

RUNNING SHORTS

Huntsville neighborhoods great to run in

By Darren Grant

For a few weeks now, we've been talking about great places to run in Huntsville. Another great place to run is the one that is closest to home: Huntsville's neighborhoods.

Some cities lay out all their streets in a grid, but not Huntsville. Our spaciousness and hills make all our neighborhoods interesting. In fact, every large neighborhood in Huntsville has its own beautiful "built in" three-mile course.

In Spring Lake, this course makes a figure eight around the neighborhood, with Winter Way as the center of the eight. There are plenty of views of the lake en route.

In Forest Hills, this course makes two circuits of the neighborhood perimeter formed by Normal Park, Elmwood, and Crosstimbers streets. The number of runners in Forest Hills has blossomed lately. The SHSU Cross Country team practices out here during the fall, drawn by the many flat streets.

Circumnavigating Westridge—which takes you out on Highway 30 briefly—also covers three miles. This loop has perhaps more trees than anywhere else in town, which makes for beautiful running.

And, in Elkins Lake, the three-mile course makes the most direct loop around the lake. It also has gorgeous views. Just watch out for the deer!

Over the past several years, the Seven Hills Running Club has worked most of these neighborhoods into their monthly club runs. This year club runs will be held in Timberwilde, Spring Lake, Elkins Lake, and Waterwood, east of town. These are open to the public, and the entry fees are minimal.

This month's club run, a 5K, will be held in Elkins Lake, with the fabulous support of the Elkins Lake Non-Golf Recreation Committee. It begins this Saturday at 8 a.m. at the "Manor House," right at the end of Augusta Drive. Attendance at these has been strong in the past, and we look forward to another good crowd on Saturday morning. Come on out and join us!

(Ken Johnson still compiles the "Recent Race Results" section of this column. Please send your race results to him at 1941runner@sbcglobal.net.)

Recent race results:

Boston Marathon, Boston, MA, Apr. 17

Jason Wallace, 42 4:02:07

Texas Big Star Half Marathon (13.1 Miles), Frisco, Apr. 15

Ken Johnson, 75 3:02:00

B.A.A. 5K (3.1 Miles), Boston, MA, Apr. 15

Jill Blake, 38 30:48

Vintage Park Half Marathon, Houston, Apr. 9

Kenneth Matej, 53 2:15:02

Ken Johnson, 75 3:01:18

5K

Randy Kenyon, 24 23:06

Austin 10/20, 10 Miles, Austin, Apr. 9

Keith Ahee, 28 1:50:25

Christine Gann, 41 1:50:26

Julie Simmons, 42 1:57:04

Lezlie Parrish, 36 2:15:47

Brazos Bend Trail Run, 50 Miles, Brazos Bend State Park, Apr. 8

Joshua Yates, 29 14:18:30

Blue Bell Run, Brenham, Apr. 8**10K**

Steve Allen, 44 46:22

Anthony Turner, 34 46:24

5K

Donald Morgan, 70 33:33

Ken Johnson, 75 38:48

Krista Greathouse, 29 39:23

Tara Burson, 38 39:41

Teresita Nelson, 49 53:01

Debbie Schindler, 63 59:44

John Schindler, 56 59:45

Running of the Bears 5K, Montgomery, Apr. 8

Cindy Pate, 56 42:47

Bellaire Trolley Run 5K, Bellaire, Apr. 8

Dan Byrne, 58 18:39

Upcoming races in Huntsville:

April 22 – Spring Fling 5K & 1-Mile, Elkins Lake

May 20 – Five-0 Color Run, 5K & 1-Mile

May 29 – Memorial Day 5K & 1-Mile, Timberwilde Sub-division

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