

RUNNING SHORTS

Plenty of runners on-hand for Dog Days Run in Huntsville

By Ken Johnson

The Dog Days Run, held on July 26 in Huntsville, featured a new course in the Forest Hills Sub-division. The 5K course started and finished in front of Iron Works #2 (old Nautilus) and made a complete loop around the sub-division. The 1-mile course was a double loop in the immediate area of Iron Works.

The Dog Days Run is an annual event of the Seven Hills Running Club. Connor del Rio, 16, was the fastest male in the 5K. He finished the 3.1-mile course in 17 minutes and 48 seconds. Emily Villines, 17, no stranger to the winner podium, won the female competition with a time of 21 minutes and 37 seconds.

Both del Rio and Villines are students at Huntsville High School.

Congratulations to all runners and walkers who completed the race and a special congratulations to long-time runner, True Cousins, 80, who keeps on running. He inspires us all. Complete results from the Dog Days Run are below.

Recent race results:

Sunday Night 5K, The Woodlands, Aug. 3

Ken Johnson, 73 36:09

Dog Days Run, Huntsville, July 26

5K

Connor del Rio, 16	17:48
Taylor McDonald, 16	18:12
Jose Torres, 21	18:36
J. C. Guzman, 42	20:54
Brian Backhaus, 31	21:09
Shane Ice, 33	21:10
Emmanuel Larios, 16	21:10
Evan del Rio, 14	21:36
Emily Villines, 17	21:37
Shane DeVore, 41	21:52
Steve Pecina, 33	23:25
Steve Allen, 42	23:41
Steve Bickford, 53	23:56
Sherrie Martin, 53	24:10
Art Morgan, 49	24:38
Edgar Damianm 41	24:45
Amanda Villines, 16	24:48
Krystina O'Bryant, 24	24:55
Javier Perez, 31	25:15
Patrick Nelsen, 32	25:54
Jose Moreno, 53	26:12
Lexie Damian, 15	26:18

Chris Vasquez, 43	26:48
Kevin Edney, 38	26:54
Seth Kieschnick, 39	27:53
Chris deMilliano, 38	28:36
Emily deMilliano, 34	28:36
Savanna Knight, 16	28:48
Clayton Heald, 44	29:05
Honorio Galicia, 33	29:37
John Pierce, 38	30:08
Jerico Golez, 36	30:25
Glen Carter, 63	30:40
Ray Sarno, 67	31:01
Lindsey Damian, 12	31:04
Blake Moreno, 14	31:12
Jill Blake, 35	31:16
Cynthia Bennett, 41	31:59
Nelson Eruano, 33	33:32
Laura Nelsen, 36	33:33
Nelson Ruano, 63	33:50
Jeremy Kader, 36	35:43
Gene Gaskins, 54	35:59
Erin Ice, 32	36:30
Alex Belanger, 17	36:33
Kaleigh Simental, 16	36:50
Baylie Reed, 17	36:57
Melissa Damain, 39	37:16
Carter Helm, 69	37:29
Diane Neudorf, 48	37:50
Brian Belanger, 53	38:30
Claudia Ruano, 34	39:27
Janet Torres, 24	39:33
Denise Morgan, 46	42:13
Alexis Morgan, 12	42:14
April Russell, 38	44:17
Cindy Pate, 53	45:50
Jill Lawson, 38	46:58
Tristan Lawson, 11	46:59
Hunter Kader, 8	47:01
Rose Kader, 34	47:06
True Cousins, 80	49:08
Amanda Duval, 38	54:45
1-Mile	
Cade Edney, 12	8:00
Henry Kieschnick, 6	8:01
Toben Edney, 6	9:00
Eva Perez, 9	10:20

Haley Tabor, 18	10:22
Sam Kieschnick, 4	11:20
Roz Kieschnick, 35	11:20
Matthew Heald, 8	11:45
Adan Pecina, 4	12:12
Angie Pecina, 35	12:13
Allen Pecina, 7	14:40
Brianna Ruano, 7	17:03
Krystal Ruano, 11	17:04
Linda Wright, 65	29:00
Larry Wright, 76	29:00

Capt'n Karl's Night 60K (37.2-miles) Trail Run, Muleshoe Bend Recreation Area, Spicewood, July 19

Jacob Gautreaux, 42 8:22:09

Watermelon 5K, Hempstead, July 19

Steve Allen, 42 22:32 (3rd in AG)

Ken Johnson, 73 36:36 (2nd in AG)

Upcoming races in Huntsville:

August 23 – Heat Wave 5K and 1-Mile, Waterwood Sub-division

September 27 – Fall Fun Run, 10K, 5K, 1-Mile, Physical Therapy Associates, behind hospital.

October 4 – Dye for Dogs 5K, New Waverly

October 18 – Huntsville Half & Quarter Marathon & 5K Run/Walk, SHSU 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.