

## RUNNING SHORTS

### Want your running questions answered?

By Ken Johnson

This Running Shorts column is now in its fourth year. Hopefully, runners have found it useful, and more importantly, it has influenced some to take up running as a means of maintaining physical fitness.

Even though running is a relatively simple exercise, the sport has many facets. Many have been discussed in this column. If you have any lingering questions about running, send them to me at [1941runner@sbcglobal.net](mailto:1941runner@sbcglobal.net). If I do not know the answer, I will consult with an expert. In either case, your questions will be answered in a future column.

Also, if you participate in a race, please send me the results so they can be included in the column.

#### Recent race results:

##### **Splendora Run, 3.35 miles, May 8**

Robert Duncan, 50 21:32 (1<sup>st</sup> in age group)

##### **Pearland 10K (6.2 miles), May 8**

Christine Gann, 42 1:14:54

##### **Boogie Down 5K (3.1 miles), Wylie, May 15**

Ben Johnson, 26 29:51 (2<sup>nd</sup> in age group)

Ken Johnson, 68 32:39 (1<sup>st</sup> in age group)

##### **YMCA 5K Trail Run, Conroe, May 15**

William Woodward, 49 36:08

Colleen Spencer, 58 40:08 (1<sup>st</sup> in age group)

##### **Rockin R Triathlon, New Braunfels, May 22**

(400-meter swim, 14-mile bike, 3.3-mile run)

Jerry Flanagan, 70 1:52:00 (2<sup>nd</sup> in age group)

##### **Run the Woodlands 5K, The Woodlands, May 22**

Ken Johnson 33:35

##### **Kona Sprint Triathlon, Baytown, May 23**

(600-meter swim, 16-mile bike, 4-mile run)

Marvin Dittfurth, 67 1:59:39 (2<sup>nd</sup> in age group)

##### **Astros Race for the Pennant 5K, Houston, May 29**

Marcus Forrest, 17 21:39

William Woodward, 49 37:19

Chelsey Hirsch, 17 52:22

### **Memorial Day 5K, Huntsville, May 31**

Seth Hall, 21	17:42
Jacob Gautreaux, 38	19:43
J. C. Guzman, 38	19:46
Fernando Gonzalez, 27	20:59
Robert Duncan, 50	21:03
Neil Almack, 22	21:42
James Spencer, 29	23:46
Steve Bickford, 49	24:35
Darren Grant, 45	24:43
Liz Atkins, 27	25:06
Melissa Boone, 26	25:10
Leah Koester, 44	27:16
Gerald Kohers, 44	27:23
John Cook, 54	29:52
Karly Culver, 15	29:53
Sylvia Culver, 49	31:21
Phillip Clark, 46	31:27
Jody Slaughter, 47	31:27
Samuel Slaughter, 10	31:27
Karen Berry, 29	31:33
Allison McClellan, 32	31:33
Kristen Hill, 36	32:27
Jerry Flanagan, 70	32:30
Don Ortloff, 64	35:12
Hans Jaeger, 62	36:45
Terry Newton, 51	37:12
Skipper Nethery, 61	40:45
Kathleen Newton, 37	45:15
Colleen Spencer, 58	52:40
Patsy Collins, 51	59:07
Roger Collins, 53	61:45
Kim Countz, 31	64:48
Ron Lyons, 76	68:14
Charles Walker, 34	68:27
Jennifer Walker, 31	68:42
Bonny Lyons, 66	71:42
<b>1-Mile</b>	
Tammany Grant, 14	9:43
William Woodward, 49	10:05
Andie Ho, 28	11:15
Ellyse Collins, 17	11:33
Ali Ullrich, 17	11:33
Katrina Culver, 17	11:45
Maci Countz, 8	12:15

Ron Davis, 61

17:48

**Upcoming Huntsville Races:**

June 12 – June Bug 5K & 1-Mile Run/Walk, Health & Kinesiology Center, SHSU campus.

For more information 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.