

## RUNNING SHORTS

### **Grant, Villines win Dog Days 5K**

By Ken Johnson

Sheridan Grant and Emily Villines were the overall winners at the Dog Days 5K Run in Huntsville on Saturday. The 3.1-mile race was held in the Forest Hills Subdivision and was sponsored by the Seven Hills Running Club.

Grant completed the distance in 17 minutes, 20 seconds. Villines finished in 25 minutes, 15 seconds.

Grant, who is 19 years old runs on the cross-country and track teams at Pomona College in Los Angeles and is a 2011 graduate of Huntsville High School. Villines, who is 15 years old, is a sophomore at Huntsville High School and a member of the track and cross country teams.

Villines' sister, Mandie, was first in the 1-mile race with a time of 7 minutes, 51 seconds. Not far behind was Hutton Edney, 7 years old, with a time of 8 minutes, 18 seconds.

Here are the complete race results. Congratulations go out to all runners.

#### **Recent race results:**

##### **Dog Days 5K, Huntsville, July 14**

Sheridan Grant, 19	17:20
Jose Torres, 19	17:57
J. C. Guzman, 40	19:58
Max Montes, 20	20:56
Erik Wilson, 21	21:36
Steve Bickford, 51	23:54
Jose Moreno, 51	24:14
Emily Villines, 15	25:15
Morgan Byrd, 15	25:18
Ryan Witt, 34	25:25
Allison Moldenhauer, 33	25:40
Curtis Barton, 33	26:22
Darren Grant, 47	28:09
Glenn Green, 50	28:09
Kristy Vienne, 35	28:09
Cade Edney, 10	28:21
Vinessa Mundorff, 37	29:14
Kim Vanwagner, 39	29:50
Clayton Heald, 42	30:00
Amy McCormick, 38	30:03
Jan Parks, 55	30:16
Melissa Booth, 28	30:18
Jeff Flores, 19	30:29
Maya Ocamdo, 34	31:26
Chris Ashorn, 35	31:32

Claire Hasson, 21	31:49
Glen Carter, 61	32:02
Katy McIntyre, 32	32:26
Colleen Spencer, 60	32:43
Angelica Mackey, 31	32:44
Michael Mackey, 38	32:44
Jacob Spradlin, 39	32:45
Shannon Riley, 19	33:01
Heather Bagby, 37	33:39
Susan Risner, 33	33:40
Shannon Ramsey, 42	33:41
J. D. Woods, 14	33:54
Elizabeth Keith, 37	34:19
Rozlynn Kieschnick, 33	34:26
Sarah McNeel, 23	34:51
Ken Johnson, 71	37:15
Kelly Bielamowicz, 37	37:18
Laura Green, 46	37:36
Emily Heinemann, 31	38:18
Craig Corder, 42	38:27
Casey Spencer, 56	39:32
Ellen Davis, 25	40:02
Claire Willson, 59	41:27
Doug Tarker, 61	41:32
Kim Nettles, 47	43:58
Charie Reyes, 31	44:26
Madison Mitchell, 10	44:36
Laura Ringo, 34	46:46
Talrah Pautall, 24	48:28
Lydia Hall, 46	49:21
Michael Gruhn, 62	49:22
Joan Pickering, 53	52:47
Carolyn Burdine, 47	52:47
Connie Kuykendall, 62	54:35
Sherry Ritter, 59	54:36
Mary Vickery, 48	58:19
Diana Barnes, 62	58:19
Patsy Collins, 54	60:28
<b>1.6 Miles</b>	
Jacki Ashorn, 32	20:15
Vida Golez, 34	20:36
<b>1-Mile</b>	
Mandie Villines, 14	7:51
Hutton Edney, 7	8:18
Eliya Moldenhauer, 8	9:39
Morgan Ashworth, 24	10:34

Toby Edney, 4	10:56
Callaway Edney, 6	11:09
Kevin Edney, 36	11:09
Stuart West, 17	11:35
Butch West, 49	11:35
Gabriel Moldenhauer, 6	13:01
Mark Moldenhauer, 37	13:01
Marsie Grant, 50	17:01
Rachel Moldenhauer, 5	17:57
Travis Pittock, 35	17:57
Stephanie Pittock, 34	19:24
Wanda Gruhn, 62	23:00
Susan Bockhorm, 58	24:00

**Freedom 5K, Nacogdoches, July 7**

Donna Fabian, 37	28:48
Ken Johnson, 71	36:20
Marilynn Johnson, 66	56:13

**Heat Wave 5 Miler, Baytown, July 4**

Kristy Vienne, 35	49:38
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**Stu's Country Mile 5K, Centerville, July 4**

Fernando Gonzalez	19:38 (2nd in age group)
Robert Duncan, 52	19:45 (1st in age group)
Jessie Parker, 29	23:01
Steve Bickford, 51	24:13 (3rd in age group)
Darren Grant, 47	25:13
Leah Koester, 46	26:07 (1st in age group)
Skipper Nethery, 63	30:43 (2nd in age group)
Ken Johnson, 71	37:38 (2nd in age group)
Jerry Flanagan, 72	39:40 (3rd in age group)
True Cousins, 78	40:32
Cathy Bickford, 50	57:02
Marilynn Johnson, 66	57:05 (1st in age group)
Ben Johnson, 28	57:05

**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.



Emily Villines, left, and Sheridan Grant, right, Pose for picture after winning the girls and Boys divisions, respectively, of the Dog Days 5K, Which was held in the Forest Hills.