

RUNNING SHORTS

Material rewards of running races

By Ken Johnson

We all know that there are many non-material rewards for running and racing, such as better health and fitness. However, if you participate in races, there are also material rewards.

Each race is different as far as material rewards are concerned, but typically races provide a “goody bag,” a race T-shirt, trophies or medals for the winners, post-race refreshments and door prizes.

A “goody bag” will contain your race number, race instructions and items such as pens, free samples, coupons and whatever else the race can get donated from commercial sponsors. T-shirts maybe short or long sleeve. Some races give out the more expensive “tech shirts.”

While few races give prize money for the winners, most races give trophies, plaques or medals to the overall male and female winners and to the top three in 5 or 10-year age groups.

Most races of a half marathon (13.1 miles) or longer award all finishers with a finisher medal. Many marathons provide each finisher with a special finisher T-shirt after they cross the finish line.

Virtually all races provide refreshments for the runners after the race. This can be anything from fruit and drinks to full meals.

Many races have a drawing for door prizes after the race. These are typically items that were donated by local businesses. However, if you are running the Polish Pickle 5K in Bremond in June, the main door prize is a heifer.

Material rewards for participating in races are important because they commemorate the events that you trained hard for.

Miracle Match Marathon (26.2 miles), Waco, Jan. 31

Ken Johnson, 68 5:49:10 (3rd in age group)

Frost Your Fanny Run, Huntsville, Jan. 30

5K (3.1 miles)

Jacob Gautreaux, 37	22:44
Phillip Clark, 46	24:52
Jody Slaughter, 46	25:30
Courtney West, 42	28:12
Angelina Santos, 44	29:24
Len Hill, 56	29:29
Jerry Flanagan, 69	31:05
John Cook, 54	31:10
Tammy Lambdin, 50	33:43
Olivia Jones, 21	33:58
Ken Johnson, 68	34:01
Casey McDaniel, 50	41:10

1-Mile

Dinny Barnes, 60	11:17
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Remission Run, Conroe, Jan. 30

5K

Fernando Gonzalez, 27	18:37 (1 st place)
J. C. Guzman, 38	20:05 (1 st in age group)
Karen Robinson, 29	26:12 (3 rd in age group)
Viola Hollis, 31	51:49
Debbie Byrd, 47	51:49

1-Mile

William Walker	7:48
Gail Felts	8:49 (1 st in age group)

Texas Med 5K, Houston, Jan. 30

Sheryll Lamkin, 54	1:07:29
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3M Half Marathon (13.1 miles), Austin, Jan. 24

Zachary Goodlander, 15	1:24:57
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Yuma Territorial Marathon (26.2 miles), Yuma, AZ, Jan. 23

Ken Johnson, 68	5:34:19 (50 th marathon)
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Upcoming Huntsville races:

Feb. 6 - **Rocky Raccoon 100 and 50 Mile**, Huntsville State Park

Feb. 28 – **Sweetheart 5K and 1-Mile Run/Walk**, Bowers Stadium parking lot

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