

RUN



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HOU

RACE PROGRAM

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## HOUSTON MARATHON STAFF LIST

**Wade Morehead**  
Executive Director

**Carly Caulfield**  
Race Director & General Manager

**Amanda Sandoval**  
Senior Director, Participant Services

**Steve Schnell**  
Director, Marketing, Business Development & HMF Programs

**Mike Root**  
Senior Manager, Course Director

**Nathan Schaffer**  
Senior Manager, Event Production

**Lauren Balthazar**  
Senior Manager, Participant & Volunteer Services

**Corey Broadway**  
Manager, Event Operations

**Cora Lindsay**  
Manager, Marketing & Media Relations

**Greg Harris**  
Manager, Business Development & HMF Programs

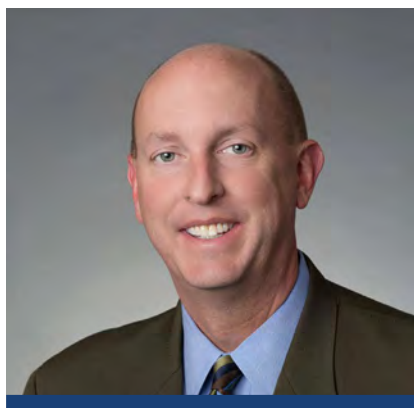
**Nicholas Nordmann**  
Manager, Venue Operations

**Dominique Pereira**  
Manager, Participant Services

**Kim Warren**  
Manager, Office Administration



# A LETTER FROM OUR EXECUTIVE DIRECTOR



## WADE MOREHEAD

*Executive Director,  
Houston Marathon Committee, Inc.*

On behalf of the Houston Marathon Committee (HMC), it is our pleasure to welcome you to our world-class weekend of events which continues to reach new heights as we celebrate our 52nd anniversary of the Houston Marathon.

What began in 1972 as a 26.2-mile run around Memorial Park, race day now consists of two World Athletics Gold Labeled events hosted simultaneously on our flat, fast, city-wide courses that highlight many of Houston's most iconic sites. Nearly 300,000 runners, volunteers, and spectators make the Chevron Houston Marathon and Aramco Houston Half Marathon the largest single-day sporting event in Houston.

Not only has the number of people who Run, Cheer, and Volunteer grown significantly over the past five decades, race day has also evolved into a Weekend of Events.

The We Are Houston 5K presented by Aramco and Chevron is conducted on Saturday and features over 6,000 registrants, while approximately 50,000 guests will visit the two-day Houston Marathon Health & Fitness EXPO presented by Houston Methodist. Party on The Plaza presented by HoustonFirst in front the George R. Brown Convention Center on Friday night is the place to be with music and refreshments for the entire city to enjoy. The race day after-party for registrants and anyone who wants to join us on Saturday and Sunday is held at RunFest, presented by Michelob Ultra at Discovery Green Park, on Jones Lawn.

While we are proud of the evolution of race weekend, we are truly honored to have the opportunity to celebrate the many PR's, milestones, and record-setting performances, with all of you each year.

This year will be no different as the HMC hosts approximately 300 Athletes with Disabilities (AWD) and their guides, which is the largest field in the ten-year history of the program. Additionally, this year the Houston Marathon Foundation will provide free entry, transportation, shoes, shirts, and training support to 750 local at-risk students from 25 schools and programs. This is also the highest total number of students since the inception of the We Run Houston after-school running program, which will increase the total number of participating students to over 5,000 children introduced to the many benefits of running over the past decade. Increasing accessibility to this beloved sport is a responsibility that continues to drive us and our goals of welcoming more new runners year after year.

We wish to show our appreciation to the tens of thousands of runners who have selflessly fundraised for the Chevron Houston Marathon Run for a Reason (RFAR) charity program since it was created in 1995. The RFAR program recently surpassed the \$36 million milestone raised for local charities, and that total continues to grow.

To host a hallmark event of this size and nature, it takes a village and we are so grateful to be supported by the Mayor's Office of Special Events, Houston First, Public Works, METRO, and all Houston public safety agencies. This weekend would not be possible without the support of the thousands of volunteers, public servants, officials, charities, businesses, and the best running community in the world.

A special thank you to our sponsors, especially to our Houston Marathon title sponsor Chevron, and Aramco Americas which is celebrating their 20th year as the title sponsor of the Houston Half Marathon.

We look forward to watching you make your mark on these city streets. Thank you for trusting us to host you for another unforgettable year.

A handwritten signature in black ink, reading "Wade Morehead".



## CITY OF HOUSTON

John Whitmire

Mayor

P.O. Box 1562  
Houston, Texas 77251-1562

Telephone – Dial 311  
[www.houstontx.gov](http://www.houstontx.gov)

January 2, 2024

Greetings,

As Mayor of Houston, it is my pleasure to welcome the participants and supporters of the 2024 Chevron Houston Marathon, Aramco Houston Half Marathon and We Are Houston 5K presented by Aramco and Chevron.

The 3-day weekend of events showcases Houston's cityscapes, culture and comradery. It also brings together more than 300,000 spectators, runners and volunteers to produce Houston's largest single-day sporting event on race-day Sunday. Once again, this year the race will feature 34,000 participants including a renowned field of some of the world's most talented professional runners set for record breaking performances.

As Houstonians, we believe that civic celebration is vital to the spirit of Houston and it is that belief, over the past 52 years, that has made the Houston Marathon a cherished tradition for us all. Annually, thousands of Houstonians volunteer their time, businesses offer their support and organizers work diligently to create an event that serves as a symbol of achievement for elite athletes and every day runners alike.

I'd like to extend a heartfelt thank you to each of these generous sponsors and volunteers who unite annually to create this time-honored event and invite each of you as participants to do the same as you navigate your way through the bustle of the weekend.

The race is full of motivation and inspiration as the local community continues to display an overwhelming feeling of comradery in its rebuilding efforts. I encourage you to take in the enthusiasm the city has for each of you as runners, contribute to the positive energy of the events and truly be a part of the Houston spirit!

On behalf of the citizens of Houston, good luck and best wishes for a successful and memorable race.

Sincerely,

A handwritten signature in blue ink that reads "John Whitmire".

John Whitmire  
Mayor



Council Members: Amy Peck Tarsha Jackson Abbie Kamin Carolyn Evans-Shabazz Fred Flickinger Tiffany D. Thomas Mary Nan Huffman  
Mario Castillo Joaquin Martinez Edward Pollard Martha Castex-Tatum Julian Ramirez Willie Davis Twila Carter Letitia Plummer Sallie Alcorn  
Controller: Chris Hollins



## RACE WEEKEND SCHEDULE

▶▶ ALL DATES AND TIMES ARE SUBJECT TO CHANGE

### WEDNESDAY, JANUARY 10, 2024

**League of Garmin Tune-Up Run**  
hosted by Good Guys Run Club, Space City Elite  
and Freaks Run Club

M-K-T Heights with Good Guys Running

6 - 7 p.m.      Garmin watch try-ons  
7:10 p.m.      Run starts, 2 and 4 mile loop options  
8 p.m.          Raffle

### FRIDAY, JANUARY 12, 2024

**Houston Marathon Health & Fitness EXPO**  
presented by Houston Methodist  
George R. Brown Convention Center, 3rd Floor, Hall B3

10 a.m. – 6 p.m.      Marathon, Half Marathon and 5K  
Participant Packet Pick-Up

**HMF Luncheon | Private Event**  
**Silent Auction | Open to the Public**  
[Click here to bid.](#)  
Bidding opens 8 a.m. Monday Jan. 8th  
and closes 8 p.m. Friday Jan. 12th.

**Glycerin 21 x Gravity Industries Jet Suit Demo**  
presented by Brooks Running  
Discovery Green, Jones Lawn

5 p.m.

**Party on the Plaza presented by Houston First**  
Avenida De Las Americas  
5:30 - 7:30 p.m.

### SATURDAY, JANUARY 13, 2024

**We Are Houston 5K presented by Aramco & Chevron**  
Start at McKinney & Crawford

6:30 a.m.      5K Race Day Packet Pick-Up Opens  
Hall B, First Floor  
7:50 a.m.      Wheelchair Start  
8 a.m.          Start

**RunFest presented by Michelob Ultra**  
Discovery Green, Jones Lawn  
7 – 10:30 a.m.

**Houston Marathon Health & Fitness EXPO**  
presented by Houston Methodist  
George R. Brown Convention Center, 3rd Floor, Hall B3

8:30 a.m. – 5 p.m.      Marathon and Half Marathon  
Participant Packet Pick-Up

**Glycerin 21 x Gravity Industries Jet Suit Demo**  
presented by Brooks Running  
Discovery Green, Jones Lawn

3 p.m.

### SUNDAY, JANUARY 14, 2024

**Chevron Houston Marathon &  
Aramco Houston Half Marathon**  
Start at Congress and Fannin

6:50 a.m.      Marathon & Half Marathon Wheelchair Start  
7:01 a.m.      Marathon & Half Marathon Start  
Live streaming video from our Finish Line can be found on the  
HMC Press Page of the website.

**RunFest presented by Michelob Ultra**  
**Charity & Running Club Village**  
Discovery Green, Jones Lawn

5 a.m. – 2:30 p.m.



### Chevron Houston Marathon App

Download the Chevron Houston Marathon app to set yourself up for race day success. Whether you're a participant, spectator or long-distance supporter, the free mobile app offers real-time runner tracking and splits, interactive participant maps, live runner race photos and so much more to enhance your race experience.



# unleash your energy!

## JOIN US AT THIS YEAR'S CHEVRON HOUSTON MARATHON!

We're amplifying our human energy for HOU.

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## Dear Runners,

On behalf of more than 7,000 Chevron employees who call Houston home, I welcome you to the 52nd Chevron Houston Marathon!

Chevron has proudly sponsored the Marathon for the past 19 years. This event represents the best of human energy—bringing together athletes, community members and thousands of volunteers, including many of our own employees! We're also proud to help connect nearly 1,000 runners with local charities through the Run for a Reason program, which has raised more than \$36 million for our Houston community since 1995.

Chevron is committed to investing in and partnering with programs that make our city's future brighter. This work powers our future forward—enabling progress for millions of people in the communities we touch.

## Thank you for bringing your energy to the Chevron Houston Marathon.

Have a great race and I'll see you at the finish line!

A handwritten signature in black ink, reading "Bruce L Niemeyer".

**Bruce Niemeyer**  
President, Chevron Americas Exploration & Production

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# A PHOTO-FINISH REMATCH AND A HOUSTON COURSE RECORD-HOLDER SET THE STAGE FOR AN EXCITING CHEVRON HOUSTON MARATHON

The woman who holds Houston's Half Marathon Course Record will attempt to race her way into the Chevron Houston Marathon record books; while the men's race will feature a rematch of last year's thrilling photo finish.

**Vicoty Chepngeno** of Kenya makes her marathon debut in the Chevron Houston Marathon after setting the course record in 2022 at the Aramco Houston Half Marathon with a time of 1:05:03, the fastest half marathon time ever run in North America.



"I am very excited to make my marathon debut in Houston," said Chepngeno, a three-time winner of the Philadelphia Half Marathon. *"Houston is a race I know well. This makes me feel at ease as I focus on what I need to do to achieve my goal of winning."*

Chepngeno will have competition from fellow Kenyan **Margaret Wangari**, past champion of both the Los Angeles and Honolulu Marathon. Wangari set her marathon personal best last year at the age of 37, finishing second at the Prague Marathon in a time of 2:23:52. Just seven months earlier she won the silver medal at the Commonwealth Games Marathon in Birmingham. Other top contenders include Canadian national record holder **Natasha Wodak** and three-time Rome Marathon champion **Rahma Tusa** of Ethiopia.

Last year's men's race came down to a sprint finish with Kenya's **Dominic Ondoro** beating Ethiopia's **Tsedat Ayana** by less than one second, *one of the closest races in event history. Both will return this year. For Ayana, it's an opportunity for revenge while Ondoro will be looking for his third Houston victory.*



Ethiopia's **Deresa Geleta** will look to deny both men a chance at victory. Coming into the race with a personal best of 2:05:51, **Geleta will look to break the tape on what will be his 28th birthday.** In 2023, he was runner-up at the Dubai Marathon in February and won the Beijing Marathon in October. Also expected to be up front are 2022 Chevron Houston Marathon winner **James Ngandu** of Kenya and Morocco's **Zouhair Talbi** who was 5th in the 2023 Boston Marathon.

*"You can always count on exciting story lines and dramatic finishes at the Chevron Houston Marathon,"* said **Wade Morehead**, Executive Director of the Houston Marathon Committee. "Fans will want to make sure they are in front of their TV or lined up on Lamar Street when the runners make that final turn toward the finish line."



# CHEVRON HOUSTON MARATHON

## PAST WINNERS



**DOMINIC ONDORO**

2023 Chevron Houston  
Marathon Men's Winner



**HITOMI NIIYA**

2023 Chevron Houston  
Marathon Women's Winner

Year*	Male / Name	Time	Year*	Female / Name	Time
2023	Dominic Ondoro	2:10:36	2023	Hitomi Niiya	2:19:24
2022	James Ngandu	2:11:03	2022	Keira D'Amato	2:19:12*
2020	Kelkile Gezahegn	2:08:36	2020	Askale Merachi	2:23:29
2019	Albert Korir	2:10:02	2019	Biruktayit Degefa	2:23:28
2018	Bazu Worku	2:08:30	2018	Biruktayit Degefa	2:24:51
2017	Dominic Ondoro	2:12:05	2017	Meskerem Assefa Wondimagegn	2:30:18
2016	Birhanu Gedefa	2:11:53	2016	Biruktayit Degefa	2:26:07
2015	Birhanu Gedefa	2:08:03	2015	Yebgual Arage	2:23:23
2014	Bazu Worku	2:07:32	2014	Abebech Bekele	2:25:52
2013	Bazu Worku	2:10:17	2013	Merima Mohammed	2:23:37
2012	Tariku Jufar	2:06:51*	2012	Alemitu Abera	2:23:14*
2011	Bekana D. Tolesa	2:07:04	2011	Mamitu Daska	2:26:33
2010	Teshome Gelana	2:07:37	2010	Teyba Erkesso	2:23:53
2009	Deriba Merga	2:07:52	2009	Teyba Erkesso	2:24:18
2008	David Cheruiyot	2:12:32	2008	Dire Tune	2:24:40
2007	Feyisa Tusse	2:11:39	2007	Dire Tune	2:26:52
2006	David Cheruiyot	2:12:02	2006	Firaya Sultanova-Zhdanova	2:32:25
2005	David Cheruiyot	2:14:50	2005	Kelly Keane	2:32:27
2004	Marek Jaroszewski	2:18:51	2004	Margarita Tapia	2:28:36
2003	Sean Wade	2:24:43	2003	Albina Gallyamova	2:42:37
2002	Drew Prisner	2:28:43	2002	Becky Sondag	2:50:49
2001	Christopher Cimarra	2:29:27	2001	Stacie Alboucrek	2:43:41
2000	Stephen Ndungu	2:11:27	2000	Tatyana Pozdnyakova	2:32:24
1999	Stephen Ndungu	2:14:56	1999	Tatyana Pozdnyakova	2:33:23
1998	Stephen Ndungu	2:11:23	1998	Gwynneth Coogan	2:33:37•
1997	Ake Eriksson	2:19:21	1997	Claudia Dreher	2:36:13
1996	Turbo Tumo	2:10:34	1996	Adriana Fernandez	2:31:59
1995	Peter Fonseca	2:11:52	1995	Tatyana Pozdnyakova	2:29:57
1994	Colin Moore	2:13:34	1994	Alevtina Naoumova	2:34:47
1993	Frank Bjorkli	2:13:21	1993	Kristy Johnston	2:29:05
1992	Filemon Lopez	2:13:12	1992	Kimberley Webb	2:50:17+
1991	Carey Nelson	2:12:28	1991	Veronique Marot	2:30:55
1990	Paul Pilkington	2:11:13	1990	Maria Trujillo	2:32:55
1989	Richard C. Kaitany	2:10:04	1989	Veronique Marot	2:30:16
1988	Geir Kvernmo	2:11:44	1988	Linda Zeman	2:34:52
1987	Derrick May	2:11:51	1987	Bente Moe	2:32:37
1986	Paul Cummings	2:11:31	1986	Veronique Marot	2:31:33
1985	Marty Froelick	2:11:13	1985	Sylvia Ruegger	2:28:36
1984	Charlie Spedding	2:11:54	1984	Ingrid Kristiansen	2:27:51
1983	Haliu Ebba	2:12:17	1983	Ingrid Kristiansen	2:33:27
1982	Benji Durden	2:11:11	1982	Laurie Binder	2:40:57
1981	Bill Rodgers	2:12:19	1981	Patti Catalano	2:35:27
1980	Ron Tabb	2:13:36	1980	Vanessa Vajdos	2:44:45
1979	Tom Antczak	2:15:28	1979	Sue Peterson	2:46:17
1978	Ron Tabb	2:17:15	1978	Peggy Kokernot	3:01:54
1977	Clent Mericle	2:27:46	1977	Dorothy Doolittle	3:00:34
1976	Jeff Wells	2:17:46	1976	Marsha Johnson	3:37:04
1975	Clent Mericle	2:35:00	1975	Dorothy Doolittle	3:31:24
	Juan Garza	2:35:00	1973	Nancy Laird	4:29:09
1973	Juan Garza	2:37:47	1972	Tanya Trantham	5:11:55
1972	Danny Green	2:32:33			

\* Course and Texas Record

+ Year of U.S. Women's Olympic Trials Marathon, qualifying top three U.S. women for the 1992 Olympic Team.  
Top three were Janis Klecker, 2:30:12, Cathy O'Brien, 2:30:26, and Francie Larrieu Smith, 2:30:39.

