

RUNNING SHORTS

Quarter marathon returning to Huntsville this fall

By Ken Johnson

The Huntsville Half Marathon (13.1 miles) has been held each October since 1978. Up until 1996, the half marathon was accompanied by a quarter marathon (6.55 miles) race. In 1997, the quarter marathon was replaced by a 5K (3.1 miles).

Starting this year, the event will feature all three distances. Another change for 2012 is the time limit for completion. The half marathon and quarter marathon have a time limit of 4 hours. This will allow slower runners and walkers, who can average an 18 minute per mile pace, to complete the half marathon.

The Huntsville Half & Quarter Marathon and 5K is scheduled for October 27 on the Sam Houston State University campus. It is an event of the Seven Hills Running Club.

The half marathon distance has grown in popularity in the last few years throughout the United States. The distance presents a challenge for experienced runners, but does not require the extensive training time needed for a full marathon (26.2 miles). The number of half marathons in Texas has grown to over 70. The Huntsville Half Marathon is the fourth oldest.

Awards will be given to the overall male and female winners of each race and to the top three in 5-year age groups in each race. Additionally, runners and walkers completing the half marathon, will receive a finisher's medal. All participants will receive a special T-shirt and refreshments after the race.

Now is the time to sign up and start training. Entry fees are \$35 for the half marathon, \$25 for the quarter marathon and \$15 for the 5K. The fee for the half marathon increases after August 31st. Entry forms are available at the Chamber of Commerce, Nautilus, Iron Works and Curves. Or, you can get the information online and register online at the Seven Hills Running Club web site, <http://www.7hills.us>

Recent race results:

Sunday Night 5K, The Woodlands, Aug. 5

Leah Koester, 46 25:38 (1st female)

Ken Johnson, 71 37:35

Old First Night 5K, Chautauqua, NY, Aug. 4

Skipper Nethery, 63 27:47

Schulenburg Festival 5K, Schulenburg, Aug. 4

Donna Fabian, 37 29:18 (1st in age group)

Outriggers 5K on the Bay, Seabrook, Aug. 4

Ken Johnson, 71 35:50

Run the Woodlands 5K, The Woodlands, July 28

Steve Bickford, 51 23:14

Kevin Edney, 36 26:08
Cathy Bickford, 50 35:40
Ken Johnson, 71 37:23

Watermelon Festival 5K, Hempstead, July 21

Robert Duncan, 52 19:19 (1st in age group)
Ken Johnson, 71 34:53 (2nd in age group)

Upcoming races in Huntsville:

August 25 – Heat Wave 5K & 1-Mile Run/Walk, Veterans Mem. Parkway
September 22 - Fall Fun Run, 10K, 5K & 1-Mile Run/Walk, Veterans Mem. Parkway
October 13 – Great Muddy Escape 5K, General Sam’s Offroad Park
October 27 – Huntsville Half & Quarter Marathon & 5K Run/Walk
For more information about these races and a link to registration, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.