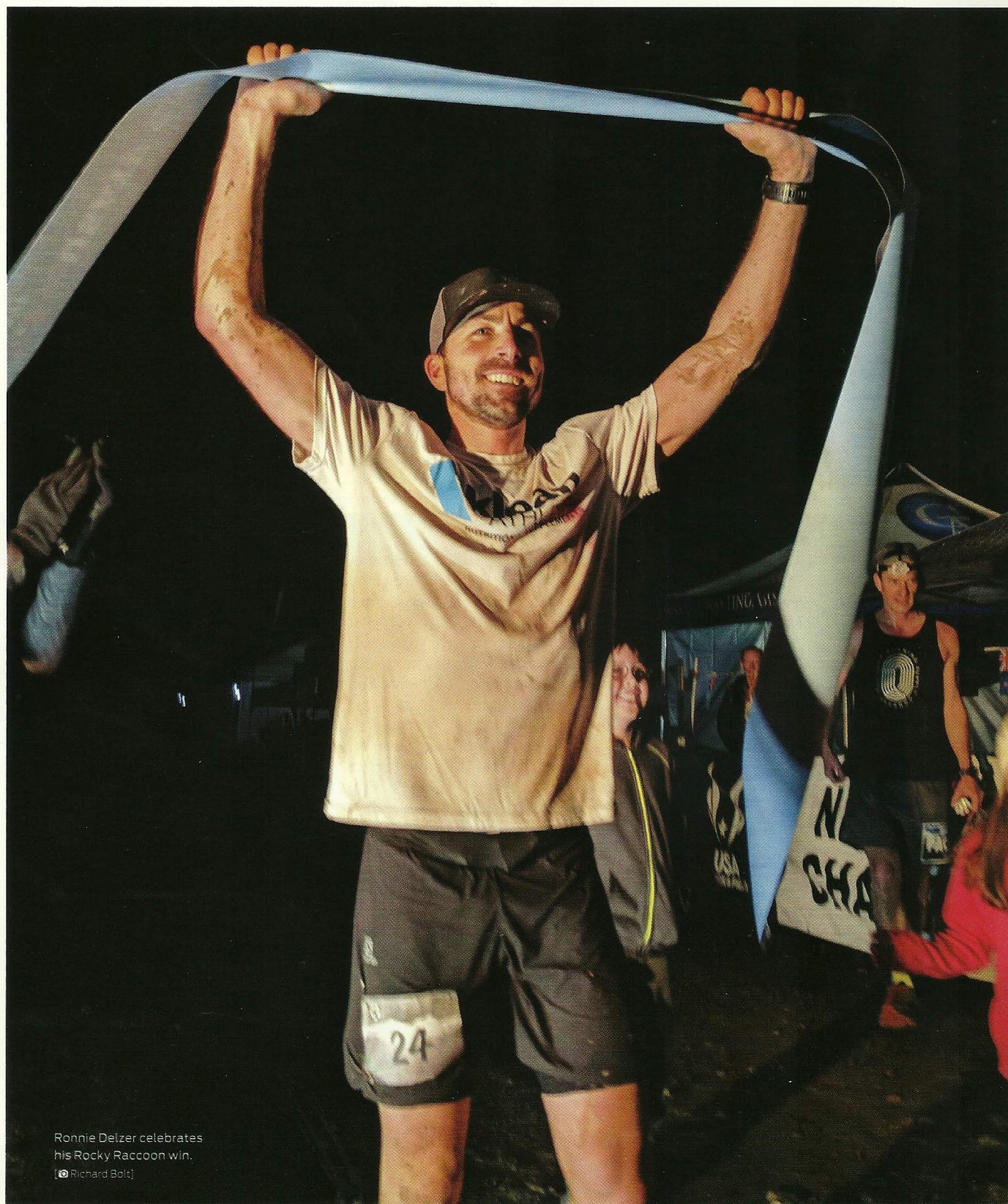




What Hurricane?

BY CHRIS MCWATTERS, RD



Ronnie Delzer celebrates
his Rocky Raccoon win.
[© Richard Bolt]

"Even Hurricane Harvey can't stop Rocky Raccoon!"

That was the line I put on the top of the Tejas Trails website a few months ago. That was after a pretty scary hurricane and 30-plus inches of rain left Huntsville State Park in shambles. This was the 26th year of this trail race, and was no doubt a year to remember.

A few weeks after the floodwater resided post-hurricane, the superintendent told me the park was down to just around three useable miles of trails. After digging deeper into the details, we figured out there were over a dozen bridges messed up; over 70 trees blocking trails; tree roots exposed more than ever; soil eroded everywhere; some trails completely washed out and on and on.

