

## RUNNING SHORTS

### Seven Hills passes out 2016 awards

By Darren Grant

At the end of each month's Seven Hills club run, it is time to pass out ribbons to age group winners. I am often asked to do it. Everyone gathers around and I babble on ridiculously about the race and the winners, and my friend Steve Bickford stands in the back with an amused look on his face the whole time. He says, "Darren, you've got the gift of gab. I could never do that like you do."

Well, that's how I feel about the 2016 award winners announced last month at Seven Hills' awards and elections meeting. Their accomplishments are amazing. They put their feet where my mouth is—or something like that. So, without further ado...

Female Runner of the Year: Angelina Santos. Angelina came in second in the Texas 10 Series' "Armadillo Cup" for her age group, and ran her first marathon in Bryan/College Station.

Male Runner of the Year: Dan Byrne. Dan set personal records in several distances, and earned the right to run in the Houston Half Marathon as an elite runner, where he finished second in his age group.

New Runner of the Year: Giovanni Valdivia. Giovanni is proudest of his consistency in training last year, when he ran over 450 miles, capped by finishing his first marathon in Bryan/College Station.

Trailblazer of the Year: Melissa Gillespie-Davis. Melissa focused on consistency last year, and it really paid off. She completed a marathon, multiple 50Ks, a team 100K, and a twenty-four hour run, among others, held all over the state of Texas.

Volunteer of the Year: Jason Wallace. Jason did a fabulous job directing the Huntsville Half Marathon, which featured about 300 runners and raised about \$2,000 for local charities and cross country teams. He has qualified for the 2017 Boston Marathon, which he will run this April.

Takes a Lickin' and Keeps on Tickin': Jody Slaughter. Jody's inspiring story of recovering from cancer was recently featured in Postcards Magazine. Family, faith, and running all played an important role in this journey, and Jody truly appreciates all the prayers and help he received along the way.

If you run into these folks around town, give 'em a pat on the back. Their accomplishments really are amazing.

(Ken Johnson still compiles the "Recent Race Results" section of this column. Please send your race results to him at [1941runner@sbcglobal.net](mailto:1941runner@sbcglobal.net).)

#### Recent race results:

##### **Sunday Night 5K, The Woodlands, Feb. 5**

Ken Johnson, 75      35:54

##### **Piney Woods Trail Fest 10-Miler, New Caney, Feb. 4**

Gretchen Dixon, 39      1:43:52

##### **Texas 10 Series, Boerne, Jan. 29**

###### **10 Miles**

Jose Torres, 23      1:00:02

Jason Wallace, 41	1:08:20
Steve Allen, 44	1:16:00
Steve Bickford, 56	1:20:48
Patrick Lewis, 51	1:26:51
Ken Johnson, 75	2:09:51

#### **5 Miles**

Francisco Manzanares, 16	41:23
Cathy Bickford, 55	1:00:29
Ray Sarno, 69	1:04:25
Dianna Sarno, 54	1:04:33

#### **Hog Wild Trail Run, Bremond, Jan. 28**

##### **10K**

Cindy Pate, 56	1:43:39
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##### **5K**

Jessica Twardeski, 36	1:03:44
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#### **3M Half Marathon, Austin, Jan. 22**

Dan Byrne, 58	1:25:38
Ken Johnson, 75	2:53:10

#### **Frost Your Fanny Run, Huntsville, Jan. 21**

##### **5K**

Timothy Davis	21:57
Anthony Turner, 34	23:20
Jody Slaughter, 53	24:48
Donna Fabian, 42	25:57
Jerico Golez, 39	27:30
Danny Freeman, 61	28:01
Monica Lopez, 34	28:56
Gretchen Dixon, 39	29:55
Art Morgan, 51	29:55
Nathan Sheppard, 40	31:04
Patrick Nelson	31:14
Veronica Mejia, 28	32:40
Noah Mejia, 32	32:57
Sherry Sheppard, 36	34:56
Gene Gaskins, 57	35:15
Laura Nelson, 39	35:48
Jan Parks, 60	36:42
Cindy Pate, 56	38:47
Ken Johnson, 75	39:11
Shellie Geer, 67	42:21

##### **1-Mile**

Adan Pecina, 7	11:51
Angie Pecina, 37	11:52
Cecilia Horton, 44	12:23
Mason Mejia, 3	17:07
Marilynn Johnson, 71	17:09
Will Mejia, 20	18:59

**Upcoming races in Huntsville:**

February 11 – Rocky Raccoon 50-Mile & 50K Trail Run, Huntsville State Park

February 18 – Love.Run.Marathon & Half Marathon & 10K Trail Run, Huntsville State Park

February 25 – Sweetheart 5K & 1-Mile, SHSU campus

For more information about these races and others in the area, visit the Seven Hills Running Club website at <http://www.7hills.us> and click on Race Schedule