

RUNNING SHORTS

Gonzalez, Williams take first place in Huntsville Heat Wave 5K

By Ken Johnson

Fernando Gonzalez, 28, of Madisonville and Elisa Williams, 14, of Huntsville were the overall winners of the Heat Wave 5K (3.1 miles) held in Huntsville on August 21.

The Heat Wave 5K and 1-Mile Run/Walk is an annual event of the Seven Hills Running Club. Nearly 50 runners faced the challenging hilly out and back course on Veterans Memorial Parkway, with a temperature of about 90 degrees.

Gonzalez completed the course in 19 minutes and 6 seconds. Williams was the overall female winner with a time of 25 minutes and 25 seconds. She is a sophomore at Huntsville High School and a member of the cross country team.

Complete results are shown below. Congratulations to all runners and walkers who competed in the event.

Recent race results:

Labor Day 15K (9.3 miles), Dallas, Sept. 5

Craig Henderson, 42 1:20:22

Sunday Night 5K (3.1 miles), The Woodlands, Sept. 4

Ken Johnson, 70 35:25

Benezy Purple Monkey 5K, Alvin, Sept. 3

Robert Duncan, 51 19:23 (2nd in age group)

Magnolia Hill Trail Run, 16K (9.9 miles), Navasota, Aug. 28

Jacob Gautreaux, 38 1:18:32 (1st in age group)

Run the Woodlands 5K, The Woodlands, Aug. 27

Robert Duncan, 51 19:36

Russell Jenkines, 39 21:40

Hailey Clark 24:06

Ken Johnson, 70 36:25

Heat Wave Run, Huntsville, Aug. 21

5K

Fernando Gonzalez, 28 19:06

J. C. Guzman, 39 19:59

Russell Jenkines, 39 21:59

Joshua Winston, 14 22:29

James Spencer, 30 22:37

Hugo Sanchez, 17 23:21

Steve Bickford, 50 24:09

Jose Moreno, 50 24:17

Elisa Williams, 14 25:25

Karin Williams, 41	25:29
Aaron McDonald, 14	25:34
Scott McDonald, 47	25:59
Becca Houts, 29	26:04
Codey Winston, 13	27:47
Joy Yost, 30	28:52
Jeremy Winston, 47	31:29
Clayton Heald, 41	31:29
Joycelyn Shaw, 30	31:47
Michael Macias, 51	32:49
Sergio Sanchez, 45	33:40
Margie Wikins, 47	34:30
Blake Kent, 12	36:45
Hans Jaeger, 64	37:24
Ken Johnson, 70	37:27
Don Ortloff, 65	38:47
Gerry Simpson, 69	41:10
Colleen Spencer, 59	41:53
Andie Ho, 29	42:01
Kirstie Legerski, 41	42:33
1 Mile	
Brogan Winston, 8	8:33
Malachi Burr, 10	9:16
Michele Macias, 36	9:23
Christian Winston, 5	13:14
Denise Winston, 36	15:11
Rylen Winston, 3	15:11
Hope Heald, 36	16:12
True Cousins, 77	17:05
Sharon Heald, 64	17:50
Rachel Meadows, 8	17:50
Matthew Heald, 5	17:54
Laticia Moreno, 50	18:04
Sandy Galicia, 26	18:04
Juanita Sanchez, 42	18:04
Marilynn Johnson, 65	32:10
Jerry Flanagan, 71	32:10

Upcoming races in Huntsville:

- Sept. 24 – **Fall Fun Run, 10K, 5K and 1-Mile Run/Walk**, Veterans Memorial Parkway
- Oct. 8 – **Speak up for kids CASA 5K**, Bowers Stadium parking lot
- Oct. 22 – **Huntsville Half Marathon & 5K Run/Walk**, HKC, SHSU campus
- Oct. 29 – **The Great Muddy Escape, 5K**, General Sam's Off Road Park
- Nov. 5 – **Rocky Raccoon 50K, 25K, 10K Trail Run**, Huntsville State Park

For more information about this race and others, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.