

## RUNNING SHORTS

### Local runners racing for healthy fun

By Ken Johnson

It's great when most of my column space is taken up by race results. Congratulations to everyone participating in races and trying to stay healthy and fit.

A special congratulations to Cindy Pate and April Russell, who ran their first 50K at Brazos Bend State Park in Needville on Saturday. That's 31 miles!

Over thirty Huntsville runners and walkers participated in the Angel Run in Montgomery on Saturday as part of the LiveOn11 group. This group was formed in memory of Alpha Omega graduate, Lane Smith, who died as a result of a car accident on December 24, 2014.

As usual, Huntsville had a large contingent at the Blue Bell Run in Brenham last week. They, including myself, probably consumed more calories from the free ice cream after the race than they burned up during the race.

#### Recent race results:

##### **Brazos Bend Trail Run, Needville, Apr. 16**

###### **50K**

Cindy Pate, 55      10:19:53

April Russell, 39    12:50:45

###### **25K (15.5 miles)**

Jessica Twardeski, 35    4:56:26

###### **10K (6.2 miles)**

Gerald Johnson, 60      1:12:18

##### **Big Star Half Marathon (13.1 miles), Frisco, Apr. 16**

Daniel McBee, 18      2:18:01

Karlee Williams, 20    2:18:01

Ken Johnson, 74      2:56:55

##### **Angel Run, Montgomery, Apr. 16**

###### **10K**

Laura Godfree, 53      49:30

Victor Hsiao, 35        51:38

Erick Love, 38         55:25

Scott Zella, 45         55:29

Celeste Harris, 42      57:15

Tracy Schaub, 43      59:46

Julie Mahlen, 45        1:01:53

Ann Love, 40            1:02:20

Kari Zella, 44          1:03:10

Kori King, 18            1:05:15

Michelle Johnson, 37    1:10:18

Delynda Chick, 43	1:11:36
Connie Mathis, 44	1:14:38
Misty Lampson, 43	1:14:39
Bill Hyman, 58	1:22:06
Carol Hyman, 55	1:22:06
Annie Smith, 19	1:26:39

**5K**

Rusty McCarthy, 49	25:20
Hannah Hendricks, 14	26:21
Gina Lopez, 34	27:13
Lydia Henderson, 11	32:15
Susan Henderson, 46	32:16
Maggie McCarthy, 11	32:35
Sandy Shiflett, 53	33:28
Angie Hogle, 41	33:35
Rick Smith, 47	36:01
Brittany Hogle, 19	36:09
Bryson Shiflett, 19	39:00
Macy Terpstra, 20	39:43
Mary Gaskins, 55	43:32
Carla Smith, 48	45:16
Becky Terpstra, 47	45:22
Debra Coleman, 56	59:51
Tamara Ingram, 48	59:51

**Spring Fling Run, Huntsville, Apr. 16**

**5K**

Diego Blas, 28	19:44
J. C. Guzman, 43	21:34
James Spencer, 35	22:00
Steve Allen, 43	23:01
Matt Olmstead, 37	23:53
Henry Kieschnick, 8	24:01
Steve Pecina, 35	24:02
Donna Fabian, 41	24:18
Terence Archer, 36	24:47
Rachel Tatum, 43	24:55
Danny Freeman, 60	25:45
Jody Slaughter, 53	26:00
Monica Lopez, 33	26:27
Crystal Fain, 27	28:04
Jeffrey Johnson, 60	28:45
Janet Bouchard, 59	28:46
Laura Green, 50	29:30
Beth Archer, 34	29:49
Jacqui Wukich, 32	29:49

Courtney West, 48	30:48
Jill Blake, 37	30:50
Shanna Ramsey, 46	32:42
Paulina Puente, 44	32:54
Rhonda Cassidy, 52	34:42
Mark Robinson, 69	35:47
Morgan Ashworth, 27	37:33
Shellie Geer, 66	39:35
Nancy Leavell, 61	41:59
Heidi Morse, 56	45:53
Bruce Jarosz, 65	46:42
Nancy Franklin, 72	56:32
Dorothy Fulton, 73	56:33
Andie Ho, 34	63:36

**1-Mile**

Angelina Santos, 50	6:26
Simon Slaughter, 10	8:27
Jonathan Santos, 11	8:50
Giovanni Valdivia, 30	10:55
Colleen Spencer, 64	14:57
Glenn Coker, 78	17:27
Lynne Coker, 72	19:34

**33 1/3 LP Track Run, Houston, Apr. 13**

(Run as far as you can in 33:20 minutes)

Dan Byrne, 57 5.34 miles

**Capitol 10,000, 10K, Austin, Apr. 10**

Randy Kenyon, 23	55:09
Charles Johnson, 62	1:17:26
Michael Fedotova, 16	1:22:46
Marshall Hardin, 21	1:22:48
Floyd Anderson, 59	1:45:34
Caleb Hardin, 19	1:51:51
Dan Hardin, 53	1:52:03
Tori Salinas, 9	2:00:39
Samantha Fedotova, 18	2:00:39
Laura Hardin, 48	2:00:49
Samantha Hardin, 29	2:00:50

**Bellaire Trolley 5K, Bellaire, Apr. 9**

Dan Byrne, 57 18:23

**Blue Bell Run, Brenham, Apr. 9  
10K**

J. C. Guzman, 44 45:46

Jose Moreno, 55	47:45
Angelina Santos, 50	49:40
Steve Allen, 43	50:32
Monica Lopez, 33	57:54
John Schindler, 55	1:06:10
Virginia Mathiews, 35	1:11:47
Ken Johnson, 74	1:19:14
Jennifer Langley, 59	1:29:15
Mandy Williams, 26	1:34:51
April Russell, 39	1:35:55

**5K**

Candace Prater, 48	30:27
Caitlyn Slusher, 19	30:28
Sara Schweitzer, 12	34:02
Jayden Mathis, 16	34:43
Gene Gaskins, 56	34:43
Connie Mathis, 44	40:20
Jennifer Graves, 35	40:51
Cindy Pate, 55	42:45
Erica Tanner, 28	48:46
Casey Schindler, 28	55:49
Tia Schweitzer, 44	56:18
Claudine McAdams, 61	58:11
Deborah Schindler, 62	58:14
Debbie McMullen, 47	1:00:16
Jill Smith, 65	1:00:16
Jessica Twardeski, 35	1:02:03

**Running Wild in O-Town 5K, Onalaska, Apr. 9**

Donna Fabian, 41	24:36
Jan Parks, 59	31:21

**Upcoming races in Huntsville:**

May 30 – Memorial Day 5K & 1-Mile, Timberwilde Sub-division

June 18 – June Bug 5K & 1-Mile, Spring Lake Sub-division

June 19 – Gator Bait Trail Run, 15K & 5K, Huntsville State Park

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