

RUNNING SHORTS

Sign up now for Huntsville Half Marathon

By Ken Johnson

The early entry fee deadline for the Huntsville Half Marathon is August 31st, so now is the time to sign up. If you are not up to the 13.1-mile distance, there is also a Quarter Marathon (6.55 miles) and a 5K (3.1 miles).

All three races will begin at the Health & Kinesiology Center on the Sam Houston State University campus at 8 a.m., Saturday, October 19. There is a 3 ½ hour time limit for all three races, so you do not have to be fast to participate.

This will be the 35th year for the race and it is Huntsville's biggest running event. It is the fourth oldest half marathon in Texas out of nearly one hundred. About 500 runners from all over southeast Texas are expected to participate.

All runners completing the half marathon will receive a finishers medal and a 13.1 bumper sticker. Awards will be given to the overall male and female winners and the top three in 5-year age groups in all three races.

Refreshments will be provided and all runners will receive a race T-shirt.

The race is an event of the Seven Hills Running Club and benefits local charities and scholastic running programs.

Entry forms are available at Iron Works and 24-hours a day at the Chamber of Commerce. You can also register online and obtain more information at the Seven Hills Running Club at <http://www.7hills.us>.

In the meantime, be sure to run or walk the Heat Wave 5K & 1-Mile Run/Walk this Saturday in the beautiful Spring Lake Sub-division. The race starts and finishes at the fire station on Veterans Memorial Parkway at 8 a.m. The entry fee is only \$1. For more information, visit the Seven Hills Running Club web site.

Recent race results:

America's Finest City Half Marathon (13.1 miles), San Diego, Aug. 18

Elaine Minton, 55 2:30:06

Run for the Fallen 5K (non-competitive, not timed), Hempstead, Aug. 17

Jill Blake, 34

Ken Johnson, 72

The Great Waldensian Footrace, 10K, Valdese, NC, Aug. 10

Ken Johnson, 72 1:20:20 (3rd in age group)

1-Mile

Marilynn Johnson, 67 20:30

Run the Woodlands 5K, The Woodlands, Aug. 10

Steve Bickford, 51 23:27

Donna Fabian, 38 26:01

Cathy Bickford, 51 39:00

Upcoming races in Huntsville:

Aug. 24 – Heat Wave 5K & 1-Mile Run/Walk, Spring Lake 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.