

RUNNING SHORTS

Backhaus takes first at Love.Run.Marathon

By Ken Johnson

Huntsville's Brian Backhaus, 31, was the overall winner at the Love.Run.Marathon at Huntsville State Park on Saturday. He completed the 26.2-mile distance on the park trails in 3 hours, 25 minutes and 24 seconds.

It was his fourth marathon, but his first on trails. His last marathon was the Madison Marathon in Wisconsin in November, where he finished in 3 hours, 25 minutes and 55 seconds. He reports that the trails are much more enjoyable because of the scenery and less people on the course. But, at the same time, you have to dodge roots and get around the bikers.

Backhaus is a forester for the Texas A&M Forest Service.

The Love.Run.Marathon is an annual event of Project: Love One of Spring, Texas to support orphanages and adoptions. It also features two shorter races, a half marathon (13.1 miles) and a 10K (6.2 miles).

A special congratulations to April Russell, 38, of Huntsville, who completed her first marathon. She completed the 26.2 miles in 7 hours, 40 minutes and 38 seconds. Russell just started running less than one year ago, running laps in her living room. She eventually worked up to a 5K, 10K and then a 25K. Now, a full marathon. In the meantime, she has lost 60 pounds.

I have seen her progress over the last year and am amazed at her determination to improve her health. She is an inspiration to so many.

Congratulations to all local runners who participated in this race and others.

Recent race results

Austin Half Marathon, Feb. 15

Jenna Tomei, 28	2:15:11
Carla Munoz, 34	2:15:13
Marisa Padilla, 37	2:57:01

Rhythm & Blues Half Marathon, Houston, Feb. 15

Kim Johnson, 41	2:12:46
Virginia Matthews, 34	2:44:25

5K

Jose Torres, 22	18:44
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Love.Run.Marathon, Huntsville State Park, Feb. 14

Marathon

Brian Backhaus, 31	3:25:24
Jason Wallace, 39	4:11:59
Jody Slaughter, 51	4:55:07
April Russell, 38	7:40:38

Half Marathon

Brian Zemlicka, 53	1:51:40
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Steve Allen, 42	2:01:47
Monica Lopez, 32	2:24:59
Devan Horn, 21	2:30:03
Dana Formon, 26	2:30:05
Kristy Vienne, 37	2:34:40
Elaine Minton, 57	3:02:03
Dyana Ireland, 41	3:02:03
Tamara Brown, 49	3:15:00
Ken Johnson, 73	3:23:03
Lara McCain, 30	3:24:57
Jennifer Langley, 58	3:25:18
Mandy Williams, 25	3:34:36
10K	
Dan Byrne, 56	42:32
J. C. Guzman, 43	45:09
Cody McKinley, 31	50:08
Amy Hambright, 44	53:25
Nicole Franklin, 37	57:20
Danny Dougherty, 35	57:52
Rebekah Ray, 23	58:12
Trey Harris, 44	58:17
Celeste Harris, 41	58:44
Laura Dougherty, 32	1:00:15
Amber Treybig, 20	1:00:19
Tracy Shaub, 42	1:00:30
Gina Lopez, 32	1:00:55
Mandy Beckett, 36	1:01:02
Stephenie Kieschnick, 34	1:01:02
Blythe Ernst	1:02:37
Kathy Durham, 45	1:02:39
Randy Kenyon, 22	1:04:19
Scott Zella, 44	1:04:22
Kari Zella, 43	1:04:23
April Payne, 35	1:05:39
Scott Hornung, 59	1:05:47
Kim VanWagner, 42	1:06:53
Judy Hornung, 60	1:08:20
Daphne Montieth, 32	1:09:37
Jacy Mathis, 18	1:10:12
Connie Mathis, 43	1:10:13
Lezlie Parish, 34	1:10:22
Ashley Bradford, 37	1:10:32
Candace Prater, 47	1:11:45
Ivone Isaias, 29	1:12:03
Cristy Steffa, 41	1:12:44
Leslie Cade, 43	1:13:09

Michele Johnson, 36	1:13:13
Misty Lampson	1:14:26
Tamara Rowe, 39	1:15:01
Delynda Chick, 41	1:15:14
Calvin Henderson, 14	1:16:24
Craig Henderson, 45	1:16:24
Melissa Smith, 36	1:16:44
Angela Hogle, 40	1:16:44
Rachel Hornung, 28	1:16:48
Kelli McMahon, 47	1:16:48
Amy McCormick, 41	1:17:53
Lavonne Zaiontz, 47	1:19:23
Tallon Dubcak, 10	1:19:32
Autumn Dubcak, 34	1:19:55
Stacey Smith, 42	1:20:20
Jennifer Alexander, 45	1:21:32
Cathy DeYoung, 53	1:22:02
Beth Malak, 47	1:22:45
Jaci Moore, 16	1:39:26
Brittany Hogle, 16	1:39:26

Run Forrest Run, 8K, Ocean Springs, MS, Feb. 14

Steve Bickford, 54	37:01
Cathy Bickford, 53	1:01:53

Jail Break 5K, Baytown, Feb. 14

Donna Fabian, 40	22:49
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Katy Half Marathon, Feb. 7

Ashley Webster, 27	1:53:29
Lauren Vera, 30	1:56:37
Theresa Grivich, 65	2:40:34
Ken Johnson, 73	2:54:05

Piney Woods Trailfest 10 Mile Run, New Caney, Feb. 7

Dan Byrne, 56	1:14:17
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Bridgefest 5K, Kingwood, Feb. 7

Donna Fabian, 40	23:26
James Oliver, 62	52:54

Galveston Half Marathon, Feb. 1

Kristen Hooten, 38	2:06:37
Tiffany Zeitouni, 33	2:22:42
Elaine Minton, 56	2:28:28
Angela Lyons, 41	2:29:23

Dyana Ireland, 41 2:30:57

Upcoming races in Huntsville:

February 21 – Sweetheart 5K, 1-Mile, SHSU Campus

March 22 – Run the Trails, 3.5 Miles, Non-Competitive, Huntsville State Park

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