

RUNNING SHORTS

Running; a good sport for the whole family

By Ken Johnson

A family that runs together, stays in better physical condition together.

Running is one of those sports that the whole family can participate in. Family members can support and encourage each other and all reap the benefits the sport has to offer.

Last year, I told all five of my grandchildren that I would give them \$100 if they beat me in a 5K (3.1 miles) race. Phillip, 7, from Yuma, AZ and Sara, 10, from Wylie, TX accepted the challenge and we all ran the Run the Woodlands 5K on June 11. Yes, they beat me and it cost me \$200. However, it will be worth it if it sparks within them a lifetime pursuit of running and racing.

It is encouraging to see many local families running together and participating in races. The whole Spencer family, Casey, Colleen, James, Cherish, Josh and Crystal, run and race. Darryl and Anna Shreves run together. Same with Steve and Cathy Bickford, Chris and Emily Demilliano and other local couples.

Not only does running together help build healthy family relationships, it provides the motivation that some family members may need to keep running and stay healthy.

So, if you are a runner, get the rest of your family involved in the sport. You will all win.

Recent race results:

Gaitor Bait Trail Run, 5K (3.1 miles), Huntsville State Park, June 19

Robert Duncan, 51 21:19 (1st masters, 2nd overall)

June Bug Run, Huntsville, June 18

5K

Chris Zemlicka, 16	20:38
Brian Zemlicka, 49	23:02
Steve Bickford, 50	25:02
Allen Jones, 41	26:47
Chris Vasquez, 40	27:19
Derek Martin, 37	27:36
Casey Richards, 18	28:56
Chandler Jones, 11	30:38
Jerry Flanagan, 71	31:27
Clayton Heald, 41	32:52
Palmer Jones, 9	33:41
Christine Jones, 41	33:52
Mason Traylor, 9	36:25
Ken Johnson, 70	37:36
Cathy Bickford, 49	51:10
Marsie Grant, 49	51:11
Gael Galicia, 6	1:02:40

Sandy Galicia, 27	1:02:40
Leticia Moreno, 50	1:02:40

1-Mile

Patsy Collins, 53	19:55
Matthew Heald, 5	19:59

Run the Woodlands, 5K, The Woodlands, June 11

Robert Duncan, 51	19:55
Steve Bickford, 50	23:31
Ben Johnson, 27	31:05
Ken Johnson, 70	35:36

Race for the Pennant, 5K, Houston, May 30

Chris Demilliano, 34	26:24
Emily Demilliano, 31	31:37

Upcoming races in Huntsville:

July 30 - **Dog Days 5K and 1-Mile Run/Walk**, 8 a.m., SHSU campus

August 20 - **Heat Wave 5K and 1-Mile Run/Walk**, 8 a.m., Veterans Memorial Parkway

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