

RUNNING SHORTS

John wins his last race

By Ken Johnson



Photo by Karen Thibodeaux, Your Sporting Image

Huntsville runner, John Burick, 75, won his final race, the Shiitake Mushroom Festival 5K in Madisonville on Oct. 25

It was a nice day for running in Madisonville on Saturday, October 25. John Burick and I and several other members of Huntsville's Seven Hills Running Club were there to run the Shiitake Mushroom Festival 5K race. John, 75, easily won first place in his age group in this 3.1 mile race. Two weeks earlier, he had run the Huntsville 5K and won his age group. John had run hundreds of races over the years, to include many marathons. The Madisonville race was his last. While training on the roads in Huntsville last Friday, John was struck and killed by a vehicle.

John and I were neighbors in the Forest Hills Subdivision for many years and he was a regular runner on the subdivision streets. He loved to run and used the sport to stay in good physical condition. And, John was one of the nicest people you ever want to meet. When he ran past my house and I was outside, he would always take a break and we would visit and talk about running and our families. I always admired him for continuing to run in his 70's, when so many others retire to a sedentary life style. I have no doubt that John would still be running in his 80's had it not been for such a tragic accident. Ironically, sometimes the sport we choose to stay fit is the one that claims us.

Even though he beat me at the race in Madisonville, John and I were good friends and I will miss him. My condolences to his lovely wife, Rosalie, and to the rest of his family.

While I do not know the details of the accident that took his life, the tragedy should be a wake up call to all motorists, cyclists, runners, and walkers who share the roads. We have to respect the rights of each other, stay alert, slow down and give each other space.

Upcoming races:

Nov. 8 – Rocky Raccoon 25K & 50K Trail Run, Huntsville State Park.

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

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.

Recent race results:

Shiitake Mushroom Festival 5K, Madisonville, Oct. 25

Robert Duncan, 48 19:00 (1st male overall)

Sara Seale, 24 26:00 (1st female overall)

Jerry Flanagan, 68 26:40 (2nd in age group)

Ben Johnson, 24 27:31

John Burick, 75 31:19 (1st in age group)

Ken Johnson, 67 33:26

Miracle Match Marathon (26.2 miles), Waco, Oct. 26

John Slate, 52 4:03:57 (2nd in age group)

Ken Johnson, 67 6:03:52 (1st in age group)

Houston Half Marathon (13.1 miles), Oct. 26

Norman Langwell, 37 1:50:00

Jackie Edwards, 49 2:15:08