

RUNNING SHORTS

Mud run coming to Huntsville March 4

By Darren Grant

To make a mud run, you need two things: mud, and running. A great place to put them together is General Sam's Offroad Park north of Huntsville. Do this and, voila—you have The Great Muddy Escape, which is being held on March 4.

It all started with Dr. David Ficklen and other staff at Huntsville Memorial Hospital, who decided to create an event in Huntsville that would encourage families to participate in a fitness activity together. They wanted it to be challenging enough for a “real” runner but doable for a new runner or walker.

About 200 participants showed up in 2011, and the numbers have nearly doubled since. Over the years, proceeds have been shared between the YMCA and the HMH Hospital Auxiliary, who put on the race together. This year the YMCA is fully taking over the event, moving it from fall to spring.

A “mud run” combines running and obstacles, such as tire mountains and “spider walls.” The obstacles are optional, but if you complete them all, you get a souvenir arm bracelet. These are a big hit. Every year new obstacles are added to keep things interesting.

But it is the mud people remember most. Haley VanWagner of New Waverly puts it this way: “You're constantly caked in mud-covered sweat but the journey through the trail of obstacles is worth the constant filth.” This is a two shower affair!

Physical therapist Margaret Gullede once spoke with a woman who lost a lot of weight and embraced a fitness lifestyle. “She told me that The Great Muddy Escape was the first run of any type she had ever participated in. She had such a great time and felt so successful that she was inspired to enter others that were even more challenging.”

According to YMCA director Sandra Clifton, the proceeds go towards scholarships and outreach programs at the Y. For more information and to register, go to www.greatmuddyescape.com. One mile, two mile, and 5K distances are available.

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

Recent race results:

Run the Line Half Marathon (13.1 miles), Texarkana, Feb. 19

Steve Allen, 44 1:44:56

Austin Marathon (26.2 miles), Feb. 19

Brytnie Miniell, 25 5:22:46

5K (3.1 miles)

Randy Kenyon, 24 23:59

David Miniell, 29 37:24

Megan Kaltenbach, 22 42:12

Love.Run.Marathon, Trails, Huntsville State Park, Feb. 18

Half Marathon

Angelina Santos, 51 2:11:33

Haley Crenwelge, 28 2:47:39
Monica Lopez, 34 2:56:36
Ken Johnson, 75 3:42:43
Cindy Pate, 56 3:50:50

10K (6.2 miles)

Anthony Turner, 34 49:46
Randy Kenyon, 24 50:23
Alan Guerrero, 21 53:34
Hagan Harris, 13 55:33
Celeste Harris, 43 1:06:21
Shanna House, 36 1:14:38
April Payne, 37 1:14:38
Connie Mathis, 45 1:15:39
Misty Lampson, 44 1:15:39
Delynda Check, 43 1:16:07
Kori King, 19 1:17:20
Christine Gann, 40 1:19:22
Jackalyn Cauthen, 35 1:50:36
Sabrina Hendricks, 37 1:50:36

Run for Pi 5K, Houston, Feb. 18

Monica Oliva, 19 32:25

Rhythm and Blues Run, Houston, Feb. 12

Half Marathon

Jose Moreno, 55 1:52:14
Dana Formon, 28 2:13:10

Quarter Marathon (6.55 miles)

Sharon Valles, 44 1:07:01
Kathy Lehman, 41 1:10:57
Victoria Roberts, 40 1:13:46

5K

Lauren Ryan, 23 40:43

Rocky Raccoon 50K (31 miles) Trail Run, Huntsville State Park, Feb. 11

Jason Wallace, 41 5:27:06
Julie Simmons, 42 7:43:55

Kilgore to Longview Run, 11 Miles, Feb. 11

Steve Allen, 44 1:31:07

Upcoming races in Huntsville:

February 25 – Sweetheart 5K & 1-Mile, SHSU campus

March 4 – Great Muddy Escape, 5K, 2-Mile, 1-Mile

March 19 – Run the Trails, 3.5 Miles, Non-competitive, Huntsville State Park

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