

Marathon completed



GD,
JD!

BY J.D. SWERZENSKI

[VIVA! EDITOR

My name is J.D. Swerzenski, and as of 10:17 a.m. Sunday, Nov. 16, I have run a half-marathon. That's right, I DID IT! WHOOOO!!! (Cue balloons, streamers, mission accomplished banner.) Three months after deciding at a bar that I was going to run 13.1 miles, I ran 13.1 f---ing miles. If you're wondering, yes, it feels good.

So how exactly did I pull it off? Well, sure, the occasional bit of training didn't hurt. Also my steadfast resolve and unbreakable determination didn't hurt. But I think what really took me the distance was the *experience* of the run.

As it turns out, running in half-marathons is the most badass s--- ever. Along the 13-mile course, my running buddy Crazy Rob and I passed at least six packs of cheer-leaders, eight groups of school children (most of whom I high-fived), one group of frat boys handing out free beer and something like 10 different bands (none of whom played "Eye of the Tiger." *Lame.*) It was enough to get anyone pumped. Amazing though that all was, the highlight of the run by far was when I caught up to my roommate Brendan McNamara. Holding the distinction of the only person I know who was less qualified to run 13.1 miles than me, young Brendan had been chugging his way through the race on a steady diet of energy jelly beans, power gels and painkillers all packed into his utility pack. Needless to say, he looked glorious.

From there it was smooth sailing, coasting around the Tower, up along-side I-37 and right to Alamodome parking lot for the finish. It was there, draped in my Rock 'n' Roll victory cape, wearing

my medal, that I became a champion. Yes.

Now I don't have the space to wrap this whole saga up as I'd like, so I'll be as concise as possible. This column was meant to promote Dean Tuttle's half-marathon challenge by preaching the virtues of good health and competitive spirit. I, of course, turned it into a 500 word vanity show of my bitching and staggering underachievement. For those of you who managed to put up with this week after week, my gratitude goes out to you.

I now find myself at an impasse of sorts. My goal has been achieved. Now I must seek a new one, only it must be far more ridiculous and unachievable. My ideas thusfar consist of IronMan, full Marathon, eating contest, roller derby and professional pig wrestling. Really, the crazier the better. I figure if I could pull off a half-marathon, then I might as well go for broke. That'll be for next semester though. So until then, remember kids, always follow your dreams, even if they are completely bat-s--- crazy.

Trinitonian
November 21, 2008

***Congratulations to the runners who signed up
to train for -- and completed -- the San Antonio
Rock 'n' Roll Half Marathon as participants in
the Dean of Students Challenge for Health.
I appreciate all the great TIMES!***

Stephanie Acosta	2:00:56	Paul Kosmarciukas	1:26:47
William Aufricht	1:56:00	Brynn Leggett	2:31:28
Emily Beaugh	2:37:15	Stephen Manning	1:40:59
Amie Bradley	2:06:19	Ashley Mayle	3:07:51
Jessie Burch	2:00:50	Leda McDaniel	3:41:29 – full marathon
Brian Caffey	2:05:41	Brendan McNamara	2:19:50
Daniel Calvo	1:46:57	Martin McPherson	1:38:30
Sheila Castle	2:12:22	Nichole Michaeli	1:59:22
Jimena Cervantes	3:01:05	Seth Nelson	1:55:31
Adrian Chenault	3:13:43	Juan Perez	2:02:12
Cally Chenault	3:13:47	Diane Persellin	2:36:18
Megan D'Errico	1:59:33	John Pickett	1:37:02
Tim DuVarney	1:43:22	Thomas Pickett	1:44:38
Chloe Edmonson	2:03:20	Amanda Pooler	1:55:09
Molly Ellis	4:20:07 – full marathon	Matt Reilly	4:16:07 – full marathon
Robby Glass	1:44:34	Hannah Rinn	1:57:30
Dave Golborne	1:55:19	Danielle Roberts	2:12:10
Adan Gonzalez	2:15:49	Rick Roberts	1:51:04
Connor Gorman	2:06:12	David Russak	1:40:06
Killian Hagen	1:55:31	J.D. Swerzenski	2:15:19
Michelle Hahn	2:28:04	David Tuttle	2:01:35
Nicole Hall	2:30:22	Nathan Tuttle	2:01:28
Christina Hamme	1:53:16	Molly Vetter	2:01:16
Emma Herzog	2:30:22	Harry Wallace	1:46:51
Peter Kelly-Zion	1:48:41	Tara Wicketts	3:39:00 – full marathon
Lara Kilgore	1:59:33		

From the Dean of Students

*Thanks to the following presenters and supporters:
Carroll Voss at Fleet Feet, Coach Jenny Breuer, Trainer Scottie Estrada,
Amanda McIntosh from Hammer Nutrition, and the Trinity University Bookstore.*

JOCKS ROCK



photo by Matthew Patty

GO FOR MILES: Senior Robby Glass runs in the Rock 'n' Roll Marathon, which took place on Sunday, Nov. 16. The run started at Lions Park and, by a long and round-about course, ended at the Alamodome.