

## RUNNING SHORTS

### Runners taking advantage of cool weather

By Ken Johnson

There are plenty of spring races in the area and the weather is relatively cool. Local runners are taking advantage of both and using the sport of running and racing to help stay healthy.

Huntsville's super fast Dan Byrne, 56, won his age group at the Texas 10 Series 10-mile race in Plano on Sunday with a time of 1 hour, 6 minutes and 12 seconds. Overall, he was 6<sup>th</sup> of 138 finishers. Plano was the third race in the 7-race Texas 10 Series. The next race will be in Huntsville on September 27<sup>th</sup>.

Local forester, Jason Wallace, 40, won the male masters (40 and over) title at the Hog's Hunt 50K Trail Run at Huntsville State Park on Saturday. He completed the 31-mile distance in 5 hours, 15 minutes and 17 seconds. It was his first race longer than a marathon (26.2 miles).

There were plenty of local runners at the Blue Bell Run in Brenham on April 11. The Seven Hills Running Club of Huntsville won first place in the 10K team competition, beating out 7 other teams.

Congratulations to all local runners participating in races. You do not have to be fast to be a winner; you win by staying healthy.

#### **Divas Half Marathon (13.1 miles), Galveston, Apr. 19**

Kathy Lehman, 39	2:12:27
Sharon Valles, 42	2:25:22
Angela Lyons, 41	2:41:24
Kristen Hooten, 38	2:41:30
Brandy Hanna, 20	2:52:19
Terrie Grivich, 65	2:56:41

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

Lisa Black, 36	30:31
Heather Dolezal, 39	32:03
Taylor Thompson, 14	38:35
Wendy Thompson, 35	38:55
Natasha Davis, 43	41:52
Karol Smith, 40	55:49

#### **Texas 10 Series, Plano, Apr. 19**

##### **10-Miles**

Dan Byrne, 56	1:06:12
Jose Torres, 22	1:07:36
J. C. Guzman, 43	1:12:01
Steve Allen, 42	1:19:13
Steve Bickford, 54	1:19:46
Ray Sarno, 68	1:48:22
Gerald Johnson, 59	1:53:53
Ken Johnson, 73	2:07:32

**5-Miles**

Donna Fabian, 40 39:31  
Cathy Bickford, 52 56:59  
Haley Torres, 19 1:02:40

**Hog's Hunt 50K Trail Run, Huntsville State Park, Apr. 18**

Jason Wallace, 40 5:15:17

**Spring Fling 5K Run, Huntsville, Apr. 18**

Jody Slaughter, 51 21:07  
Hutton Edney, 10 21:41  
James Spencer, 34 22:29  
Shea Sawyer, 33 22:41  
Kevin Edney, 39 23:23  
Clayton Wukich, 36 23:54  
Rachel Tatum, 42 24:31  
Damian Sawyer, 15 25:21  
Jose Moreno, 53 25:29  
Chris Cirrito, 45 26:30  
Heather Schroeder, 42 26:50  
Thomas Warren, 48 27:00  
Monica Lopez, 32 28:50  
Jennifer Didier, 41 30:09  
Mark Robinson, 67 34:16  
Diana Estrada, 11 35:34  
Paulina Puente, 43 35:37  
Heidi Morse, 55 36:28  
Skipper Nethery, 66 36:32  
Ken Johnson, 73 36:51  
Kirstie Legerski, 45 37:09  
Cindy Pate, 54 42:12  
Lorraine McGee, 57 45:39  
Martha McHenry, 58 54:09  
Lois Livingston, 60 54:09  
Nancy Franklin, 71 54:45  
Dorothy Fulton, 72 54:47  
Constance Hailand, 67 56:51  
Marjean Creager 56:55

**1-Mile**

Toben Edney, 7 7:14  
Anitra Edney, 39 7:15  
Colleen Spencer, 63 23:15  
Jordan Spencer 23:15

**Capitol 10,000 (6.2 miles), Austin, Apr. 12**

Randy Kenyon, 22 55:09  
Megan Kaltenbach, 20 1:20:06

**Bear Chase Marathon (26.2 miles), Groveton, Apr. 11**

April Russell, 38 7:28:50

**5K**

Donna Fabian, 40 24:22  
Darren Grant, 50 24:40

**Blue Bell Run, Brenham, Apr. 11****10K**

Jose Torres, 22 39:54  
Joe Amburn, 33 41:34  
Jason Wallace, 40 41:35  
J. C. Guzman, 43 42:52  
Steve Allen, 42 47:14  
Steve Bickford, 54 47:53  
Dana Formon, 26 57:00  
Rebekah Ray 57:41  
April Payne, 35 59:47  
Jill Blake, 36 1:00:35  
Darryl Shreves, 55 1:01:37  
Caleb Fleming 1:01:37  
Alexis Turner 1:03:13  
Laura Green, 49 1:03:13  
Kelly Bielamowicz, 40 1:06:40  
Glenn Green, 52 1:06:51  
Connie Mathis, 43 1:08:09  
Virginia Mathiews 1:10:26  
Jennifer Langley, 59 1:15:23  
Ken Johnson, 73 1:17:28  
Terrie Grivich, 65 1:17:52  
Krista Greathouse 1:18:37  
Anne Prouty 1:18:41  
Emily Langley 1:32:01  
Elizabeth Keith, 40 1:32:13  
Debra Liles 1:32:13

**5K**

Cathy Bickford, 53 35:13  
Karly Fleming 37:05  
Anna Shreves, 55 40:05  
Evelyn Hasouris 42:38  
Jayden Mathis, 15 43:35  
Kaye Chessher 43:44  
Cindy Pate, 54 45:07

**Upcoming races in Huntsville:**

May 2 – Five-0 Color Run, 5K, 1-Mile, Kate Barr Ross Park

May 25 – 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 web site at <http://www.7hills.us> and click on Race Schedule.