• Year of the 1998 U.S. Women's Marathon Championship

\* 2021 was held as a virtual event



**Gravity had a good run**

**Take a ride with Gravity Industries  
and experience the weightless sensation of  
the NEW Glycerin 21**

 **BROOKS**

**Glycerin 21 x Gravity Industries Jet Suit Demo  
presented by Brooks Running**

*Discovery Green, Jones Lawn  
5:00 p.m. Friday  
3:00 p.m. Saturday*

**\*Jet pack launch lasts a total of 3-10 minutes so don't be late!**





## Going the Distance

Aramco is celebrating 20 years of sponsoring the Aramco Houston Half Marathon. We are committed to supporting our community.

Aramco is contributing to 20 charities to mark our 20<sup>th</sup> anniversary and recognize their vital work.

We also support the We Run Houston afterschool running program for hundreds of local students.

Let's go the distance, Houston!

[americas.aramco.com](http://americas.aramco.com)

aramco

13.1  
HOUSTON  
HALF MARATHON

# ARAMCO HOUSTON HALF MARATHON ELITE ATHLETES PROMISE AN UNFORGETTABLE RACE.

The reigning TCS New York City Marathon and Boston Marathon Champion and the most decorated distance runner in American history will headline one of the strongest fields ever assembled for the Aramco Houston Half Marathon next month.



**Hellen Obiri** and **Galen Rupp** will both race in Houston for the first time on January 14, 2024. For Obiri, the race will mark her first competition since her victory in New York last November where she became the first person to win Boston and New York in the same year since 1989.

*"I have been living in the United States for a while now but even when I was in Kenya, I know that Houston is a very good race with a fast course,"* said Obiri who lives in Boulder, Colorado. "I want to run the marathon at the Olympics in Paris so to run some half marathons is an important part of my preparations," she said.

Obiri is a finalist to represent Kenya in the marathon at the Paris 2024 Olympic Games. The team of three will be announced next month. Obiri is a two-time Olympic silver medalist and a two-time World Championship gold medalist in the 5000m. She is also the 2019 World Cross Country Champion. In her most recent half marathon, the RAK Half Marathon last February, Obiri won in 1:04:22, the fifth fastest half marathon time in history.



Rupp will line up as part of his preparation for the U.S. Olympic Team Trials - Marathon in February. If he places in the top three, he will make his third consecutive U.S. marathon team and his fourth consecutive Olympic games. Rupp is the 2016 bronze medalist in the marathon and the 2012 silver medalist in the 10,000m. He has won the last two Olympic marathon trials and comes into the 2024 Trials with the third fastest time among American men.

*"I have been working hard since Chicago and my training is going well,"* said Rupp who finished 8th in the 2023 Bank of America Chicago Marathon with a time of 2:08:48. Of course, the focus is on the trials and making the Olympic team but with Houston being three weeks out I see it as the perfect opportunity to test myself and make sure I am on track to where I want to be," he said.

Rupp is one of three American men in history to break one hour in the half marathon, joining Ryan Hall and Leonard Korir. He's an eight-time U.S. champion in the 10,000m.

***Could we see Ryan Hall's 2007, still standing, American Record fall this year?***

One thing is for sure, "2024 is going to be an exciting year for distance running around the world," said **Wade Morehead**, Executive Director of the Houston Marathon Committee. *"We are excited that it will all start here in Houston with elite athletes of this caliber."*



# ARAMCO HOUSTON HALF MARATHON PAST WINNERS

## HIWOT GREBREKIDAN

2023 Aramco Houston  
Half Marathon Women's Winner



## LEUL GEBRESILASE ALEME

2023 Aramco Houston Half  
Marathon Men's Winner

Year*	Male / Name	Time	Year*	Female / Name	Time
2023	Leul Gebresilase	1:00:34	2023	Hiwot Gebrekidan	1:06:28
2022	Milkesa Tolosa	1:00:24	2022	Vicoty Chepngeno	1:05:03***
2020	Jemal Yimer	0:59:26	2020	Hitomi Niiya	1:06:38
2019	Shura Kitata	1:00:11	2019	Brigid Kosgei	1:05:50
2018	Jake Robertson	1:00:01	2018	Ruti Aga	1:06:39
2017	Leonard Korir	1:01:14	2017	Veronichah Nyaruai Wanjiru	1:07:58
2016	Lelisa Desisa	1:00:37	2016	Mary Wacera	1:06:29
2015	Diego Estrada	1:00:51	2015	Kim Conley	1:09:44
2014	Meb Keflezighi	1:01:23	2014	Serena Burla	1:10:48
2013	Feyisa Lilesa	1:01:54	2013	Mamitu Daska	1:09:53
2012	Feyisa Lilesa	0:59:22*	2012	Oljira Belaynesh	1:08:26
2011	Jeffery Eggleston	1:08:26	2011	Colleen De Reuck	1:16:19
2010	Antonio Vega	1:01:54	2010	Shalane Flanagan	1:09:41
2009	Meb Keflezighi	1:01:25	2009	Magdalena Boulet	1:11:47
2008	James Carney	1:02:21	2008	Kate O'Neill	1:11:57
2007	Ryan Hall	0:59:43**	2007	Elva Dryer	1:11:42
2006	Nicodemus Malakwen	1:02:07	2006	Asmae Leghzaoui	1:11:53
2005	Julius Kibet	1:03:17	2005	Olga Romanova	1:12:36
2004	Gilbert Koech	1:03:08	2004	Colleen De Reuck	1:10:55
2003	Scott Strand	1:05:13	2003	Beth Old	1:17:03
2002	Justin Chaston	1:08:42	2002	Christy Nielsen-Crotta	1:21:37

\*Course Record

\*\* American National Record

\*\*\* United States Soil Record

\* 2021 was held as a virtual event

## RUNNER'S GUIDE TO RACE DAY

►► RACE DAY IS FINALLY HERE! HERE ARE SOME HELPFUL TIPS TO MAKE YOUR RACE DAY STRESS-FREE.

**ARRIVE EARLY!** The George R. Brown Convention Center (GRB) will open at 5 a.m. The Houston Police Department will begin closing streets along the course at 5:30 a.m., so participants who plan to drive to the event should plan ahead and be familiar with the downtown street closures. A parking map and list of downtown street closures is provided on page 20, as well as on our app.

Protestant Church Service and Catholic Mass will be held at 5:30 a.m. inside the GRB runner staging areas.

**CHECK YOUR GEAR CHECK BAG.** Detach the "gear check" ticket from the top of your race bib and affix it to the gear check bag you will be checking at the Gear Check area. Remember that you may only check the gear check bag you received at the EXPO at Gear Check. All checked gear must be picked up by 2:30 p.m.

**GET TO THE START LINE EARLY.** Head to the start line at least 30 minutes before your corral gate closes. "A" corral gates close at 6:45 a.m., "B" corral gates close at 7:00 a.m., "C" corral gates close at 7:15 a.m., "D" corral gates close at 7:30 a.m., and "E" corral gates close at 7:40 a.m. The corral letters on your bib corresponds to your assigned corral start. Once in your assigned corral, seed yourself with the pace sign of your expected pace per mile. Check out the start line map for directions on how to get to each start line area from the GRB. And remember, your timing tag is attached to your bib so don't remove it!

**SMILE!** Capture your accomplishment and get a finisher photo taken in the GRB runner entrance, just inside Hall E. Don't forget to have your photo taken before leaving this area – once you have entered the GRB, you won't be able to go back to the photo area.



**GET YOUR WELL-DESERVED FINISHER SWAG!** After completing your race, official marathon finishers will receive a medal, mug and a Brooks Running finisher shirt. Half marathon finishers will receive a medal and a Brooks Running finisher shirt. 5K finishers will receive a medal. To claim your merchandise, detach the "finisher ticket" from the bottom of your bib and turn this ticket in at the finisher merchandise area inside the GRB. Don't forget to pick up your merchandise because finisher items will not be mailed.

**ENJOY A HOT, FRESH MEAL FROM H-E-B.** For more than 20 years we've partnered with H-E-B to provide every runner with a free post-race meal! Come celebrate the milestone after you cross the finish line. Participants can receive a hot, fresh meal and other refreshments at the H-E-B Food Court by redeeming the "food" ticket from the bottom of your marathon or half marathon bib. The H-E-B Food Court will close at 2 p.m.

**MEET UP WITH FAMILY AND FRIENDS!** Designate a place to meet your family and friends after the race. Connect with friends and family after the race at Runner Reunion in Hall A of the GRB. Alphabetical signs (A-Z) will be hung throughout the hall to help you locate your finisher. Runners should encourage friends and family members to meet them after the race under the first letter of the runner's last name.

**CELEBRATE!** Head out to the We Are Houston RunFest on Jones Lawn in Discovery Green Park just outside the GRB. Runners can exit through Halls A and B after meeting their friends and family at Runner Reunion in Hall A. This festive atmosphere is a great place to meet up with friends and family, hang out, and relax after the race. With a variety of vendors representing the Houston area, We Are Houston RunFest will be the perfect place for you and your family to celebrate crossing the finish line. You can also visit with official Run for a Reason charities and local running clubs. Let's party!

## LACTATION STATION

A private lactation area is available for nursing mothers. For more information, visit the FAQ on our website or email [marathon@houstonmarathon.com](mailto:marathon@houstonmarathon.com).



## SCHEDULE

<b>5:00 a.m.</b>	GRB Opens
<b>7:01 a.m.</b>	Race Start
<b>8:00 a.m.</b>	RunFest Presented By Michelob Ultra Opens Charity Village Opens
<b>2:00 p.m.</b>	Finish Line Closes
<b>2:30 p.m.</b>	GRB Closes RunFest Presented By Michelob Ultra Closes Charity Village Closes

Meet your friends and family in Runner Reunion after the race

- Alphabetical signs will be clearly visible
- Plan to meet under the first letter of the runner's last name

For spectators arriving after 7:30 a.m. recommended parking:  
NORTH OF RUSK ST.

## MAP LEGEND

- ..... Course Route
- Spectator Amenities
- ➔ Entry to Runner Reunion
- Perimeter Entry Points  
(All bags entering marathon venues may be subject to search)
- Perimeter



# RUN HOU By the Numbers



## FUEL



H-E-B provides over 10,000 pounds of food brought in for fueling our athletes. Including 1,800 gallons of chocolate milk and 37,000 bananas



250,000 cheering spectators on Sunday line these city streets to fuel athletes



7,000 volunteer positions make this event possible.

## ATHLETES

### Athletes participating in their first race in 2024

Marathon: 2730 out of 9847 (28%)

Half marathon: 3408 out of 15437 (22%)

Youngest Marathoner this year is a 12-year-old boy named Gavin while the oldest is 83-year-old Larry Lindeen and in the Half Marathon the youngest athlete is 7-year-old Blaise with the oldest being Richard Kerr.



This 10th year of hosting a dedicated Athletes with Disabilities field we celebrate that 70% return YOY.



Our Aramco Houston Half Marathon STILL holds the American Record in the Men's field set by Ryan Hall in 2007.

## PHILANTHROPY



This year's Run for a Reason Chevron Charity Challenge surpassed all expectations, raising an impressive \$337K in just 10 days.



800 local students will race this weekend through the HMF We Run Houston program.



Aramco made generous donations to 20 local charities in celebration of their 20th year as our title sponsor of the Aramco Houston Half Marathon





# Proud to do our part to keep Texas running.

At H-E-B, we're committed to the well-being of our fellow Texans. That's why we're proud to sponsor the Houston Marathon and thrilled to help the 16,000+ runners refuel and recharge with a delicious hot breakfast, refreshing drinks, and nutritious snacks.



HUNGER RELIEF ★ EDUCATION ★ DIVERSITY ★ HEALTH & WELLNESS  
SUSTAINABILITY ★ DISASTER RELIEF ★ MILITARY APPRECIATION

Learn more at [heb.com/community](https://www.heb.com/community)

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RYAN ADDISON • RUDY ALVAREZ • TRACEY ANTHONY • NANCY ARVIZU • MICHAEL ATKINS • SARAH  
BARDWELL LOGAN • CHARLIE BASS • BILL BAUMEYER • DOUG BLAIR • ALEXEI BOLSHAKOV • DAN  
BOULANGER • AMANDA BRADY • BROOKE BROADWAY • ERIC BROUSSARD • MARIA BUITRAGO •  
MADELINE BUNCH • ALICIA BYRD • ADRIAN CAMPBELL • MITZIE CAULFIELD • SUSAN CITA • STAN  
COBURN • ESTHER CUAURO • KATHERINE CULBERT • EMERIA CURIEL • MARTHA CURIEL • YVONNE  
DEFFENBAUGH HOUGHTON • ANN DELVE • BRIAN EVERETT • BRYAN FELLMAN • AMPARO FLORES •  
EDWARD FRAS • KELLY GALEY • LEE ROY GASPARD • CASEY GAY • CHRIS GEROW • TERESA GILL •  
JOSEPH GILL • MICHAEL GNOINSKI • SANDRA GNOINSKI • DANIEL GONZALEZ • MELISSA HAHN • MIKE  
HARRIS • DALIA HARRIS • LAYCH HARRISON • JASON HELANDER • RUBY HELANDER • BELINDA DELEON  
HERNANDEZ • MELISSA HOFFMAN • KAYCI HOPPER • BOB HORAN • ANDREW HRADECKY • BENEDICT  
IFEDI • MARK JACOB • LAURA KABIRI • ALI KEILY • JIM KEILY • PATTI KELLY • JOSHUA KITZIGER •  
BRANT KOTCH • ALEX KWAI • DAVID LADEWIG • MELINDA LEHMANN • ROBERT LISTI • PETER LITTLE  
• BOB LIU • FAYE LIU • BOB LIVITZ • ROBERT MEASE • ALYSON MEDINA • RANDY MIKEL • MICHAEL  
MISIORA • PATRICK MITCHELL • MONICA MONTES • TU DAN (KATHY) NGUYEN • AMY NONGBRI •  
RICK NORRIS • MARTY OLSON • HARRY PALMER • CHERYL PALMER • JUSTIN PAUL • JOHN PHILLIPS  
• SHARON PODRAZA • TOWNES PRESSLER • DOROTHY RICKETTS • DAVID ROBINSON • ERNESTO  
RODRIGUEZ • IAN ROSEN • ANDREW RUBIN • JOHNNY SALINAS • REBECCA SAM • SIMON SANDOVAL  
• ROBERT SAWCHUK • SCOTT SCHALLHORN • JOE SELLERS • HOPE SELLERS • ELIJIO SERRANO • ERICA  
SERRANO • OMAR SESAY • TOM SHAFFER • LAQUESHA SHIELDS • LIZ RUTH SHULER • TRUDY STETZLER  
• KIM STRADER • LAWRENCE STRYK • DOUGLAS SUELL • IRVIN SULAPAS • DIANA SULLIVAN • ARLENA  
TEMPLE • LARS THESTRUP • BERNIE TRETITA • SHANNON TRUMAN • BRANDON TURET • DIANA UNRUH  
• GARY VANDER HENST • SUBBU VENKAT • CRAIG VERSHON • BILL VOGT • JOHN WALSH • ERIN  
WARREN • JOHN WARREN • FUJIO WATANABE • DANIEL WATSON • ROBERT WHITFIELD, JR • KEN  
WILLIAMS • BONNIE WILSON • BILL WILSON • DOUGLAS WILSON • ANDREW ZITTERKOPF

Thank you to the 127 year-round Committee Members and  
7,000 Weekend of Events Volunteers from around the city that  
make Houston's largest single-day sporting event possible.

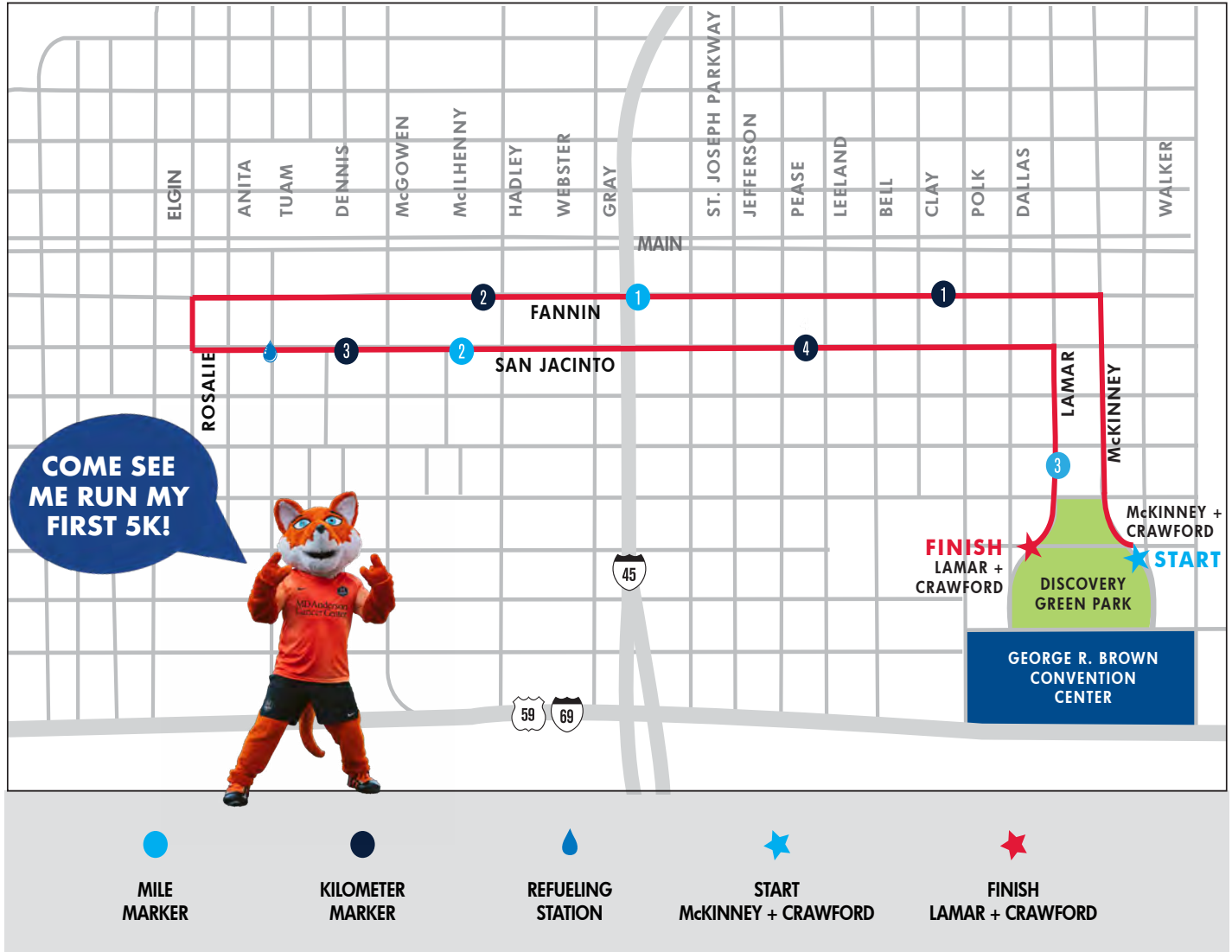
Chevron  
Houston  
Marathon





# WE ARE HOUSTON 5K

Saturday, January 13, 2024



The Honorary Starter of the We Are Houston 5K is  
The Houston Dash and Dynamo Mascot, Diesel.

