

RUNNING SHORTS

Rocky Raccoon 100 not for the faint of heart

By Darren Grant

The race began on schedule at 6 a.m. last Saturday morning. Mrs. Running Shorts and I were right where we were supposed to be, in bed counting sheep.

We got up late, had some coffee, did some housework, and eventually wandered out to Huntsville State Park around 5 pm. They were still running.

The Rocky Raccoon 100 Mile Trail Run is not for the faint of heart. Held in a light drizzle on a cloudy, cool day, the race features four 25-mile loops on the trails in the park. We spent Saturday evening manning an aid station by the Nature Center in support of the runners.

Mostly we fed them. Running 100 miles takes almost 15,000 calories, so go ahead, have another! We offered snacks, fruit, and fluids. But the real hit was the hot food. Why eat Oreos and bananas when there are quesadillas, pancakes, and mashed potatoes?

It's a lot of work. Our crew contained some SHSU students, some out-of-towners, and three other people from Walker County: Cindy Pate, Angelina Santos, and Jessica Twardeski.

It's always fun to hang out with those three. We share a love of running and irreverent banter, of which there was plenty as the hours rolled on.

Why do I hang out with runners? For a change of scene. This is what my days are like at work.

First Professor: I don't concur that your theory harmonizes with the appropriate analytical epistemology.

Second Professor: Who cares what you think? You want a piece of me?

Third Professor: I just invented flubber!

When we got home around 10 p.m., exactly two runners had finished the race: male winner Ronnie Delzer of The Woodlands, in just under 15 hours, and female winner Sabrina Little of Robinson, in just over 15 hours. At that point about a quarter of the field had dropped out. The rest were running on through the night.

While Mrs. Running Shorts and I were reading the paper on Sunday morning, some runners were still going. By noon, when the race ended, about half of the more than 400 entrants had finished, including runners from Michigan, Arizona, Washington, and Pennsylvania. It will be weeks before any of them want another quesadilla.

(If you want more Rocky Raccoon, the 50 mile and 50 km races will be held at the State Park this upcoming weekend. 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:

Katy Half Marathon (13.1 miles), Katy, Feb. 3

Dan Byrne, 59 1:27:50

Ken Johnson, 76 3:20:23

Texas 10 Series, Boerne, Jan. 28

10 Miles

Steve Bickford, 57 1:23:41

Steve Allen, 45	1:26:55
Sharon Valles, 45	1:44:06
Kathy Lehman, 42	1:52:03
Ken Johnson, 76	2:20:42

5 Miles

Cathy Bickford, 56	1:05:01
Dianna Sarno, 55	1:05:02
Ray Sarno, 70	1:05:04

Hot Chocolate 5K, Houston, Jan. 28

Chris Avelar	25:38
Mauricio Gamero	26:21
Siomara Avelar	41:15
Jackie Avelar	41:15
Cindy Pate	41:29

Run the Woodlands 5K, The Woodlands, Jan. 27

Ken Johnson, 76	41:39
-----------------	-------

3M Half Marathon, Austin, Jan. 21

Melinda Miller, 53	2:29:07
Ken Johnson, 76	3:20:52

Upcoming races in Huntsville:

February 10 – Rocky Raccoon 50-Mile and 50K Trail Runs, Huntsville State Park
February 17 – Love.Run Half Marathon and 10K Trail Runs, Huntsville State Park
February 24 – Sweetheart 5K & 1-Mile, SHSU campus

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.