

RUNNING SHORTS

Running club debuts new course at Spring Lake

By Ken Johnson

The Seven Hills Running Club debuted its new 5K (3.1miles) course at Spring Lake Sub-division in Huntsville on August 24 with the Heat Wave 5K & 1-Mile Run/Walk.

Sixty three runners and walkers started and finished at the Fire Station on Veterans Memorial Parkway and made the scenic and shady loop around the Spring Lake Sub-division. The first half of the 5K course was downhill or flat and the second half included some tough hills. The high temperature on race day made it especially challenging.

Jacob Gautreaux, 41, was the first male finisher with a time of 19 minutes and 6 seconds. Emily Garner, 33, won the female division with a time of 22 minutes and 3 seconds.

In the 1-mile race, MacKenzie Dixon, 8, was the overall winner. She finished in 8 minutes and 19 seconds. Eli Rowe, 11, was the fastest male with a time of 8 minutes and 46 seconds.

Awards were also given to the top three in 10-year age groups in both races. True Cousins, 79, was the most senior finisher in the 5K. Congratulations to all participants.

Complete race results are included below.

Recent race results:

Sunday Night 5K, The Woodlands, Sept. 1

Leah Koester, 47 26:09

Donna Fabian, 38 27:28

Westfest Challenge 5K, West, Sept. 1

Leah Koester, 47 25:03 (2nd in age group)

Ken Johnson, 72 38:42 (3rd in age group)

Davy Crockett Invitational 5K, Crockett, Aug. 31

Donna Fabian, 38 26:48 (1st female)

Hands & Feet 5-Miler, Night Trail Run, Lufkin, Aug. 24

Steve Allen, 41 52:31 (10th overall)

Lake Houston 5K, Kingwood, Aug. 24

Craig Henderson, 42 22:35

Gerald Johnson, 58 29:24

Heat Wave 5K & 1-Mile Run/Walk, Huntsville, Aug. 24 5K

Jacob Gautreaux, 41 19:06

Emmanuel Larios, 15 21:13

Uriel Lopez, 16 21:21

Emily Garner, 33	22:03
Hutton Edney, 9	22:43
Jose Torres, 20	22:44
Francisco Manzanores, 13	22:57
Emily Villines, 16	23:02
Mandie Villines, 15	23:14
Steve Bickford, 52	23:31
James Spencer, 32	23:50
Palmer Jones, 11	23:51
Steve Allen, 41	24:32
Sara Raney, 23	24:45
Anitra Edney, 38	28:15
Glenn Green, 51	28:23
Cade Edney, 11	28:46
Darren Grant, 48	29:10
Courtney West, 46	29:20
Megan Gautreaux, 15	29:31
Kelly Bielamowicz, 38	29:57
Christine Jones, 43	30:05
Emily deMilliano, 36	30:26
Chris deMilliano, 33	30:26
Laura Green, 47	30:46
Jacob Spradlin, 40	30:46
Angela Smith, 30	31:27
Glen Carter, 62	31:42
Clayton Heald, 43	31:58
Toni Moore, 26	32:05
Jill Blake, 34	32:06
Marvin Dunbar, 45	32:25
Chandler Jones, 13	32:37
Crystal Spencer, 24	32:56
Seth Kieschnick, 38	33:25
Ray Sarno, 66	33:26
Morgan Ashworth, 25	33:29
Skipper Nethery, 64	33:39
Ricardo Abril, 59	34:44
Irma Dunmire, 32	36:09
Toby Edney, 6	36:19
Kevin Edney, 37	36:20
Heidi Morse, 53	38:22
Abby Choate, 11	38:37
Jack Choate, 43	38:37
Ken Johnson, 72	39:28
Gerry Simpson, 71	42:08
True Cousins, 79	49:15

1-Mile

MacKenzie Dixon, 8	8:19
Eli Rowe, 11	8:46
MacKenzie Hall, 11	9:13
Dawson Garner, 8	9:31
Brad Hall, 43	9:31
Gretchen Dixon, 35	10:10
Madeline Dixon, 6	10:10
Callaway Edney, 7	10:24
Alizabeth Ray, 7	10:46
Michael Ray, 45	10:47
Debbie Choate, 42	10:56
Emilie Choate, 8	10:57
Carol Burdine, 48	17:00
Colleen Spencer, 61	18:08
Casey Spencer, 58	18:09
Marilynn Johnson, 67	18:10

Breakaway-Bardog 5K, Memphis, TN, Aug. 18

Sheridan Grant, 20	17:36 (1st in age group)
Darren Grant, 48	24:48

Blues Capitol of Texas 5K, Navasota, Aug. 10

Justin Stapleton, 25	33:03 (3 rd in age group)
Cathy DeYoung, 51	40:04 (2 nd in age group)
Amanda Stapleton, 26	45:04

Upcoming races in Huntsville:

- Sept. 28, Fall Fun Run, 10K, 5K, 1-Mile, Veterans Memorial Parkway
- Oct. 5, CASA Superhero 5K, Bowers Stadium
- Oct. 19, Huntsville Half & Quarter Marathon & 5K, SHSU campus
- Oct. 26, Great Muddy Escape, 5K, General Sam's Offroad 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.