#### **RUNNING SHORTS**

## Running more popular than ever in Huntsville

By Ken Johnson

Running has gained in popularity in Huntsville in recent years. There is a noticeable increase of runners at the track, on the streets and on the trails at Huntsville State Park.

Membership in Huntsville's Seven Hills Running Club has grown from about 150 to nearly 300 in the last two years. The club was formed in 1985 and is now one of the largest running clubs in East Texas. For many years, participation in the club's monthly run was 5 to 12 runners and walkers. In 2012, the number grew to at least 60 each month. There were 88 participants in the Fall Fun Run on September 22. For more information about the Seven Hills Running Club, visit their web site at <a href="http://www.7hills.us">http://www.7hills.us</a>.

Not only has participation in Huntsville races increased, more runners are traveling to races in other cities and there are more races in Huntsville.

Now is the time to sign up for the 34<sup>th</sup> Huntsville Half Marathon (13.1 miles, Quarter Marathon (6.55 miles) or 5K (3.1 miles) to be held on Oct. 27. Entry fees increase after Oct. 6. About 500 runners and walkers are expected to participate in this annual Huntsville tradition. Online registration and a printable entry form are available on the Seven Hills Running Club web site.

Running and racing is a great sport for the entire family. Check out the race results below; ages range from 6 to 78. It's important to stay healthy.

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

#### Dare to Ascend Trail Marathon (26.2 miles), Georgetown, Sept. 29

Jacob Gautreaux, 40 4:19:36 (3<sup>rd</sup> overall)

#### Run to the Son 5K (3.1 miles), Montgomery, Sept. 29

Jose Torres, 19 17:23 (1<sup>st</sup> overall) Robert Duncan, 52 20:01 (1<sup>st</sup> in age group)

James Bruce, 48 31:05

Ken Johnson, 71 34:43 (1<sup>st</sup> in age group)

#### Racing Humans Adventure Race, 5K, Conroe, Sept. 29

Kristy Vienne, 35 52:57

#### Run for Recovery 5K, Houston, Sept. 23

Leah Koester, 46 26:17

# Woodforest Charity Run, Conroe, Sept. 22

10K (6.2 miles)

Robert Duncan, 52 41:47 (1<sup>st</sup> in age group) Steven Wright, 31 44:05 (3<sup>rd</sup> in age group) Kas Kramer, 25 49:37 (2<sup>nd</sup> in age group)

### 5K

Katie Schmidt, 21	27:13
Cody Stevens, 20	29:40
Margaret Goodson, 38	40:27

# Shrimp Scamper 5K, Galveston, Sept. 22

Jennifer Bruce, 38	40:00
James Bruce, 48	40:00

## Fall Fun Run, Huntsville, Sept. 22 10K

10K	
Jacob Gautreaux, 40	38:06
Caleb Zavala, 15	43:07
Tyler Harris, 17	44:27
Max Montes, 20	44:50
Deigo Blas, 25	48:33
Jose Moreno, 51	48:38
Jody Slaughter, 49	48:43
Jacqui Wukich, 29	48:48
Sarah Raney, 23	49:13
Steve Bickford, 51	49:40
Elisa Williams, 16	50:16
Clayton Wukich, 33	50:48
Sergio Ruiz, 42	53:52
Emily Villines. 15	54:06
Kacie Mitchell, 18	54:35
Russel White, 39	57:54
Ezequiel Noriega, 48	59:18
Jack Ainsworth, 27	59:48
Kim Johnson, 38	1:00:18
Angelica Mackey, 31	1:00:27
Glenn Green, 50	1:00:39
Jill Blake, 34	1:05:51
Craig Corder, 42	1:07:00
Jerico Golez, 35	1:08:04
Elizabeth Keith, 37	1:09:57
Mary Jenke, 30	1:12:37
Lavonne Zaiontz, 45	1:13:22
Michael Mackey, 38	1:14:14
Don Ortloff, 66	1:18:55
Ken Johnson, 71	1:19:43
Jordan Ellisor, 8	1:25:52
Derl Ellisor, 34	1:25:52
5K	
Aaron McDonald, 15	22:56
Mandie Villines, 14	23:17

Karen Williams, 43 Liann Shannon, 17 Andrew Ruiz, 10 Donna Fabian, 38 Skipper Nethery, 63 Sarah McNeel, 24 Emily Heinemann, 31 Lauren Mullane, 21 Laura McDonald, 50 Gracie Garcia, 17 Heather Bagby, 37 Stephanie Brock, 33 Jennifer Scott, 33 Clayton Heald, 42 Jamie Thompson, 35 Carol Hyman, 51 Cameron Smith, 8 Misty Lampson, 40 Cecilia Ruiz, 12 Stacey Smith, 39 Michele Mitchell, 48 Jesica Arnold, 22 Amber Pritchard, 41 Doug Parker, 62 Emily Dickenson, 16 Billy Joe Reynolds, 35 Ashlynne Reynolds, 6 Mandie Reynolds, 34 Cathey DeYoung, 50 Gerry Simpson, 70	24:47 27:17 28:07 29:56 30:35 30:45 31:23 31:48 32:17 32:31 32:33 32:53 33:18 34:30 35:12 36:32 36:35 36:40 36:51 37:32 37:40 38:00 39:01 39:31 39:40 40:23 40:40
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Gerry Simpson, 70	40:40
Claire Willson, 60	41:37
Karen Tedder, 31	42:19
Laney Sikorski, 30	42:19
Kirsten Dickerson, 12	42:38
Shannon Dickerson, 15	43:08
Candace Smith, 8	44:00
Reese Butler, 7 Kim Nettles, 48	44:00 44:05
Cathy Bickford, 50	44.03 47:51
Rachael Nethery, 25	47:56
True Cousins, 78	50:01
Hannah White, 12	57:54
Patsy Collins, 53	1:00:41
1-Mile	
Andrew Fabian, 8	8:29
Mackenzie Hall, 10	8:47

Brad Hall, 43	9:10
Doug Ware, 31	9:44
Matthew Heald, 6	10:24
Diedre Ware, 29	11:15
Li-Jen Shannon, 44	13:41
Marilynn Johnson, 66	21:05
Esther Cousins, 75	21:15

### **Upcoming races in Huntsville:**

October 13 – Great Muddy Escape 5K, General Sam's Offroad Park

October 27 – Huntsville Half & Quarter Marathon & 5K Run/Walk, SHSU campus

November 3 – Rocky Raccoon Trail Run, 50K, 25K, 10K, Huntsville State Park

November 10 – CASA Superhero 5K, SHSU campus

November 10 – Running to Shine 5K, SHSU campus

November 24 – Leftover Turkey 10K, 5K & 1-Mile Run/Walk, Veterans Mem. Parkway

December 1 – Texas Trail Runs, 50-Mile, 50K, 20K, Huntsville State Park

For more information about these races and a link to registration, visit the Seven Hills Running Club web site at <a href="http://www.7hills.us">http://www.7hills.us</a> and click on Race Schedule.