

RUNNING SHORTS

Time to hit the trails

By Ken Johnson

If you like to run or walk trails, there is no place better than Huntsville State Park. There are eight races held at the park each year, ranging from 3.5 miles to 100 miles. These races draw thousands of runners from all over the United States and many foreign countries. In 2011, Ian Sharman of California, set an American record for 100 miles at Huntsville State Park with a time of 12 hours, 44 minutes and 33 seconds.

The Seven Hills Running Club will host the Run the Trails 3.5-mile event at Huntsville State Park next Sunday afternoon at 2 p.m. This is a non-competitive run or walk on a marked trail course. Ian Sharman is not expected to be there and no records are expected to be set. Run or walk the course, with no time limit. Your finish time will be provided, but not recorded. A list of finishers will be included in the next Running Shorts column.

The course starts and finishes at the Nature Center, on the right just past the entrance gate to the park. Register at the race. The registration fee is \$3 and all finishers will receive a finisher medal and free refreshments.

A separate park entry fee of \$5 will be required for those 13 and older. If you have a State Park Pass (\$70 annually), all occupants of your vehicle get in free. This pass is good for all Texas State Parks.

If you cannot make the Run the Trails on Sunday, the park is open year-round for trail running and hiking. If trails are not to your liking, there are miles of paved park roads for running and walking, especially during the week when there is little vehicle traffic.

Huntsville State Park is especially beautiful in the Spring. Come out to the park next Sunday, run or walk 3.5 miles and get in touch with nature.

Recent race results:

Seabrook Trail Marathon (26.2 miles), Seabrook, Mar. 17

Ken Johnson, 71 6:25:54 (1st in age group)

St. Patrick's Day Parade 5K (3.1 miles), Houston, Mar. 17

Leah Koester, 47 30:07

St. Paddy's Day Dash 5K, Greenville, Mar. 16

Steve Allen, 40 25:40

Thurman's 5K, Huffman, Mar. 16

Donna Fabian, 38 26:21 (1st in age group)

Run the Woodlands 5K, The Woodlands, Mar. 9

Donna Fabian, 38 27:12

Ken Johnson, 71 35:21

Upcoming races in Huntsville:

Mar. 23 – Run with the Lions, 10K, 5K, Health & Kinesiology Center, SHSU

Mar. 24 – Run the Trails, 3.5 Miles, Non-competitive, Huntsville State Park

Apr. 7 – Texas 10 Series, 10 and 5 Miles, SHSU campus

Apr. 13 – Hog’s Hunt Trail Run, 50K, 25K, 10K, Huntsville State Park

Apr. 20 – 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.