

RUNNING SHORTS

Downhill Dash to precede Christmas Parade

By Ken Johnson

Some of you may remember the Charity Mile, a one-mile race down the Huntsville Christmas Parade route just before the start of the parade. The race was held for several years back in the 90's. Due to many requests, the Seven Hills Running Club is bringing it back as the Downhill Dash.

The race is open to runners and walkers. This will be a 1.23-mile race at 6 p.m. on Saturday, Dec. 5. Start at the corner of Sam Houston Avenue and 20th Street, go north to the square and turn left on 11th Street and end at Highway 75 North. The course is mostly downhill and there will be a crowd along the way cheering you on.

The entry fee is \$2 or \$1 and a canned good for donation to the Good Shepherd Mission. No charge for children under 5. All participants will be issued a race number and finishers will receive a special finisher ribbon. The male and female winners will receive trophies and will be taken back to ride in a convertible in the parade.

Runners and walkers are encouraged to wear costumes. Trophies will be awarded to the top three in the costume contest.

Sign up in advance by mailing in an entry form. Entry forms can be picked up at Nautilus, Iron Works or 24 hours of day at the Huntsville-Walker County Chamber of Commerce. Race day registration will be available at the starting point at 5 p.m. on race day.

Recent race results:

Rock 'n' Roll San Antonio Marathon (26.2 miles), Nov. 15

Jerry Flanagan, 69 4:28:39 (3rd in age group)

Mark Robinson, 62 5:05:20

Half Marathon (13.1 miles)

Demi Turner, 14 1:56:24

Daniel Sanders, 20 2:01:19

Valarie Sparkman, 46 2:05:38

Alexis Turner, 15 2:11:44

Vanessa Cirlos, 25 2:15:30

Jesse Bernal, 27 2:15:30

Crystal Skuca, 24 2:15:49

Jessica Payne, 32 2:18:16

Elaine Minton, 51 2:29:48

Christine Gann, 33 2:53:09

Diana Hopkins, 47 3:03:18

Ray Sarno, 62 3:03:18

Bianca Flanagan, 31 3:22:50

Evelyn Turner, 42 3:25:11

Debbie Mikulin, 52 3:47:01

Roger Collins, 53 4:26:45

Patsy Collins, 51 4:26:46

Hammer Adventure Race, Huntsville State Park, Nov. 14

(6-mile run, 2.5-mile paddle and 8-mile mountain bike)

William Woodward, 49 3:04:14

Rocky Raccoon Trail Run, Huntsville State Park, Nov. 7

50K (31 miles)

J. C. Guzman, 38 5:16:10

John Harris, 40 7:25:31

25K (15.5 miles)

Robert Duncan, 49 1:56:06

Felix Montelongo, 33 2:05:50

Celeste Harris, 36 2:29:12

Norman Langwell, 38 3:08:52

Tiffany Potter, 37 3:08:52

Lavonne Zaiontz, 41 3:19:41

Ken Johnson, 68 3:57:11

Ramp Romp 5K, College Station, Nov. 7

(up and down the ramps at Kyle Field)

Ken Johnson, 68 32:12 (3rd in age group)

Living in the Light 5K, Victoria, Nov. 7

William Woodward, 49 33:28

Great Pumpkin 5K (3.1 miles), Houston, Oct. 31

Charlotte Tomkavits, 51 41:33

Brice Buendel, 10 48:33

Upcoming Huntsville Races:

Nov. 28 – Leftover Turkey 10K, 5K, 1-Mile

Dec. 5 – Texas Trail Runs, 50K & 12.5-Mile, Huntsville State Park

Dec. 5 – Downhill Dash, 1.23 miles, Huntsville

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.