

RUNNING SHORTS

For various reasons, half marathons growing in popularity

By Ken Johnson

Half marathons (13.1 miles) continue to grow in popularity in the United States. A few years ago, most runners ran half marathons to train for full marathons (26.2 miles). For example, the Huntsville Half Marathon has been held each October for the last 34 years and is the fourth oldest half marathon in Texas. In earlier years, Houston-area runners used it as a training run for the Houston Marathon held each January.

For many runners, half marathons are now “destination races,” the ultimate distance they will run. It is much easier to train for a half marathon and, obviously, recovery time is a lot quicker. While there were only a handful of half marathons in Texas back in the 70’s and 80’s, there are now about 100.

According to Running USA, the number of runners completing half marathons has tripled since 2000, from 482,000 to 1,610,000. Of those completing a half marathon in 2011, 59 percent were females.

Many half marathons are held in conjunction with full marathons. The Woodlands Marathon last Saturday is a good example; 911 runners completed the full marathon, while 3,443 completed the half marathon. Another 913 runners completed the 5K (3.1 miles) race.

The important thing is that you set running goals and work to achieve them. It is just a matter of staying healthy.

A special congratulations to Jose Moreno, 51, of Huntsville who completed the full marathon in The Woodlands on Saturday and then the Armadillo Dash Half Marathon in College Station on Sunday.

Recent race results:

Sunday Night 5K, The Woodlands, Mar. 3

Ken Johnson, 71 38:58

Armadillo Dash Half Marathon, College Station, Mar. 3

Jacob Bertling, 32 1:38:55 (2nd in age group)

Madison Ward, 19 1:46:53 (3rd in age group)

Hannah Daniel, 22 1:51:54

Jose Moreno, 51 2:00:29

Alvin Ingalla, 36 2:02:09

Kim Johnson, 39 2:03:41

Jerico Golez, 35 2:16:22

Tammy Barnett, 49 2:49:59

The Woodlands Marathon, Mar. 2

Krista Morris, 26 3:34:14

Patrick Lewis, 48 4:00:15

Jose Moreno, 51 4:01:36

Jacqui Wukich, 29 4:41:47

Clayton Wukich, 34	4:41:48
Ken Johnson, 71	6:08:30 (3 rd in age group)

Half Marathon

Jacob Bertling, 32	1:36:12
Steve Allen, 40	1:52:57
Craig Henderson, 43	1:57:55
Laura Dougherty, 30	1:59:09
Kathrine Mahler, 33	2:01:15
Scott McCarley, 61	2:04:35
Kimber Juenke, 45	2:10:30
Rebecca Garcia, 28	2:14:06
Robert Craig, 23	2:21:21

5K

Drew Maulsby, 22	34:01
Vida Golez, 35	34:14

Sweetheart 5K Run, Huntsville, Feb. 24

Chris Speaks, 18	16:44
Jose Torres, 20	20:55
Jody Slaughter, 49	22:28
Jose Moreno, 51	23:52
Erik Keith, 40	25:19
Steve Allen, 40	26:15
Steve Bickford, 52	26:47
Leah Koester, 47	27:36
Donna Fabian, 38	28:54
Joshua Primm, 17	29:33
Margaret Gulledege, 46	29:55
Glen Carter, 62	30:11
Charlie Vienne, 43	31:17
Laura Green, 47	33:12
Glenn Green, 50	33:13
Melissa Gillespie Davis, 36	33:50
Skipper Nethery, 63	34:10
Vida Golez, 35	36:18
Elizabeth Keith, 38	36:36
Ken Johnson, 71	36:42
Susan Butler, 52	37:49
Brent Butler, 54	37:50
Candace Smith, 8	39:22
Stacey Smith, 40	39:22
Jerico Golez, 35	39:59
Annie Leonard, 30	46:02
Todd Primm, 42	46:03
Ryan Leonard, 31	46:04
True Cousins, 79	47:41

Cindy Pate, 52	48:25
Christina Speaks, 17	52:08
Cathy Bickford, 51	58:29
Marilynn Johnson, 67	58:30

1-Mile

Samuel Slaughter, 13	6:47
Haley Tabor, 17	8:11
Matthew Fabian, 11	9:00
Cameron Smith, 8	9:05
Jensen Vienne, 8	10:48
Madilyn Vienne, 4	12:36
Kristy Vienne, 35	12:37
Amy Salazar, 22	14:49

Rock 'n' Roll Half Marathon, New Orleans, Feb. 24

Tracy Schaub, 40	2:06:56
Keith Ahee, 24	2:10:52

Wellness 5K, Katy, Feb. 24

Ken Johnson, 71	34:50
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Cowtown Half Marathon, Ft. Worth, Feb. 24

Tammy Barrett, 49	2:23:34
Linda Edgington, 52	2:40:04

Cowtown 10K (6.2 miles), Ft. Worth, Feb. 23

Tammy Barrett, 49	1:06:15
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5K

April Cano, 26	33:54
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Rodeo 10K, Houston, Feb. 23

Crystal Skuca, 28	48:51
Steve Bickford, 52	49:20
Brandon Becker, 25	51:10
Nadine Pharries, 46	52:30
Jake Morgan, 20	58:22
Don Morgan, 66	58:42
Kassie Layne Ikard, 23	1:00:10
Emily Tong, 24	1:00:22
Kristy Vienne, 35	1:04:45
Kelly Bielowicz, 38	1:05:26
Heather Bagby, 37	1:10:01

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

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.