

## **RUNNING SHORTS**

### **Bickford's and Fabian's running streak coming close to three years**

By Ken Johnson

Huntsville's Steve Bickford, 54, and Donna Fabian, 41, started running every day in December 2012 and have not missed a day since.

Bickford, a Texas Department of Criminal Justice Safety Officer, will reach the 3-year mark on December 4. Fabian, a school teacher and coach in Onalaska, will reach 3 years on December 23.

Both are officers in the Seven Hills Running Club and are on the U. S. Running Streak Association National List. Bickford is 400<sup>th</sup> on the national list and Fabian 404.

To maintain a running streak, you must run at least one mile every day. If you miss a day for any reason, your streak is broken. The longest streak in the United States is held by Jon Sutherland of California, who has not missed a day in 45 ½ years.

Other local runners with current running streaks are Steve Allen, Dana Formon, Jose Torres, Anitra Edney and Ken Johnson

Congratulations to Steve Bickford and Donna Fabian and to all runners and walkers who were participating in races over the Thanksgiving weekend and trying to stay healthy.

#### **Recent race results:**

##### **Wellness 5K, Katy, Nov. 29**

Ken Johnson, 74      37:07

##### **Leftover Turkey Run, Huntsville, Nov. 28**

###### **10K**

Emily Villines, 19	48:57
J. C. Guzman, 43	51:49
Mandie Villines, 17	57:28
Steve Allen, 43	58:57
Ray Sarno, 68	1:06:20
Paulina Puente, 44	1:11:19
Mark Robinson, 69	1:17:26
Monica Lopez, 33	1:20:00
Cathy Bickford, 53	1:21:52

###### **5K**

Karin Williams, 46	25:27
Evelyn Williams, 13	26:15
Darren Grant, 51	26:31
Thomas Prentice, 45	26:38
Kira Olson, 42	30:37
Mary Kaplan, 76	35:01
Kirstie Legerski, 46	38:57

Cindy Pate, 55	39:39
Ken Johnson, 74	40:10
Shellie Geer, 66	42:29
Marsie Grant, 53	52:50
Sheri Scheier, 47	54:42
David Scheier, 42	54:43
Heidi Scheier, 44	59:42
Peggy Scheier, 47	59:43

**1-Mile**

Isabelle Olson, 12	9:25
Kathleen Williams, 11	9:28
Soren Olson, 7	11:49
Andie Ho, 34	25:44
Martin Malandro, 34	25:46
Clark Olson, 5	30:36

**Fredericksburg Turkey Trot, 10K, Nov. 28**

Jose Torres, 22	42:03
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**Friends of the Running Community 5K, The Woodlands, Nov. 27**

Donna Fabian, 41	25:04
J. C. Guzman, 43	26:15
Steve Bickford, 54	28:46
Monica Lopez, 33	28:49
Ken Johnson, 74	40:48
Cathy Bickford, 53	44:24
Cindy Pate, 55	44:45
Paulina Puente, 44	45:20

**Turkey Day Race, 5 Miles, New Orleans, Nov. 26**

Darren Grant, 51	41:04
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**Turkey Trot 5K, Nacogdoches, Nov. 26**

Donna Fabian, 41	26:27
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**Run Thru the Woods, The Woodlands, Nov. 26**

**5 Miles**

Dan Byrne, 57	31:39
David Passauer, 25	39:08
Tyler Livezey, 22	43:45
Dana Formon, 27	44:42
Christopher Shank, 32	55:57
Ken Johnson, 74	1:04:56

**3 Miles**

Luke Booker, 11	18:33
Emma Booker, 16	24:52

Ellie Booker, 14 26:49  
Rebekah Passauer, 26 31:41  
Colleen Spencer, 63 39:15

**Fort Worth Turkey Trot 5K, Nov. 26**

Jason Wallace, 40 19:14

**Groves Classical 10-Miler, Houston, Nov. 22**

Dan Byrne, 57 1:04:23

**Newton 5K, Newton, Nov. 22**

Steve Allen, 43 26:23

**Christmas 5K, College Station, Nov. 21**

Kelly Bielamowicz, 40 35:28  
Jennifer Langley, 58 46:25  
Rachel Baxter, 43 1:01:54

**Twilight 5K, Lufkin, Nov. 21**

Maddie Mortimore, 21 21:33  
Donna Fabian, 41 23:17  
Ken Johnson, 74 38:12

**Buffalo Bayou Brewery 4.4 Miler, Houston, Nov. 21**

Ken Johnson, 74 58:40

**Fall Fever 5K, Bellaire, Nov. 21**

Ken Johnson, 74 38:38

**Milam Settlers Day 5K (2.91 miles), Milam, Nov. 21**

Steve Allen, 43 21:31

**Las Vegas Marathon (26.2 miles), Nov. 15**

Kristen Hooten, 39 5:03:07

**Half Marathon**

Angela Lyons, 41 2:43:00

**Upcoming races in Huntsville:**

Dec. 12 – Texas Trail Endurance Runs, 50-Mile, 50K, 20K, Huntsville State Park  
Jan. 1 – New Years Day Resolution Run, 10K, 5K, 1-Mile, Physical Therapy Associates

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.