

## RUNNING SHORTS

### **Run into history at Pritchett Field**

By Darren Grant

Sometimes you just want to run around and around in a circle. The best place for that in Huntsville is the track at Pritchett Field, in the Avenues.

It's always open to the public, and getting there is easy. You can park on Avenue O, between Seventeenth and Nineteenth Streets, right next to the track and just walk in.

What's so great about going to the track? The answer depends on what you like to do.

Some runners use the track to get in peak condition, by mixing some "speedwork" into their training. This might involve running a "quarter"—once around the track—in a specified time, taking a rest, and then doing it again, and again, and again... This gets you in top shape for a 5K or 10K race.

For others, runners or walkers, consistency is paramount. We all know keeping a regular workout schedule is the most important part of any exercise program. Having a regular place to go makes this easy!

Still others like the camaraderie. That's my favorite part. On nice spring and fall afternoons, Pritchett Field teems with people. On the track itself, you will find runners and walkers going all different paces, ladies walking and talking after work, parents and children jogging together.

But that's only half of it. The grassy field on the inside of the track is usually filled with young adults playing football, soccer, rugby, or even Quidditch—yes, it's an actual game! Many of these are SHSU students, but others, students from the high school or recent graduates, often join them. It is a beehive of activity.

On top of all this is the history. Pritchett Field itself is over 100 years old. The track, made of a light gravel surface over hard-packed dirt, must go back decades. It's as if you are running in the movie "Chariots of Fire." It is charming.

And, in the southern part of the county, don't forget the track at New Waverly High School, often open to the public in the late afternoons. It's also a beautiful place to run.

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

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

##### **Sunday Night 5K, The Woodlands, Apr. 2**

Ken Johnson, 75 37:43

##### **Susan Hicks Memorial Half Marathon, Bonham, Apr. 1**

Steve Allen, 44 1:45:19

##### **Ragnar Relay (Bastrop to Lukenbach) 200 miles, Mar. 31-Apr. 1 12-member teams.**

Cindy Pate, 56, ran 3 legs totaling 16.6 miles in 4:29:00

**Texas 10 Series, College Station, Mar. 26**

**10 Miles**

Jose Torres, 24	1:01:53
Steve Allen, 44	1:13:44
Jose Moreno, 56	1:18:21
Carmen Montana, 37	1:19:48
Patrick Lewis, 52	1:22:29
Steve Bickford, 56	1:24:06
Angelina Santos, 51	1:26:01
Ken Johnson, 75	2:16:06
April Russell, 40	2:37:05

**5 Miles**

Darren Grant, 52	41:42
Francisco Manzanares, 17	43:19
Cindy Pate, 56	1:00:27
Ray Sarno, 69	1:04:48
Dianna Sarno, 54	1:04:49
Cathy Bickford, 55	1:39:04

**5K**

Haley Torres, 21	30:12
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**American Legion 5K, Jersey Village, Mar. 25**

Ken Johnson, 75	36:53
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**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.