

## RUNNING SHORTS

### Huntsville High School runners ready for season

By Darren Grant

High school cross country season begins in August, before school even starts, with early morning practices to build endurance. I had hoped to catch up with Huntsville High's team one of those mornings last week, but we all got rained out.

So, instead, I visited with head coach Kathy Lehman over the phone. She and assistant coach Chris McCall have led the team for almost a decade. They are looking forward to the season with optimism.

On the ladies' side, few runners are returning from last year. So, except for junior Karla Linares, the nucleus of this team is underclassmen: sophomores Ashleigh Hall and Evelyn Williams, and freshmen Alexa Linares, Alexis McKnight, Danica Ratnapridipa, and Natasha Ratnapridipa.

Lehman hopes this group will stick together. "I'm really excited even though we have a young group, because I think we can accomplish a lot in the next few years."

On boys' side, it is the other way around--only a couple of varsity runners were lost from last year's team. Lehman has great expectations for this seasoned group, especially seniors Evan del Rio and Marquell Williams and juniors Oscar Benitez, Wyatt Pavelka, and George Thuita.

"Hopefully the team will make it out of the district to regionals this year," she said. "Even if the team doesn't, I hope to have as many as three runners make it to the state meet."

Last Friday was supposed to have been their first meet, but it was cancelled. The team will first compete this weekend at Moonlight Madness in Montgomery, and will continue to compete every weekend thereafter, until the District Meet in Willis on Oct. 12.

With long-time rivals Willis, Magnolia, and Magnolia West, it's a tough district. Lehman expects our district will have "lots of people represented at state."

Nonetheless, she is excited for the season to begin. "I'm ready. I really want to see what Evan can do this year. He is college-bound, so he really has some goals set. Marquell has some goals set. Two track girls, Lillie Burnett and MaRae Kendrick, are running with us, and we want to find them a college home too.

"Honestly that's what it's all about for me, helping these kids get into college and get support for college." But a district title would be nice as well!

(Ken Johnson compiles the "Recent Race Results" section of this column. Please send your race results to him at [1941runner@sbcglobal.net](mailto:1941runner@sbcglobal.net).)

#### Recent race results:

#### Labor Day Run, Huntsville, Sept. 4

##### 10K (6.2 miles)

Anthony Turner, 34	48:13
Kelly Bracewell, 40	53:34
Jennifer Sullivan, 42	53:37
Jose Moreno, 56	53:39
Gary Kroll, 54	57:55
Giovanni Valdivia, 32	1:00:32
Chris Haeckler, 66	1:02:39

Gretchen Dixon, 39	1:02:57
Jeffrey Johnson, 61	1:04:24
Veronica McMillian, 38	1:08:36
Leticia Wheeler, 29	1:08:36
Jerico Golez, 40	1:08:52
Daniel Brown, 67	1:09:30
Kathy Haeckler, 63	1:11:50
Sherry Sheppard, 36	1:13:09
Kelley Peters, 27	1:17:07

**5K (3.1 miles)**

James Spencer, 36	23:20
Angelina Santos, 52	24:23
Steve Pecina, 37	24:25
Curtis Barton, 38	25:54
Vinessa Mundorff, 41	28:21
Sylvia Culver, 57	35:06
Monica Lopez, 34	30:45
Alvin Ingalla, 41	30:52
Darren Grant, 52	30:53
Lily Simmons, 13	31:06
Peta Taylor, 31	32:38
Nathan Sheppard, 41	32:47
Ben Johnson, 33	32:57
Julie Simmons, 43	33:43
Gene Gaskins, 58	35:47
Madeline Dixon, 10	37:43
Mary Kaplan, 78	40:21
Ken Johnson, 76	41:54
Todd Primm, 47	43:44
Shellie Geer, 67	44:50
Skipper Nethery, 68	45:22
Cindy Pate, 56	46:20
Marsie Grant, 55	47:36
Heidi Morse, 57	47:52
Patricia Capps, 63	47:53
Cathy Bickford, 55	51:59
Jeania Pegoda, 50	52:32
Brian Belanger, 56	52:33
April Russell, 41	54:48
Becky Kemp, 44	56:27
Margarita Dominguez, 26	57:09
Erica Mejia, 33	57:11
Michelle Glover, 13	1:01:38
Marilynn Johnson, 71	1:20:37

**1-Mile**

Mackensie Dixon, 12	8:04
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Zane Dixon, 9	8:41
Jordan Spencer, 4	16:42
Casey Spencer, 62	16:43
Brooklyn Spencer, 2	17:19
Colleen Spencer, 65	17:19
Andie Ho, 35	24:47

### **Sunday Night 5K, The Woodlands, Sept. 3**

Ken Johnson, 76	39:26
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### **Kolache 5K, West, Sept. 3**

Megan Foley, 31	35:48
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### **Heat Wave 5K, Huntsville, Aug. 19**

Tim Shaffer, 40	22:41
Steve Allen, 45	24:05
Donna Freeman, 43	28:23
Giovanni Valdivia, 31	29:12
Jeffrey Johnson, 61	29:33
Gretchen Dixon, 39	29:55
Ivan Butler, 11	30:41
Madeline Dixon, 10	34:33
Anaya Butler, 13	34:38
Megan Sikes, 31	36:45
Jan Parks, 60	39:07
Alecsa Stewart, 15	39:45
Heidi Morse, 57	40:34
Steve Prusz, 61	41:17
Shellie Geer, 67	41:24
Ken Johnson, 76	41:52

### **Upcoming races in Huntsville:**

September 24 – Texas 10 Series, 10 Miles, 5 Miles, 1-Mile Kids Run, SHSU campus

October 14 – MuddyKat 5K, Sam Houston University Camp

October 28 – Huntsville Half & Quarter Marathon & 5K, SHSU campus.

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.