I immediately started spreading the word that we were going to do something about it. Not only for Rocky Raccoon and all the years of trail running bliss we all have enjoyed out there, but bigger than that. I felt like I owe it to these parks and their staff to take care of them. I shouldn't be surprised, but the help came in droves. Some people from up north wrote to me that they couldn't come help, but wanted to send money to the park's efforts. Bobby and Dianna Keogh (Bobby has logged more miles at Rocky Raccoon than any other) came from New Mexico for over a week to haul material and run a chainsaw for days on end. Many others came through, took time off work, gave up weekends, created their own groups, and in so many ways moved dirt, fixed wooden planks, hauled soil, cut trees, brought food and drinks, and gave back to this park. It was awesome!

This race was all about this ridiculously cool community of trail runners, hikers, mountain bikers and folks who simply love being in the woods and coming together do something amazing.

Joe Prusaitis (founder of Tejas Trails) who knows the park inside and out, helped me create a lot of various new route ideas, but we finally landed on a great setup with a 25-mile route, as opposed to the previous 5 x 20 mile loops. Also a long out-and-back after the famous (or infamous, depending on who you are) Dam Nation Aid Station left runners to enjoy passing by each other, whereas the older route was always a long lonely loop back to Dam Nation.

All-in-all Rocky Raccoon 100 still had as big of a field as ever with over 400 registrants even after the weeks around the hurricane slowed down registrations.

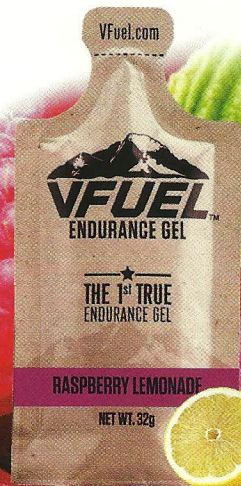
As for specifics on race weekends, we had a good number of runners decide to

New Flavor!

Raspberry Lemonade



- Superior Performance
- Superior Digestion
- Superior Recovery



Find us in local specialty running stores or

@ www.VFuel.com

run.free.



naked®
running band
www.nakedsportsinnovations.com

Rocky Raccoon

Huntsville, TX // February 3

1,3* // 100 Miles

Elevation gain: Approximately 5,800 feet | The course is five 20-mile loops with easy rollers. No big climbs or descents. The surface is pine needles mostly in a pine forest. Lots of roots, not smooth, not rough. Note: This year's course was changed to four 25-mile loops due to weather prior to the race, impacting the usual trails.

1	Ronnie Delzer, 36, TX	14:52:37
2	Sabrina Little, 31, TX	15:23:36
3	Steve Speirs, 51, VA	17:13:10
4	Wade Barrett, 41, TX	17:18:56
5	German Garcia, 39, TX	18:17:03
6	Roger Sutton, 55, FL	18:30:28
7	Joe Nigh, 25, OK	18:34:15
8	Ted MacMahon, 52, MA	18:35:39
9	Nick Seymour, 37, OK	18:45:18
10	Jonathan Koscinski, 36, OK	18:47:41
11	Brent Robinson, 37, TX	19:15:25
12	Jason Bahamundi, 44, TX	19:21:30
13	Ashley Truan, 34, MI	19:37:54
14	Matthew Reilly, 43, OK	19:46:19
15	Daniel Buccil, 35, WA	19:52:29
16	Daniel Ramirez, 32, TX	20:00:27
17	Thomas Orf, 45, TX	20:12:14
18	Jordan Camastro, 35, AZ	20:33:49
19	Tracy McKinnon, 43, SC	20:41:09
20	Andy Kumeda, 50, CA	20:45:47
21	Ryan Williams, 38, TX	20:49:28
22	Ruben Dario Barrera Munoz, 44, MEX	20:58:33
23	Rob Johnson, 41, NC	21:00:31
24	Jason Baird, 44, OK	21:01:53
25	Alison Miller, 38, TX	21:13:37
26	Steve Maliszewski, 45, TX	21:19:11
27	Sunshine Padilla, 41, NC	21:24:48
28	John Carey, 35, LA	21:35:43
29	Ryan Brown, 26, TX	21:46:27
30	Haley Schwarz, 37, MO	21:47:17
31	Michael Villanueva, 34, TX	21:52:29
32	Peter Priolo, 48, NY	22:26:35
33	Benjamin Dicke, 38, IL	22:27:22
34	James Elson, 35	22:35:15
35	Jamie Reichler, 48, CO	22:37:35
36	Jeff Rowthorn, 40	22:49:11
37	Gean Ivan Dagnino, 42, MEX	22:50:18
38	Dennis Scott Wunderlich, 55, KY	22:52:34
39	Brent Williams, 35, TX	22:53:24
40	Chris Calimano, 36, NY	22:56:00
41	Jeff Friedman, 34, IA	22:56:04
42	Brett Miller, 39, GA	23:07:48
43	Patrick Glowacki, 26, TX	23:11:31
44	Jacob Stevens, 34, TX	23:12:12
45	Carrie Chick, 36, IL	23:12:48
46	Andrew Messina, 45, NJ	23:14:55
47	Eric Giovanola, 39, CA	23:15:05
48	Steve Troxel, 58, TN	23:16:13
49	Steven Hunter, 47	23:17:09
50	Nathaniel Cameron, 37, TX	23:17:31
51	John Barr, 45, TX	23:20:20
52	John Loucks, 41, MO	23:20:58
53	Richard Benoit, 49, OR	23:22:13
54	Tom Dmukauskas, 42, MA	23:24:32
55	BJ Wiedman, 46, IL	23:24:38
56	Jon Tanner, 30, NE	23:25:23
57	Adam Ring, 37, TX	23:25:33
58	Christopher Culpepper, 52, TX	23:29:48
59	Lauren Welton, 26, TX	23:32:27
60	Francisco Arozena, 38, TX	23:33:49
61	Christopher Bruno, 36, MD	23:35:51
62	Matthew Izzo, 31, TX	23:38:48
63	Paul Izzo, 38, TX	23:38:49
64	Stephen Izzo, 36, FL	23:38:49
65	Bob Warner, 45, TX	23:40:41
66	Gene Dykes, 69, PA	23:41:22
67	Jacob Duncan, 41, CO	23:41:25
68	Jarrod Pate, 36, AR	23:42:18
69	Patrick Thiessen, 39, CO	23:43:17
70	Tony Johns, 44, WA	23:46:41
71	Casey Higgins, 35, AR	23:48:27
72	Tommy Kleinman, 49, TX	23:50:14
73	Tyler Patterson, 33, KS	23:53:26
74	Louis Arcand, 42, QC	24:08:13
75	Michael Koppy, 67, MN	24:31:20
76	Duke Moseley, 48, TX	24:34:04
77	Giuseppe Le Pera, 51, NH	24:36:27