## 5K RACE DAY SCHEDULE

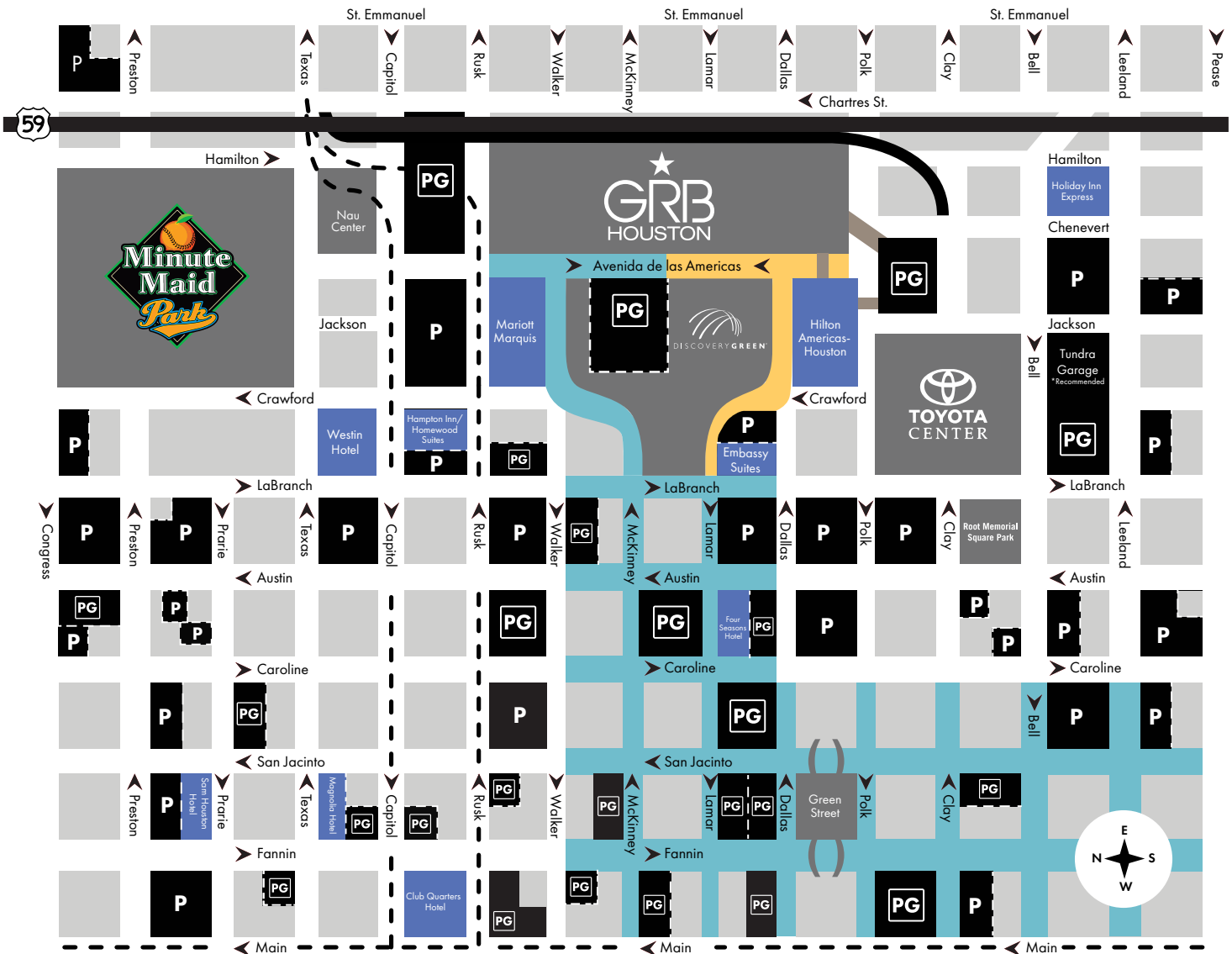
<b>6:30 A.M.</b>	Packet Pick-Up Opens	<b>8 A.M.</b>	We Are Houston 5K Start
<b>7 A.M.</b>	RunFest presented by Michelob Ultra	<b>10 A.M.</b>	We Are Houston 5K Course Closes
<b>8 A.M.</b>	Packet Pick-Up Closes	<b>10:30 A.M.</b>	RunFest presented by Michelob Ultra Closes
<b>7:50 A.M.</b>	Athletes with Disabilities Start		





# RACE DAY PARKING

## SATURDAY



Parking is available at privately owned surface lots and parking garages around the George R. Brown Convention Center and downtown area. The Chevron Houston Marathon does not control parking hours or price. We recommend paying by credit card or Houston Parking app to ensure legitimate payment. Authorized lot attendants will not ask for cash.

In addition to the available lots and garages downtown, the Toyota Tundra Garage offers ample secure parking with easy entry and exit only three blocks from the George R. Brown Convention Center.

Saturday (We Are Houston 5K) streets will close on and around the course at 7:00 a.m. Visit [houstonmarathon.com](http://houstonmarathon.com) for street closure listings and times.

- P** SURFACE PARKING
- PG** PARKING GARAGE
- HOTEL**
- POINT OF INTEREST**
- LIGHT RAIL

- Street closed Thursday – Sunday**
- Street closed Saturday (7:00 a.m. – 10:00 a.m.)**



# RACE DAY PARKING AND STREET CLOSURES

▶▶ VISIT [WWW.HOUSTONMARATHON.COM](http://WWW.HOUSTONMARATHON.COM) FOR STREET CLOSURE LISTINGS AND TIMES.



Parking is available at privately owned surface lots and parking garages around the George R. Brown Convention Center and downtown area. The Chevron Houston Marathon does not control parking hours, payments, or price. We recommend paying by credit card or Houston parking app to ensure legitimate payment. Authorized lot attendants will not ask for cash.

In addition to the available lots and garages downtown, the Toyota Tundra Garage offers ample secure parking with easy entry and exit only three blocks from the George R. Brown Convention Center.

On Sunday race day, participants should arrive early (before 5:30 am) to allow for traffic and parking. Streets comprising the start line will close at 5:30 am. HPD will begin closing other streets in the downtown area at 5:30 am.

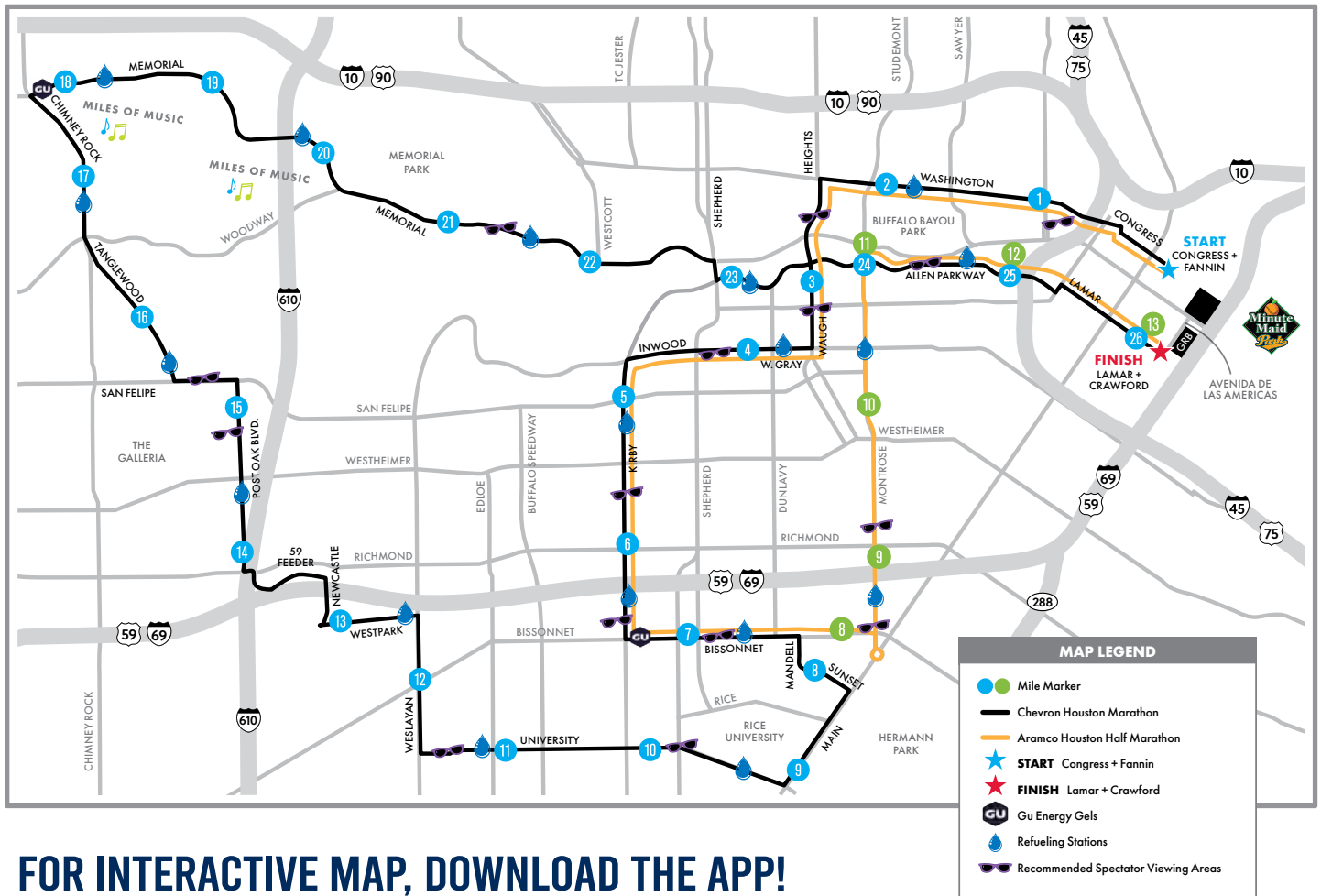
\*For spectators arriving after 8:00 am, we recommend parking north of Rusk for easiest access to spectator amenities.

Visit [houstonmarathon.com](http://houstonmarathon.com) for street closure listings and times.

- P PG Recommended parking for spectators arriving after 8 am**
- Street closed Thursday - Sunday**
- Street closed Sunday (5:30 am - 8 am)**
- Street closed Sunday (7 am - 2 pm)**



SUNDAY,  
1.14.24



FOR INTERACTIVE MAP, DOWNLOAD THE APP!

DOWNLOAD THE APP



DOWNLOAD THE METRO APP FOR MORE RIDE OPTIONS!

DOWNLOAD THE APP



# 2024 BIB OVERVIEW

<p>Elite Athletes</p>	<p>Local Elites</p>	<p>Athletes with Disabilities</p>	<p>Legacy Runner Runners who have completed 10+ Houston Marathons</p>
<p>"A" Corral</p>	<p>"B" Corral</p>	<p>"C" Corral</p>	<p>"D" Corral</p>
<p>"E" Corral</p>			

<p>Elite Athletes</p>	<p>Local Elites</p>	<p>Athletes with Disabilities</p>	<p>Legacy Runner Runners who have completed 10+ Houston Marathons</p>
<p>"A" Corral</p>	<p>"B" Corral</p>	<p>"C" Corral</p>	<p>"D" Corral</p>
<p>"E" Corral</p>			

<p>"A" Corral</p>	<p>"B" Corral</p>	<p>"C" Corral</p>	<p>"D" Corral</p>
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Run for a Reason  
HERO Participant

HERO entries are guaranteed registrations that are available by making a one-time tax-deductible donation to an official Run for a Reason charity, plus the cost of registration.



CFORCE  
NATURALLY  
ALKALINE WATER

# CFORCE



OFFICIAL WATER  
OF THE **HOUSTON**  
**MARATHON**



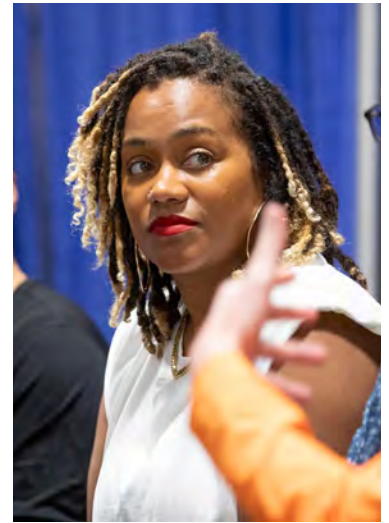
CForce comes from a local 23,000 year old naturally-alkaline aquifer deep underneath Chuck Norris' Ranch. Giving you the best source of hydration for your body.

[www.CForce.com](http://www.CForce.com)  
[@cforcewater](https://www.instagram.com/cforcewater)



# The Evolution of Community Building

A CHAT WITH CO-FOUNDER  
OF BLACK GIRLS RUN!  
AND MARKETING EVENTS MANAGER  
AT BROOKS RUNNING, ASHLEY HICKS.



**People evolve inside their running careers, personal lives, and occupations.**

**Such is the story that unfolded when I sat down to speak with Ashley Hicks about what building community has looked like in her lifetime as she's held various leadership roles centering the art and science of community building.**

**CORA:** Ashley, after reading your email signature and reviewing your LinkedIn my first thought was this person is called to build community. Will you tell me about your career trajectory?

**ASHLEY:** Yeah, so I started off in TV Production before I started the work to build Black Girls RUN!. During that time, as our run club grew, we had the opportunity to work with big brands for sponsorships and before I knew it, I found myself pulled towards a field marketing position working at Kind. After that I held several positions centered around events and community building before landing here at Brooks.

**CORA:** I hear a theme of community leadership and entrepreneurship in your work. Is that when you are at your best? Or could you give me an example of when you are at your best?

**ASHLEY:** That's a hard one! \*pause\*

I am at my best when I am in groups of people working towards a goal beside them. Some people can do their own thing, and I am more motivated in groups. I thrive in a teamwork environment. Working beside others towards a common goal.

**CORA:** So just over a year at Brooks Running have you found that teamwork fit?

**ASHLEY:** Yes. I enjoy being a part of Brooks because it is so collaborative. They invited me in instantly and it has been nice to build relationships within Brooks.

**CORA:** What about the running community and entering that space to work towards common goals together – was that welcoming or how did that feel?

**ASHLEY:** When I first started running it was uncomfortable but that's because when I first started there was no Black Girls RUN!. There were a few other black running groups, and the space just wasn't diverse.

**CORA:** When do you feel the most comfortable in-community with millions of people out there in the sport of endurance running, walking etc.?

**ASHLEY:** I feel in community with other people that realize it is more than the physical health benefits, it is the mental benefits. And as running has become more diverse it has started to feel more communal.

**CORA:** Tell me more about that community feeling you were creating with Black Girls RUN!.

**ASHLEY:** We wanted everyone to know that running can feel fun and be a celebration of one another, not just competition.

**CORA:** Did you ever feel competitive in your running journey?

**ASHLEY:** I did a short stint in cross country. I was a soccer player at the time and just working on my endurance by running. Cross country was okay but there was no ball and I didn't know how to be competitive and have fun without having a ball to chase after and slide tackles to make.

**CORA:** I can relate! So, you didn't stick with cross country but you did get into running long distance and building community around it

**ASHLEY:** I did. I didn't stick with cross country but during college I started running to stay healthy and sometime after that, I ended up training for one, then two marathons that I enjoyed; but I got burned out. I was overdoing it, and slowly I transitioned to walking which is what I enjoy most now-a-days. I walk 5 days a week and get into a quiet meditative state.





**CORA:** I think you are in good company based off the stories I read from the athletes that participate in these races. The “Why I Run” stories submitted when individuals register highlight the power of the meditative state and mental clarity that comes as a part of this endurance sport. That mental clarity keeps you coming back.

