

## RUNNING SHORTS

### Plenty of local runners at the races

By Ken Johnson

Since initiation of this Running Shorts column in 2007, the number of local runners participating in races has grown tremendously.

There is hardly room in the column for anything but race results. That's good. The sport of running is growing and more runners are taking advantage of the benefits that races offer; competition, social interaction with other runners and personal goals.

Alvin Ingalla, 37, achieved his personal goal of completing a marathon on Saturday.

Ingalla, a physical therapist at Huntsville Memorial Hospital, ran The Woodlands Marathon and completed the 26.2 mile distance in 4 hours, 53 minutes and 25 seconds.

Congratulations to Ingalla and the many other local runners who have participated in races these last two weekends. You are all winners.

#### Recent race results:

##### Sunday Night 5K, The Woodlands, Mar. 2

|                  |       |
|------------------|-------|
| Leah Koester, 48 | 26:12 |
| Ken Johnson, 72  | 36:58 |

##### Armadillo Dash, College Station, Mar. 2

###### Half Marathon

|                    |         |
|--------------------|---------|
| Jacob Bertling, 33 | 2:00:06 |
| Dana Formon, 25    | 2:08:19 |
| Madison Ward, 20   | 2:11:48 |
| Melinda Miller, 49 | 2:31:03 |

###### 5K

|                       |                          |
|-----------------------|--------------------------|
| Brent Butler, 55      | 24:37 (1st in age group) |
| Logan Beverly, 17     | 29:42 (3rd in age group) |
| Marcy Beverly, 45     | 34:54                    |
| Christopher Shank, 30 | 38:45                    |
| Stephanie Parks, 23   | 50:57                    |

##### Army Half Marathon, Temple, Mar. 2

|              |         |
|--------------|---------|
| Kasadi Garza | 3:14:08 |
|--------------|---------|

##### The Woodlands Marathon, Mar. 1

###### Marathon

|                   |         |
|-------------------|---------|
| Jacqui Wukich, 30 | 3:55:02 |
| Jose Moreno, 52   | 4:03:37 |
| Alvin Ingalla, 37 | 4:53:25 |
| Lauren Vera, 29   | 5:07:42 |
| Brett Gardner, 28 | 5:51:23 |
| Jericho Golez, 36 | 5:53:25 |

###### Half Marathon

Cody Stevens, 21 2:01:04  
Jessica Payne, 36 2:03:58  
Karen Berry, 33 2:12:53  
Marvin Dunbar, 46 2:20:57  
Ray Sarno, 66 2:33:17  
Kristy Vienne, 36 2:37:38  
Kimber Juenke, 46 2:37:48  
Ken Johnson, 72 2:59:24 (3rd in age group)  
Joshua DeYoung, 24 3:15:17  
Allison Rector, 29 3:18:52

**2-Person Marathon Relay**

Steven Wright and Kas Kramer 3:31:32 (6th overall)

**5K**

Jose Torres, 21 18:28 (1st in age group)  
Courtney Smith, 20 27:00 (3rd in age group)  
Brad Hawksley, 32 31:16  
Jennifer Alexander, 44 33:25  
Colleen Spencer, 61 39:04

**Rodeo Run, Houston, Mar. 1**

**10K**

Steve Bickford, 53 50:21  
Nadine Pharrises, 47 53:46  
Glenn Green, 51 57:02  
Heather Lane, 42 58:02  
Glendys Santos, 43 1:01:29  
Jill Blake, 35 1:04:22  
Laura Green, 48 1:04:28

**5K**

Cathy Bickford, 52 37:44  
Samantha Delgado, 27 42:50  
Carole Cook, 48 51:57

**The Righty Run 5K, Fairfield, Mar. 1**

Steve Allen, 41 23:26 (3rd in age group)

**Running Wild in O-Town, Onalaska, Mar. 1**

**10K**

Jan Parks, 61 1:05:16 (1st in age group)

**5K**

Donna Fabian, 39 25:51 (2nd in age group)

**Cowtown Half Marathon, Fort Worth, Feb. 23**

Kristen Hooten, 37 2:14:55  
Tammny Barnett, 50 2:24:24

**Sweetheart 5K and 1-Mile, Huntsville, Feb. 23**

**5K**

Brian Backhaus, 30 25:17

|                       |       |
|-----------------------|-------|
| Omar Moore, 34        | 25:17 |
| Shawn Lane, 43        | 26:31 |
| Leah Koester, 48      | 27:50 |
| Victor Reza, 38       | 27:08 |
| Jose Moreno, 52       | 27:46 |
| Steve Allen, 41       | 28:11 |
| Misti Badgett, 34     | 28:54 |
| Michael McGuire, 14   | 29:54 |
| J. C. Guzman, 42      | 34:06 |
| Donna Fabian, 39      | 34:08 |
| Su-Sun Reza, 33       | 34:54 |
| Ken Johnson, 72       | 38:14 |
| Jeff McGuire, 48      | 40:31 |
| Clayton Heald, 43     | 41:51 |
| Brian Belanger, 53    | 41:54 |
| Giovanni Valdivia, 28 | 44:00 |
| <b>1-Mile</b>         |       |
| Sandy Galicia, 29     | 16:49 |
| Leticia Moreno, 53    | 16:49 |
| Marilynn Johnson, 68  | 16:51 |

**Run the Woodlands 5K, The Woodlands, Feb. 22**

|                       |         |
|-----------------------|---------|
| Steve Bickford, 53    | 22:57   |
| Glenn Green, 51       | 26:40   |
| Dana Formon , 25      | 28:18   |
| Christopher Shank, 30 | 35:48   |
| Ken Johnson, 72       | 36:53   |
| Marilynn Johnson, 68  | 1:02:02 |

**Cowtown 10K, Fort Worth, Feb. 22**

|                |         |
|----------------|---------|
| Robbie Pitcock | 55:27   |
| April Cano     | 1:04:24 |

**Galveston 5K, Feb. 16**

|                    |       |
|--------------------|-------|
| Steve Bickford, 53 | 34:49 |
| Cathy Bickford, 52 | 34:49 |

**Upcoming races in Huntsville:**

- Mar. 23 – Run the Trails, 3.5 miles, non-competitive, Huntsville State Park
- Apr. 13 – Texas 10 Series, 10 miles and 5 miles. SHSU campus
- Apr. 23 – Spring Fling, 5K and 1-Mile. Elkins Lake.

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.