

## RUNNING SHORTS

### Runners set to defend titles

By Ken Johnson

Juancarlos Vielma and Adrienne Langelier are set to defend their titles at the Hillcrest Huntsville Half Marathon on Oct. 17. Vielma of Houston has won the 13.1-mile race for the last three years. Langelier, who recently moved from Huntsville to Spring, has won the female division for the last two years. Vielma will be challenged by Clint Sherrouse of College Station, who won the race in 2004 and 2005.

This will be the 31<sup>st</sup> edition of the Hillcrest Half Marathon and 5K Run/Walk. The half marathon is the third oldest half marathon in Texas. Nearly 500 runners from all over southeast Texas are expected to participate in this annual Huntsville tradition. There is a 3-hour time limit on the half marathon, but the 5K (3.1 miles) is open to runners and walkers, without a time limit.

Both the half marathon and the 5K run/walk start and finish in front of the Health & Kinesiology Center on the campus of Sam Houston State University.

The race is an event of the Seven Hills Running Club and is sponsored by Hillcrest Ford. Profits from the race benefit the Good Shepherd Mission and the SAAFE House in Huntsville.

Entry forms are available at Nautilus, Iron Works, Chamber of Commerce, Health & Kinesiology Center and Hillcrest Ford. Online registration and a printable entry form are available on the Seven Hills Running Club web site at <http://www.7hills.us>.

The entry fee is \$25 for the half marathon and \$15 for the 5K. These fees go up a week before the race. All runners will receive a race T-shirt and refreshments after the race. Awards will be presented to the top three winners in each age group in the half marathon and 5K and all half marathon finishers will be presented a special award.

Volunteers are needed for the aid stations on the course and as road guards. If you or your organization would like to volunteer, please contact me at [1941runner@sbcglobal.net](mailto:1941runner@sbcglobal.net).

#### Recent race results:

##### **Paavo Nurmi Marathon (26.2 miles), Hurley, WI, Aug. 8**

Jan Parks, 52                      5:18:55

##### **Run the Woodlands 5K (3.1 miles), Aug. 8**

Robert Duncan, 49	19:13
Jacob Gautreaux, 37	20:47
Mariah Reynolds, 24	29:50
Ken Johnson, 68	34:03
Randy Woodward	35:34

##### **Sunday Night 5K, The Woodlands, Aug. 9**

Ken Johnson, 68                      33:45

**Sunday Night 5K, The Woodlands, Aug. 16**

Ken Johnson, 68

33:10

**Upcoming Huntsville Races:**

Aug 22 – Heat Wave 5K & 1-Mile Run/Walk

Sep 26 – Fall Fun Run, 10K, 5K & 1-Mile

Oct. 3 – CASA 5K

Oct 17 – Hillcrest Huntsville Half Marathon & 5K Run/Walk

Nov 7 – Rocky Raccoon 25K & 50K, Huntsville State Park

Nov 14 – Kats for the Cause 5K

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