

RUNNING SHORTS

Plenty of participation in local races

By Ken Johnson

Participating in races is an important aspect of the sport of running. Among other benefits, races provide a goal and measure of where you are in your training. Congratulations to all local runners who are taking advantage of the many fall races in the area.

A special congratulations to Fernando Gonzalez, 27, who was the overall winner in the Fall Fun Run 5K (3.1 miles) in Huntsville on Sept. 25 with a time of 19:15. Gonzalez was also the overall winner in the Buffalo Stampede 5K in Buffalo the week before with a time of 19:20.

Edward Driscoll, 17, was the overall male winner of the CASA 5K last Saturday in Huntsville. His time was 21:39. Victoria Gemeny, 21, was the overall female winner with a time of 22:10.

Recent race results:

Sunday Night 5K (3.1 miles), The Woodlands, Oct. 3

Ken Johnson, 69 32:50

Disney Wine & Dine Half Marathon (13.1 miles), Florida, Oct. 2

Mark Robinson, 63 2:20:08

Relay

Misty Stone, 37, and Feather Blake, 31

2:27:49

Buffalo Stampede 10-Miler, Bryan, Oct. 2

John Cook, 55 1:41:30

Race for the Cure, 5K, Houston, Oct. 2

Ree Slovin, 54 31:14

Fall Fun Run, Huntsville, Sept. 25

10K (6.2 miles)

Steve Bickford, 49 50:43

David Brunet, 40 55:00

Phillip Clark, 47 56:00

Alison McClellan, 33 58:57

Kathy Haeckler, 56 1:01:25

Ken Johnson, 69 1:11:21

Susan Lowery, 41 1:12:17

Alfredo Cerda, 38 1:18:07

Don Ortloff, 64 1:19:15

7.8 miles

Edward Driscoll, 17 1:02:53

5K

Fernando Gonzalez, 27	19:15
Andrew Cordell, 14	28:25
Josuha Winston, 13	29:16
Katrina Hogan, 39	30:24
Jerry Flanagan, 70	31:10
Melissa Stelter, 21	31:35
Heidi Morse, 50	32:40
Juana Sanchez, 35	33:50
Jessica DeYoung, 15	36:11
Codey Winston, 12	36:12
Jill Blake, 32	39:12
Cathy Bickford, 48	46:30
Melissa Haeckler, 19	50:59
True Cousins, 76	51:19
Kim Pasho, 30	59:50
Daniel Pasho, 31	59:50
Emma Pasho, 3	59:50

1-Mile

Lucas Collier, 4	20:45
Curtis Collier, 53	20:48
Niklas Collier, 2	22:30
Charlotte Collier, 34	22:30

St. Thomas 5K, Wylie, Sept. 18

Ken Johnson, 69 33:53 (2nd in age group)

Buffalo Stampede 5K, Buffalo, Sept. 18

Fernando Gonzalez, 27 19:20 (1st overall)

Rose City Triathlon, Tyler, Sept. 18

(650-meter swim, 14.5-mile bike, 5K run)

Marvin Dittfurth, 67 1:42:54 (3rd AG)

Tour de Fluers 10K, Dallas, Sept. 18

Misty Stone, 37 1:09:48

Upcoming races in Huntsville

Oct. 23 – Huntsville Half Marathon (13.1 miles) and 5K Run/Walk

Nov. 6 – Rocky Raccoon 50K (31 miles) & 25K, Huntsville State Park

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