**ASHLEY:** I agree. I hear it all the time that people get into it for exercise, but they stick with it for the ability to free their mind and process.

**CORA:** What keeps you inspired and sharp as an Events Marketing Manager building community with Brooks Running?

**ASHLEY:** Honestly, it’s often other creative people in my life or at-large that I follow. I consciously seek elements of art, design, interior design, any artist that I can find to fuel me. Their creativity inspires me and fills my cup.

**CORA:** Would you consider creating events to build community an art?

**ASHLEY:** I had never thought about it like that, but there is an element of art to it, yes!

**CORA:** As a Senior Event Marketing Manager for Brooks Running what are the most fulfilling and conversely the most depleting elements of the work?

**ASHLEY:** The best part is using my natural gifts and using bits of inspiration from everywhere to build something new. The challenge of this job is having to focus on all the exhaustive things like packing lists and other elements, but it’s part of what makes the art project come full circle. It balances out.

**CORA:** Are there trends in community building that you have seen over the years that you could speak about?

**ASHLEY:** The trends in what inclusivity means is growing. We first saw racial focus on new groups belonging in this space, then gender focused inclusivity and beyond. At Twin Cities a few months ago we were having conversations around identity and non-binary categories. It’s a conversation I am happy to see evolve.

**CORA:** What does inclusivity mean?

**ASHLEY:** It means opening doors for more people and asking ourselves who hasn’t had doors opened and then figuring out how we make them available in a way that has a sense of safety for those individuals. We must ask ourselves how do we make this space safe.

**CORA:** What else do you want to say to the community of runners, volunteers, and spectators all a part of this community reading this conversation?

**ASHLEY:** I just want to enjoy this hobby, get outside, connect with others and never underestimate how vital being outside is for our health. Also, community doesn’t just look like attending events in person, community can very much be virtual. People would email Black Girls Run and say ‘I have never been to your events but I feel represented through your content and I feel a part of the community.

Community is more than racing, run clubs, shoes, and events. It’s all those things brought together by the people that want to be together near or far outside or inside thinking about ways to move around fast or slow, far or short distances. Houston is happy to have all of you here. Thanks for letting our race organization, event sponsors and city partners support you on this unforgettable Weekend of Events.

Cora Lindsay  
Media Relations, Marketing Manager  
Houston Marathon Committee







## Limited-edition 2024 Houston Marathon merchandise



Run Happy, Run Hou. Commemorate race weekend with limited-edition gear available only at the 2024 race expo.





## HOUSTON MARATHON HEALTH & FITNESS EXPO PRESENTED BY HOUSTON METHODIST

▶▶ JOIN US ON FRIDAY, JANUARY 12 AND SATURDAY, JANUARY 13 AT THE EXPO IN GEORGE R. BROWN CONVENTION CENTER. OPEN TO THE PUBLIC, THIS FREE, TWO-DAY EXPOSITION FEATURES VENDORS WITH OFFICIAL RACE MERCHANDISE, THE LATEST RUNNING, APPAREL, PRODUCT SAMPLES, HEALTH AND FITNESS INFORMATION, AND MUCH MORE!



HOUSTON  
**Methodist**  
LEADING MEDICINE

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AP PERFORMANCE

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CARE ACCESS RESEARCH

CHEVRON

CLIX THERAPY

DNA HAIRTOOLS

FIRST TO THE FINISH INC.

FLIPBELT

FREDDY'S GRILL CONCESSIONS

GARMIN

GO FOR IT SPORTS, INC.

HAPPY EARTH

HEB

HIDOW

HOUSTON AREA ROAD RUNNERS ASSOCIATION

HOUSTON DYNAMO FC AND HOUSTON DASH

HOUSTON MARATHON FOUNDATION

HOUSTON METHODIST

HOUSTON RODEO RUN

HOUSTON RUNNING CO.

JIM ADLER & ASSOCIATES

JLB INVESTMENTS-TRU-WAVE

KT TAPE

LAMEDALLI

LASIKPLUS

LEAFGUARD OF HOUSTON

LEAN BODY

LEGACY BOOTH

LOLA CHALLENGE WEEKEND

MARATHON TOURS & TRAVEL

MARINE CORPS MARATHON

MICHELOB ULTRA

NATIONAL RUNNING CENTER

NATIONAL RUNNING CENTER

PACE TEAM BOOTH

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YAKULT U.S.A. INC



# Experience Everything

## THE 2024 HOUSTON MARATHON HAS TO OFFER

Covering 26.2 or 13.1 miles on foot in one of the most culturally diverse cities in America is far from the only way to enjoy this city, but we would argue it may be the best way to enjoy it. As the city shuts down for a morning, built around you and the 200,000+ cheering spectators.

No matter how you plan to participate — running, cheering, or volunteering — here are the spots you will want to check out on race day!

MILE  
**01**

### **MARATHON ELVIS WASHINGTON & SABINE**

The King of Rock & Roll has been a staple for more than a decade at mile marker 1, be sure to take in the tunes as he serenades HOU!

MILE  
**02**

### **ALDINE HIGH SCHOOL DRUMLINE WAUGH/S HEIGHTS AT FEAGAN/WILLA**

From Northern Houston, the Mighty Mustang Aldine Drumline will bring the booming sound of race day spirit! This drumline brings everyone together with their unforgettable beat and energy.

MILES  
**03**

### **THE GREAT PRETENDERS WAUGH & BELL**

Rock & Roll from the 1950s and 1970s paired with poodle skirts, leather jackets and a whole lot of fun is what you'll find with The Great Pretenders at this intersection of boogie.

MILES  
**03-08**

### **CHARITY MILES WASHINGTON, WEST GRAY, KIRBY, & BISSONNET**

Find one of the local Chevron Houston Marathon's Run for a Reason charities along these iconic streets.

MILE  
**06**

### **GRUPO FOLKLORICO KANTUTA HOUSTON BISSONNET & KIRBY**

This Bolivian folk group carries on the tradition of Bolivian dance and culture, putting on a show dressed head-to-toe in colors that will lift your feet and your cheeks giving you the fuel you need at this pivotal point in the race.

**MUSEUM OF FINE ARTS HOUSTON**



MILE  
8.5



## MONTROSE & BISSENET

The Museum of Fine Arts celebrated its 100th anniversary in 2023 along with various other institutions in the museum district. Join them for breakfast tacos, a dj and snag one of their giant signs they will provide spectators to help cheer on athletes traversing this historic area of our city. #runningforart

MILE  
09



## RICE OWLS SPIRIT SQUADS SHAKE SHAKE LEMONAID UNIVERSITY & KELVIN

Members of the Rice Owls spirit squads (Rice Cheer & Dance, Sammy The Owl, and the Marching Owl Band AKA the MOB) will be cheering and dancing along the perimeter of the Rice University campus.

MILE  
10



## SHAKE SHACK LEMONAID PARTY KIRBY & UNIVERSITY

Get some lemonAID to fuel your cheering efforts while ensuring you have a front row seat to an exciting leg of the course as well as plenty of food when you post up with this cheer squad!

MILE  
11



## WEST UNIVERSITY MAYOR'S BREAKFAST UNIVERSITY & AUDEN

Enjoy "the best seat in the house" for observing the marathon surrounded by the Moondance Band and exuberant crowds, as West University Place City Hall is located at the 11.3 mile mark. Set up here to catch an abundance of fun just before athletes hit that halfway point in their 26.2 mile journey home to downtown!

MILE  
13



## HOUSTON METHODIST CRESCENDO HILL & OTHER BROTHERN WESTPARK BRIDGE

Brother Peter has been providing music on the course since 1998 at Newcastle and US HWY 59 feeder, entertaining the runners with music for all ages. His encouragement and motivation comes at the right moment sending athletes aloft the next best-placed cheer activation belonging to the Houston Methodist medical experts at Crescendo Hill!

MILES  
14  
15



## THE GALLERIA POST OAK BLVD

Shop and dine while you make a morning of cheering on thousands of athletes pouring through our iconic Galleria District, which hosts over 24 million visitors annually inside its almost 400 stores and 30+ restaurants! The sparkling chrome arches that cover this stretch of the course make it literally glow. You can't go wrong popping up next to a fun group, charity or local business who has set up a group on this stretch of our city streets.

MILES  
19  
21



## MEMORIAL PARK KINDER LAND BRIDGE & PRAIRE TUNNELS WITH MILES OF MUSIC

Any stretch of this route will boast beautiful shade trees to go with some uplifting beats that is meant to carry you for miles. Halfway through your shady tree filled leg of this musical journey you will enter the Memorial Park Conservancy's Hoopla Cheer Station and they want HOU to cheer with them. Email them today to register and they'll give you VIP instructions for parking so you can join them in creating a swell of human energy in front of the tunnels to welcome these athletes as they force through the final miles ahead.

MILE  
21



## MICHELOB ULTRA RUNHOU PARTY MEMORIAL & SOUTH PICNIC LANE

Memorial Park Conservancy will welcome runners into this stretch of music, while the #TeamUltra Michelob team will see them out and on their way. You won't want to miss either one of these parties. Whichever one you pick, you are sure to enjoy the views.

MILES  
22



## CHEVRON HOUSTON'S CHEER SQUAD ALLEN PARKWAY & TAFT

52 years later Chevron is still here for HOU cheering as loud as they can to BOOST HOUSTON! Their Chevron employees are handing out water and Gatorade at this stunning leg of the course across from Buffalo Bayou with a view of Downtown Houston you won't want to miss. Join them! Park as close as you can and enjoy the beautiful walk.

MILES  
23  
24



## BUFFALO BAYOU PARK ALLEN PARKWAY

We meet again! The Chevron Houston Marathon and Aramco Houston Half Marathon courses split at mile 8 and reconnect with just over 3 miles to go, the energy starts to really sing on this stretch of land. Rows of run clubs are set up, alongside some of our longest-standing charity partners in this final leg of the race before entering the gleaming streets of downtown Houston.

MILES  
11  
12



# RUN FOR A REASON.

2025 can be the year you take the next steps toward helping others. Pick a charity that you believe in from the list below. Join their team as an individual or with a corporate contributor and cross the finish line with Run for a Reason at the 2025 Chevron Houston Marathon, Aramco Houston Half Marathon, or the We Are Houston 5K!

## 2025 RFAR Official Charities

3 A Bereavement Foundation  
Addis Faith Foundation  
ALS Association  
ALSAC/St. Jude Children's Research Hospital  
Alzheimer's Association Houston & Southeast Texas  
American Cancer Society  
American Heart Association  
American Liver Foundation  
Astros Foundation  
Avondale House  
Bel Inizio  
Bo's Place  
CanCare, Inc  
Chance for Hope Foundation  
Child Advocates, Inc.  
Counseling Connections For Change Inc  
Cystic Fibrosis Foundation  
Dennis W. Holder Scholarship Fund (DWHSF)  
Down Syndrome Association of Houston  
Dress for Success Houston  
Epilepsy Foundation Texas  
FORCE: Facing our Risk of Cancer Empowered  
Friends For Life  
Galveston Bay Foundation  
Homes For Our Troops  
Houston Area Parkinson Society  
Houston Children's Charity  
Houston Community College Foundation  
Houston Food Bank  
Houston Haven  
Houston Marathon Foundation  
Houston Recovery Center

Houston SPCA  
JDRF  
Joshua Chamberlain Society-Houston  
Living Water International  
Lupus Foundation of America Texas Gulf Coast Chapter  
Magnificat Houses, Inc.  
Mental Health America of Greater Houston  
Organization for Autism Research  
Ovarcome  
Parent Project Muscular Dystrophy  
Presbyterian Children's Homes and Services (PCHAS)  
re:MIND Depression and Bipolar Support  
Ronald McDonald House Houston  
Sewa International  
Small Places  
Snowdrop Foundation, Inc  
Sole Loved  
Star of Hope Mission  
Steel Magnolia Moms  
Sunshine Kids Foundation  
Team Catapult  
Texas Children's Hospital  
The Arbor School  
The Cade R. Alpard Foundation for Pediatric Liver Disease  
The Children's Assessment Center  
The Faris Foundation  
The H.E.A.R.T. Program  
The Todd Krampitz Foundation  
The Woods Project, Inc  
Vita Living, Inc  
Water For People







# JEFF WALDMULLER, AMBASSADOR AND HERO ATHLETE'S tells a story about SISU to fuel your ambitions this race weekend.



**Mountain-biker, ultramarathoner, research prosthetist for Ottobock, and adaptive athlete since 2010, Jeff Waldmuller is here to push the boundaries of prosthetics design and human performance.**

In his constant search to discover his limits, Jeff had his biggest year yet in 2023. With outstanding performances at Houston, Boston and NYC Marathons, The MidSouth Gravel Double, Bryce Canyon 50, Dam Yeti 50, Cirque Series, RUN|SLC Series, AND the ultimate challenge competing in the Leadville Lead Challenge! This 5-race Lead Challenge Series takes place in Leadville Colorado at elevations from 9,000 – 12,600ft along the Continental Divide Trail beginning with a trail marathon and ending with a back-to-back 100mi MTB and 100mi Ultramarathon! In Leadville, Jeff portrayed the definition of Grit, Guts, and Determination.

The scope of the year was challenging enough. But toeing the line at Leadville was a dream that Jeff couldn't let go. Originally registered in 2020, the pandemic forced him at the peak of his training to defer. He maintained his fitness through those dark days with his sights on Leadville 2022. Jeff returned from a work-trip in Germany to go straight to packet pick-up for the Leadville Marathon the day before the race, only to learn that he had contracted COVID-19 and would not be allowed to race that weekend or advance to the next stage. Another deferral. The year wasn't lost, however, because he found joy in some local races and even came out of triathlon retirement for a podium position at the New York Marathon.

2023 was a STACKED year, as mentioned. A marathon PR in Houston at the Chevron Houston Marathon kicked him off to a great start, then another marathon PR at Boston! Two weeks later, he would discover that his wife, Mary, was diagnosed with breast cancer. Of course, priorities took over and his race season would be over. "The health





of my wife and family take precedence. I can race another year", Jeff said. "Like Hell you are!" replied his wife, adamant that he would continue on to fulfill his Leadville dreams. With ongoing cancer treatments, and caring for his wife and two young children, Jeff realized that he had to be smart about training, making the biggest impact of his limited time. The greatest adversities riding on his shoulders, Jeff pushed on.

In June 2023, Jeff toed the starting line at the Leadville Marathon, this time with even MORE motivation! He continued on, fighting through the blizzard conditions at the marathon, tough time cutoffs, and the Silver Rush 50, the next of the series. Then it was time: The Leadville 100 Mountain Bike race. Nerves raging, the shotgun went off. A few miles down, he found his groove among the 10-hour finishers. He was keeping up in the pack of racers and up the climb at St. Keenan's. At mile 17 was the first major descent, where riders notoriously crash and burn every year; Jeff went on with caution. "No risks here, space out from other riders" Jeff told himself. About 200-meters into the downhill section, another rider clipped his rear tire, causing him to slap the ground at 44 miles-per-hour. Medics already on the scene rushed to his aid, pulling several other riders off of him. Jeff immediately knew he was in bad shape, broken. He was helped to his feet where he assessed the damage. Broken collarbone, and probably hip, huge cuts all down his right side, and deep contusions. One of the medics asked, "what do you think?". Jeff replied, "I think I can go on". The other medic sternly demanded "well, if you think you can go, then I'm pulling you from the race". Jeff threw his leg over the saddle, put a little pressure into the bars and said, "I'm going, I have to at least see what I can do", and off he went.

The pain was indescribable. PTSD from his traumatic amputation was setting in. He put his head down and just kept mashing pedals, thinking of ways to make up time to beat the cutoffs. He made it to the next aid-station, got his wounds cleaned up and pushed on. Most of the entire race was a blur, just fighting and telling himself to "Dig Deep", the motto of Leadville Race Series. At mile 70, he found energy and started picking off riders one-by-one. After he had passed more than a hundred riders, he did the math. "I could actually beat the cutoff!" he told himself. No stops for the next 2 aid stations. Time was back on his side, but he couldn't let it slip. No mistakes. Meanwhile, the pain was excruciating.

Finish line. GLORY. Heavy medal hung around his neck. Pride. SISU, a Finnish word for strength, grit, and perseverance, is all he felt. When asked about his experience, holding his arm with the other, Jeff said "it's easy for me to inspire others.

**I have a disability which is obvious to see. I've struggled with accepting that in the past. For what I did today, I am truly INSPIRED IN MYSELF".**

The story doesn't end there. A trip to the Leadville ER that night meant he would risk not continuing for the next race, the Leadville 10K Trail Run and final leg of the 4-part race series. After x-rays and MRIs, they were able to determine that while the clavicle was clearly severed, hematomas all black and blue down his side and limbs, the hip was not clearly fractured, but definitely deep contusions. The doctor said "OK, you can run, but it's gonna suck". Jeff: "That's all I need to hear".

That week was brutal trying to stay moving and strategizing with his team how they were going to conquer a 100-mile ultramarathon the next Saturday. A 10k shakeout on Friday gave Jeff some confidence to start on Saturday. Jeff took off into the unknown, arm in a sling fashioned to his running vest. He went along knocking out climb after climb and after about 30 miles, realized that his completion of the Lead Challenge was at risk. Time was bleeding. He frantically scurried up and over Hope Pass at 12,600ft elevation and back down toward the Winfield checkpoint. Only a short distance from there, the realization that he had missed the cutoff set-in. Still, he kept running and running, determined to never give up. He ran until someone above said, "you can stop now". Head down, walking the remaining distance to be picked up. Defeated. Years of planning. Years of fighting. So many people counting on me. But man did I put up a FIGHT! Spirits returned, "wow that was amazing!" he told his pacer. "Let's do it again!".

