

RUNNING SHORTS

Now is the time to sign up

By Ken Johnson

Over 400 runners and walkers are expected to participate in the 33rd Annual Huntsville Half Marathon and 5K Run/Walk on Saturday, Oct. 22.

Entry fees increase on Oct. 9, so now is the time to sign up. Entry forms are at Nautilus, Iron Works and the Chamber of Commerce. Online registration and printable entry forms are available at the Seven Hills Running Club web site at <http://www.7hills.us>.

Both the half marathon (13.1 miles) and 5K (3.1 miles) start and finish at the Health & Kinesiology Center on the Sam Houston State University campus. There is a 3-hour time limit on finishing the half marathon and no time limit on the 5K. So, participants are welcome to run or walk the 5K.

All participants will receive a T-shirt and all completing the half marathon will receive a finisher medal. Awards will also be given to the overall winners in the half marathon and 5K, and the top three finishers in each 5-year age group.

Proceeds from the event will support local charities.

Recent Race Results:

Sunday Night 5K (3.1 miles), The Woodlands, Oct. 2

Ken Johnson, 70 36:37

St. Anthony's 5K, Wylie, Oct. 1

Ken Johnson, 70 38:01 (1st in age group)

Fall Fun Run, Huntsville, Sept. 24

10K (6.2 miles)

Jacob Gautreaux, 39	38:29
Steven Wright, 30	46:22
Robert Duncan, 51	46:50
Jody Slaughter, 48	49:54
Jose Moreno, 50	50:25
Steve Bickford, 50	50:32
Kas Kramer, 24	51:12
Louis Niklas, III, 28	58:20
Katie Gautreaux, 15	58:48
Cody Zboril, 26	1:03:34
Mike Macias, 51	1:06:49
Heather Kight, 24	1:06:53
Michele Macias, 37	1:11:34
Andie Ho, 29	1:18:00
Don Ortloff, 65	1:25:49

5K

Fernando Gonzalez, 28 18:50

J. C. Guzman, 39	19:38
Alex Cade, 16	21:49
Brian Zemlicka, 49	22:08
Emily Villines, 14	22:41
Elisa Williams, 14	24:20
Karin Williams, 42	24:30
James Bennett, 21	25:00
Mandie Villines, 13	25:34
Jon-David Woods, 13	26:18
Courtney West, 44	27:45
Clayton Heald, 41	29:07
Lara McCain, 26	30:20
Jan Parks, 54	30:33
Lavonne Zaiontz, 44	31:56
Glen Carter, 60	32:19
Misty Stone, 37	33:10
Jennifer Crispin, 39	33:25
Jill Blake, 33	34:01
Mason T. Thomas, 9	37:40
Ken Johnson, 70	46:50
True Cousins, 77	53:00
Marilynn Johnson, 65	57:36
Cindy Pate, 51	57:36
1-Mile	
Malachi Burr, 9	9:41
Sharon Heald, 64	16:42
Sandy Galicia, 26	18:09
Leticia Moreno, 50	18:09

Run over Cancer, 6.8 Miles, Houston, Sept. 10

Steven Wright, 30 52:03

Galveston Revival 10K, Galveston, Sept. 10

Kas Kramer, 24 52:14 (2nd in age group)

Upcoming races in Huntsville

Oct. 8 – **Speak up for kids CASA 5K**, Bowers Stadium parking lot

Oct. 22 – **Huntsville Half Marathon & 5K Run/Walk**, HKC, SHSU campus

Oct. 29 – **The Great Muddy Escape, 5K**, General Sam's Off Road Park

Nov. 5 – **Rocky Raccoon 50K, 25K, 10K Trail Run**, Huntsville State Park

Nov. 26 – **Leftover Turkey 10K, 5K & 1-Mile Run/Walk**, Veterans Memorial Parkway

Dec. 3 – **Christmas in the Pines 5K Run/Walk**, HKC, SHSU campus

Dec. 3 – **Texas Trail Runs, 50K, 12.5 Miles**, 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.

