

RUNNING SHORTS

Runners gearing up for Sunmart and White Rock

By Ken Johnson

Some of the best long distance trail runners in the world will converge on Huntsville State Park this Saturday, Dec. 8, for the Sunmart Texas Trail Endurance Run. Sunmart consists of a 50-mile race and a 50K race. About 1,000 runners, representing almost every state and many foreign countries, will be running the trails at Huntsville State Park. On Sunday, the White Rock Marathon (26.2 miles) and Half Marathon will be held on the streets of Dallas. Huntsville will be well-represented in both events.

Niki Bellnoski, 21, of Huntsville, will be attempting her second Sunmart 50-miler. Why does she do it? She says that is because it is not supposed to be easy. She likes to be challenged. Bellnoski was the youngest runner in last year's Sunmart 50-miler and completed the distance in 9:11:27.

Other Huntsville runners attempting the 50-mile race this year are Felix Montelongo, 31, and J. C. Guzman, 35. Montelongo attempted the race last year, but had to drop due to injury. Guzman has completed the Sunmart 50K race three times, but this will be his first attempt at 50 miles.

Six Huntsville runners will be running the Sunmart 50K (31 miles). Phillip Clark, 44, and Robert Duncan, 47, will be running their second 50K. Christopher Wilson, 57, will be running his fourth Sunmart 50K. Gerald Peters, 37, has completed one 50-mile race and seven 50K races; he will be running the 50K this year. John Slate, 52, will be running his first 50K, even though he has previously completed a 50-mile race. Ken Johnson, 66, will be running the Sunmart 50K for the 12th straight year. Kelli Kallus, 24, who recently graduated from Sam Houston State University and moved to Edna, will be coming back to Huntsville to attempt her first 50K race.

Other Huntsville area runners are heading north to Dallas for the White Rock Marathon and Half Marathon on Sunday.

Katy Lampson, 32, a native of Dallas, will be attempting her first marathon at White Rock. She has previously completed three half marathons. Lampson says, "It's exciting to be running my first full marathon in my hometown. Hopefully, that will give me a little extra push!"

Also attempting the marathon distance for the first time will be Mark Rudis, 37, of Madisonville. Willard Oliver, 40, of Huntsville will be running his second marathon and Jerry Flanagan, 67, of Madisonville will be running his 24th marathon. Abraham Korah, 35, and Keelie Hughes, 23, both of Huntsville, will be running the half marathon.

Congratulations to all these runners for completing those long training runs and good luck at Sunmart and White Rock.

Next Race in Huntsville

New Years Day Resolution Run, 5K (3.1 miles) and 1-Mile Run or Walk, 2 p.m., Tuesday, January 1. \$1 entry. Southwest corner of the West Hill Mall parking lot. For more information, call Niki Bellnoski at (936) 435-1171.

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

Recent Race Results

Decker Challenge 20K, Austin, Dec. 2

Brittany Fruge 2:34:20

Leftover Turkey Run, Huntsville, Nov. 24

10K

Norman Langwell, Jr. 54:23

5K

Colton Langwell 25:40

John Cook 29:22

Run the Woodlands, 5K, The Woodlands, Nov. 24

Katy Lampson 28:07

Ken Johnson 34:09

Conroe Turkey Trot 5K Cross Country, Nov. 23

John Cook 28:13 (3rd in age group)

Katy Lampson 28:16 (2nd in age group)

Ken Johnson 33:48 (1st in age group)

Run Thru the Woods, 5 Miles, The Woodlands, Nov. 22

Robert Duncan 31:45

James Spencer 36:16

Megan McNamara 44:02

Katy Lampson 46:46

Ben Johnson 49:28

Crystal Spencer 49:59

Ken Johnson 56:12