

RUNNING SHORTS

Seven Hills Running Club elects new officers

By Ken Johnson



Huntsville's Seven Hills Running Club elected new officers for 2008/2009 at a recent meeting. Norman Langwell, Jr. was elected President, replacing Niki Bellnoski. Langwell is a full-time Huntsville Firefighter. While he is relatively new to the sport of running, he completed five marathons (26.2 miles) in 2008 and recently completed a 50K race (31 miles). In 2006, Langwell weighed 379 pounds. By dieting and running, he is down to about 200. Last April, he was presented the Fit Texan Award by Governor Perry.

The author of this column was reelected as Vice President. I have been running since 1983.

Lavonne Zaiontz was elected as the club Secretary, replacing Katy Lampson. Zaiontz moved to Huntsville from Sequin in 1987, graduated from Sam Houston State University and remained in Huntsville. She started running in 2007 and recently completed her first half marathon (13.1 miles).

True Cousins was reelected as Treasurer. Cousins, 74, is a charter member of the Seven Hills Running Club and has served as the club Treasurer for many years. He has been running since 1982 and competes in races on a regular basis.

Thanks to outgoing officers, Niki Bellnoski and Katy Lampson, for their support of the club and dedication to running.

The Seven Hills Running Club was formed in 1985 to promote running as a means of achieving and maintaining physical fitness. The club has over 150 members in Huntsville and many other cities in Texas. For more information about the club, visit the club web site at <http://www.7hills.us>

Recent race results:

Cannonball 5K, College Station, Nov. 22

Ken Johnson, 67

31:30

Run Thru the Woods, 5 Miles, The Woodands, Nov. 27

Robert Duncan, 48	31:52 (2 nd in age group)
Josh Spencer, 23	32:58
James Spencer, 27	34:32
Frank Harrison, 33	39:25
Amanda Scholm	45:29
Aaron Houston, 26	48:12
Kristen Fernandez, 38	48:31
Melissa Gonzalez, 30	52:41
Corrina Lawrence, 34	52:57
Carmen Kreinus, 31	57:40
Ken Johnson, 67	58:47

Leftover Turkey Run, Huntsville, Nov. 29

10K (6.2 miles)

Ben Harvie, 62	47:58
Robert Duncan, 48	47:58
Jody Slaughter, 45	50:49
Norman Langwell, 37	50:59
Kneau Cousins, 13	1:02:04
Leslee Cade, 37	1:01:26
Lavonne Zaiontz, 41	1:02:23
Micah Slaughter, 47	1:02:39
John Faillace, 44	1:03:02
Anita Faillace, 44	1:06:20
Ken Johnson, 67	1:14:23

5K (3.1 miles)

James Spencer, 27	22:46
Samuel Slaughter, 9	32:45
Tiffany Jenkins, 27	33:25
True Cousins, 74	37:50
Colleen Spencer, 56	40:24
Karen Fowler, 32	57:52

1-Mile

Nathaniel Archuleta, 10	13:56
Adrian Archuleta, 7	14:58
Albert Archuleta, 35	15:13
Marilynn Johnson, 62	16:34
Alyx Cousins, 11	17:56
Megan Picket, 15	17:59
Kylie Cousins, 15	17:59
Nanci Yamada, 47	19:42