

RUNNING SHORTS

Running to sightsee

By Darren Grant

Up north they have beautiful summers, but here in Walker County we have spring. Nothing can match a Texas spring. It's a great time to go see somewhere new. And running can be part of your sightseeing. It gives you a window on the world you can't get any other way.

If you're going to the country, a run lets you take it in slowly, on its own terms. Last spring break we stayed a night in tiny Comstock, in South Texas, outside of Del Rio. I ran at daybreak. The semi-desert scrub, so monotonous to view from a car, came alive with the sights and smells of the coming day, with distant bird calls carried on the wind, and the quiet beauty of small desert flowers hiding in plain sight.

If you're going to the city, a run lets you take in life as it is lived, in parts of the city a tourist would never bother to go. Some years back work took me to Toronto, the city where my parents met. What was it like to live here then, I wondered? To find out, I'd don running clothes each day after work and strike out through one neighborhood after another, watching people walk children and pets, carry home groceries, visit in small groups.

I have immersed myself in the life of city after city this way. After a while, you learn what it is like to live there on an everyday basis—and decide maybe a small town is better after all.

Running is liberating. It gives you the freedom to explore, in a way nothing else can match. Take advantage of it!

(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 Trails, 3.5 Miles, Non-competitive, Huntsville State Park, Mar. 19

Finishers:

Janet Bouchard, 60
Glen Carter, 66
Gretchen Dixon, 39
Madeline Dixon, 10
Zane Dixon, 8
Donna Fabian, 42
Amie Fish, 38
Amy Foster, 33
Chase Foster, 33
Madison Foster, 5
Danny Freeman, 61
Vicki Hogan, 62
Marilynn Johnson, 71
Bambi Kiser, 57
Gabrielle Legerski, 12
Kirstie Legerski, 46
Monica Lopez, 35

Landon Meyer, 8
Jose Moreno, 55
Art Morgan, 51
Don Ortloff, 71
Jan Parks, 60
Cindy Pate, 56
Angelina Santos, 51
Janette Santos, 21
Jonathan Santos, 12
Sue Slater, 56
Jody Slaughter, 53
Cesar Trevino, 38
Ethan Trevino, 9
Farrah Trevino, 35
Kylie Trevino, 6
Laura Trevino, 38
Jessica Twardeski, 36
Garrett VanWagner, 6
Kim VanWagner, 44

Memorial Scholarship 5K, Omaha, TX, Mar. 18

Steve Allen, 44 21:58

Bayou City Classic 10K, Houston, Mar. 18

Dan Byrne, 58 39:31

Seabrook Lucky Trails Marathon, Seabrook, Mar. 18

Willard Oliver, 50 4:36:51

Half Marathon

Ken Johnson, 75 3:01:58

Spartan Sprint, 5K with 23 obstacles, Hempstead, Mar. 11

Cindy Pate, 56 2:09:54

Law Week 8K (4.96 miles), Houston, Mar. 11

Dan Byrne, 58 31:40

Ken Johnson, 75 1:04:52

Upcoming races in Huntsville:

April 22 – Spring Fling 5K & 1-Mile, Elkins Lake

May 20 – Five-0 Color Run, 5K & 1-Mile

May 29 – 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

