

RUNNING SHORTS

Annual “Run the Trails” to take place on Sunday

By Ken Johnson

We are lucky to have the Huntsville State Park in our backyard. While the park offers camping, fishing and other recreational activities, it is a great place to run. You can run on the roads or on the many miles of trails.

Next Sunday (March 20) at 2 p.m., the Seven Hills Running Club will hold its annual Run the Trails. This is a 3.5-mile non-competitive run or walk on the trails. Anyone who is sufficiently trained to run or walk the distance is invited to participate. Finish times will be provided, but not recorded.

Refreshments will be provided and all finishers will be awarded a medal.

Run the Trails will start and finish at the Nature Center, on the right just passed the park entrance gate. The race entry fee is \$2 for non-club members and \$1 for members. Register at the starting point, starting at about 1:30 p.m.

Unless you have a state park pass, you will also be required to pay the \$5 per adult entrance fee into the park. Children 12 and under are free.

This is a great time of the year of experience the beauty of nature at the park. The exercise will do you good, too.

Recent race results:

Longview Half Marathon (13.1 miles), Longview, Mar. 12

Ken Johnson, 74 2:57:21

Spartan Sprint, 4.5 miles, 22 obstacles, Houston, Mar. 12

Tracy Schaub, 43 2:23:23

Kelly Bielamowicz, 41 2:52:03

April Payne, 36 3:37:16

Sunday Night 5K, The Woodlands, Mar. 6

Ken Johnson, 74 36:30

Illumination 5K, Austin, Mar. 5

Kelly Bielamowicz, 41 29:53

Texas Independence 5K, San Jacinto, Mar. 5

Charles Frazier, 82 54:25

The Woodlands Marathon, Mar. 5

Marathon (26.2 miles)

Austin Brown, 25 3:30:12

J. C. Guzman, 44 3:39:55

Jose Moreno, 54 4:05:49

Maria Wicker, 51 5:03:22

Half Marathon

Jose Torres, 22	1:22:21
Dan Byrne, 57	1:25:00
Sandra Erb, 44	1:55:32
Justin Bickford, 29	2:04:41
Nathan Sheppard, 39	2:09:24
Sherry Sheppard, 35	2:12:05
Elizabeth Harrell, 36	2:14:35
Terrie Grivich, 66	2:55:46
Ken Johnson, 74	3:02:39

5K

Shannon Ramsey, 46	31:38
Iris Martinez, 24	34:19
Andy Graves, 39	37:13
Cindy Pate, 55	37:37
Jessica Twardeski, 35	51:49

Cowtown Half Marathon, Fort Worth, Feb. 28

Katy Lampson, 40	Time not available
Kristen Hooten, 39	2:34:34
Angela Lyons, 42	2:47:58

Upcoming races in Huntsville:

Mar. 19 – Color Em Kats 5K, SHSU campus
Mar. 20 – Run the Trails, 3.5 Miles, Huntsville State Park
Apr. 16 – Spring Fling 5K & 1-Mile, Elkins Lake

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