

RUNNING SHORTS

Running a good way to meet community members

By Darren Grant

Shortly after moving to Huntsville in 2007, I volunteered to lead the monthly “club runs” put on by the Seven Hills Running Club. The morning of the run, I’d load a table, clipboard, and water cooler into the car, set them up at the race site and start the race. I’d time the runners as they finished and hand out ribbons afterward to age-group winners.

Over six years in that role, I watched thousands of runners cross the finish line and gave out hundreds of ribbons. It was fun and educational.

I soon learned the familiar faces, so then I recognized the faces that were new. I saw people run, and race, for the first time, and the second and the third. Slowly, I figured out what running can do in people’s lives.

I learned the value of support from other runners and from a running club.

Running is a social sport. Runners need opportunities to get together and lift each other up, share tips on training or recovering from injury, learn about upcoming races, etcetera.

To do this, Seven Hills puts on 11 club runs, one major race, and three or four social events per year.

The club purchases expensive equipment needed for those runs — clocks, timers, finish arches, etcetera — and maintains a website with timely information about upcoming races and past race results.

Pulling this off takes a lot of effort from a lot of people, especially the officers of the club.

Last Thursday, the club elected new officers at its annual awards and elections meeting, held at McKenzie’s Barbeque.

The new president is Steve Allen, an information technology professional who lives near Riverside. I am the new vice president, while the new secretary will be Melissa Davis, a welder for Siemens. We replace 2016 officers April Russell, Cindy Pate, and Jessica Twardeski. Continuing as treasurer and registrar are Ken Johnson, retired from the U.S. Army and the Texas Department of Criminal Justice, and Sam Houston State University doctoral student Dana Leigh Formon.

Give all of these people a pat on the back when you see them — they do a lot for the sport of running — and to our award winners — who I’ll introduce in my next column.

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

Recent race results:

Houston Marathon (26.2 miles), Jan. 15

Jose Moreno, 55	4:00:50
Daniel Lopez, 22	4:03:21
Darryl Shreves, 56	4:29:08
Kathy Lehman, 41	5:20:34
Sharon Valles, 44	5:20:35
Maria Wicker, 52	5:21:30
Jody Slaughter, 53	5:22:18
Kimber Juenke, 49	5:35:29

Half Marathon (13.1 miles)

Dan Byrne, 58	1:27:10
Matthias Woeckener, 28	1:49:00
Daniel Brietzke, 40	2:14:21
Julie Simmons, 42	2:29:18
Joshua Yates, 28	2:31:22
Matt Henke, 45	2:33:35
Kristy Vienne, 39	2:35:10
Margie Harris, 28	2:35:28
Anna Shreves, 57	3:35:13

Purgatory 5K Trail Run, San Marcos, Jan. 15

Donna Fabian, 42	32:28
Danny Freeman, 61	33:52

ABB 5K, Houston, Jan. 14

Matthias Woeckener, 28	21:17
Maria Wicker, 52	32:28
Kenneth Montgomery, 29	44:47

Arches Resolution 5K, Temple, Jan. 14

Donna Fabian, 42	26:32
Danny Freeman, 61	27:56

Run The Woodlands 5K, The Woodlands, Jan. 14

Ken Johnson, 75	36:38
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River Road Half Marathon, New Braunfels, Jan. 7

Ken Johnson, 75	2:54:00
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Upcoming races in Huntsville:

January 21 – Frost Your Fanny 5K & 1-Mile, Spring Lake Sub-division

February 4 & 5 – Rocky Raccoon 100-Mile Trail Run, Huntsville State Park

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

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