

RUNNING SHORTS

Lots of races in Huntsville this fall

By Ken Johnson

If you are looking for a race this fall, there is no need to travel; there are plenty in Huntsville.

The Seven Hills Running Club will be holding its annual Heat Wave 5K & 1-Mile Run/Walk at the Waterwood Sub-division on August 20 and its Labor Day 10K, 5K & 1-Mile Run/Walk at the Spring Lake Sub-division on September 5. These races are open to anyone who is sufficiently trained to run or walk the distance.

These will be followed by the 4th Annual Texas 10 Series 10-Mile, 5-Mile & Kid's 1-Mile race on the Sam Houston State University campus on September 25. This race is part of a 7-race series held in different Texas cities. Other cities are Conroe, Missouri City, College Station, Katy, Cypress and Boerne.

On October 8, you can have some fun at the Dye for Dogs Color Run in New Waverly. The distance is about 3.9 miles. Do not expect to finish with a fast time, but do expect to get splashed with plenty of color.

Next is the 38th Annual Huntsville Half & Quarter Marathon & 5K on October 22. This is one of the oldest half marathons in Texas. It features a low entry fee, 5-year age group competition, tech T-shirts and medals for finishers in all three races. To avoid an increase in the entry fee, be sure to register before the end of August.

For more information about these races and a link to registration, visit the Seven Hills Running Club web site at 7hills.us.

Congratulations to all runners participating in races in the summer heat, especially to Jesus Perez and Emily Villines, winners of the Dog Days 5K in Elkins Lake on July 23.

Recent race results:

Wellness 5K (3.1 miles), Katy, July 31

Ken Johnson, 75 37:19

Blacklight 5K Run, Houston, July 23

Joshua Yates, 28 32:47

Run for Hope 5K, Baxter, MN, July 23

Julie Simmons, 41 36:58

Dog Days Run, Huntsville, July 23

5K

Jesus Perez, 18	21:05
George Thuita, 15	21:11
Emily Villines, 19	21:51
Steve Allen, 44	22:45
Angelina Santos, 51	25:26
Curtis Barton, 37	26:23
Kevin Edney, 40	27:58

Jeffrey Johnson, 60	28:14
Mandie Villines, 18	29:11
Darren Grant, 51	29:12
Laura Green, 50	32:09
Laura McDonald, 53	33:20
Scott McDonald, 52	33:21
Mike Mangan, 75	33:59
Cynthia Luna, 45	34:58
Mark Thuita, 11	36:02
Jane Waria, 40	36:03
Ken Johnson, 75	38:42
Skipper Nethery, 67	39:08
John Johnson, 9	40:35
Heidi Morse, 56	43:04
Shellie Geer, 66	44:29
Paulina Puente, 45	45:21
Maria Acosta, 58	45:22
Cathy Bickford, 54	53:17
Marilynn Johnson, 70	53:18
Alan Jenkin, 83	55:39
Connie Heiland, 69	56:28
Bailey Creighton, 22	59:45
Courtney Crowley, 25	59:52
Termaria Edwards, 42	1:00:39
Monica Lopez, 33	1:00:40
April Russell, 40	1:02:51
1-Mile	
Rudy Justice, 60	6:19
Maci Pate, 4	18:16
Cindy Pate, 55	18:17
Cheri Villines, 53	20:38
Marsie Grant, 54	20:41
Jessica Twardeski, 36	22:28
Johnny Pate, 65	22:33
Jordyn Spencer, 3	33:27
Colleen Spencer, 64	33:28

Waddesdon Manor 5K, Aylesbury, England, July 20

Steve Allen, 44 22:45