

## **RUNNING SHORTS**

### **Now is the time to sign up for Huntsville's big race**

By Ken Johnson

Huntsville's big race, the 37<sup>th</sup> Annual Huntsville Half and Quarter Marathon & 5K Run/Walk, is scheduled for Saturday, October 17. Entry fees increase on September 1, so now is the time to sign up.

Online registration is available at <http://7hills.us/hvhalf.htm>. A mail-in entry form is also available at this site.

Runners can choose between the half marathon (13.1 miles), quarter marathon (6.55 miles) or the 5K (3.1 miles). Walkers are welcome in the 5K. All three races start and finish in front of the Health & Kinesiology Center on the Sam Houston State University campus.

Huntsville's Half Marathon is the 4<sup>th</sup> oldest half marathon of well over 100 in Texas. Several hundred runners from all over Texas are expected to participate.

The race is an event of the Seven Hills Running Club. Proceeds from the race support local charities and scholastic running teams. For more information, visit the web site or call Dana Formon at (920) 915-2190.

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

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

Donna Fabian, 41 26:07

Ken Johnson, 74 38:13

##### **Wellness 5K, Houston, Aug. 2**

Ken Johnson, 74 38:55

##### **OLethal 5K, Thornton, Aug. 1**

Donna Fabian, 41 24:00

##### **Southern Star Brewery 5K, Conroe, Aug. 1**

Jason Wallace, 40 19:22

Ken Johnson, 74 37:46

##### **Midnight Madness 5K, Salado, July 31**

Steve Allen, 43 21:31

##### **Wellness 5K, Katy, July 26**

Ken Johnson, 74 38:36

##### **Dog Days Run, Huntsville, July 25**

###### **5K**

J. C. Guzman, 43 18:49

Timothy Shaffer, 38 20:54

Emily Villines, 18 20:57

Tammy Taylor, 19	21:13
Steve Allen, 43	23:11
Hutton Edney, 11	23:37
Anitra Edney, 40	24:23
Kevin Edney, 39	25:12
Carmen Turner, 16	25:18
Jose Moreno, 54	25:24
Samantha Kempker, 23	28:16
Dana Formon, 26	28:17
Monica Lopez, 32	29:25
Maria Wicker, 50	29:56
Jericho Golez, 38	30:20
Lety Castillo, 22	30:21
Giovanni Valdivia, 29	32:11
Lindsey Hurd, 25	32:21
Becky Vaslavsky, 37	33:07
Darren Grant, 50	34:38
Gabby Garcia, 24	34:46
Bonney Monjaras, 31	35:18
Jill Lawson, 39	35:30
Carter Helm, 70	35:47
Jessica Springfield, 20	35:58
Erin Ice, 33	36:27
Skipper Nethery, 66	39:46
Kathy Lewis, 52	40:00
Ken Johnson, 74	40:12
Cindy Pate, 54	41:12
Melinda Perzan, 57	44:29
Heidi Morse, 55	44:48
Cathy Bickford, 53	44:50
Brian Belanger, 54	44:56
April Russell, 39	48:36
Jerry Flanagan, 75	50:26
True Cousins, 81	50:50
Becky Houser, 42	58:18
<b>1-Mile</b>	
Toben Edney, 7	8:28
Cade Edney, 13	9:02
Brady McCullough, 7	10:33
Doug Ware, 34	13:16
Caylem Ware, 4	13:20
Cordylia Ware, 3	13:32
Diedre Ware, 32	13:33
Cheri Villines, 52	15:52
Jayden McCullough, 4	18:20
Sara McCullough, 31	18:21

Frankie Vaslavsky, 7            19:00  
Jacqui Wukich, 31            19:07

**Upcoming races in Huntsville:**

Aug. 22 – Heat Wave 5K, 1-Mile, Waterwood

Sept. 19 – Dye for Dogs 5K, New Waverly

Sept. 26 – Fall Fun Run, 5K, 1-Mile, Physical Therapy Associates

Sept. 27 – Texas 10 Series, 10-Mile, 5-Mile, SHSU campus

October 17 – Huntsville Half and Quarter Marathon & 5K, SHRC campus

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.