

RUNNING SHORTS

Huntsville Intermediate School running club finishes successful year

By Darren Grant

The end of the school year also represents the end of a successful year for Huntsville's newest running club: the running club at Huntsville Intermediate School.

Started by 6th grade science teacher Gabrielle Beaty, who was a Kinesiology major at SHSU, the group met every Monday after school. They started with a running tip, about breathing techniques, running form, warming up, stretching, etc.—things that build a foundation for healthy running and athletics. Then they ran a route around the school for 25 minutes, and wrapped up with running games or races.

In addition, some members ran races outside of school. Seven participated in the Spring Fling 5K and 1-mile run that was held in Elkins Lake in April.

The team also partnered with UNICEF to get kid “power bands,” similar to Fitbits, to track their steps. These steps were added up to earn food packs for malnourished kids in other countries. In total, the team took 9,366,000 steps, which converted to 312 food packs for kids in Uganda!

Members of the HIS Running Club include (deep breath): Juan Aguirre, Maria Arreguin, Kylie Bates, Nolan Beggs, Mason Black, Kiona Booker, Julianna Castilleja, Johnathan Chavez, Franklin Cardell, Mariana Cardoza, Mia Dela Cruz, Aubry Dennis, Mackenzie Dixon, and Jaelyn Duke.

And also (another really deep breath) Luke Durham, Jonathan Funes, Joe Godby, Ethan Gomez, Jacob Grisham, Karson Grisham, Alex Harris, Levi Hayden, Sharon Holland, A'Quarius Howard, Elton Jones, Shawn Kallimel, Gage Lee, Jayci Martin, Michelle Mejia, Cooper Molnes, Deion Morris, Alivia Newton, and Brelee Nichols.

And also (another really, really deep breath) Cooper Norris, Victor Oscili, Juan Quintanilla, Jaidyn Pierson, Will Pitts, Tyler Pomeroy, Alyssa Reyes-Nieto, Juan Roman, Devin Rigsby, Alex Salinas, Aven Sandoval, Cole Schroeder, Andrew Shakur, Camryn Spearman, Matthew Tatum, Mark Thuita, Noah Vasquez, Emma White, Ja'Niyah Worthham, Bessie Wright, and William Wood.

Whew. I'm glad I'm a runner. Those were some pretty deep breaths!

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

Recent race results:

Sunday Night 5K, The Woodlands, June 4

Ken Johnson, 76 38:30

USO Freedom 5K, Houston, June 4

Ken Johnson, 76 39:40

Run Houston! Clear Lake 10K, June 4

Lauren Ryan, 23 1:14:51

Tesa Long, 25 1:14:51

Resistance 5K, Grand Haven, MI, June 3

Darren Grant, 52 27:17
Marsie Grant, 55 45:06

Memorial Day Run, Huntsville, May 29 5K

Brandon Harrison, 30 21:31
Robert Wessels III, 15 21:35
Emily Villines, 20 21:37
Matt Olmstead, 38 23:12
James Spencer, 36 23:20
Loren Sheffer, 44 23:22
Jody Slaughter, 54 23:40
Robert Wessels II, 38 24:24
Jose Moreno, 56 24:51
Angelina Santos, 52 25:05
Toben Edney, 9 25:42
Gary Kroll, 53 27:44
Giovanni Valdivia, 31 28:33
Jeffrey Johnson, 61 28:46
Kevin Edney, 41 29:02
Jerico Golez, 40 29:16
Shannon Ramsey, 47 29:30
Selina Tozzi, 23 29:40
Mandie Villines, 19 29:43
Katrina Culver, 24 29:47
Demetris Kelley, 38 29:48
Monica Lopez, 34 29:51
Waverly Walk, 22 30:10
Jon Walk, 50 30:59
Mike Mangan, 75 32:29
Laura Trevino, 38 33:10
Cesar Trevino, 38 33:11
Sylvia Culver, 56 34:21
Mary Kaplan, 78 34:27
Gene Gaskins, 57 35:02
Laura McDonald, 54 35:08
Scott McDonald, 53 35:09
Jan Parks, 60 35:16
Kelli McMahan, 50 35:18
Laura Varnal, 37 36:35
Jackson Varnal, 8 36:56
Diana Estrada, 13 37:09
Jesse Figueroa, 34 37:19
Maria Tozzi, 53 37:19
Gerry Simpson, 75 44:20

Farrah Trevino, 36	51:11
Ethan Trevino, 9	51:11
Cindy Pate, 56	52:44
Heidi Morse, 57	52:51
Kylie Trevino, 6	58:40
Andie Ho, 35	1:06:17

1-Mile

Gatlin Ramsey, 8	10:30
Cheri Villines, 53	14:48
Cordylia Ware, 5	14:59
Caylem Ware, 6	14:59
Diedre Ware, 33	14:59
Jason Doehring, 47	20:22
Jordyn Spencer, 4	29:38
Colleen Spencer, 65	30:08
Brooklyn Spencer, 2	31:08

Overton Park Memorial Day 3-Mile Run, Memphis, TN, May 29

Donna Fabian, 42 24:52

Rock Dallas Trail Run, 13.5 Miles, Flower Mound, May 27

Steve Allen, 45 2:52:19

Run the Woodlands 5K, The Woodlands, May 27

Ken Johnson, 76 39:45

CASA Superhero 5K, Mount Belvieu, May 20

Steve Allen, 45 23:02

Upcoming races in Huntsville:

June 17 – June Bug 5K & 1-Mile, Spring Lake Sub-division

June 18 – Gator Bait Trail Run, 13.1 Miles, 15K & 5K, 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.