

## RUNNING SHORTS

### **Seven Hills Running Club celebrates 25<sup>th</sup> birthday this month**

By Ken Johnson

Congratulations to the Seven Hills Running Club of Huntsville for turning 25 this month! The club was formed in Huntsville in September 1985 to promote running as a means of achieving and maintaining physical fitness. It has been doing that ever since.

The club name was derived from the seven distinct hills upon which Huntsville is built. Here they are: Capitol Hill (17<sup>th</sup> St. and University Ave.). This site was a finalist in the list of proposed sites for the State Capitol. Obviously, Austin won; Cotton Gin Hill (7<sup>th</sup> St. and University Ave.); Smith Hill (Smith Hill Rd. and Roosevelt St.); Depot Hill (15<sup>th</sup> St. and University Ave.); Peckerwood Hill (Sycamore St. and Bowers Blvd.); Gospel Hill (Gospel Road); and, Knowledge Hill (21<sup>st</sup> St. and Ave. O). When SHSU was Sam Houston Teachers College, most of the professors lived in this area. It was, therefore, referred to as "Knowledge Hill."

Besides a monthly run for all runners and walkers, the Seven Hills Running Club puts on the Huntsville Half Marathon & 5K Run/Walk every October. This race is the third oldest half marathon (13.1 miles) in Texas. The 32<sup>nd</sup> edition of this race is scheduled for Oct. 23. This race normally draws over 400 runners from all over southeast Texas.

The current club president is Jody Slaughter. Other officers are: Phillip Clark, vice president; Mariah Reynolds, treasurer; Mary Sweeten, secretary; and, Lavonne Zaiontz, registrar. The club currently has over 150 members.

For more information about the Seven Hills Running Club, visit their web site at <http://www.7hills.us>.

#### **Sunday Night 5K (3.1 miles), The Woodlands, Sept. 5**

John Cook, 55	31:14
Ken Johnson, 69	33:56

#### **Benezy Purple Monkey 5K, Alvin, Sept. 4**

Robert Duncan, 50	19:50 (1 <sup>st</sup> in age group)
-------------------	--------------------------------------

#### **Lost Pines Triathlon, Bastrop, Aug. 29**

(400-meter swim, 16-mile bike, 5K run)

Jerry Flanagan, 70	2:48:57 (2 <sup>nd</sup> in age group)
Fernando Gonzalez, 27	1:53:27

#### **Run the Woodlands 5K, The Woodlands, Aug. 28**

Robert Duncan, 50	19:54
Steve Bickford, 49	23:45
Cathy Bickford, 48	59:00

#### **Lake Houston 10K (6.2 miles), Kingwood, Aug. 28**

Ken Johnson, 69	1:09:29
-----------------	---------

#### **Heat Wave 5K, Huntsville, Aug. 21**

Sheridan Grant, 17	18:52
Jeffrey Currie, 16	19:06
Fernando Gonzalez, 27	19:59
Robert Duncan, 50	21:12
Ben Harvie, 63	21:12
Jody Slaughter, 47	22:40
Justin Staats, 28	22:35
Ryan Stephens, 26	23:49
Steve Bickford, 49	24:46
Melissa Boone, 26	25:15
Elisa Williams, 13	25:37
Andrew Cordell, 14	25:53
Karen Williams, 41	26:05
Vinessa Mundorff, 36	31:20
Melissa Stelter, 21	31:31
Eva Edwards, 23	31:32
Faith Williams, 11	31:41
Ken Johnson, 69	34:33
Pam Smithwick, 52	35:09
Gerry Simpson, 68	36:50
Barbara Chenette, 74	40:22
Cathy Bickford, 48	49:05
Karen Elder, 57	49:05
True Cousins, 74	49:27

### **Upcoming races in Huntsville**

Sept. 25 – Fall Fun Run 10K (6.2 miles), 5K & 1-Mile Run/Walk

Oct. 2 – CASA Speak Up for Kids 5K & 1-Mile

Oct. 23 – Huntsville Half Marathon (13.1 miles) and 5K Run/Walk

Nov. 6 – Rocky Raccoon 50K (31 miles) & 25K, Huntsville State Park

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