

Taking the road to recovery

By Bill Shaw

The Facts

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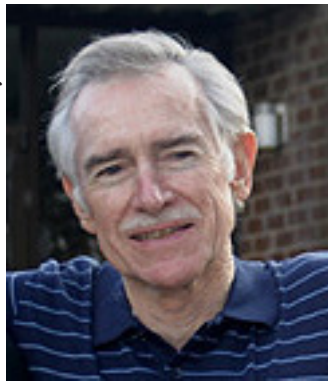
Congratulations to all the area runners who finished the Chevron Houston Marathon, the Aramco Houston Half Marathon and the El Paso Corp. 5K this past weekend.

Distance runners need a recovery run after the grueling 26.2 miles of a marathon or the tough 13.1 miles of a half marathon. The newest physical fitness group in the area, the Lake Jackson/Freeport Area Triathletes (LJFAT), provides such an opportunity Saturday, Jan. 23, in the inaugural Surfside Shuffle 5K/10K. In addition, the race provides a warm-up for the Surfside Beach Marathon/Half Marathon on Saturday, Feb. 13. The proceeds from the race will go to LJFAT physical fitness programs and activities.

A BASF-sponsored, non-competitive Kids Run kicks off the Surfside Shuffle at the Stahlman Park site at 7:40 a. m. The 5K and 10K begin simultaneously at 8 a.m. Race registration through Jan. 15 is \$20 and \$25 after Jan. 15. The BASF Kids Run is free to all youngsters 12 and under. Runners 17 and under must have a parent's or guardian's signature to participate. Registration forms are available at www.surfside-shuffle.com; for additional question, e-mail goljfat@gmail.com.

Race day registration and packet pickup begin at 6:30 a. m. at the race site.

All participants in the BASF Kids Run receive shirts and finishers' medals. All participants in the 5K and 10K races receive T-shirts. The first overall male and female finishers and the first male and female masters winners (40 plus) receive awards in both the 5K and 10K events. The top three male and female age group finishers in six age brackets from under 20 to 60 and over in both the 5K and 10K events also receive awards.



Sponsors include Ward Chiropractic Center, Car Country, Freeport Welding, Oakwood Shores, Pirates Alley, the Brazosport Area Road Runners Association, BASF, and All-Star Pizza. Door prizes have been donated by On the Run (four pairs of running shoes), Tri On the Run (Zoot backpack), Wursthau (two gift cards), Family Fitness (two, three-month memberships), Academy (gift card), and Conoco Phillips sports equipment. Pirates Alley and All-Star Pizza will provide post race food. In addition, anyone presenting a Surfside Shuffle race number at Pirates Alley will receive a discount.

The following weekend, on Saturday, Jan 30, strong legs run so that weak eyes may see better in the 10th annual Spectacle Spectacular 5K/10K in Angleton.

The Angleton Noon Lions Club stages the race, and Moody Bank provides financial support for the contest. All entrants receive long-sleeve T-shirts. The top overall male and female finishers in the 10K contest receive \$150 each, and the top overall male and female finishers in the 5K contest receive \$60 each. Cash awards are provided by sponsors, and 100 percent of the race proceeds benefit the Children's Eyeglass Program in local schools and other Lions charities. The top three male and female finishers in eight age groups from 12 and under to 70 in both races and over will receive awards.

The 5K and 10K contests begin simultaneously at 8 a. m. adjacent to the Veterans Park Gazebo near the intersection of Chenango and Magnolia Streets. The race routes are USA Track & Field certified. Bikes and rollerblades are prohibited on the course. The First Baptist Church of Angleton hosts the post-race party with food and live music in gym near the finish lines.

The entry fee for either race is \$20 before Jan. 20 and \$25 after Jan. 20, with a special \$10 student rate for youngsters 18 and under. Runners 17 and younger must have signatures of parents or guardians to participate. See www.barrahome.net for downloadable entry forms. Race day registration and packet pick-up begin at 7 a. m. in the First Baptist Church Gym.

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