

January 2022

Happy January birthdays!

The members listed below celebrate their birthdays this month. Our records show many folks with a Jan. 1 birthday. Many members enter Jan. 1 to avoid giving out too much personal information. If we have your birthday month wrong, please let us know so that we can update our records and then wish you "happy birthday" on the correct month.

Betty Bashen George Bashen Linda Bennett Tommy Bennett Brooks Boyd Louis Ciaccio Susan Cita Carter Cochran Patricia Collazos Sara Collazos Nancy Crane Jason Doehring	David Edwards Len Emge Halina Fras Zyndee Gonzalez Christine Hebert David Holloway Mark Keating Michael Kilmer Judy Latta Lloyd Luco Flo Mangan Al Mattis	Anita Mattis Mary Anne McBrayer Libby Myers Kema Newton John Phillips John Plenger Carol Salinas Jose Sanchez Barbara Stoll Bob Thompson Lynn Yakoweshen Jonathan Zwickel
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[Chevron Houston Marathon/Aramco Half Marathon](#)

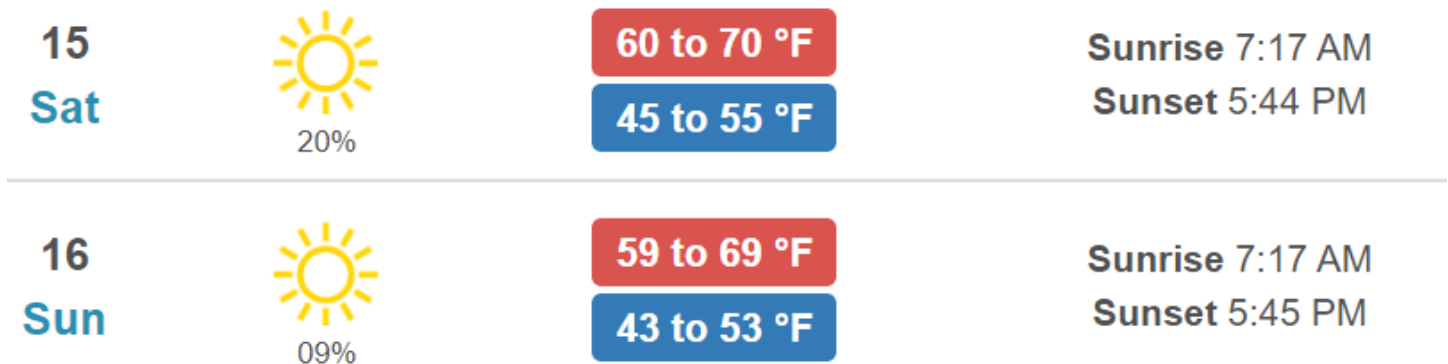
The 2022 Chevron Houston Marathon and Aramco Half Marathon are sold out!

If you are running in either of these races, let us know your name and bib number so that your fellow HMSAers can track you. If you are not running, please consider volunteering. You can volunteer here:

[Volunteers - We Need HOU!](#)

[According to Space City Weather](#), last month was Houston's warmest December on record.

[Marathoners](#) are hoping for cooler temperatures for race day, Jan. 16. Below is a forecast for the marathon/half marathon weekend from WeatherTab.com.



What's happening in January

Jan. 1 – New Year's Day

Jan. 17 – [Martin Luther King Jr. Day](#)

Jan. 17 – [Benjamin Franklin's Birthday](#)

Jan. 22 – [National Answer Your Cat's Questions Day](#)

Jan. 24 – [Beer Can Appreciation Day](#)

Jan. 27 – [International Holocaust Remembrance Day](#)

Jan. 29 – [National Puzzle Day](#)

Race results

Brazos Bend Half Marathon, Dec. 4

Veronica Cowley-Keating – 21st in age group

Debbie Miller – 16th in age group

Brazos Bend 100 Mile, Dec. 4

Mark Keating – DNF , 50 miles

Michael Luna – DNF , 33 miles



Race spectator



Veronica Keating (left) and Debbie Miller



Mark Keating



Michael Luna

California International Marathon, Dec. 5

Steve Sievert – 2:59:04, which beat his over-40 PR by 19 minutes and the Boston qualifier time for his age group by 26 minutes.



Did you run any races?

Please let us know where and when so we can let your fellow HMSAers know.

HMSA core/butt workouts – ongoing

Led by Kristie Barbee, this group meets twice per week at the Memorial Park Running Center, 7575 North Picnic Lane, Sundays from 5 to 6 p.m. and Tuesdays from 5:30 to 6:30 p.m.

Equipment to bring:

- Yoga mat
- 10-lb. or 15-lb. dumbbell
- Resistance bands
- Water bottle
- Roller

The free workout includes core exercises and stretching, and it changes each session.

Any changes to meeting times are sent via the GroupMe messaging app.

Easy Monday 5K – ongoing

Join us for the HMSA Bacco on the Bayou 5K (no runner left behind). We meet Mondays about 6:45 p.m. for an easy 5K. The run starts and ends at Bacco, 4005 N. Braeswood Blvd. Afterward we sit outside to enjoy a beer or wine and conversation.

Upcoming races

Jan. 15 – [We Are Houston 5K](#)

Jan. 16 – [Chevron Houston Marathon and Aramco Half Marathon](#)