

## RUNNING SHORTS

### Lots of local runners participating in races

By Ken Johnson

Congratulations to all local runners participating in races in the past two weeks. Regardless of how fast or slow you might be, races serve as a goal and offer the opportunity to interact with other runners.

There are many races in and around Huntsville this spring. For a complete list and link to more information, visit the Seven Hills Running Club web site at <http://www.7hills> and click on Race Schedule.

The next race in Huntsville is the Spring Fling 5K & 1-Mile Run/Walk on Saturday, April 24, at 8 a.m. The course is out and back on the sidewalk along Veterans Memorial Parkway, starting and finishing at the southwest corner of the West Hill Mall. Register at the starting point. The entry fee is \$1.

#### Recent race results:

##### **Hog's Hunt Trail Run, 25K (15.5 miles), Huntsville State Park, April 10**

Felix Montelongo, 33	2:06:13
Curtis Barton, 31	2:37:10
Jan Parks, 53	3:17:21
Ken Johnson, 68	3:48:58
Debbie Hightower, 54	4:36:16

##### **Capitol 10,000 (6.2 miles), Austin, April 10**

Jackie Edwards, 50	57:08
Kelly David, 26	1:02:13

##### **BMI 5K (3.1 miles), Conroe, April 10**

Melissa Boone, 26	22:36 (1 <sup>st</sup> in age group)
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##### **Bear Chase Marathon (26.2 miles), Groveton, April 10**

Jon Garcia, 26	4:07:14
Willard Oliver, 43	4:43:31

##### **Half Marathon (13.1 miles)**

Herbert Rodriguez, 39	1:51:23
Jerry McKee, 51	1:58:29
Bronwyn Valentine, 44	2:18:53
Hannah Valentine, 14	2:30:57
Weslie Gray, 24	3:00:15
Debbie Barrett, 56	3:29:02
Natalie Barrett, 35	3:29:28

##### **5K (3.1 miles)**

Annie Peter, 24	25:33
Aaron Folds, 25	30:27
Bryan Gray, 25	30:49

Elizabeth Coker, 43                      36:16

**Texas Quest Adventure Race-Sprint, Coldsprings, April 10**

(4-mile run, 8-mile mountain bike, 2-mile paddle & mystery events)

William Woodward                      2:47:56

Angie Taylor & Laura Wright        2:48:17 (3rd in division)

**Big D Half Marathon (13.1 miles), Dallas, April 11**

Jennifer Holub, 21                      2:18:21

**Blue Bell Run, Brenham, April 17**

**10K (6.2 miles)**

Fernando Gonzalez, 27                39:50 (3<sup>rd</sup> in age group)

J. C. Guzman, 38                      41:53

Jody Slaughter, 47                    49:21

Tommy Hoke, 35                        56:00

Jerry Flanagan, 70                    1:04:52 (2<sup>nd</sup> in age group)

Ken Johnson, 68                      1:12:16

James Fleming, 8                      1:21:48

Anna Shreves, 50                      1:21:48

James Shreves, 49                    1:21:48

Leah Strickland, 29                  1:39:34

**5K (3.1 miles)**

Garner Pagel, 26                      26:50

Mariah Reynolds, 25                31:38

Kate Gunn, 26                        32:39