

RUNNING SHORTS

Runners to converge on Huntsville for 100-mile race

By Ken Johnson

Over 400 runners from Texas and 37 other states and 6 foreign countries will converge on Huntsville for the 20th Annual Rocky Raccoon 100-Mile Trail Run on Feb. 4. Another 379 will be running the 50-mile event at the same time.

Huntsville State Park is widely known for having great trails for running. In fact, there are five trail races at the park every year.

Running 100 miles represents a challenge, even for the most experienced runners. The race will start at 6 a.m. on Saturday, Feb. 4 and the runners will have 30 hours to finish. The course is 5 loops on a 20-mile course. The winner will finish around 8 or 9 p.m. Saturday, but most will be running throughout the night and finishing up Sunday morning. Some may still be running after the cutoff at noon on Sunday.

Many will have difficulty staying awake and some will be running with blisters and other medical ailments. Medical help will be available to assist the runners, but runners who are attempting 100 miles are a determined lot. Aid stations will be set up every few miles to provide fluids, food and assistance. Last year, 60% of those who started finished within the 30-hour limit.

The 50-mile race starts at 7 a.m. on Saturday and the runners have 29 hours to finish. Last year, 85% completed the race.

While no Huntsville runners will be competing in the 100-mile race, Jan Parks, 55, of Point Blank, will be running her first 50-mile race. Parks is a school teacher in Onalaska.

Congratulations to Colleen Spencer and Craig Henderson of Huntsville for completing their first marathon in Houston on Sunday.

Recent race results:

Houston Marathon (26.2 miles), Jan. 15

J. C. Guzman, 40	3:23:01
Darryl Shreves, 51	3:58:27
Brent Butler, 53	4:08:16
Herbert Rodriguez, 42	4:35:01
Craig Henderson, 42	4:42:48
James Britsch, 34	5:30:24
Skipper Nethery, 62	6:44:41
Colleen Spencer, 59	7:14:58

Half Marathon (13.1 miles)

Robert Duncan, 51	1:29:12
William Kuhn, 52	1:50:30
Jessica Payne, 34	1:51:27
Matthew Matusiak, 28	2:13:25
Mark Robinson, 65	2:19:45
Ray Sarno, 64	2:23:28
Anna Shreves, 52	2:47:09

Leah Mulligan, 33	3:06:32
5K (3.1 miles)	
Keith Ahee, 23	30:25
Mallory Collins, 21	30:33
Roberto Martinez, 23	30:33
Rachel Doucet	31:46
Jessica Gomez, 22	44:11
Kristian Cross, 20	44:54
Jennifer Raney, 24	57:24

Upcoming races in Huntsville:

Jan. 28 – Frost Your Fanny, 10K, 5K and 1-Mile Run/Walk, HKC, SHSU campus

Feb. 4 – Rocky Raccoon 100 and 50-Mile Trail Runs, Huntsville State Park

Feb. 11 – Sweethearts 5K, Sam Houston State University campus

Feb. 11 – Orphan Hope Trail Marathon and Half Marathon, Huntsville State Park

Feb. 26 – Sweetheart Run, 5K and 1-Mile Run/Walk, Bowers Stadium Parking Lot

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