A few weeks of recovery and Jeff ran the NYC Marathon. Mary finished chemotherapy and radiation and began her recovery into remission. Jeff prepped for his return to the 2024 Chevron Houston Marathon as a race ambassador. "This has been the most engaging and fun ambassador group I've ever been a part of." "I'm proud to run for Houston and proud for my Team Catapult,... proud to run as a HERO". If you think he's stopping here, stay tuned because in 2024, his 40th year on this planet, he's got more planned.





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- 2023 SPACE CITY 10 MILER
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- 2023 HMSA CLASSICAL 25K

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## LOCAL ELITE WOMEN



### LORI DOMASCHK

**Age:** 41

**Qualifying Race:** Chevron Houston Marathon 2023

**Qualifying Race Time:** 2:56:39

Lori Domaschk was born in Houston and has been running most her life. She ran her first marathon in 2006 at the Austin Marathon with a time of 3:18. After a couple year hiatus, she began running marathons again and made a new goal to break 3:10. In 2022, she achieved her first sub-3-hour marathon in Berlin.

"When I first began running marathons, I never imagined myself being able to break 3 hours ... it seemed so farfetched and unattainable. With the support and friendships I've made throughout the years in the Houston running community, I've continued improving and achieving new goals. My sister, Dawn, has also been a huge help in my running and continued improvements. She's been my role model, coach, and confidant."



### SUZY SEELEY

**Age:** 64

**Qualifying Race:** Chevron Houston Marathon 2023

**Qualifying Race Time:** 3:51:56

Since her first marathon in 1994, Suzy Seeley has conquered an impressive 330 marathons. Remarkably, she achieved the feat of completing a marathon in every state twice, earning Boston Marathon Qualifiers in each state and joining the exclusive 50Sub4 group by finishing marathons in all states in under four hours. Her running adventures extend globally, having conquered all seven continents, including two expeditions to Antarctica. Notably, she's a proud finisher of the Abbott World Major Marathons, triumphing in Boston, Chicago, New York, London, Berlin, and Tokyo. Her remarkable running prowess is attested by holding the Academy of World Record for the most sub-four-hour marathons by a female (236 to date) and a Guinness World Record for the fastest cumulative time to complete a marathon in each state (female). Beyond running, she balances a 39-year marriage, two married children, and four grandchildren. In her non-running pursuits, she has engaged in Krav Maga for three and a half years, pursues painting, and manages real estate investments. As if that weren't enough, she is also a published author, sharing her journey in the book titled *This is the Race*.

### THE 2024 LOCAL ELITE WOMEN'S FIELD ALSO INCLUDES:

MARIA CAMACHO  
SABRA HARVEY (HALF)  
CATHERINE KRUPPA  
FLORA LAI  
LYNN MALLOY (HALF)  
ALLYSON SERRAO (HALF)  
BARBARA STOLL

## LOCAL ELITE MEN



### CHRIS STELZER

**Age:** 50

**Qualifying Race:** HMSA Classical 25K

**Qualifying Race Time:** 1:38:43

Chris Stelzer's marathon PR is 2:31:22 at the CIM 2011. His half marathon PR is 1:11:13, which he achieved in 2011. He is a father to three kids: Sam (9) Abby (7) and Kate (5). His training includes chasing his kids around endlessly as well as getting up at 4:20 every morning to run.

### THE 2024 LOCAL ELITE MEN'S FIELD ALSO INCLUDES:

DAVID ALBER (HALF)  
ROBERT HALE (HALF)  
LUKE KEOGH  
PETER LAWRENCE  
JACK LIPPINCOTT  
AVI MOSS  
CALUM NEFF  
KARLO O'REILLY  
JONATHAN ROBBINS (HALF)  
CHRIS STELZER

# HOW I DEALT WITH RUNNER IMPOSTER *Syndrome*



**Written by Krystle Hodge**  
Houston Marathon Committee  
RunHou Ambassador

Have you ever experienced *Runner Imposter Syndrome*? Some of us might have encountered this feeling during our running journey, unsure of whether we truly qualify as “runners.” As someone who started running long distances in their mid-30s, this is something I personally experienced during the first two years of my running journey. My hope is that my story will inspire you to recognize and embrace the runner within yourself.

## EMBRACING THE BEGINNING:

In the summer of 2019, I started my running journey with the ZFT run group in Houston. Having never played sports in high school or college, long-distance running was a new and exciting endeavor for me. We began with 5Ks and 10Ks, eventually working our way up to half marathons. However, despite the encouragement from those around me, I struggled to call myself a runner. In my mind, a runner was someone who had run numerous marathons, an elite athlete, or someone with years of running experience from high school or college. Since I didn’t meet those criteria, I felt inadequate and hesitated to identify as a true runner.

## DOUBTS AND INSECURITIES:

During my first two years of running with my writing group, I struggled with self-doubt and constantly questioned my ability to achieve certain goals. Falling into the comparison trap, I found myself constantly measuring my progress against more experienced runners or those showcasing their achievements on social media. Seeing others’ successes compared to my own made me feel inadequate and far from where I wanted to be. As a result, I ended up overtraining, leading to significant burnout at an early stage in my running journey. Despite the encouragement and cheers from my friends and those around me, I still couldn’t fully embrace the title of a “runner” in my own eyes even though everyone else around me saw it. I believed I needed more experience before I could claim that title for myself.

## RECOGNIZING THE VALUE OF RUNNING:

After some time, I began to build my confidence and redefine what I considered a runner. The positive motivation from others around me in the running community, friends and family, and my ZFT run group, taught me to embrace the journey and to focus on running my own race. Running, regardless of distance

or pace, is a significant achievement. It takes great discipline and determination to commit to this sport. I was able to set my own realistic goals, build my confidence in calling myself a runner, achieve new running goals, and celebrate my successes. It came down to a shift in mindset. Whether it’s one mile, five miles, or 20 miles, every step is worth celebrating. We need to grant ourselves more credit, grace and acknowledge the hard work we put into achieving our goals.

## LESSONS LEARNED:

It’s easy to fall into the trap of comparing ourselves to others, but we must resist it. Each of us has our unique journey in running and in life. Instead of measuring ourselves against someone else’s standards, we should focus on our progress and growth. Additionally, during my struggle with imposter syndrome, I would sometimes over train to prove myself as a runner which lead to early mental burnout. Eventually, I learned being a smart runner means understanding our limits and pacing ourselves.

## REDEFINING WHAT IT MEANS TO BE A RUNNER:

I came to redefine what being a runner meant for me. It’s not about external achievements but rather the joy of the journey and the process of becoming a better version of oneself. Running is a personal journey, and we have the power to shape our definition of it.

In conclusion, if you find yourself dealing with imposter syndrome, remember that you are not alone. Embrace the fact that if you’re out there running, you are a runner. Acknowledge your achievements, big or small, and support others on their running journeys too. Let’s build a welcoming and inclusive community where we celebrate each other’s successes and take each day one run at a time. Remember, being a runner requires strength and determination, so always grant yourself the grace you deserve. Be proud to call yourself a runner, for you have earned that title through your dedication and hard work!





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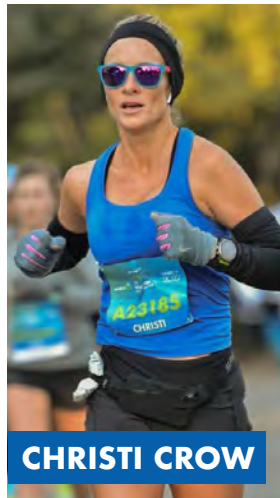
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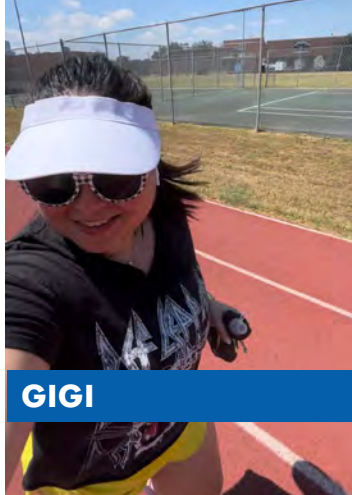


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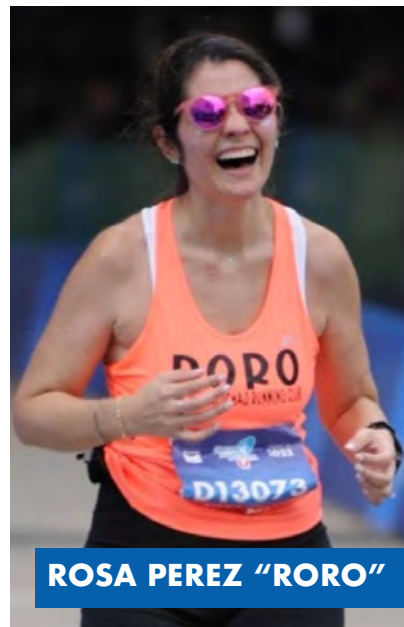
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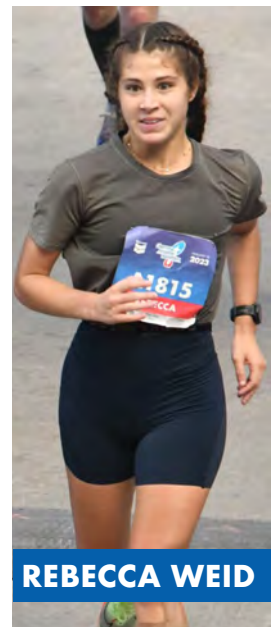
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# Post-Race Recovery

## HOW ACTIVE OR INACTIVE SHOULD YOU BE AFTERWARD?

SME: Jonathan Zalamea, MD

Sports Medicine Physician, Houston Methodist Orthopedics & Sports Medicine

A lot of focus is put on the training plans and prep for running half marathons or marathons. And rightly so: you want to feel confident and comfortable come race day. But what should you expect in the hours and days following a race? And when can you start being active again? Let's break down what you can expect for post-race recovery.

### AS COUNTERINTUITIVE AS IT SEEMS, KEEP MOVING AFTER FINISHING YOUR RACE

Congratulations! You've just crossed the finish line of a half marathon or marathon. You should feel incredibly proud of yourself, whether it's your first or 50th race. Dr. Jonathan Zalamea, a sports medicine physician with Houston Methodist, says that most long-distance races have protocols in place to help runners recover appropriately after completing a race. That's because you can stop running after crossing the finish line, but you

absolutely shouldn't stop moving.

"Whenever you run longer distances, you have two hearts," Dr. Zalamea says. "You have your real heart, and then you have your legs, which are another pump. The worst thing that an athlete can do is stop whenever they hit the finish line. If they stop, what happens is all the blood pulls into the legs, causing them to pass out."

The heart pumps a lot of the blood into the legs, and this blood needs muscle contractions in your legs to pump back into the system. When the legs abruptly stop contracting, blood pools within your legs leaving less blood for your brain. That's why you pass out.

"So for the first 10 or 15 minutes after completing a race, people should walk to allow your body

to reset itself and realize that it doesn't need to exercise anymore," Dr. Zalamea says. "That's going to allow the blood to flow, and it's also going to allow the muscles to start calming down. The body self-regulates so you can increase the blood flow into your brain."

## **ACKNOWLEDGE YOUR BODY'S HARD WORK AND ADJUST**

Your body sustains a lot of muscle breakdown to complete a half marathon or marathon. According to Dr. Zalamea, many post-race recovery recommendations come from addressing this breakdown. But while it may seem like a good idea to have a long stretch or treat yourself to a massage after the race, it may be counterproductive to your recovery.

"Your muscles have run 13.1 or 26.2 miles," Dr. Zalamea says. "Imagine a torn muscle, and then you're tearing it further by stretching it out, right? So on that first day, it's probably not a good idea to have a sports or deep tissue massage while the muscles are already broken down. I would also avoid stretching excessively, especially static stretching."

Your body must process all this muscle breakdown product that's now in the bloodstream, so Dr. Zalamea says focusing on your nutrition and hydration is key to your immediate recovery.

"You exhaust a lot of nutrients, so I would recommend replacing the carbs that you've exhausted and incorporate some protein," Dr. Zalamea says. "It's easiest within the first hour to focus on the carbs, which are a lot easier to digest as your body starts to reset itself from the race, going from a sympathetic nervous system environment, which is where the body focuses on the muscles and then transitioning to a more balanced environment to where the parasympathetic nervous system is activated, which focuses on rest and digesting."

Then, in the days and weeks that follow in your recovery, eating a balanced diet with a focus on protein can help aid in your muscle repair.

If you're dehydrated, it's much harder for your body to process the muscle breakdown product. So making sure you continue to hydrate will help you flush your system.

"Usually, I ask my patients to look at the color of their urine," Dr. Zalamea says. "If the color of their urine is close to clear, then that means that they've got an adequate amount of hydration. If the color of their urine is dark red, they need to keep drinking until they notice it starting to become clearer and clearer. It can be normal for people to have darker urine just because of muscle breakdown products."

## **CELEBRATE YOUR ACCOMPLISHMENT, BUT GO EASY**

If the beer tent calls out to you, that's OK. It's not dangerous to celebrate your run with a beer if your race has a tent. But toasting too much can lead to dehydration and slowing your recovery. Dr. Zalamea suggests limiting yourself to a single drink when heading to the tent or celebrating with friends and family after the race.

"Beer naturally makes it to where your body turns off the anti-diuretic hormone, and it makes it to where your urine is clear even if you're dehydrated, so it can actually confuse the system," Dr. Zalamea says. "It's better for you to avoid excessive alcohol or caffeine. If you have too much caffeine intake, it'll make you pee a lot more even if you're not necessarily needing to, and then it makes it to where you are dehydrated again, making it so that the muscles can't recover as effectively."

We've established intense massage or stretching should be avoided on race day. Still, there are other activities you can attempt to help with your recovery. Oliver Batinga, a senior health fitness coordinator with Houston Methodist, says that you should reward yourself but not overdo it.

"Relax and take it easy," Batinga says. "Some people like to soak in a hot bath or apply heat to certain sore areas. Some people like cold baths or ice baths, which will help, but typically, you just want to rest. But we don't want to be a couch potato in the days after. Getting up and moving and partaking in light, low-impact exercise should help with the recovery and the soreness. Determine your frequency and duration of activities based on how you feel but, don't overdo it. You are still in recovery mode."

## **WHEN CAN I START BEING ACTIVE AGAIN?**

This will largely depend on your current activity levels and how you're recovering post-race. For example, recovery for highly active people, such



as ultra-marathoners, will be different than for those running their first race.

Dr. Zalamea suggests that, in general, it may take up to three weeks to fully recover after running a race. But when it comes to getting back to the gym or lacing up your shoes for a run, it'll primarily come down to how you feel.

"By day two or three, if you're feeling like the discomfort is not as severe, you can start doing some lighter aerobic exercises, lifting and stretching," Dr. Zalamea says. "But I definitely wouldn't jump to anything aggressive until your body is functioning with no negative effects from your race."

Batinga shares that if you feel up for movement in the days after the race, you'll want to ease back into your exercise program.

"You don't really know how sore you are until maybe two days after the race," Batinga says. "And so, if you do want to continue activity, I'd limit the amount of intensity, resistance, or load that you do per whatever exercise that you do or activity that you participate in. Listen to your body and then determine how to approach resuming your exercise regimen."

Dr. Zalamea says pain should be your guide when returning to activity in the days after. If you're feeling any discomfort, it's a sign that you need to give yourself more time to recover.

## HOW TO SPOT A POTENTIAL INJURY

Runners should expect soreness after running a half or full marathon — but that soreness shouldn't prevent you from getting back to your daily routine.

"Now, even with that soreness, you should be able to continue to walk and do your activities of daily living with maybe some discomfort, but you shouldn't be limited at all," Dr. Zalamea says. "So, if a patient says that they can't walk or that they can't get upstairs to their bedroom or something like that because they're having debilitating pain, that might be a reason why they need to be seen for possible injury."

Dr. Zalamea's rule of thumb is that if the discomfort is not affecting your day-to-day life, give it 7 to 10 days of rest and recovery to see if you improve.

"And if you're still continuing to deal with any deficits, then at that point you should probably go see somebody for your possible injury."

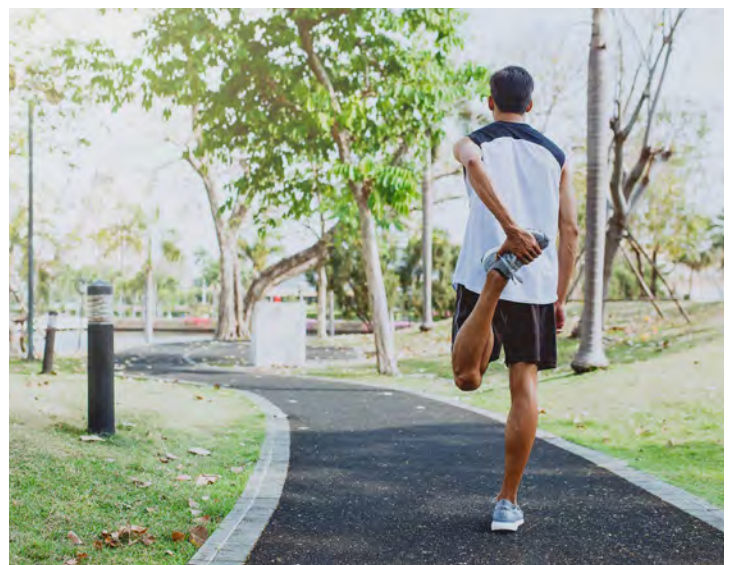
## REFLECT ON YOUR RACE

Training for a long-distance race takes time, effort and tremendous focus. Giving the same amount of effort to your recovery as you do your training can help you continue training or being active at the level you want to be at.

