

RUNNING SHORTS

Time is right to start training for Huntsville Half Marathon and 5K

By Ken Johnson

The big annual running event in Huntsville is just around the corner. The 30th Huntsville Half Marathon and 5K Run or Walk will be held on Saturday, October 11. To run one of these events, particularly the half marathon (13.1 miles), you need to be training now. During this hot weather, make sure that you limit your longer runs to early morning or late evening. The 5K event is 3.1 miles.

The Huntsville Half Marathon is the 4th oldest half marathon in Texas. The only ones older are in Dallas, Amarillo and Buffalo Springs Lake near Lubbock. The Huntsville Half draws 400 to 500 runners from all over southeast Texas and due to the challenging hills in Huntsville it is a race they “love to hate.” The race starts and finishes in front of the Health & Kinesiology Center on the campus of Sam Houston State University. The half marathon is a double loop course winding through the campus, out and back Bearkat Blvd. and around the Huntsville Unit and the old Prison Rodeo arena. The 5K course is a single loop around the campus.

Awards are given to the overall male and female winners of the half marathon and the 5K and to the top three in 5-year age groups in both races. Also, for the first time in the history of the race, finisher medals will be given to all runners who complete the half marathon.

For the second year, the race will be “chip timed.” All runners will be issued a transponder (chip) to attach to their shoestrings. When they cross the finish line, a wire under a rubber mat will read their chip. This will be fed into a computer and the exact finish time for each runner will be recorded. The computer will then sort all the finishers by sex, age group and finish time and produce immediate race results.

The race is managed by the Seven Hills Running Club and is sponsored by Wiesner of Huntsville. Proceeds from the race will benefit the Good Shepherd Mission and the SAAFE House in Huntsville.

The half marathon entry fee is \$25 and the 5K entry fee is \$15. Entry fees go up after October 5. All entrants will receive a race T-shirt and refreshments after the race. Entry forms are available at the Huntsville Chamber of Commerce, Wiesner-Huntsville, Iron Works and at Nautilus.

For more information about the race, online registration or a printable entry form, visit the Seven Hills Running Club web site at <http://www.7hills.us>.

Recent race results:

Dog Days 5K, Huntsville, July 26	
James Spencer, 27, Huntsville	21:37
Robert Duncan, 48, Huntsville	21:40
John Slate, 52, The Woodlands	23:09
Norman Langwell, 36, Huntsville	24:10
Zachary Williams, 18, Livingston	24:23
Maren Wicker, 10, Magnolia	24:46
Curtis Barton, 29, Huntsville	25:41

Alma Williams, 17, Livingston	28:50
Chase Blaylock, 9, Groveton	29:10
Skipper Nethery, 59, Huntsville	37:01
Colleen Spencer, 56, Huntsville	39:04
True Cousins, 74, Huntsville	40:38

1-Mile Walk

Marilynn Johnson, 62, Huntsville	24:24
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Upcoming races:

Aug. 9 – Run the Woodlands 5K, The Woodlands

Aug. 23 – Heat Wave 5K, Huntsville

Sept. 6 – Bearkat Bash 5K, Spring

Sept. 27 – Fall Fun Run, 10K & 5K, Huntsville

Oct. 25 – Shiitake Mushroom Festival 5K, Madisonville

For more information about these and other races, visit the Seven Hills Running Club web site and click on Race Schedule.