

## RUNNING SHORTS

### Plenty of local runners compete in Trail Run

By Ken Johnson

There were plenty of local runners competing in the 19<sup>th</sup> Annual Sunmart Texas Trail Endurance Run at Huntsville State Park on Dec. 6, 2008. This is one of the largest races over a marathon in distance in the United States. The race consisted of two events, a 50-mile and a 50K (31 miles) run. There were over 800 runners from 21 states and several foreign countries participating in the races.

Niki Bellnoski, 22, a former Huntsville resident and former president of the Seven Hills Running Club, won her age group in the 50-mile race. Her time was 9:24:46. This was her second 50-mile race.

J. C. Guzman, 36, of Huntsville also ran the 50-mile race. He finished in 9:40:23, bettering his time of 10:34:07 in last year's race.

In the 50K race, Robert Duncan, 48, led the local runners with a time of 5:22:33. This was his third 50K race. Phillip Clark, 45, finished in 5:45:38. This was his fourth 50K race. He was followed by Felix Montelongo, 32, who finished in 6:01:23. This was Montelongo's second 50K race. Dr. Christopher Wilson, 58, completed his sixth Sunmart 50K in 6:35:30. Dr. Brian Zemlicka of Willis, who is Superintendent of the Willis ISD and a member of Huntsville's Seven Hills Running Club, finished in 6:46:04. It was his first 50K race. He was followed by Leslee Cade, 37, who finished in 6:46:35. It was also her first 50K race. Norman Langwell, 37, who is president of the Seven Hills Running Club, finished in 7:11:34. He had completed one other 50K, but this was his first Sunmart 50K. His finish was somewhat delayed because he stopped to provide assistance to an injured runner.

Aided by age and bad knees, the author of this column, 67, finished in 8:39:32. This was my 13<sup>th</sup> consecutive Sunmart 50K and 14<sup>th</sup> 50K race.

Congratulations to all the local runners who demonstrated both the physical and mental stamina required to run these distances.

Kudos also to Huntsville's Adrienne Langelier, 26, who was first of 45 runners in her age group and second of 270 female runners at the Lakes of Williams Ranch 30K (18.6 miles) in Sugar Land on Dec. 14. She finished in 2:05:49, only 16 seconds behind the overall female winner of the race. By finishing in under 2:10:00, Langelier earned Local Invited Runner Status in the 2009 Chevron Houston Marathon. This means that she gets a free entry and other benefits, to include a spot up front at the start of the race.

Other local runners completing this race were Jody Slaughter, 45, of New Waverly, who finished in 2:42:31 and Norman Langwell, 37, of Huntsville, who finished in 3:00:06.

#### Other race results:

##### Willis Wildkat 5K, Willis, Dec. 13

Jody Slaughter, 45	20:26 (2 <sup>nd</sup> in age group)
Kneau Cousins, 13	28:19
Samuel Slaughter, 9	31:00
Ken Johnson, 67	33:57 (1 <sup>st</sup> in age group)
True Cousins, 75	34:40 (1 <sup>st</sup> in age group)
Gina Lopez, 26	38:24 (1 <sup>st</sup> in age group)

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

Jan Parks, 52	32:00
Ken Johnson, 67	34:15
Don Ortloff, 63	38:52

**Dave Boyd Sprint Adventure Race, Coldspring, Dec. 13**

(10 mile Mt. bike, 2 mile canoe, 7 mile run, mystery events)

Robert Duncan, 48	1:58:00 (1st overall)
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**White Rock Marathon (26.2 miles), Dallas, Dec. 14**

John Slate, 52	4:39:30
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**Half Marathon (13.1 miles)**

Colin York, 22	1:38:07
Keelie Hughes, 24	2:39:54

**Jingle Bell Run, 5 Miles, Houston, Sunday, Dec. 14**

James Spencer, 27	33:49
Irving Ray, 21	38:30

**Upcoming races:** Visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.