

RUNNING SHORTS

Run the Trails at state park March 25

By Ken Johnson

The Seven Hills Running Club will hold its annual Run the Trails at Huntsville State Park on Sunday, March 25. This is a non-competitive 3.5-mile run or walk on the beautiful trails. The event starts at the Nature Center at 2 p.m. and is open to anyone who is sufficiently trained to run or walk the distance.

All finishers will be provided their time, but the times will not be published. The trail will be well-marked, so you will not have to worry about getting lost.

If you have never been to the park, this is a great opportunity to bring the whole family, see all that the park has to offer and get some exercise on the trails. The park is on I-45 at the first exit south of the Sam Houston Statue.

Register at the starting point. The event entry fee is \$3, plus the park entry fee. All finishers will receive a finisher medal and refreshments will be provided.

If you have any questions, please call Darren Grant at (936) 439-5899.

Recent race results:

Sunday Night 5K (3.1 miles), The Woodlands, Mar. 4

Leah Koester, 46 26:56 (1st overall)

Armadillo Dash Half Marathon (13.1 miles), College Station, Mar. 4

Robert Duncan, 52 1:27:30 (1st in age group)

Hannah Daniel, 21 1:36:49

Joseph Cleveland, 23 1:39:29

Jose Moreno, 50 1:43:28

Madison Ward, 18 1:43:51 (3rd in age group)

Brytnie Miller, 20 1:44:14

Shannon Powell, 26 2:09:31

Sierra Gonzales, 22 2:12:16

Katy Gipson, 22 2:35:15

Mitzi Mahoney, 52 2:51:02

Nancy Leavell, 57 2:51:02

5K

Cyndy Rivas, 20 32:00

Tammy Barnett, 48 32:21

Paula Pelton, 22 35:49

Bobbie Spiers, 23 39:45

Emilee Bean, 23 39:46

Janet Mangum, 30 1:04:50

Camdyn Mangum, 3 1:04:55

Crosby Mangum, 1 1:05:08

Randall Mangum, 31 1:05:09

Texas Independence 5K, San Jacinto, Mar. 3

James Bruce, 47 30:41
Jennifer Bruce, 39 58:28

The Woodlands Marathon (26.2 miles), Mar. 3

Darryl Shreves, 51 4:03:36
Nathan Sheppard, 35 4:06:22
Willard Oliver, 44 4:22:29

3-Person Marathon Relay

J. C. Guzman, 40, and team 3:14:16 (1st place)

Half Marathon

Bill Kuhn, 52 1:49:54
Emily Garner, 31 1:40:06
Lauren Vera, 27 1:51:06
Craig Henderson, 42 1:55:20
Alfredo Cerda, 39 2:11:17
Susan Lowery, 43 2:11:18
Kinber Juenke, 44 2:32:13
Elaine Minton, 54 2:32:51
Marvin Dunbar, 44 2:39:59
Katy Harig, 31 2:44:33
Anna Shreves, 52 2:57:43

5K

Colleen Spencer, 59 36:36

2K (1.24 miles) - Untimed

Dawson Garner, 7
Kaelin Thompson, 6

Sweetheart 5K, Huntsville, Feb. 26

Jacob Gautreaux, 39 19:04
J. C. Guzman, 40 19:40
Fernando Gonzalez, 29 20:38
Emily Villines, 15 23:04
Jose Moreno, 50 23:11
Steve Bickford, 51 24:43
Erick Moreno, 32 24:50
Bat-Erdene Myaymarjav, 22 25:03
Mark Robinson, 66 27:45
Donna Fabian, 37 28:27
Jan Parks, 55 28:51
Joseph Murray, 24 30:36
Skipper Nethery, 63 31:26
Glen Carter, 61 32:09
Ron Davis, 63 32:28
Stacey Smith, 39 32:29
Elena Rodriguez, 42 32:29

Scholar Colbourn, 39	32:30
Blake Moreno, 12	34:49
Chuck Fabian, 52	35:30
Jerico Golez, 34	37:32
Matthew Fabian, 10	37:56
Cathy Bickford, 50	41:54
Cindy Pate, 51	43:25

1-Mile

Mandie Villines, 13	7:16
Andrew Fabian, 8	10:24

Rodeo Run, 10K (6.2 miles), Houston, Feb. 26

Nadine Pharries, 45	54:04
Robert Johnston, 39	56:06
Savannah Rivers, 20	59:20
Misty Stone, 38	1:13:44

Chick-Fil-A 5K, Spring, Feb. 25

Robert Duncan, 52	18:48 (1 st in age group)
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Upcoming races in Huntsville:

Mar. 25 – Run the Trails, 3.5 miles, Huntsville State Park

Apr. 14 – Hog’s Hunt Trail Run, 50K, 25K and 10K, Huntsville State Park

For more information about these races and a link to registration, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.