



Katy resident Stacey Almond recently completed the Boston Marathon





# GOING THE DISTANCE

## *Marathon Training in Katy*

Written by Kelly Isenberger

Katy nurtures many runners, as seen on any given morning. Perhaps it's our strolling sidewalks and beautiful parks that inspire the runner to go farther and to run harder. Many of them are pushed to do the near impossible – 26.2 miles. There's something running through the veins of every marathoner – a desire to push harder, faster, and achieve a new goal. The feeling that a runner has when completing a marathon surpasses any other. With one step at a time, you too can become a marathoner, pushing until the last of the 26.2 miles is behind you.

### **Small Steps**

If you think a marathon is too great a distance for you, start with the half marathon, which consists of 13.1 miles, or even a 5K run. Katy resident Missy Boggs took on the San Antonio Half last November, and completed it. Boggs had been overweight for much of her life, but decided it was time to change her body.

She and a friend took a boot camp class where she lost 18 pounds in the first month. Her greatest victory came when she completed a previously improbable two-mile run. When Missy made it back, all of her classmates and the boot camp instructor were lined up cheering for her. "I felt like I had just ran a marathon," says Boggs.

Boggs continued training and losing weight with the support of friends who believed she could do even more. Her friends encouraged her to run a half marathon, and she finally gave in and committed. "The physical training was hard, but not as hard as the mental challenge," says Boggs. "I've learned that my mind is stronger than my body, and my body is stronger than I think it is."

By the end of all her training, she had lost 72 pounds. She's still working on losing weight and is setting her next goal. When asked how she would sum up the marathon experience, she boasts, "The marathon gave me a new life, a new start." Boggs began with a weight loss goal in mind but accomplished much more than that; she gained a new confidence in herself.



# The Bright Side of Orthodontics

Orthodontist David Bright, DDS, MS and his team have been creating beautiful, natural smiles on Katy-area faces since 1987. There's probably a "Bright smile" in your neighborhood! Call 281.599.1155 for a complimentary consultation.

- ◆ Orthodontics-only practice (We're experts!)
- ◆ Treatment for adults and children
- ◆ Patient appreciation program that rewards cooperative young patients
- ◆ Video games at each treatment station
- ◆ Progressive treatment programs
- ◆ Most insurance accepted



David S. Bright, DDS MS  
Board Certified Orthodontist  
**281.599.1155**  
21703 Kingsland Blvd. Ste. 100  
Katy, Texas  
[www.brightbraces.com](http://www.brightbraces.com)



Photo by  
Country Park  
Portraits

Top row: Katie - Taylor HS, Rebecca - DeWitt HS, Amber - Katy HS,  
Chelsea - Mayde Creek HS, Cara - Faith West HS  
Bottom row: Emilee - Seven Lakes HS, Gretchen - Seely HS,  
Rachel - Cinco Ranch HS, Donna - Morton Ranch HS

© 2008 Katy Magazine

**Willy Pezzia, M.D., P.A. & Associates**

**KEEPING KATY HEALTHY  
FOR MORE THAN 11 YEARS!**

Offering State-of-the-Art Care  
with a Personal Touch.

Internal Medicine/General Practice

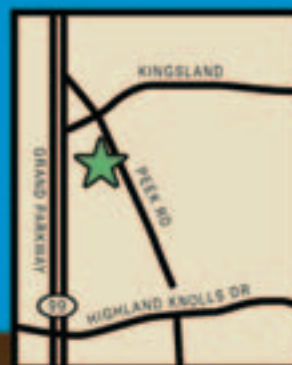
Routine Physicals

Urgent Care

Chronic Disease Management.



Linda Olsen, F.N.P.-C. • Renee Dodd, P.A.-C. • Amy Frank, P.A.-C. • Willy Pezzia, M.D.



