

RUNNING SHORTS

Bickford, Fabian push running streaks to four years

By Ken Johnson

Congratulations to Steve Bickford and Donna Fabian of Huntsville for running every single day for four years. Bickford, 55, a Texas Department of Criminal Justice Safety Officer, reached this milestone on December 3. Fabian, 42, a school teacher in Onalaska, will complete her four years on December 23.

According to the U. S. Running Streak Association (USRSA), a run must be at least one continuous mile. If you miss a day for any reason, your streak is broken. Streaking is gaining in popularity among runners. The USRSA national list (runeveryday.com) keeps growing and now identifies over 700 runners with streaks of at least one year. Three runners have streaks of over 45 years.

Other Huntsville runners have also joined the streaking movement. Steve Allen, 44, an Information Technology professional, reached three years on November 29. Jose Torres, 23, a Correctional Officer and college student, will reach three years on the 15th of this month.

Relatively new to streaking is Huntsville's Jose Moreno, 55, a maintenance mechanic. He will complete his first year on January 7th.

Also, congratulations to the many local runners who are participating in races and staying healthy.

Recent race results:

Sunday Night 5K, The Woodlands, Dec. 4

Ken Johnson, 75 35:30

California International Marathon, Sacramento, Dec. 4

Maria Wicker, 52 4:53:57

Rock 'n' Roll Marathon, San Antonio, Dec. 4

Chris Kern, 37 3:55:06

Ray Goins, 35 4:00:51

Emily Garner, 36 4:13:29

Michael Hausinger, 31 4:51:13

Half Marathon (13.1 miles)

Christopher Speaks, 21 1:08:18

Jacque Hausinger, 31 2:30:43

Nicole Paul, 43 3:11:07

Rhonda Reddoch, 42 3:29:38

Taylor Reddoch, 22 3:29:38

St. Nick 10K Run, College Station, Dec. 3

Gretchen Dixon, 39 1:02:32

First Responder Half Marathon, Waco, Nov. 27

Ken Johnson, 75 2:41:35

Leftover Turkey Run, Huntsville, Nov. 26

10K

Timothy Davis, 28	45:01
Jose Moreno, 55	49:27
Steve Bickford, 55	49:49
Kim Acker, 49	55:57
Katelyn Acker, 21	55:58
Jeffrey Johnson, 60	57:46
Stephen Burrill, 54	58:03
Steve Allen, 44	58:36
Janet Bouchard, 60	1:01:31
Monica Lopez, 34	1:02:15
Cindy McKee, 51	1:04:26

5K

James McDonald, 18	18:27
Emily Villines, 20	21:28
Brian Backhaus, 33	22:33
Wyatt Pavelka, 15	22:38
Dominick Hayes, 18	23:05
Evelyn Williams, 14	24:13
Stacy O'Bannon, 28	24:48
Karin Williams, 47	25:52
J. C. Guzman, 44	26:33
Mandie Villines, 18	26:49
Tehra Pavelka, 17	26:52
Madeline Dixon, 9	29:11
Faith Williams, 18	29:12
Kira Olson, 43	29:14
Gretchen Dixon, 39	29:26
Isabelle Olson, 13	30:37
Kathleen Williams, 12	30:38
Robert Williams, 50	31:23
Glen Carter, 65	31:42
Allen Pecina, 9	32:17
Steve Pecina, 36	32:18
William Martin, 61	35:24
Christine Hemmi, 33	36:25
Kelli McMahan, 49	36:26
Mary Kaplan, 77	36:41
Ken Johnson, 75	38:14
Paulina Puente, 45	39:41
Gerry Simpson, 74	41:34
Shellie Geer, 67	41:35
Heidi Morse, 57	45:52
Cathy Bickford, 54	45:53

Brian Belanger, 56	50:53
Lois Levingston, 61	52:16
Christina Levingston, 33	52:20
Ebonee Gulliard, 34	52:33
Sheri Scheier, 48	52:40
Monica Marks, 48	53:07
Cecilia Horton, 44	53:08
Becky Kemp, 43	56:20

1-Mile

Rudy Justice, 60	6:41
Laila Kelly, 11	7:46
Soren Olson, 8	8:20
Zane Dixon, 8	8:34
Mackinzie Dixon, 11	8:35
Clark Olson, 5	10:54
Adam Pecina, 7	11:20
Angie Pecina, 37	11:20
Emily Olson, 15	12:27
Cora Olson, 11	12:28
Pardee Leonard, 45	18:36
Cheri Villines, 53	19:40
Marilynn Johnson, 70	19:41
Denise Panos, 52	20:15
Jeff McKee, 51	20:16

Turkey Trot 10K, Fredericksburg, Nov. 26

Jose Torres, 23	37:51
-----------------	-------

Run Thru the Woods, The Woodlands, Nov. 24

5 Miles

Dan Byrne, 58	30:27
Christopher Shank, 33	51:49
Mark Robinson, 70	56:47
Ken Johnson, 75	59:17

3 Miles

Dana Formon, 28	28:12
-----------------	-------

La Porte by the Bay Half Marathon, Nov. 20

Dan Byrne, 58	1:28:23
Maria Wicker, 52	2:09:54
Kimberly Kembro, 38	2:32:24
Ken Johnson, 75	2:51:47

Chosen Half Marathon, New Braunfels, Nov. 19

Gabrielle Beaty, 27	2:55:32
---------------------	---------

Defend the Orphan 5K, Montgomery, Nov. 19

James Colvin, 38 22:23
Haley Crenwelge, 28 26:31
Cecilia Horton, 44 1:01:25

Run Because it Matters 10K, Giddings, Nov. 19

Steve Allen, 44 44:40

Turkey Trot 5K, Conroe, Nov. 19

Ken Johnson, 75 35:57
Cindy Pate, 56 56:53

Upcoming races in Huntsville:

January 1, 2017 – New Year’s Resolution Run, 10K, 5K, 1-Mile, 2 p.m., Physical Therapy Associates

February 4 & 5 – Rocky Raccoon 100-Mile Trail Run, Huntsville State Park

February 11 – Rocky Raccoon 50-Mile & 50K Trail Run, Huntsville State Park

February 18 – Love.Run.Marathon & Half Marathon & 10K Trail Run, Huntsville State Park

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