

RUNNING SHORTS

Plenty of free or low cost races in the area

By Ken Johnson

Races offer runners the opportunity for competition and social interaction with other runners. They also provide runners with goals. However, race entry fees can be expensive and your dresser can hold only so many race T-shirts.

The good news is that there are plenty of free or low-cost races in the area and they will not add to your T-shirt collection.

The Seven Hills Running Club puts on a monthly race in Huntsville with a \$1 entry fee. The distances are 5K (3.1 miles) and 1-mile and sometimes a 10K. Anyone who is trained to safely complete the distance is invited to participate.

The Woodlands Running Club puts on the Sunday Night 5K on the first Sunday of every month at Barbara Bush Elementary School in The Woodlands. Entry is free.

Luke's Locker running store in The Woodlands sponsors the Run the Woodlands 5K on the second and fourth Saturday of every month at the same location as the Sunday Night 5K. The entry fee is \$1.

If you want to go down to Houston, the Houston Wellness Project has free 5K's twice a month on Sunday mornings, one in the Heights and the other at George Bush Park.

The Houston Area Road Racing Association puts on the Tour de Bayou in the Fall and Spring. There are four races in the Fall and five in the Spring and all are free. These are evening races along the bayou, just west of downtown Houston. The distances vary, but generally they are between 3 and 5 miles.

For more information about these and other races, visit the Seven Hills Running Club web site (<http://www.7hills.us>) and click on Race Schedule.

In this column, I try to recognize all local runners who participate in races. Online race results do not always include the hometown, so I miss a lot of local runners. If you participate in a race somewhere, please send your results to 1941runner@sbcglobal.net.

Congratulations to Jason Wallace, 39, of Huntsville for completing his first marathon in Kingwood last Thursday. He completed the 26.2-mile course in super fast 3 hours, 44 minutes and 49 seconds.

Recent race results:

Sunday Night 5K, The Woodlands, Jan. 4

Donna Fabian, 40	24:28
Leah Koester, 49	25:39
Julia Buck, 30	29:30
Ken Johnson, 73	34:14

Galveston Island State Park 5K, Jan. 3

Donna Fabian, 40	24:00
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Resolution Run, Huntsville, Jan. 1

10K (6.2 miles)

Sheridan Grant, 22	40:34
Jody Slaughter, 51	48:11
Steve Bickford, 53	48:46
Curtis Barton, 35	51:07
Steve Allen, 42	54:15
Jose Moreno, 53	54:39
Leah Koester, 49	54:48
Dana Formon, 26	59:07
Monica Lopez, 32	60:00
Clayton Heald, 43	1:05:00
April Russell, 38	1:26:00

5K

Donna Fabian, 40	25:52
Danny Freeman, 59	30:50
Shawn Lane, 44	30:54
Darren Grant, 50	33:40
Ray Sarno, 67	33:40
Kirstie Legerski, 44	38:15

1-Mile

Christopher Shank, 31	9:02
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Texas Marathon, Kingwood, Jan. 1**Marathon (26.2 miles)**

Jacob Gautreaux, 42	3:30:27
Jason Wallace, 39	3:44:49

Half Marathon (13.1 miles)

J. C. Guzman, 43	1:35:02
Ken Johnson, 73	2:56:29

Run the Woodlands 5K, The Woodlands, Dec. 27

Donna Fabian, 40	24:27
Ken Johnson, 73	38:22

Santa Hustle, Galveston, Dec. 21**Half Marathon**

Steve Bickford, 53	1:47:21
Jennifer Crispin, 43	2:14:55
Ken Johnson, 73	2:48:20

5K

Kelly Bielamowicz, 39	30:08
Glenn Green, 53	31:33
Laura Green, 48	31:34
Cathy Bickford, 53	34:24

Jingle Bell 5K, Brazoria, Dec. 20

Donna Fabian, 40 23:41

Upcoming races in Huntsville:

January 24 – Frost Your Fanny, 5K, 1-Mile, Spring Lake Sub-Division

January 31 – Rocky Raccoon 100-Mile Trail Run, Huntsville State Park

February 7 – Rocky Raccoon 50-Mile Trail Run, Huntsville State Park

February 14 – Love.Run.Marathon, Half Marathon, 10K, Huntsville State Park