714 S. Peek Rd, Katy 77450 • Convenient Location, Caring Staff  
[WWW.DRPEZZIA.COM](http://WWW.DRPEZZIA.COM) • 281.395.3955

**Same Day  
Appointments Available**

© 2008 Katy Magazine



## The Full Marathon

Veteran marathoner Stacey Almond has also conquered the improbable. She has completed eight marathons, including the Boston Marathon, and continues to set new personal results. "I was never athletic or competitive in my life," clarifies Almond. "I just started running with some girls and one day we ran six miles. Someone talked about how easy the training was, and so I just signed up. I didn't expect it to turn out to be what it is now."

Almond is now a mentor to many new runners. She leads a running group through the Katy Family YMCA and is active in Katy Fit, a local running group. She advises new runners to take the first marathon easy. "Don't worry about your first one. Don't compare yourself to anyone else," she says. Almond's first marathon took four hours and 43 minutes, over an hour and a half longer than her latest time - three hours and 19 minutes.

"The marathon is a very humbling experience. It's an overwhelming and awesome feeling to be able to accomplish it," describes Almond. She urges all runners to join a group such as Katy Fit where you'll make friends and have a structured training program.

## Join a Running Group

Though 26.2 miles is a scary thought, the first step is as simple as committing to it. Join a running group where you'll meet friends, have set times to run, and learn from veteran runners. Running in a group makes the goal of completing a marathon more realistic and enjoyable.

Jack McClintic, head coach of Katy Fit, shares, "Our heart is to just get people active. We want to get them off of their couches and



Training for and running in a marathon can change your life, both physically and mentally



Katyite Colleen Gilbert, pictured with team 'Gilligan Girls', has completed 11 marathons



# Bushmaster Lawn & Landscape



### Patios



### Stonework



### Landscape & Design



### Water Features

## 281-885-2951

Fully Licensed & Insured

## Everything Outdoors!



# www.bushmasterlawn.com






Missy Boggs (second from the right) was able to complete the half marathon with help and support from her friends


## UT ★ KATY ORTHOPAEDICS

Specialized Orthopaedic Care for Every Age



**William C. McGarvey M.D.**  
Board Certified Orthopaedic Surgeon  
Fellowship Trained, Foot and Ankle

- Surgery of the Foot and Ankle
- Ankle Joint Replacement
- Hip and Knee Replacement
- Arthroscopic Surgery
- Fracture Care
- Trauma Reconstruction
- Ilizarov Method




**Stephen D. Simonich M.D.**  
Board Certified Orthopaedic Surgeon  
Fellowship Trained, Sports Medicine

- Sports Medicine
- Arthroscopic Surgery
- Shoulder Reconstruction
- Knee Reconstruction
- Knee Replacement
- Fracture Care

**UT Katy Orthopaedics**  
23920 Katy Freeway, Suite 160  
Katy, Texas 77494

Information and Appointments  
**281-392-6797**



**UT ★ PHYSICIANS**  
The Present of Future Health

get them outdoors.” Katy Fit has a 5K, a half-marathon, and a full marathon program. It’s for all levels of runners, new or seasoned. They meet during the week and on Saturday mornings for the long run, have a full training program to follow, and have access to coaches with 10 years of experience.

### Get Your Shoes

Before running, go to an athletic shoe store and get fitted for shoes, the most important equipment in running. “Shoes help to align the ankle, knee, and the hip to make sure everything is nice and straight and to provide adequate cushion for the body,” explains Nick Waak, store manager for Luke’s Locker in Katy. “Everyone has their own biomechanics, meaning how the foot hits the ground, comes off the ground, and everything in between.”

You should come to the store dressed comfortably in running clothes so you can try the shoe on, take it outside for a run, or try it out on the treadmill. It’s also good to bring in your old shoes so they can read the wear pattern on them. Shoes are critical and can make the marathon either enjoyable or miserable for you.

### Ready, Set, Run

Running a marathon doesn’t just change your body, it changes your life. It allows you to believe in things that you never thought possible. It encourages you to dream bigger dreams for your life. It’s more than a physical challenge, it sets a fire deep within. Are you up to the challenge? **KM**

*KELLY ISENBERGER just completed her first marathon. She trained with Katy Fit and encourages everyone to get out and run.*