"Whenever we talk about training, we don't talk about the recovery," Dr. Zalamea says. "And if you think about it, if you're trying to hit a certain level of performance, you really need to focus on your recovery components to make sure that you can build on what you've done before."

Reflecting on your race and assessing what went well and what didn't can be a powerful teacher. That way, when you lace up to train again, you're able to make improvements that will help you achieve the goals you set for yourself.

"Because ultimately, our goal in sports medicine is to make sure that people stay active," Dr. Zalamea says. "For me, the most impressive thing is whenever people can run or do their sport for much longer in life. People can do that by learning from their own mistakes and how they felt after their race and reflecting on their training program. I think it's really useful to take that information, learn from it and then incorporate it for your next try."



# MARK BAILEY

## 2024 HALL OF FAME INDUCTEE



“

*I hope to be part of  
the Houston Marathon  
for the rest of my life.*

”

**This honor means even more as I am truly humbled to be recognized by the people I consider the true legends of the Houston Marathon: Carly Caulfield, Wade Morehead, Stan Coburn and Brant Kotch.**

### THE MAN

- Born and raised in Houston, TX
- Married high school sweetheart D’Ann Bailey 29 years ago
- Father to Luke Bailey 23-year-old son, in Med School at Texas A&M and Hannah Bailey 21-year-old daughter, graduating with a Chemical Engineering degree from Texas A&M in May.

### THE MILESTONES

- 1989 Joined the Houston Police Department
- 1994 Promoted to Sergeant and assigned to Special Operations Division working his first Houston Marathon
- 2004 “The Great” HPD Sergeant Tommy Bennett retired, leaving his mentee Sgt. Bailey the role of Special Events Coordinator for the Houston Police Department. “I took over the task of making street closure assignments and assigning officers their place to work to provide a safe race course.”
- 2011 He decided to run. “After years of watching people cross the Finish Line, I decided in 2011 to run this race myself. It was one of my most favorite accomplishments ever and it was during this time of struggling and training where I learned what the Houston Marathon meant.”
- 2024 Will be Mark’s 30th Houston Marathon in a row to work and the year he will be inducted into the HMC Hall of Fame.

### THE MEMORIES

It took two years and ten people to design a new course. When I was hitting a wall he assured me we could get it done. Mark hosted us after hours in his home with pizza to get this project across the finish line. His dedication to supporting everyone and every element of this race for the people and city is astounding.

— CARLY CAULFIELD

### SPECIAL THANKS

Without the hard work and dedication of my special events team Jay Roberts, Lisa Boucher, Nate Smith, and David Neilson I couldn’t begin to do what it takes to support this event.

— MARK BAILEY

# CHIEF LARRY J SATTERWHITE

## 2024 HALL OF FAME INDUCTEE



“

*It has been a wonderful experience to work with such dedicated professionals who I proudly call my friends.*

”

Watching thousands of runners from everywhere in the world come out and accomplish such an amazing feat is an inspiration and I am honored to be included in helping make that possible.

### THE MAN

- A community-oriented law enforcement executive with the Houston Police Department (HPD) born in Kirbyville, TX.
- Married to Tracey Satterwhite who also hails from Kirbyville, TX but the couple didn't connect until one day when Chief Satterwhite was responding to an incident near Bellaire, TX. They've been married 26 years.
- His daughter, Morgan, was adopted when she was three years old. Two years later, they had Walker.

### THE MILESTONES

- 1990 Joined the Houston Police Department and quickly served as a young officer in his first Houston Marathon posted at intersections in the West University area.
- 33 years in law enforcement with the City of Houston has seen him serve in Patrol, Investigations, SWAT, Criminal Intelligence, Special Operations, and Homeland Security.
- 2013 was the year Chief Satterwhite became Captain over Special Operations for the Marathon
- 100's of professionals have been led by Chief Satterwhite towards careers that suit their unique and intrinsic talents over his 33 years in this industry.
- 4 World Series Championships have been overseen by Chief Satterwhite as well as the 51st Super Bowl
- 9 Houston Marathon Weekend of Events have been overseen by Chief Satterwhite

### THE MEMORIES

My fondest memories of Chief Satterwhite occur each year during our course inspection in the early afternoon on marathon day. Chief, Sergeant Bailey, and I drive the half and marathon course to ensure everyone is safely progressing back downtown. As the events come to a successful conclusion each year, I see the pride he has in this city and this event. We are so fortunate to have his leadership on marathon weekend, and all year long.

— WADE MOREHEAD

### SPECIAL THANKS

I understand more than anything that it is the people around me that have made possible the success I have here and I will always be indebted to them. I am truly blessed.

— CHIEF SATTERWHITE





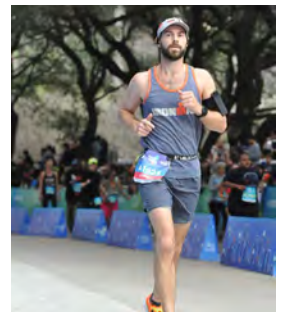
# HOUSTON MARATHON LEGACY RUNNERS

» Hundreds of thousands of runners have participated in the Houston Marathon since its inception in 1972 and many of those runners continue to come back year after year. To honor these dedicated runners, the Houston Marathon Committee created the Houston Marathon Legacy Program – an exclusive group of runners who have completed ten or more Houston Marathons or Houston Half Marathons exclusively in that event distance. Today there are more than 1000 active\* Houston Marathon and Half Marathon Legacy Runners. See if you recognize any of the names below!

\*To be considered an active Houston Marathon Legacy Runner, runners must have 10 or more Houston Marathon or Houston Half Marathon finishes and the last race they've completed must have been in 2021 or after.

Jack Lippincott	46	Michael Root	27	Doug Roufa	21	Stuart Kessler	19	Richard Carroll	17	Molly Upton	15	Manuel Rocha	14	Mario Fantini	13
Rick McMahan	43	Philip Ballmann	27	Eunsup Kim	21	Susie Comstock	19	Suresh Shah	17	Noel Han	15	Marc Orduna	14	Mark Berman	13
Stephen McNeil	41	Robert Dunn	27	Francisco Garza	21	Thomas Okazaki	19	Vanessa Foster	17	Olga Medina-Martinez	15	Maria Lea De Jesus	14	Marty Yost	13
Arlen Isham	40	Robert Simon	27	Jeff Eisele	21	Tony Castronovo	19	Adessa Nolan	16	Oscar Rodriguez	15	Mark Brand	14	Matthew Reyes	13
Maria Camacho	40	Suzy Seeley	27	Jeffrey Herd	21	Tony Van	19	Alexis Montoya	16	Pete Gonzalez	15	Mark Coleman	14	Michael Burell	13
John McClung	38	Timothy Nielsen	27	Jose Sanchez	21	Vincent Kowalski	19	Blake Samuels	16	Phi Nguyen	15	Matthew Maples	14	Michelle Morton	13
Susan Rouse	38	Victor Aguirre	27	Kathryn Vidal	21	Alan M Cramer	18	Bob Myers	16	Phyllis Aswell	15	Melody Presswood	14	Michelle Taunton	13
J P Reed	37	Barbara Stoll	26	Kimberly Harvey	21	Alan Tilloison	18	Catherine Bequette	16	Raul Munoz	15	Michael Barrett	14	Mike Nguyen	13
Jesse Smalls	37	David Martinez	26	Peter Schipperijn	21	Bernadette Tretta	18	Charles Smith	16	Refugio Trejo	15	Mohamed Elwassim	14	Noah Worley	13
Robert McDowell	37	Estella Tam	26	Rhonda Emerson	21	Cathy Whitehouse	18	Chris Boeker	16	Rex West	15	Neil Duffin	14	Peri Kowal	13
Rudolph Rendon	37	Gary Marsh	26	Terrie Gorney	21	Denise Mitrano	18	Christopher Ankrum	16	Scott Balin	15	Pat Bradley	14	Peter Nieman	13
Boris Balic	36	Gloria Mahoney	26	Ven Nguyen	21	Douglas Schroeder	18	Christopher Luke	16	Scott Harrell	15	Paul Aleshire	14	Petrus Victor	13
Brian Jenison	36	Harry Pang	26	Wanda Buxton	21	Gerald Waltman	18	Cindy Ramirez	16	Slava Nekrasov	15	Peter Haney	14	Quentin Wingert	13
Lonnie Brauner	36	Matthew Denio	26	William Moeller	21	Gerardo Leal	18	Claudio Rodriguez	16	Sonia Sood	15	Robert Ketchie	14	Raymond Kwan	13
Steve Boone	35	Nicolas Meza	26	Belinda Reyes	20	Glenn Osterwisch	18	David Thomas	16	Star Epps	15	Scott Ringer	14	Ricardo Concha	13
Will Hrachovy	35	Benjamin Mayer	25	Bridget Moeller	20	Gordon Mishler	18	David Underwood JR	16	Steve Schroeder	15	Steve Davis	14	Ricardo Posada	13
Charles Scheibe	34	Chris McWatt-Green	25	Chris Duggan	20	Grady Harrison	18	Enrique Rincon	16	Valerie Boessling	15	Thomas Fons	14	Rich Martucci	13
Fred Steves	34	Danielle Skelton Reeves	25	Chris St Jean	20	Iain Wallace	18	Ginger Trimble Knox	16	Andy Watson	14	Thomas Stelzer	14	Richard S Oechsln	13
Gene Wilson	34	David Torres	25	Craig Fox	20	Jean Hofschulte	18	Joanne Ripple	16	Arnold Colunga	14	William Glaser	14	Rick Reynolds	13
Larry McPhillips	34	Kathleen Kress Hanson	25	Denise Sadberry	20	Jose Reyes	18	Jorge Maya	16	Auston Douglas	14	Yen Nguyen	14	Rob Hill	13
Paul Cooley	34	Leslie Medley Russell	25	Donna Palmer	20	Kenneth Halligan	18	Kent Heck	16	Barry Richardson	14	Alberto Gutierrez	13	Robert Archer	13
Richard Evans	34	Steven Holehan	25	Grant Bue	20	Kim Pham	18	Kevin Butler	16	Brian Stonesifer	14	Andras Feszthammer	13	Robert Stepp	13
Joe Pierce	33	Brett Davis	24	Howard Stone	20	Kristin Collins	18	Leland Anderson	16	Bryan Brown	14	Annie Almdarez	13	Roger Espinoza	13
John McKenna	33	Brian McQuin	24	Jackie Binion	20	Marcus Stevenson	18	Michael Fleming	16	Chris Allen	14	Benji Durden	13	Rowena Hay	13
Michael Johnston	33	David Stockton	24	Jose Oviedo	20	Martha Hilton	18	Michelle McGill	16	Chris Gerow	14	Binghui Li	13	Ruben Landa	13
Randall Keith	33	David Upton	24	Keli Williams	20	Michael Digenaro	18	Orin Lewis	16	Christopher Drummond	14	Brett Snyder	13	Ruben Vazquez	13
Rich Fredrich	33	Freddy Thompson	24	Kirk Norton	20	Michael Pantoja	18	Pam Anderson	16	Cynthia Tang	14	Carlos Favela	13	Russell McKee	13
Carlos Reyes	32	Harry Sokolow	24	Lisa Gonzalez	20	Randy Peters	18	Ron Berglund	16	Dao Nguyen	14	Carmen Busceme	13	Sabina Lorca	13
Robert Hughes	32	John Boone	24	Lou Kneeshaw	20	Raymond Tam	18	Ronald Arrington	16	Daron Peschel	14	Casey Lajaunie	13	Scott Brian	13
Terry Green	32	Paul Merriman	24	Malinda Hernandez	20	Rick Saldana	18	Roy Camberg	16	Darwin Williamson	14	Charles Clutter	13	Selena Henderson	13
William Schneider	32	Peter Lawrence	24	Mark Elvig	20	Rick Thibodeaux	18	Stephen Holmes	16	David Allen	14	Christine Gentil	13	Stefanie Bernosky	13
Bob Kirkpatrick	31	Rick Routzon	24	Miguel Correa	20	Scott Alexander	18	Stephen Kallus	16	Dennis Lang	14	Christopher Culpepper	13	Steve Marshall	13
Leslie Hale	31	Andreas Schneider	23	Rayman Lee	20	Sue Wheeler	18	Tricia Hernandez	16	Devin Brown	14	Christopher Schneider	13	Steven Howard	13
Michael Danke	31	Ben Sopchak	23	Stan Liu	20	Suzanne Chivari	18	Vincent Attanucci	16	Donald Buckholt	14	Christy Pundt	13	Thuy Moon	13
Ralph Rohena	31	Holly Stewart	23	Timothy Allen	20	Ted Mumby	18	Whitney Hinton	16	Dung Quach	14	Chuck Campbell	13	Timothy Nolan	13
Evelina Stenroos	30	Michael Pentland	23	Tom Nguyen	20	Timothy Feges	18	Amie Durden	15	Emile Hanna	14	Dan Greenberg	13	Travis Shirley	13
Irene Binash	30	Paul Schulz	23	Wendy Clark	20	Avi Moss	17	Atul Shah	15	Emily Chik	14	Daniel Barron	13	Trevor Cappel	13
Jesus Pequeno	30	Richard Peoples	23	William Schick	20	Bijou Chacko	17	Barbara Callistien	15	Fernando Grimaldo	14	Daniel Cantu	13	Vivien Presswood	13
Kathryn White	30	Robert Furman	23	Andre Phillips	19	Bob Eng	17	Carol Gray	15	George Rivera	14	David Bennett	13	Will Mihalik	13
Larry Lindeen	30	Robert Hahn	23	Andy Brock	19	Brenda Mendzorf	17	Carol Hirt	15	Gordon Christie	14	Douglas Suell	13	Will Featherston	13
Lupe Gomez	30	Rudy Serrato	23	Ben Harvie	19	Chad Wilson	17	Cheri Payne	15	Hamilton Hadebe	14	Duncan McCaig	13	Alberto Agostini	12
R Don Ruggles	30	Sergio Leonardi	23	Brad Godwin	19	Chris Madsen	17	Curtis Turner	15	Heather Foley	14	Fulin Han	13	Alfredo Paras	12
Anthony Mireles	29	Tim Davison	23	Brenda Hilton	19	Cindy M Torres	17	Dick Osburn	15	Heather Spicer	14	Geoffrey Lussier	13	Alicia Fernandez	12
Dalton Pulsipher	29	Yong Collins	23	Cesar Pena	19	David Nemoto	17	Donald Anderson	15	Hitoshi Onda	14	Gerardo Nolzco	13	Amy Degeest	12
Eddie Espinosa	29	Agapito Gaytan	22	Curtis Childs	19	Doan Pham	17	Douglas Durand	15	Jaime Alvarez	14	Greg McLauchlin	13	Amy Wendt	12
Elva Lafuente	29	Caryn Honig	22	Dena Sokolow	19	Elaine Ver Halen	17	Elizabeth Mendiola	15	James Grace	14	Hermes Hinojosa	13	Andrew Wright	12
Grant Hodges	29	Francisco Molina	22	Eric Etheridge	19	Emilio Hernandez	17	Henry Chen	15	James Walker	14	Howard Bookstaff	13	Anthony Chu	12
John Yoder	29	Frank Erzinger	22	Gary Hebert	19	Francisco Balbuena	17	Javier Lucero	15	Jason Currie	14	Jesse Sarabia	13	Antony Croston	12
Leonard Topolski	29	Frank Marriott	22	Jacob Tonge	19	Jay Milton	17	Javier Velez	15	Jeff Streets	14	Joe A Larsen	13	Brad Batteau	12
Roger Souders	29	Garibaldis Ramirez	22	Jeff Gosmano	19	Jed Nuchtern	17	Jennifer Singletary	15	Jeffrey Nachenberg	14	Joe Rothchild	13	Brent Williams	12
Darryl Anderson	28	Garrett Rychlik	22	Joe Killeen	19	Jesse Dehoyos	17	Jim Surratt	15	Jenny Gruber	14	John Magsipok	13	Brian Luby	12
Edward Montana	28	Hannah Vu	22	Joe Schwieterman	19	John P Anderson	17	Joe Lance	15	John Parry	14	Josh Rivas	13	Bruce A Mansur	12
Jim Buchwalter	28	Hung Nguyen	22	John Friday	19	Jose Amador	17	Joel Dubois	15	Juan Elizondo	14	Joyce Villarreal	13	Carol Wooldridge	12
Michael Holcomb	28	Jeff Wang	22	John Ray	19	Juan Jaramillo	17	John Plenger	15	Karen Williams	14	Juan Lozano	13	Cheryl Ketchie	12
Ronnie W Watkins	28	Nancy Winchester	22	Jonathan Phillips	19	Karen Berglund	17	John Spiller	15	Katherine Hallaway	14	Julio Quintana	13	Chris Robbins	12
Steve Hasson	28	Rick Hollis	22	Kimberly Pilcher	19	Kathryn Williams	17	Juan Galvan	15	Kazuhiro Oka	14	Karen Boman	13	Chris Vandersteeg	12
Billy Mathias	27	Stephen Baumgartner	22	Maribel Aguilar	19	Laura Aguilar-Ramirez	17	Julieta Martucci	15	Kelly Lout	14	Kenneth Stein	13	Christian Kolom	12
Bradford Moore	27	Theresa Bueno	22	Melissa Hedges-Rankin	19	Ly Phan	17	Kent Twyman	15	Kenny Phan	14	Kevin Kline	13	Christopher Kunkel	12
Carol Schmidt	27	Todd Wandling	22	Mike Clark	19	May Citro	17	Khoi Nguyen	15	Kevin Corbett	14	Kimberly Johnston	13	Craig Paradee	12
Fred Hall	27	Andrew Chow	21	Paul Ehrsam	19	Michael Bayer	17	Kiet Huynh	15	Kevin Shannon	14	Kirk Mahoney	13	Cung Ha	12
Jacqueline O'Brien-Nolen	27	Ashley Edwards	21	Robert Mitchell	19	Michael Defee	17	Lars Larsson	15	Kotesch Rao	14	Kristian Nielsen	13	Darren Schneek	12
Jonathan Tydlacka	27	Cory Lucas	21	Rochelle Ray	19	Michael Le	17	Lilia Vazquez	15	Kwong-Kwok Wong	14	Liam R Malanaphy	13	Darryl Shreves	12
Mark Nash	27	Diane Brown	21	Stacy Smith	19	Michael Pogson	17	Massimo Marinelli	15	Lisa Coley	14	Luis Carrasco Jimenez	13	David Comstock	12
Michael Luna	27	Donna Fink	21	Steve Goodweather	19	Michelle Meyer	17	Molly Atlas	15	Mamie Foster	14	Marie Hardin	13	Diana Posada	12