78	Rob Gryfe, 51, ON	24:38:25
79	Aaron LeBell, 46, TX	24:43:01
80	Jacqueline Ensley, 33, KY	24:51:42
81	Emily Luhrs, 27, IL	24:53:54
82	Joseph Bearss, 47, CO	24:53:54
83	Jennifer Shultis, 49, OR	25:13:23
84	Grant Carboni, 47, CA	25:14:43
85	Dale Cougot, 52, TX	25:18:24
87	Rene Villalobos, 59, TX	25:26:54
86	Mike Smith, 60, NM	25:26:54
88	Lucy Scholz, 28, LA	25:33:16
89	Ian Fontenot, 35, TX	25:35:08
90	Landon Turrubiarre, 30, TX	25:35:26
91	Alexander Schwarzbauer, 44, FL	25:36:41
92	Judy Rupp, 55, MD	25:37:16
93	Michele Jacoby, 40, PA	25:40:56
94	Scott Vorhees, 42, MO	25:44:23
95	Russell Bennett, 46, OK	25:45:34
96	Scott Waldrop, 41, NC	25:47:09
97	Nicolas Hoover, 36, TX	25:48:12
98	Andrew Mathews, 56, FL	26:00:48
99	Khris Vickroy, 42, IA	26:05:36
100	Raul Humberto Castanon Guevara, 49, MEX	26:12:29
101	Rich Peers, 47, ON	26:13:46
102	Carrie Albright, 38, PA	26:16:14
103	Denise Calcagnino, 50, NY	26:17:04
104	Josh Amato, 44, MO	26:21:46
105	Bill Ventura, 46, VA	26:29:30
106	Erin Hutchinson, 32, CO	26:34:38
107	Geoff Hanley, 41, OK	26:38:15
108	Marko Heinila, 48, NM	26:40:07
109	James Clark, 43, WY	26:42:16
110	Jenna McClane, 41, MO	26:42:49
111	Justin Dew, 43, NY	26:44:22
112	Magdalena Casper-Shipp, 32, IL	26:46:02
113	Christopher Rozmarin, 50, TX	26:47:43
114	Lee Rebodos, 49, TX	26:51:21
115	David Marttala, 52, TX	26:55:23
116	Nhat Nguyen, 51, TX	27:02:54
117	Grace Sims, 47, CO	27:03:38
118	Eric Buckley, 54, MO	27:04:03
119	Kervin Hoffman, 47, TX	27:07:45
120	Mindy Smith, 30, NC	27:10:20
121	Matthew Watts, 61, CO	27:11:12
122	Yoshiko Jo, 52, PA	27:23:36
123	Kameron Kershaw, 43, MT	27:27:21
124	George Blust, 48, OH	27:30:27
125	Samantha Friedel, 34, TX	27:31:27
126	Catalina Cuervo, 39, TX	27:39:54
127	Mike Meyers, 56, TX	27:41:44
128	Brenda Bland, 58, WI	27:48:18
129	SETH CROWE, 42, TN	27:49:09
130	Lori White, 45, AR	27:49:19
131	Lucas Horan, 36, CA	27:50:26
132	Dick Canterbury, 70, OH	27:52:46
133	Anna Sortland, 41, MN	27:54:34
134	Ibar Dinampo, 37, NJ	27:55:29
135	Trent Early, 29, TX	27:56:03
136	Devan Horn, 24, TX	27:57:01
137	Kelli Coleman, 30, TX	28:07:51
138	Pamela Toelle, 54, TX	28:08:52
139	Alejandro Mora Rodriguez, 33, MEX	28:12:42
140	Victor Manuel Batiz Beltran, 43, MEX	28:14:14
141	Michael Lee, 26, TX	28:16:47
142	Emiliano Galvan, 43, MEX	28:18:25
143	Kim Oldham, 46, MD	28:18:50
144	Eric Lamkin, 43, TX	28:19:00
145	Cal Michell, 57, ON	28:20:17
146	Brad Dains, 37, IA	28:20:39
147	Richard Yelverton, 59, MS	28:22:01
148	John Taulborg, 47, IA	28:22:30
149	Dalton Pulsipher, 40, TX	28:28:28
150	Kazuhiro Oka, 64, TX	28:34:02
151	Daniel Eisenberg, 30, IL	28:37:11
152	Leslie Carboni, 43, CA	28:38:02
153	Stephen Daniels, 35, WA	28:38:51
154	Jim Busse, 55, TX	28:39:11
155	Kimberly Pilcher, 54, TX	28:42:14
156	John Dufour, 47, GA	28:46:36
157	Shashanka Deshpande, 53, CA	28:48:17
158	Annapurna Slayman, 35, TN	28:50:10
159	Robert Dell Angelo, 56, CA	28:52:13
160	Dalila Frei, 61, CO	28:53:05
161	Dion Russell, 50, ON	28:53:52
162	Phi Nguyen, 37, TX	28:54:41
163	Raul Alejandro Bustamante Teran, 37, MEX	28:55:00
164	Alejandro J Santos, 45, MEX	28:55:01
165	Chris Shirlow, 38, PA	28:56:57

