

LEGACY *Newsletter*



Hello Legacy Runners!

We hope this newsletter finds you well! We are excited to return to the streets of HOU for our 50th Annual Chevron Houston Marathon and our 21st Annual Aramco Houston Half Marathon events!

We cannot wait to welcome you back for the 50th Anniversary Celebration at the Chevron Houston Marathon. We look forward to your continuous legacy as you get ready to cross the finish line in 117 Days on race day!



2022 LEGACY REGISTRATION REMINDERS

You are our Legacy! And that means your dedication and loyalty have earned you a few extra perks. Here are a few things to note:

- You have until Nov. 1, 2021*, to [register](#) for the Chevron Houston Marathon or the Aramco Houston Half Marathon and keep your Legacy status.
- Legacy runners will have a guaranteed discounted entry through the Nov. 1 deadline.

**Please be advised that after Nov. 1, you will no longer receive your guaranteed discounted registration. After November 1, if general registration is still open, you may register for 2022 at the regular participant rate, or through the [Run for a Reason charity program](#), provided entries are still available.*

KICK OFF TRAINING SEASON WITH HOU

Join Us Sept. 22 at Water Works in Buffalo Bayou Park



Join us as we welcome runners and families for an evening of food, fun, festivities, and of course - a run along Buffalo Bayou in the heart of Houston to celebrate the beginning of all of HOU's journey to the start line in 2022.

Come join us tomorrow Wednesday, Sept. 22, 2021, and RSVP on Facebook for the Houston Marathon 50th Anniversary Celebration Training Kick Off Party.

RSVP FOR TRAINING KICK OFF PARTY

MAKE A DIFFERENCE WITH YOUR MILES

Log 50 Miles for 50 Years to Support the Houston Marathon Foundation



The 50 Miles for 50 Years Training Challenge has begun but it is not too late to register and still complete your first training distance. You don't need to be registered to #RunHou in 2022 to train with us either!

Just sign up, complete each monthly training challenge and log your miles from Sept. through Dec. and you'll not only be celebrating 50 years of running HOU, but you'll also be making a difference for youth in our local Houston running community.

And BONUS: You'll earn a 50th Anniversary medal for giving back to the Houston Marathon Foundation with your miles too!

[REGISTER FOR THE CHALLENGE](#)

LEGACY SPOTLIGHT

Donna Palmer

I've been running since I was a kid, my dad was a runner and I remember him training for his first and only marathon in 1979, and deciding then, that one day I would run a marathon. I was 12 years old then, and my dad was my hero. To this day I often think of running around the park with my dad, and the happiness I felt doing it. I ran my first marathon in 1990, and I've been running ever since. When we moved to Houston, I started running what is now my favorite marathon, and in 2021 I finished my 18th straight Houston Marathon. I've made it to the start line every year, sometimes sick, sometimes injured, but always determined to finish.

I'm most proud and grateful for my 2021 finish, even though there were no crowds, and I was on my own (although I wasn't as my two dogs were with me), because in March of 2020 my running came to an abrupt halt. After months of unexplained health issues I was diagnosed with Rheumatoid Arthritis (RA). I wanted to run, but things hurt so much, and just walking was a challenge. I

started to think that my running days were over, and that I'd finished my last marathon.

I was lucky enough to get a great doctor and started on my road to recovery, and very slowly things started to hurt less. But days were still hard and I'd brace myself for the pain every time I stood up. But I refused to stop getting up every morning and taking my dogs for their walk. Some days I'd barely make it around the block. Their once long runs were now these slow walks, and I felt so badly that I couldn't take them out for those long walks and runs that we used to do. One morning I got home from the morning walk completely spent, and my husband asked me why I didn't just sleep in. I didn't need to think about it, I just answered, because the day I don't get up for some morning exercise with the dogs is the day I give up. I refuse to give up.

By September I still couldn't run, however, I was walking a bit farther and a bit faster. I started a run walk strategy, running slowly for five minutes, then walking for one, and that first day I felt extreme happiness. To be able to run is such a part of me, and being able to do it again made me feel like myself again. I slowly worked my miles up, and I was able to finish that 18th Houston Marathon. I cried when I finished, I've run 198 marathons, and it's the finish I'm most proud of.

Thanks,
Donna Palmer



WHAT IS YOUR LEGACY?

We know every runner has a story and we're confident our Legacy Runners have some of the best! We're looking to share your story with our dedicated runners for inspiration and motivation. So share with us why you choose to run each year and keep your Legacy

streak alive by emailing dhernandez@houstonmarathon.com - you may even be featured in our ABC13 broadcast!.

**Follow us on social media and be in the know for everything
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