and **Karen Shopoff Roofff**, who finished last year in her first attempt. Like Michael, Karen is running the Trail Challenge this weekend.
16. Our youngest competitor in the individual races will be 7-year-old **Lane McLaughlin**, from Friendswood, who also competed in the Saturday 5K last year. Two young ladies, both eight years old - **Kiley Miller** and **Hailey Lanier** from Seabrook and Friendswood - are running a 5K with us this weekend for the third straight year!
17. Two of the toughest states in a 50 States Marathon Club member's quest to run them all will be represented as **Samantha Simpson** from Anchorage, Alaska is registered to run the quarter marathon on Friday while Pearl City, Hawaii's **Glen Marumoto** will run the marathon as part of his second pass through the states. He finished his first round on September 11, 2016 at the Erie (Pa.) Marathon at Presque Isle.
18. Edmonton, Alberta's **Jotham Huising**, who will be running the marathon on Saturday, finished seventh overall at last May's 4-Way Challenge at the Flying Pig Marathon in Cincinnati, Ohio. He ran the 5K in 20:20 and the 10K in 43:06 - both on Saturday - and the marathon on Sunday in 3:19:09.



## Running Alliance Sport is excited to assume the management of this year's 14th annual Yuri's Night 10K, 5K and Kids 1K in Nassau Bay.



**Fun Run**  
Kids 1K · 5K · 10K

"We can't thank **Mana Vautier** enough for passing the baton on the race that he has been a shepherd over since it was originally started and directed by **Sarah Ruiz**," said RAS founder and race director **Robby Sabban**.

Yuri's Night continues to be sponsored by the Houston section of the American Institute of Aeronautics and Astronautics and is part of an annual worldwide celebration that commemorates the first human in space, as well as the first orbital flight of the United States Space Shuttle.

The race will benefit Houston's Expedition Center, an interactive, educational exhibit within the Houston Museum of Natural Science.

The precursor to the existing Expedition Center program was first founded in August 1988 in memory of the astronauts who died in the Space Shuttle Challenger disaster.

The race is a new chapter in the life of Running Alliance Sport in that - outside of this weekend's Seabrook Lucky Trail Marathon - it is the first race with multiple distances as well as the first Kids race ever in RAS history.

"Thing is that we want to help ensure that quality events in our running community continue," Sabban says. "And in today's market, just surviving 13 years already says a lot about how well the race has been managed.

"It'll be a good challenge for our team, many of who have already been working with Mana, to elevate the profile of and the numbers of the race."

With nearly 20 different races being hosted around the greater Houston area the weekend before Easter, challenge is a huge understatement.

Vautier added a 10K last year, which takes runners all the way from the start and finish at St. Thomas The Apostle Episcopal Church out to the middle of the Nassau Bay Peninsula Wildlife Park and back, to try and mitigate losing runners to other races at the 5K distance.

Through Wednesday, March 8, nearly 80 percent of last year's registrants at the 10K have already signed up.

The totally flat course through the streets of Nassau Bay can produce some fast times, but the beauty of nearby Howard L. Ward Park, which looks out into South Shore Harbour, helps deliver quite different - and often peaceful - surroundings to runners than many other events.

At seven dollars (\$7) through the end of March, the Kids race, with its single loop jaunt around Ward Park, is economical enough to get all youngsters,

regardless of ability, involved and excited about getting and staying active.

And since the Kids 1K begins at 7:15 a.m., parents in either the 5K or the 10K, which both start at 7:35 a.m., have the opportunity to run with their children to encourage them along the way.

Pricing for the 10K, especially at \$35 through the end of March, is some of the best in the area for that distance.

The 5K is \$25, also through the end of March, is competitively priced in a saturated field.

Runners, regardless of their knowledge of the legacy of the United States space program, can know that they'll literally be running through the community where so many of NASA's astronauts that were part of the Gemini and Apollo missions, Skylab, America's first space station and numerous Space Shuttle missions.

So come kick the tires on some new space wheels and blast off to a fast time in Nassau Bay with us in three Saturdays from this weekend here at Seabrook Lucky Trail.





## OUR MISSION



### 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).

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).





THANK YOU

Thank You  
City of Seabrook



[seabrooktx.gov](http://seabrooktx.gov)