166	Nicholas Reeves, 39, TX	28:57:25
167	Kiran Jayaram, 51, TX	28:58:29
168	Carleen Coulter, 50, IL	29:01:20
169	Alla Bova, 56, TX	29:03:04
171	Carrie O'Bryan, 39, OK	29:03:07
170	Kathy Bratton, 57, OK	29:03:07
172	Adele Jordan, 35, KS	29:03:08
173	Amy May, 40, TX	29:04:20
174	Nelson Hugo Gonzalez Rodriguez, 43, MEX	29:07:06
175	David Allen, 59, TX	29:08:30
176	Erich Hein, 27, LA	29:08:41
177	Karen Lozano, 59, CA	29:11:03
178	Ryan Byers, 35, TX	29:12:12
179	Amy Bush, 43, TX	29:12:59
180	Jon Perz, 36, TX	29:16:49
181	Eric Koenig, 28, FL	29:22:16
182	Miguel Davila Segura, 58, MEX	29:22:18
183	Jennifer Bencheck, 30, TX	29:22:24
184	Mike Sullivan, 52, OK	29:22:57
185	Jorge Gonzalez, 45, MEX	29:24:08
186	Debbie Daughtry, 60, VA	29:24:47
188	Warren Johnson, 46, FL	29:25:39
187	Brandy Ray, 40, TX	29:25:39
189	Todd Himple, 45, WA	29:26:03
190	Laura Cominetti, 56, WI	29:26:04
191	Behzad Faridnia, 32, CA	29:27:54
192	Alice Loughran, 51, DC	29:28:42
193	Kathleen Ochipa, 28, TX	29:29:26
194	Amy Adams, 42, MD	29:31:21
195	Keith Jabat, 33, GA	29:33:15
196	Rebecca Weston, 44, TX	29:37:39
197	Sabrina Seher, 38, WA	29:39:42
198	Stephen Rodgers, 50, CO	29:39:43
199	Jared Dickerson, 27, IL	29:40:17
200	Stuart Siegfried, 50, OH	29:41:32
201	Matthew Valle, 37, NH	29:45:00

*See page 40 for key

Legend Gordy Ainsliegh and race director Chris McWatters.

[Richard Bolt]

