

RUNNING SHORTS

Plenty for runners to rave about

By Darren Grant

Spring is probably the busiest season for racing and running. Everyone's ready to get outside after being cooped up indoors during the winter. And with so many races on tap, you get to pick when, where, and how far to go!

Huntsvillians traveled across the state to run. Gene Gaskins found himself running a 5K in Leander in May. Gretchen Dixon and Art Morgan ran a 25K at Bastrop State Park that same month, with Mackenzie Dixon running the 10K. Meanwhile, Chase Foster finished a 50K trail run in Cleburne in April. And lots of people competed in Brenham's Blue Bell Run that month, including Lin Salmon, who finished the Half Marathon in 2:15:11.

Thing spring, a lot of people also finished their first 5K ever. When the Seven Hills Running Club puts on a club run, I often do the awards presentation at the end. Everyone who just finished their first 5K receives a complimentary bumper sticker—you can see some around town. I gave away a lot of bumper stickers this spring!

One of those bumper sticker recipients was Myriam Cates. In May, Myriam completed the 5K course at Seven Hills' Memorial Day run, with her family there to run with her and celebrate her achievement. I have known Myriam for a while, and getting to present her with a sticker was a treat.

This spring's most impressive performance by a local runner happened back in March. Readers of this column already know that seven members of Sam Houston State University's ROTC program completed the Bataan Death March that month. This grueling marathon is held on open trail in the desert near White Sands, New Mexico.

What I didn't tell you at the time is that forester Jason Wallace of Huntsville also completed that course—in a blazing 4:06:54, making him ninth among the 1,643 participants in the "Civilian Light" division. Never one to toot his own horn, Jason came back and told me about the ROTC's performance, without ever mentioning his own.

(Ken Johnson compiles the race results for column. Send him yours at 1941runner@sbcglobal.net.)

Recent race results:

June Bug Run, Huntsville, June 16

5K (3.1 miles)

Jacob Gautreaux, 46	21:51
Steve Pecina, 37	22:22
Anthony Turner, 35	23:26
John Slate, 62	25:53
Doug Caraway, 59	26:04
Angie Pecina, 39	29:20
Jeffrey Johnson, 62	31:16
David Keithley, 36	31:27
Kim Heimbecker, 57	34:17
Gene Gaskins, 58	35:50
Jan Parks, 61	38:04

Bridgette Collins, 53	40:26
Thomas Rose, 13	41:16
Ken Johnson, 77	43:17
Shellie Geer, 68	44:36
Heidi Morse, 58	48:26
Patricia Capps, 64	48:27
Bonnie Caraway, 57	51:03
Lori Rose, 55	51:49
Becky Kemp, 45	55:49
April Russell, 42	1:06:33

1-Mile

Darren Grant, 53	36:43
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Legends 5K, San Diego, CA, June 9

Donna Freeman, 43	25:03
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Danny Freeman, 62	27:45
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Greyhound 5K, Kosse, June 9

Ken Johnson, 77	42:03
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Big Run 5K, The Woodlands, June 6

Ken Johnson, 77	41:44
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Cindy Pate, 57	45:35
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Ranch 10K, Rogue Trail Series, Burnet, June 3

Emily Villines, 21	1:13:04
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Upcoming races in Huntsville:

July 7 – Huntsville Diamonds 5K, Hospital area

July 21 – Dog Days 5K & 1-Mile, Elkins Lake Sub-division

August 18 – Heat Wave 5K & 1-Mile, Waterwood Sub-division

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.