

RUNNING SHORTS

Huntsville runners turn out for the Rocky Raccoon Trail Run

By Ken Johnson

Huntsville State Park is nationally known among trail runners as a great place to run. It has miles of relatively smooth trails over rolling hills. Four trail runs are held at the park each year. These are the Sunmart Texas Trail Endurance Run 50K and 50-Mile in December, Rocky Raccoon Trail 25K and 50K in November, Rocky Raccoon 100 and 50 Mile in February and the Hogs Hunt 25K and 50K in May. The Rocky Raccoon was held on November 8. It consisted of two races, a 25K (15.5 miles) and a 50K (31 miles). The 25K is a single loop through the park starting and finishing at the lodge down by the lake. The 50K is a double loop. This year's race was held in ideal weather conditions, cool, dry and low humidity. A total of 340 runners from Texas and other states ran the two races.

Eight local runners participated, four in the 25K and four in the 50K. J. C. Guzman, 36, ran the 50K in 5:02:07, placing him 15th of 84 runners in the race. This was Guzman's fifth 50K race. Phillip Clark, 45, finished the 50K in 6:05:23. This was his third 50K race. Gerald Peters, 38, completed the 50K race in 6:25:33. This was Peter's ninth 50K. The fourth local runner to complete the 50K was 37 year old, Norman Langwell, Jr. Langwell, who was recently elected as President of the Seven Hills Running Club, has previously completed five marathons (26.2 miles), but this was his first ultramarathon (any race longer than a marathon). He finished in 6:34:31.

In the 25K race, Felix Montelongo, 32, led the Huntsville runners with a time of 2:14:17. He was 31st in a field of 256 runners. Andrew Husband, 23, finished in 3:18:45. Karen Husband, 23, who was running only her second race and first race longer than a 5K, finished not far behind in 3:22:49. Ken Johnson, 67, finished in 3:43:18.

Thanks to the volunteers from the Seven Hills Running Club, who operated an aid station during the race. They had to get up very early and make a long trek with supplies to the backside of the park. Volunteers were Ron and Mary Ann Davis, Marilynn Johnson, Millie and Deanna Langwell and Jan Parks.

Other race results:

Muddy Buddy Challenge, Dallas, Oct. 26

(6+ miles biking, running, obstacles, mud pit)

Keelie Hughes and Derek Mills 53:35

(9th of 62 teams in age group)

HMSA Classical 25K (15.5 miles), Houston, Nov. 9

Adrienne Langelier, 26 1:43:17 (3rd female overall)

Jackie Edwards, 49 2:35:49

Rock n' Roll San Antonio Marathon, Nov. 16

Marathon (26.2 miles)

John Slate, 52 3:54:05

Ken Johnson, 67 5:48:07

Ray Sarno, 61 5:52:47

Half Marathon (13.1 miles)

Heather Williams, 20	2:21:05
Keelie Hughes, 24	2:30:58
Karen Klintoe, 25	2:50:49
Leslie Mooney, 22	2:56:07

Upcoming races:

Nov. 27 – Run thru the Woods, 5 Miles, The Woodlands

Nov. 29 – Leftover Turkey 10K & 5K, Huntsville

Dec. 6 – Sunmart Texas Trail Endurance Run, 50K & 50-Mile, Huntsville State Park.

Dec. 13 – Willis Wildkat 5K, Willis

Dec. 13 – Jingle Bell Run, 5K, Livingston

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