Dora Martin	12	Michael Lundberg	12	Camille Yarbrough	11	Lindsay Colvin	11	Wynne Harvey	11	Glenn Hitchcock	10	Nabeel Majid	10
Doug McRorey	12	Mihaela Mullin	12	Carsten Udengaard	11	Manizeh Mirza-Gruber	11	Aaron Thomas	10	Greg Colvin	10	Naomi Nassar	10
Ed Bickley	12	Mindy Briones	12	Charles Knific	11	Marcos Olivera	11	Adnan Afzal	10	Gregory Ball	10	Nathan Eguia	10
Efrain Saenz	12	Pat Birdsong	12	Charles Vazquez	11	Mark Balhoff	11	Adrian Valenzuela	10	Gregory Hamre	10	Newman Lay	10
Emily Gregor	12	Paul Izzo	12	Cheryl Fletcher	11	Marty Deason	11	Alan Chung	10	Hai Huynh	10	Pablo Perez Leon	10
Fernando Lopez	12	Peter Bennett	12	Christian Wilkinson	11	Miguel Pena	11	Aleza Espinosa	10	Hugh Leidlein	10	Pam Walton	10
Fred Marashi	12	Peter Norris	12	Clark Doherty	11	Misty Barnett	11	Allison Rudin	10	Hung Pham	10	Paul Barrington	10
Gabriel Belforti	12	Priscilla Damrel	12	Crystal Ware	11	Moises Granados	11	Andy Kwan	10	Jason Lee	10	Paul Blutt	10
Gary Marlow	12	Priscilla Fierro	12	Curtis Clark	11	Natalie Camps	11	Andy Vu	10	Jason Stark	10	Peggy Pugh	10
Gloria Reyes	12	Randy Bradley	12	David Fowler	11	Nathaniel Cameron	11	Angie Martinez	10	Jeffrey Ensign	10	Pete Cao	10
J David Iverson	12	Randy Glatstein	12	David Tucker	11	Nozomi Nakata	11	Angela Caron	10	Jeremy Berkman	10	Randy Mott	10
James McInerney	12	Regan Thompson	12	Eduardo Cano	11	Odin Fernandez	11	Ariel Velasco	10	Jerry Sonnier	10	Raymond Russell	10
Janet Marshall	12	Regina Cagle Irr	12	Edward Luna	11	Pam Butler	11	Arturo Reyes	10	Joe Castillo	10	Raymundo Rojo	10
Jason Chow	12	Rene Munoz	12	Eladio Perez	11	Patricia Carreon	11	Ben Leonard	10	John Frye	10	Regina Massingill	10
Jay Ring	12	Ronald Haugen	12	Elizabeth Newton Hayes	11	Patrick Fleming	11	Bill Carr	10	John McCraw	10	Robert Dulaney	10
Jeffrey Pearson	12	Rudy Uresti	12	Ellen Cummings	11	Paul Lindstrom	11	Billy Lumpkin JR	10	Jorge Gonzalez	10	Robert Wade	10
Jennifer Breazeale	12	Ruth Ann Luna	12	Erik Dill	11	Paulette Moore	11	Bonnie Caulfield	10	Joseph Kilianski	10	Rogelio Pena	10
Jesse Alatorre	12	Ryan Williams	12	Erika Alvarez	11	Philong Nguyen	11	Bryan Yanaga	10	Joseph Liang	10	Rolando Martinez	10
Jim Busse	12	Sally Hall	12	Gary Kroll	11	Rachel Jackson	11	Carlos Vences Jr.	10	Juan Hernandez	10	Rolando Reyes	10
Jorge Alba	12	Samantha Hutchison	12	George Siappas	11	Rachel Lowell	11	Caroline Boatman	10	June Strambler	10	Rudy Gonzalez	10
Kamini Muzumdar	12	Sarah Lunsford	12	Georgina Mishkin	11	Richard Cannata	11	Cathleen Blayney	10	Justin Foskett	10	Salvador Madrigal	10
Karen Ting	12	Scott Singletary	12	Greg Koush	11	Robert Ontko	11	Celeste Patsouras	10	Justin Serrette	10	Sean Halloran	10
Keith McLean	12	Sergio Vazquez	12	Gregory Donovan	11	Roman Rabourn	11	Charly Weldon	10	Karl Guthrie	10	Sean Robertson	10
Kelly Carmichael, Sr.	12	Shannon Pearce	12	Hojin Lim	11	Ron Bradshaw	11	Chris Bourque	10	Kelvin Shorts	10	Sean Vitelli	10
Kenny Nalepa	12	Shawn Melnar	12	Jacalyn Johnson-Alviza	11	Ryan Gill	11	Christopher Born	10	Ken Raycroft	10	Sergio Gutierrez	10
Kim Knapp	12	Sherry Johnson	12	James Snell	11	Ryan Gonzales	11	Cindy Knebel	10	Kevin Walker	10	Sharon Tinnell	10
Kim Rich	12	Stephanie Cook	12	James Williamson	11	Samantha Torres	11	Cindy Robertson	10	Khuong Tran	10	Simon Vigil	10
Krisann Kent	12	Tim Vandagriff	12	Jennifer Foster	11	Sarah Carr	11	Cindy Kearns	10	Laura Folk	10	Stephen Dinger	10
Kristen Karlin	12	Tommy Yeung	12	Jennifer Othold	11	Shannon Warhol	11	Cristina De La Isla	10	Leslie Rutledge	10	Stephen Kohn	10
Kristin Pham	12	Tuy Mai	12	Jerel Twyman	11	Stephanie Escobar	11	Dale Kohn	10	Lilia Vazquez	10	Steve Lombara	10
Lauro Porto	12	Vi Chau-Tran	12	Johanna Abad	11	Steve Maliszewski	11	Dale Schiffner	10	Linda Berry	10	Susan Sullivan	10
Lindy Graves	12	Vinh Le	12	John Chaney	11	Steve Smalley	11	David Coats	10	Lindsay Phenix	10	Susy Ruiz	10
Liza Criswell	12	William Marshall	12	John Fermo	11	Steve Ton	11	David Engel	10	Luci Siminic	10	Tanya Avery	10
Lynette Phillips	12	Yuliana De La Rosa	12	Jonas Referente	11	Su Dang	11	David Painter	10	Macario Vazquez	10	Terence Baptiste	10
Marc Dungler	12	Abigail Hawes	11	Joseph Thompson	11	Tamara White	11	David Villalobos	10	Mack Miller	10	Teresa McCabe	10
Marina Herrman	12	Alex Obvintsev	11	Josh Rayner	11	Tim Heitzweibel	11	Davide Guzzi	10	Madhusudhan Muniathnam	10	Teresa Ngo	10
Mark Harris	12	Alli D'Acosta	11	Juan Davila	11	Todd Whittemore	11	Diem Nguyen	10	Maria Elizalde	10	Terry Heckart	10
Mark Oppenheim	12	Allyson Neighbors	11	Kanishka Desilva	11	Tony Yeung	11	Don Sepulveda	10	Maria Wicker	10	Tina Strautman	10
Mark Ramos	12	Andrea Maple	11	Kathy Halligan	11	Tracy Cormier	11	Earin Persson	10	Mark Kirincic	10	Todd Woodcock	10
Mark Spruce	12	Andres Sanchez	11	Kaylin Olson	11	Trey Evans	11	Edgar Huerta	10	Mary Garcia	10	Van Le	10
Marthe Anderson	12	Andrew G Brooks	11	Kelley Harwerth	11	Trisha Harvey	11	Edward Young	10	Matthew Smyk	10	Victoria Nolan	10
Marty Stone	12	Annabella Green	11	Kenneth Kollister	11	Vesta Griffin	11	Eric Braate	10	May Shek	10	Vu Nguyen	10
Maurilio Gutierrez	12	Bashara Boyd	11	Kerry Lee	11	Visyaporn (oui) Raine	11	Felicia Neubig	10	Michael Smith	10	Wei Zhang	10
Michael Abbas	12	Bill Pilkington	11	Kevin Loughnane	11	Warren Prella	11	Gerald Kleyn	10	Miguel Perez	10	Wendy Berthiaume	10
Michael Coday	12	Brent Owen	11	Kyle Rodemacher	11	Will Lord	11	Gildardo Zamora	10	Mike Sailor	10	Zac Stafford	10
Michael Csikos	12	C. Stephenson-Lake	11	Laura Sachtleben	11	Will Rommelmann	11	Ginger Stagg	10	Mikki Hebl	10		



TOP: (Pictured left to right) Stephen McNeil, marathon legacy with 41 finishes; Susan Rouse, marathon legacy with 38 finishes; Ginger Stagg, new legacy athlete; Juan Hernandez, new legacy athlete; Stephen Kohn, new legacy athlete

# HOUSTON HALF MARATHON LEGACY RUNNERS

Nathaniel Collins	21	Melissa Elijah	15	Deyanira Loredo	13	Cheryl Brand	12
Scott Zarley	21	Michael Bridgehouse	15	Dona Hinton	13	Cheryl Mitchell	12
Ann Wacker	20	Michael Mangan	15	Donald Heath	13	Christina Henderson	12
Carol Madrid	20	Michael Martin	15	Eric Alfuth	13	Claire Berno	12
Catherine Usry	20	Michael Yong	15	Erin Sholl	13	Claudia Crawford	12
John Polisini	20	Pankaj Desai	15	Heather Remark	13	Cody Blazek	12
Alan Hopkins	19	Paul Green	15	Henry Posamentier	13	Connie Madden	12
Angela Hemmen	19	Peter Koops	15	Ines Grimaldi-Hakam	13	Daniel Granadino	12
Bradley D Kalmans	19	Phillip Smith	15	Ismael Cavazos	13	Daniel Leimbach	12
Charlotte Dudley	19	Richard Verm	15	Jacob Cherian	13	Dave Schoditsch	12
Douglas Kelly	19	Rozina Damani	15	Jamal Jamalyaria	13	David Freshwater	12
Mark Hemmen	19	Rusty Lacy	15	James Glaze	13	David McMasters	12
Randall Koenig	19	Sandra Wiebe	15	James Hodge	13	David Panfely	12
Sesh Bala	19	Sandy Payne	15	James Zaragoza	13	Diana Kaplan	12
Darrell Nichols	18	Simon Mayer	15	Jerry Goodwin	13	Diomedes Soto	12
Jill Tischbein	18	Steve Fanos	15	Jesse Dean	13	Donald Busby	12
Nancy Ordonez	18	Susan Gutkowski	15	Jim Sansone	13	Donna Keith	12
Sally King	18	Theresa Sauls	15	Joan Bowman	13	Doug Payne	12
Sean Cochran	18	Tracy Stoker	15	Joann Blakeley	13	Elizabeth Ortiz	12
Stephen Oneil	18	Vickie Rickman	15	Jorge Luna	13	Elizabeth York	12
Anne Court	17	Vincent Aurelio	15	Karen Robbins	13	Emily Shulik	12
Antonio Moreno	17	Wesley Wiebe	15	Karen Yale	13	Ervin Grice	12
Catalina Garcia	17	Allen Watson	14	Karyn Ullman-Taibel	13	George Hanks	12
Cindy Featherston	17	Ann K Kampschmidt	14	Kathleen Swinson	13	Grace Hobby	12
David Cook	17	Arthur Hernandez	14	Katie Assaf	13	Gracelda Sanchez	12
Jennifer Pao	17	Brian Remark	14	Katy Bate	13	Heather Slie	12
Kathy Clarke	17	Brian Hand	14	Kerry Hand	13	Hilda McDonnell	12
Kathy Haackler	17	Carolyn Stone	14	Kumar Kembaiyan	13	Ivy Austin-Garza	12
Keith Cox	17	Chris Black	14	Larisa Ferguson	13	Jaime Brown	12
Laura Kohlmaier	17	Chris Raif	14	Laura Ortiz	13	James Trippett	12
Laurel Kirkland	17	Collin Cox	14	Laurie Swaim	13	Janice Character	12
Mike Schroeder	17	Dan Jaeger	14	Lee Barron	13	Jayson Maldonado	12
Robin Holcomb	17	Dana Blankenship	14	Margarita Flores	13	Jeff Mann	12
Ron Shaver	17	David Conklin	14	Margold Banes	13	Jeffrey Hartgerink	12
Russell Meyer	17	David Kreiner	14	Mario Guerrero	13	Jeffrey Musler	12
Sarah Ellis	17	David Wood	14	Marshall Cohen	13	Jessica Grogan	12
Sonny Mims	17	Dean Hunt	14	Martin Schluep	13	Jill Seltzer	12
Susan Sternberg	17	Dorota Jankovsky	14	Maureen Mayes	13	Jim Devaney	12
Suzanne Armour	17	Elizabeth Myles	14	Merry Davis	13	Joanna Gol	12
Anita Balderas	16	Eric Stewart	14	Michael Devine	13	Michael Klug	11
Bill Featherston	16	Evanthe Collins	14	Michael Mangan	13	Christian Iversen	11
Daniel Hu	16	Gloria Solomon	14	Michele Williams	13	Christina Verbosky	11
David Brackus	16	Gwendolyn Gallien	14	Michelle Nixon	13	Christopher Burres	11
David Epperson	16	Herman Vacca	14	Monica Ehrmann	13	Christopher Etter	11
Debby Currin	16	Ines Nemoto	14	Nidya Granadino	13	Christopher Matty	11
Deborah Vida	16	Jan Cohen	14	Nilsa Rivera	13	Claudia Alexander	11
Debra Wittes	16	Jan Whitehead	14	Otaresiri Iniije	13	Cody Cox	11
Elizabeth Benson	16	Jean Valka	14	Patrick Beaton	13	Corinne Zamonsky	11
Garth Beinart	16	Jennifer Lightsey	14	Patrick Chih	13	Craig Minor	11
Janice Satterfield	16	Jennifer Madsen	14	Richard Lin	13	Crispy Wabnitz	11
Jennifer Chalfant	16	Jenny Johnson	14	Richard Wachtmann	13	Daniel Dannug	11
Jennifer Nitschmann	16	Jocelyn Aventura	14	Robert Garza	13	Danny Campos	11
Jesus Jijon	16	John Novak	14	Robert Sawchuk	13	Darrin Caramonta	11
Joann Peeke	16	Juan Reynado	14	Robert Swanson	13	David McNidder	11
John Beath	16	Julie Baucum	14	Robin Holm	13	David Piper	11
Lena Adams	16	Julie Krampitz	14	Robin McConaughy	13	David Stallman	11
Lisa Berman	16	Lance Cooper	14	Robin Smith	13	Deanna Vassigh	11
Mary Anne Ramos	16	Lori Wolff	14	Roger Church	13	Debbie Casey	11
Ned Graber	16	M.J. Becher	14	Rosemary Mooney	13	Deborah Maly	11
Paul Wetherold	16	May Ng	14	Russ Montgomery	13	Deborah Sanborn	11
Rhonda Hunt	16	Melissa Fitzgerald	14	Sandy Meyer	13	Denise Smith	11
Robert Kiber	16	Monica Kennedy	14	Sarah Nguyen	13	Diana Spiers	11
Sharon Newquist	16	Nelda Garcia	14	Shamsha Damani	13	Diane Garey	11
Stephen Cavanaugh	16	Patricia Chesnick	14	Sharon Standiford	13	Donna Moran	11
Vernita Harris	16	Rob Scott	14	Stacey Speier	13	Donna Parke	11
Walter Wolff	16	Ronald Day	14	Subra Balakrishnan	13	Edward Perez	11
Al Garcia	15	Rosa Bryant	14	Summer Rivenbark	13	Elaine Prieve	11
Allan Ring	15	Ryan Tibball	14	Susan Magee	13	Elizabeth German	11
Amy Barbutto	15	Sai Sreerama	14	Susan Scarrow	13	Ellen Yarrell	11
Annmarie Clark	15	Shantanu Swadi	14	Susan Winnitoy	13	Emma Hodgson	11
Berna Blott	15	Stacey McHenry	14	Todd Ginavan	13	Eric Waxall	11
Calise Johnson	15	Steven Myles	14	Walt Zenon	13	Erica Serrano	11
Carlos Pena	15	Susan Kohlmaier	14	Win Edwards	13	Erin Lunceford	11
Chris Stacy	15	Teresa Ramirez	14	Adam Roth	12	Eva Ellis	11
Connie Paulino	15	Theresa Hendrikse	14	Aditya Talwar	12	Fred Wang	11
Dana Dilbeck	15	Tim Cordingley	14	Allison Hay	12	Gabriel Munoz	11
David Clarke	15	Vanessa Woodfin	14	Alton Robinson	12	Gary Johnson	11
David Sanderson	15	White Jee	14	Amanda Mann	12	Gerald Garcia	11
David Williamson	15	Will Whitley	14	Andrew Graesser	12	Gilda Dimayuga	11
Debbie Hunt	15	William Sleeper	14	Andrew Lucio III	12	Gloria Osuna	11
Debra Sukin	15	Akshay Desai	13	Anita Ramke	12	Gouri Kulkarni	11
Dee-Dee Terry	15	Allison Easton	13	Anna Shreves	12	Heather Springer	11
Dennis Turnipseed	15	Alvaro Meza	13	Anna-Marie Levy	12	Holly McLean	11
Dona Dietlein	15	Barbara Burger	13	Anne Martin	12	Ileana Walters	11
Florie Bici	15	Brenda Ulewellyn	13	Anne Samuels	12	Irma Rodriguez	11
Franz Grunenberg	15	Camaron Thorson	13	April Perrenot	12	James Pierce	11
Gail Edmondson	15	Christian Sheridan	13	Barry Stiles	12	Jamuna Daniel	11
Gloria Hinton	15	Christopher Perez	13	Benjamin Cohen-Kurzrock	12	Jane Mielenz	11
Greg Hatch	15	Christy Gonzales	13	Betsy Anderson	12	Janet Barzila	11
Janet Clark	15	Cuc Mai	13	Betsy Chapman	12	Janis Echeverria	11
Jannelle Prieve	15	David Hunt	13	Brian Bufkin	12	Jeanette Byrd	11
Jonathan Cohen-Kurzrock	15	David Kevin	13	Carlos Campos	12	Jennie Tran	11
Kenny Weiss	15	David Trevino	13	Carol Kleiber	12	Jennifer Johnson	11
Mark Mann	15	Dawn Renken	13	Cathy Bellnap	12	Jennifer Watts	11
Marlene Shakra	15	Dele Adebayo	13	Cathy Eng	12	Jesman Devia	11

