

## **RUNNING SHORTS**

### **Get off and running to start the new year**

By Ken Johnson

One of the best ways to start the new year is to run, especially if it is part of your resolution to continue running throughout the year.

There were plenty of Huntsville runners celebrating the new year by participating in area races. The results are below.

Houston Firefighter and Huntsville resident, Jacob Gautreaux, 38, ran the Texas Marathon (26.2 miles) in Kingwood on New Years Day and finished 1<sup>st</sup> in his age group and 12<sup>th</sup> overall of 317 runners completing the race. His time of 3 hours, 10 minutes and 3 seconds qualified him for the Boston Marathon.

Sheridan Grant, 18, won the New Years Day Resolution Run in Huntsville. He completed the 3.1 mile race in 19 minutes and 31 seconds. Amy Wells, 38, and Erin Trantham, 33, tied for first place in the female division. Their time was 27 minutes and 10 seconds.

Congratulations to all local runners who are participating in races and getting the full benefits that the sport of offers.

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

##### **Sunday Night 5K (3.1 miles), The Woodlands, Jan. 2**

Steve Bickford, 49	24:04
Curtis Barton, 31	24:40
Leah Koester, 45	25:05
Ken Johnson, 69	33:53

##### **Texas Marathon (26.2 miles), Kingwood, Jan. 1**

Jacob Gautreaux, 38	3:10:03 (1 <sup>st</sup> in age group)
Phillip Clark, 47	4:43:13
Ken Johnson, 69	6:07:53

##### **Resolution Run, 5K, Richmond, Jan. 1**

Robert Duncan, 50	19:33 (1st in age group)
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##### **New Years Day Resolution Run, Huntsville, Jan. 1 5K**

Sheridan Grant, 18	19:31
Fernando Gonzalez, 28	19:37
J. C. Guzman, 39	20:28
Jesse Parker, 27	22:07
Sergio Ruiz, 40	22:27
Steve Bickford, 49	24:44
Steven Largent, 12	25:38
Jerry Gardner, 60	25:58
Erin Trantham, 33	27:10
Amy Wells, 38	27:10

Shyanne Largent, 10	28:22
Jerry Flanagan, 71	30:55
Lavonne Zaiontz, 43	32:30
Glen Carter, 59	32:30
Andrew Ruiz, 8	32:55
Tonya Ornelas, 38	33:42
Don Ortloff, 65	34:15
David Largent, 29	34:31
Philipp Finzel, 35	34:52
Emily Finzel, 32	34:52
Ciarra Ornelas, 14	36:22
Cecilia Ruiz, 10	36:40
Skipper Nethery, 61	39:19
Kathy Newton, 52	40:01
Terry Newton, 52	40:07
Alfredo Cerda, 38	41:58
Kathy Stoltz, 58	55:04
Daniella Largent, 32	55:06
<b>1-Mile</b>	
Ayela Ruiz, 6	19:00
Samuel Ruiz, 3	20:23
Jennifer Ruiz, 37	20:23

**Run the Woodlands 5K, The Woodlands, Dec. 25**

Robert Duncan, 50	19:32 (1st overall)
J. C. Guzman, 39	20:54
Steve Bickford, 49	24:07
Cathy Bickford	43:31

**Willis Wildkat 5K, Willis, Dec. 18**

Leah Mulligan, 32	38:34
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**Upcoming races in Huntsville:**

Jan. 29 – Frost Your Fanny 10K, 5K & 1-Mile, Health & Kinesiology Center, SHSU

Feb. 5 & 6 – Rocky Raccoon 100 and 50-Mile Trail Runs, Huntsville State Park

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