

RUNNING SHORTS

What are former HHS runners up to?

By Darren Grant

In 1994, I was walking through Washington, D.C. on a business trip when a car pulled up ahead of me and stopped. A young man got out, tall and lanky, and walked over to say hello. I had been his cross country coach during his senior year of high school, five years before. He had moved to D.C. after college, and somehow managed to notice me while driving.

He was not my fastest runner, by any means, but what I really wanted to know was whether he had continued running. Yes, he said, he had. Mission accomplished!

You see, most high-school runners don't continue in the sport. It is not uncommon even for those who excel to give up running, either in college or soon after. Here are three Huntsville High cross country runners who have kept going.

Dominick Hayes graduated in 2016 and is now a sophomore political science major at SHSU. He tells me, "although I am not running collegiately, it remains important in my life. I mainly run to remain in shape, stay confident, and, most importantly, de-stress from work and school." In the future he hopes to complete 50-mile and 100-mile ultramarathons.

Emily Villines, who graduated in 2015, is a junior math major at Concordia University in Austin. Running on their cross country team is a big part of her college experience. "We practice six days a week, averaging 40-50 miles," she says. "I get to run with a very motivated team and a great coach."

It has paid off. This year she has school records in the 5K and 10K, and was selected to the All-Conference and All-Region cross country teams. In Division 3 college athletics, she is currently the 15th-ranked female 5K runner in the country.

James Spencer ran for HHS in the late 1990s and has kept going ever since. In college, he ran to stay in shape for his job as a soccer referee! He tells me, "I actually ran my first marathon without any training, I was so in shape from refereeing."

Now a practicing attorney in Houston, James still finds time to run. "It provides a quiet time to be by myself and think," he says. He and sister Cherish, a 2001 HHS graduate, are entered in the New York Marathon this November.

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

Recent race results:

Alamo Half Marathon (13.1 miles), San Antonio, Apr. 15

Ken Johnson, 76	3:14:52
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Blue Bell Run, Brenham, Apr. 14

Half Marathon

Matthew Lubicky, 33	1:52:15
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Jose Moreno, 57	1:56:35
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Lin Salmon, 63	2:15:11
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10K (6.2 miles)

Steve Bickford, 57	51:04
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Audrea Neaveux, 36	1:04:31
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Carissa Ferguson, 23	1:11:53
5K	
Steve Allen, 45	23:52
Angelina Santos, 52	25:13
Enrique Santos, 50	28:13
David Keithley, 36	28:21
Alicia Navarreta, 33	28:30
Ken Johnson, 76	39:51
Deana Thomas, 34	40:15
Katherine Thomas, 9	40:15
Cindy Pate, 57	43:26
Cathy Bickford, 56	43:26
Jessica Twardeski, 37	43:46
Rhonda Jensen, 57	45:24
Steven Thomas, 34	47:14
Haley Thomas, 6	47:15
Jonathan Santos, 13	50:18
Velvia Keithley, 44	1:15:59

Vintage Park Half Marathon, Houston, Apr. 8

Sylvia Avila, 25	2:07:55
Makayla Mason, 20	2:45:17
David Eller, 20	3:29:25

5K

David Keithley, 36	27:27
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Capitol 10K, Austin, Apr. 8

Brytnie Miniell, 26	58:05
Dane McKethan, 19	1:13:54
Jorge Mejia, 36	1:19:04
Steve Mejia, 12	1:21:31
Alvin Martin, 30	1:22:07
David Miniell, 30	1:24:51
Margarita Dominguez, 26	1:42:57
Jose Ramirez, 20	1:50:19
Catalina Williams-Ramos, 21	1:50:20
Juan Ramirez, 26	1:50:22
Yoselin Ramirez, 25	1:50:22
Erica Mejia, 34	1:53:26

Muddy Trails 10K, The Woodlands, Apr. 7

Chase Foster, 34	47:54
Karly Culver, 22	1:06:18
Katrina Culver, 25	1:09:44
Sylvia Culver, 57	1:21:47

Little Muddy 1-Mile Kid Fun Run

Madison Foster, 6

Brazos Bend 25K Trail Run, Brazos Bend State Park, Apr. 7

Cindy Pate, 57 4:05:15

Jessica Twardeski, 37 4:32:48

Green & White 5K, Livingston, Apr. 7

David Keithley, 36 26:56

Shield Bearer 5K, Houston, Apr. 7

Austin Humphries, 10 20:48

Giovanni Valdivia, 32 21:00

Alex Humphries, 12 24:19

Upcoming races in Huntsville:

April 21 – Five-O Color Run, 5K, Hospital Physical Therapy

April 28 – Spring Fling 5K & 1-Mile, Elkins Lake

April 29 – Gator Bait Trail Run, 13.1 Miles, 15K, 5K, Huntsville State Park

May 28 – Memorial Day 5K & 1-Mile, Timberwilde Sub-division

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.