# LEGACY RUNNERS

Jesse Saetz	11	Amy Hubbard	10
Joe Bandalan	11	Ana Morales-Amaya	10
John Luman Iii	11	Anabel Rodriguez	10
Jonathan Holley	11	Anasuya Hesse	10
Josie Ramirez	11	Andres Ariza	10
Karen Fitzgerald	11	Barbara Saetz	10
Karen Jaramillo	11	Barry Blanton	10
Karen Mooney	11	Barry Davis	10
Karen Thurman	11	Ben Womack	10
Kathleen Dreher	11	Bethany Hawthorne	10
Katie Ban	11	Blanca Correa	10
Katie Normand	11	Botumille Ngoma	10
Kay Cox	11	Brian Schill	10
Kellie Fowler	11	Bridget Angel	10
Kellie Kainer	11	Bridget Pete	10
Kelly Turnipseed	11	Brownyn Turner	10
Kenneth Palermo	11	Callie Hartmann	10
Kevin Hunter	11	Camellia Jacks	10
Kim Jobin	11	Caren Harris	10
Kristin Edelen	11	Carmenza Arreaga	10
Lachlan Finlayson	11	Carole Flad	10
Lakshmi Koripalli	11	Caroline Rowland	10
Laila Rachakonda	11	Cindy Theriot	10
Lauren Brownfield	11	Cindy Walker	10
Laverne Chang	11	Colton Candler	10
Linnie Freeman	11	Daniel Almeida	10
Lisa Pitzer	11	Daniel Brewster	10
Lori Montgomery	11	Daniel Samuel	10
Lori Scovill	11	Daryl Beatty	10
Luis Fuenmayor	11	David Herrera	10
Madeline Yin	11	David Lytle	10
Marc Brown	11	David Parkinson	10
Maria Reynolds	11	David Wigle	10
Marie Thompson	11	Deana Nguyen	10
Marissa Burres	11	Debra Wilson	10
Mary Mielke	11	Denise Metry	10
Mary Murtaugh	11	Denise Poole	10
Matthew Zeve	11	Diane McKernan	10
Michael Golebiowski	11	Dixie Meynier	10
Michael Klug	11	Dmitry Rachuk	10
Michael Rowe	11	Don Hickey	10
Michael Zubeil	11	Don Sestro	10
Michelle Stone	11	Dorena Moore	10
Minh-Chau Pham	11	Dustin James	10
Miriam Garcia	11	Ed Murphy	10
Monica Kervandjian	11	Edward Barnes	10
Norma Reyna	11	Elaine Chow	10
Omar Saman	11	Elias Sarkis	10
Pam Douglas	11	Elliott Friedman	10
Pam Roche	11	Ellis Giles	10
Pamela Cinquemani	11	Eunice Mahoney	10
McClendon	11	Evan Campbell	10
Pamela Whitson	11	Frances Leulliette	10
Patricia Fu	11	Frank Baldwin	10
Rae Hill	11	Franklin Cartagena	10
Ravi Machiraju	11	George Card	10
Ravi Patel	11	George Villarreal	10
Regina Johnson	11	Gerardo Garcia	10
Renato Macian	11	Gerardo Jimenez	10
Rene Enriquez	11	Gilbert Lin	10
Richard Bryant	11	Gisselle Matta	10
Richard Dunham	11	Gloria Mar	10
Robyn Driskell	11	Greg Nelson	10
Ronald Bahr	11	Henry Friedman	10
Rosa Cossio	11	Holly Jones	10
Rose Hernandez	11	Holly Lamb	10
Rossana Ballesteros	11	Homer Starkey	10
Ruth Houk	11	Inez Serrano	10
Ruth Winnitoy	11	Isidro Cantu	10
Sam Saman	11	James Madsen	10
Sandra Sutherland	11	Janet Jones	10
Sandy Loomis	11	Jason Bailey	10
Sanford Cohen	11	Jay Blinderman	10
Sasha Buchheit	11	jeanine Burt	10
Shachella James	11	Jeff Demuyneck	10
Shannon Cranston	11	Jennifer Clymer	10
Shannon Norstrud	11	Jennifer Perez	10
Shay Kuperman	11	Jennifer Warren	10
Stephen Bryant	11	Jenny Briganti	10
Steve Lowe	11	Jill Mitchell	10
Steven Moseley	11	Jim Morrison	10
Tanya Mooradian	11	Joe Burge-Marez	10
Tiffany Geach	11	Joe Downing	10
Tinou Tran	11	John Dwyer	10
Tommy Tieu	11	John Lee	10
Ursula Hemingway	11	John Starkweather	10
Valerie Gruss	11	John Vickers	10
Vanessa Coronado	11	Jong Lee	10
Vijay Parmar	11	Jose Luis Martinez	10
Vivian Chambers	11	Josie Brillion	10
Wendy Becerra	11	Judi Ottmann	10
Albert Carpio	11	Julia Macias	10
Alfonso Torres	10	Julia Reza	10
Allan Wolff	10	Justin Boehm	10
Amanda Beabout	10	Justin Donovan	10



## HOUSTON HALF MARATHON LEGACY RUNNERS

Justin Martinez	10	Mark Chilton	10	Ramona McQueen	10	Sean Kelleher	10	Tracy Crawford	10
Karen Moran	10	Mark Speets	10	Randy Craft	10	Seth Kauffman	10	Tricia Etter	10
Karma Punwasi	10	Mark Traylor	10	Raquel Pomeroy	10	Shanoop Kothari	10	Tutu Shifarraw	10
Katherine King	10	Martha Coleman	10	Regina Ramirez	10	Sharon Braudway	10	Veronica Oliveira	10
Kathy Glick	10	Mary Kate Shannon	10	Richard Clark	10	Sheetal Patel	10	Vicki Cerna-Bell	10
Kathy Kelley	10	Mary Ward	10	Richard Lo	10	Sheilendra Mehta	10	Vicky Gillmor	10
Katy Grigar	10	Matt Probstfeld	10	Ricky Servantes	10	Sherry Barrera	10	Victoria Ginavan	10
Keith Irvine	10	Matthew Beabout	10	Robert Acosta	10	Sherry Cameron	10	Vijaya Erabelli	10
Kenneth Kruse	10	Matthew Shetz	10	Robert Barbier	10	Sherry Novosad	10	Vineet Gomer	10
Kimberly Williams	10	Melanie Bell	10	Robert Brown	10	Sinead Bascon	10	Virginia Chesser	10
Kong Yin	10	Melanie Kana	10	Robert Duzan	10	Sonia Rocha	10	Wayne Pellerin	10
Kris McNeil	10	Melanie Rosen	10	Robert Sabol	10	Srikanth Punukula	10	Wes Heinlein	10
Lara Clark	10	Melissa Gonzalez	10	Robert Traylor	10	Stacie Scalise	10	Whitney Smith	10
Laura Feist Malek	10	Michael Boudreaux	10	Robin Szabo	10	Stella Olivier	10	Wyn McCubbin	10
Laura Riddle	10	Michael Flores	10	Rodney Bowman	10	Stephanie Yankowsky	10	Yancy Saunders	10
Lauren Wilder	10	Michele Rawson	10	Roland Gomez	10	Steven Zoeller	10	Yolanda Rico-Pyron	10
Leah Freshwater	10	Miguel Meza	10	Ronald Redden	10	Stewart Meas	10		
Leonie Tchoconté	10	Mike Kuykendall	10	Roy Charles	10	Susan Gates	10		
Lesley Work	10	Monica Garza	10	Ruben Gonzales	10	Susan Losby	10		
Leslie Thomson	10	Nancy Cartagena	10	Ruth Jackson	10	Terri Clynes	10		
Lexi Gutkowski	10	Nancy Stancher	10	Ryan Mosley	10	Terry Scovill	10		
Lien Le	10	Neal Ferguson	10	Sandra Longhofer	10	Theresa Goudeau	10		
Logan Farrell	10	Noe Santillan	10	Sara Robichaux	10	Thomas Marshall	10		
Lorrie King	10	Pamela Kletke	10	Sarah Aparicio	10	Thu Nguyen	10		
Luis Camacho	10	Paul Richmond	10	Sarah Luna	10	Tiffany Washington	10		
Lynette Watkins	10	Paula Cameron	10	Sarah Tahmoressi	10	Tom Gates	10		
Maria Dena	10	Philip Cimo	10	Scott Reed	10	Toni Bustamento	10		
Marilynn Adame	10	Rachel Hanse	10	Sean Devaney	10	Toni Calender	10		



Top: Scott Zarley, 21 finishes; Catherine Usry, 20 finishes; Scott Reed, new legacy athlete

Bottom: Sinead Bascon, new legacy athlete; Lara Clark, new legacy athlete



# MALEAH PRESTON ACHIEVES LEGACY STATUS IN CHEVRON HOUSTON MARATHON

As of 2023 Maleah Preston, achieved Legacy status by participating in the Chevron Houston Marathon for 10 consecutive years. 2024 marks Maleah's 11th Chevron Houston Marathon. This achievement is made extra spectacular by acknowledging that all 11 years have been races where she participated as what we call, a Hero Athlete.

When asked about her years of training and fundraising for Team Living Water Maleah said, "When I'm feeling tired and thirsty at mile 20, I visualize the women and children who walk miles every single day for water. You can really push yourself when you realize how blessed you are."

Chevron Houston Marathon Run for a Reason Hero Athletes like Maleah, participate in our races with more than a personal best and medal on their mind. They are dedicated to fundraising for one of our local charity partners. Many athletes select the same charity year over year, some switch it up. Maleah has found her fit with Team Living Water and has raised nearly \$200,000 providing at least 4,000 people with safe water since her first year partnering in 2012 as a RFAR Hero Athlete.

"The most fundamental human need aside from the air we breathe is water. Most of us go through life not thinking twice about access to safe and clean water. It is a resource that we take for granted. For this reason and more, the mission of LWI spoke to me on a very personal level and working with the organization has forever changed my perspective on purposeful living.

I am grateful for the work they do and the impact they make around the world, one village, one water well at a time."

Maleah shares that she's "incredibly grateful to be able to run" and plans to participate as long as she is able. Her goals this year include finishing the race strong and raising enough donations to cover the construction costs of 5 sustainable wells, \$5,000 each. Each of these will serve an average of 300 people.

While Maleah and her Living Water International team of athletes are making changes overseas, locally, they have managed to build a community of 59 local residents who train together each Saturday.

These athletes are fostering community bonds through race training, simultaneously raising funds to aid communities abroad. The collaborative community-building effort in Houston serves as a testament to the impact of the Chevron Houston Marathon's Run for a Reason charity program. This initiative not only strengthens local connections but also extends its positive effects globally.

*As Mother Teresa once said, "I alone cannot change the world, but I can cast a stone across waters to create many ripples." highlighting the profound influence of collective action.*

Maleah doesn't just fundraise with this team, she trains with them right here in Houston! They all provide one another guidance and support as they train and fundraise throughout the year.

While her annual marathon is always spent with the Chevron Houston Marathon, Maleah can be found all around Houston running half marathons such as the Houston Half, HMSA 25K, Sugar Land Half and multiple 5Ks, 10Ks, 10-milers and more.

Look for her and other Hero Athletes for more motivation and training camaraderie in 2024 as we continue to grow stronger together through racing and fundraising.





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## 2024 HOUSTON MARATHON COMMITTEE PROHIBITED ITEMS/ACTIONS LIST\*

►► FOR THE SAFETY OF OUR RUNNERS, VOLUNTEERS, SPECTATORS, SPONSORS AND VENDORS, THE FOLLOWING ITEMS AND ACTIONS ARE PROHIBITED FROM ALL RACE WEEKEND EVENTS AND VENUES:

### WEAPONS OF ANY KIND

- Firearms; the carrying of firearms is prohibited at race weekend sanctioned events, in addition, firearms are explicitly prohibited in Discovery Green and in the George R. Brown Convention Center in race weekend licensed areas, which include, but are not limited to the EXPO and all race day areas.

► Please note: There are many venues used throughout race weekend that have their own rules and regulations regarding the carrying of firearms and other items; these rules are beyond the control of the HMC.

- Knives, including, but not limited to: swords, spears, daggers, sabers, bowie knives, any knife with a blade over five and one-half inches and machetes.
- In addition, any item that could be considered dangerous including, but not limited to: mace, tasers, knives, bats, tools, and sharp objects.

### BAGS

- Only the official clear bag provided at Packet Pick-Up will be accepted at Gear Check on race day.
- No bags of any kind will be allowed in the start corrals or on the course. 'Camelbacks' and similar hydration systems are permitted.
- Except as is provided in this section, bringing bags of any type is discouraged.
- All bags are subject to search.

### MISCELLANEOUS ITEMS:

- Costumes that cover the face and any bulky costumes that extend beyond the body, with the exception of masks worn for health purposes (i.e. surgical masks)
- Unmanned aircraft systems, drones, photography mini-copters

► The taking off and flying over of any part of the course is a violation of HMC controlled property and will be considered trespassing. In addition, all photographs and video recordings of the event are considered property of the HMC.

- Selfie sticks and other hand-held extension poles for cameras and mobile devices that are not attached directly to the user
- Flammable liquids, fuel, fireworks, flare guns, explosives
- Illegal substances of any kind
- Animals, including pets

► Questions about service animals? Please email: [marathon@houstonmarathon.com](mailto:marathon@houstonmarathon.com).

- Glass containers
- Coolers
- Headphones - the HMC highly discourages the use of headphones on the race courses. If you are wearing headphones, make sure you can hear what is going on around you and be aware that emergency vehicles may be on the course at any time.
- Strollers, bicycles, roller blades/ skates, skateboards, wheelbarrows and wagons

► Any item with wheels, beyond what is allowed in the Athletes with Disabilities division of the events

- Props and anything that may pose a tripping or safety hazard or may divert the attention of a runner from the road or other runners on the course

► Examples include, signs, sports equipment, and oversized flags or flagpoles

- All participants are subject to the USATF and World Athletics Competition Rules.

### BANDIT RUNNERS

- Only registered runners wearing their personally assigned bib may participate in the Chevron Houston Marathon, Aramco Houston Half Marathon and We Are Houston 5K.
- No one is permitted to be on the race courses without an official race bib for the event in which they have been registered.

► In addition, registered participants are prohibited from crossing the finish line with anyone who is not wearing an official race bib, including children.

- The Houston Marathon does NOT allow the transfer of registrations/ bibs to others.
- Registered runners who give their bib to another person and the person to whom the bib is given will be disqualified and prohibited from participating in subsequent Houston Marathon events for a minimum of two years.

**\*THE HOUSTON MARATHON COMMITTEE, INC. RESERVES THE RIGHT TO PROHIBIT ADDITIONAL ITEMS/ACTIONS IN ORDER TO PRESERVE THE SAFETY OF OUR EVENTS AND PARTICIPANTS. PARTICIPANTS WHO VIOLATE THE ABOVE RULES MAY BE DISQUALIFIED AND BANNED FROM PARTICIPATING IN FUTURE EVENTS.**



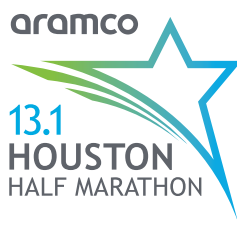


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# MAKE YOUR MARK JANUARY 18-19 2025

Secure your bib for the 2025 Chevron Houston Marathon and Aramco Houston Half Marathon when early bird registration\* opens at 4 p.m. Sunday, January 14, 2024.

\*Early bird registration is open to all registrants. Mark your calendars to guarantee the lowest entry price.



[chevronhoustonmarathon.com](https://chevronhoustonmarathon.com)