

## **RUNNING SHORTS**

### **It's time to gear up for fall races**

By Ken Johnson

Sure, it's still hot. However, it's time to gear up for the fall races. Set goals, make up your mind that you will accomplish your goals and then start a training program.

In the short term, the Dog Days 5K (3.1 miles) and 1-Mile Run/Walk will be held on Saturday, Jul 25. That will be followed by the Heat Wave 5K and 1-Mile Run/Walk on Aug 22 and the Fall Run 10K, 5K and 1-Mile Run/Walk on Sep 26. All of these races are in Huntsville.

If your goal is more ambitious, the 31<sup>st</sup> Annual Huntsville Half Marathon (13.1 miles) and 5K Run/Walk will be held on Oct 17. More than 400 runners are expected for this annual Huntsville tradition.

If you want something different, try the Ramp Romp 5K in College Station on Nov. 7. Start at the track at Kyle Field, run a mile around the Texas A&M campus and then come back to Kyle Field and run up and down all three sets of ramps. Then, run three fourths of a lap around the track to the finish.

On the same day, the Rocky Raccoon Trail Run will be held at Huntsville State Park. You have a choice between a 25K (15.5 miles) and 50K (31 miles) race. Several hundred participants are expected. Walkers are welcome in the 25K race.

Of course, there are many marathons held throughout Texas in the fall and winter months, from October through April. If 26.2 miles is your goal, you have plenty to choose from.

Regardless of the distance you are aiming for, training is important. There are training programs for every race distance. Visit <http://www.coolrunning.com> and click on Training.

For a list of all upcoming races in Huntsville and the surrounding area and a link to registration, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.

#### **Recent race results:**

##### **Kiwanis 5K Stampede, Lockhart, Jun 13**

Jessie Parker, 26      20:04 (2<sup>nd</sup> in age group)

##### **Run Wild 5K, Houston, Jul 4**

Jesse Parker, 26                      21:45

Jennifer Johnston, 30                49:39

Charles Walker, 32                    49:39

##### **Five Miles My Way, Richmond, Jul 4**

###### **3 Miles**

Patsy Collins, 50      1:08:05

Roger Collins, 52      1:08:05

**Stu's Country Mile 5K, Centerville, Jul 4**

Robert Duncan, 49	19:44 (1 <sup>st</sup> in age group)
J. C. Guzman, 37	20:28 (2 <sup>nd</sup> in age group)
Jody Slaughter, 46	21:50 (2 <sup>nd</sup> in age group)
James Spencer, 28	22:29 (1 <sup>st</sup> in age group)
John Cook, 53	29:17
Jerry Flanagan, 69	29:36 (2 <sup>nd</sup> in age group)
Ken Johnson, 68	34:41 (3 <sup>rd</sup> in age group)
Colleen Spencer, 57	36:36 (1 <sup>st</sup> in age group)
Don Ortloff, 63	38:55
Casey Spencer, 53	41:12

**1-Mile**

Samuel Slaughter, 9	8:06
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**Texas World Speedway 5K, College Station, Jul 5**

Ken Johnson, 68	34:31 (2 <sup>nd</sup> in age group)
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**Run the Woodlands 5K, The Woodlands, Jul 11**

Robert Duncan, 49	18:52
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**Sunday Night 5K, The Woodlands, Jul 12**

Ken Johnson, 68	34:42
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