

RUNNING SHORTS

Bickfords represent Seven Hills Running Club at RRCA Convention in Spokane

By Ken Johnson

Steve Bickford, Vice President of the Seven Hills Running Club in Huntsville, and his wife, Cathy, spent the weekend at the Road Runners Club of American (RRCA) National Convention in Spokane, Washington.

The RRCA is dedicated to supporting the growth of grassroots running clubs, training programs, and running events while promoting the common interests of runners throughout the U. S. Over 2,300 running clubs, including the Seven Hills Running Club, belong to the RRCA.

While in Spokane, the Bickfords joined nearly 50,000 other runners for the 38th Annual Lilac Bloomsday 12K (7.5 miles). Steve finished in 1 hour, 3 minutes and 13 seconds. Cathy finished in 1 hour, 39 minutes and 59 seconds.

Congratulations to the Bickfords and all the other local runners who are participating in races.

Recent race results:

Sunday Night 5K, The Woodlands, May 4

Julia Buck, 29	25:30
Donna Fabian, 39	26:13
Morgan Ashworth, 25	32:43
Ken Johnson, 72	36:30

Bloomsday 12K, Spokane, WA, May 4

Steve Bickford, 53	1:03:13
Cathy Bickford, 52	1:39:59

Run Forest Run, Forest Glen Camp, Huntsville, May 3 5K

Taylor McDonald, 16	18:34
Patrick Justice, 15	20:18
J. C. Guzman, 42	22:00
Emily Villines, 17	22:01
Steve Allen, 42	23:10
Hutton Edney, 9	23:53
Mandie Villines, 16	23:54
Anitra Edney, 38	24:18
Amy Hambright, 43	25:30
Donna Fabian, 39	25:46
Payton Sturm, 10	26:21
Shawn Lane, 43	26:38
Cade Edney, 12	26:54

Toben Edney, 6	28:26
Darren Grant, 49	28:27
Nate Hambright, 12	29:08
Clayton Heald, 44	29:10
Morgan Ashworth, 25	30:17
Scott Zella, 43	30:58
Kari Zella, 42	32:01
Holly Dudley, 23	33:22
Melissa Allen, 45	33:24
David Adams, 37	35:03
Connor Adams, 9	35:04
Crystal Valderez, 29	35:37
Heidi Morse, 54	36:14
Marco Ramirez, 10	37:03
Melanie Justice, 45	37:04
Don Ortloff, 68	40:20
Kelsey Klaevemann, 23	40:33
Sondra Woytaseh, 27	41:38
April Russell, 37	47:49
1-Mile	
Callaway Edney, 8	8:44
Drake Valderez, 6	9:00
Jadyn Justice, 5	9:27
Branden Justice, 14	9:30
Courtney West, 46	10:46
Graci Moore, 12	11:32
Shane Stewart, 4	12:57
Eli Stewart, 34	13:00
Ava Stewart, 6	14:17
Mandy Stewart, 33	14:19
Luke Stewart, 1	14:19
Andrew Heinenmann, 3	15:14
Kyle Heinenmann, 34	15:16
Wesley Heinenmann, 5	15:17
Ginger Sturm, 34	20:12
Betsy Ramirez, 36	20:13
Cindy Pate, 53	31:08
Will Schulz, 14	31:09

Brazos Bend 10K Trail Run, Apr. 26

Gerald Johnson, 58 1:05:47

Bluebonnet XTERRA 15K (9.3 miles) Trail Run, Burnet, Apr. 26

Steve Allen, 41 1:25:33

Spring Fling, Elkins Lake, Huntsville, Apr. 26

5K

Cody McKinley, 30	19:03
Shane Ice, 32	21:07
Emily Garner, 33	21:21
Emily Villines, 17	21:47
Hutton Edney, 9	22:09
Sarah Raney, 25	22:41
Shawn Grom, 36	23:45
Anitra Edney, 38	24:07
Cade Edney, 12	24:56
Allison Feduceia, 32	25:05
Pennie Stanley, 42	25:07
Shawn Lane, 43	25:21
Donna Fabian, 39	25:25
Darren Grant, 49	25:26
Mandie Villines, 16	26:11
Jill Blake, 35	27:22
Chris deMilliano, 37	28:21
John Dunphy, 66	28:23
Emily deMilliano, 34	28:24
Elizabeth Coknajo, 34	29:11
Patrick Nelsen, 32	29:39
Jan Parks, 57	30:09
Laura Nelsen, 36	30:36
Paul Oliver, 18	32:53
Ben Johnson, 30	33:19
Kari Zella, 42	33:38
Scott Zella, 43	33:39
Anne Gaillard, 40	34:34
Diego Varela, 46	34:35
Erin Ice, 32	34:44
Heidi Morse, 54	34:45
Carter Helm, 68	35:15
Melissa Allen, 45	36:01
Ken Johnson, 72	36:13
Skipper Nethery, 65	36:14
Rex Herklotz, 16	38:13
Esther Herklotz, 51	39:44
Ashley Gilbert, 24	40:38
Cindy Pate, 53	41:19
Micaela Valenti, 31	43:00
April Russell, 36	44:44
True Cousins, 80	46:19
Karen Douglas, 57	1:00:00
Phillip Douglas, 62	1:00:01
1-Mile	

Abby Choate, 11	7:33
Dawson Garner, 9	7:50
Toben Edney, 6	8:33
Kevin Edney, 38	8:46
Haley Tabor, 18	8:48
Kylie Stanley, 12	9:16
Callaway Edney, 8	9:22
Brady Garner, 5	9:23
Logan Smith, 16	9:35
Erin Riddle, 35	9:36
Kennedy Stanley, 8	9:51
Emile Choate, 8	9:53
Jack Choate, 44	9:53
Chris Stanley, 46	12:19
Glenn Coker, 76	15:36
Mary Holley, 56	27:37
Patsy Greeno, 53	27:37

**Superhero Dash, Indian Reservation, Livingston, Apr. 19
10K**

Steve Allen, 41	47:51
Sherrie Martin, 52	49:58
Emanuel Esparza, 25	55:09
Jill Blake, 35	1:00:56
Jan Parks, 57	1:07:30
Kelly Bielamowicz, 39	1:08:31
Scott Atnip, 30	1:08:58
Ken Johnson, 72	1:16:18

5K

Patrick Justice, 16	19:00
Donna Fabian, 39	24:58
Brandon Justice, 14	25:30
Michael Edwards, Jr., 15	31:28
Melanie Justice, 45	32:37
Shiloh Crocker, 25	41:28
Shannon Atnip, 35	45:00

Kid's Run

Jadyn Justice, 5	2:40
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Upcoming races in Huntsville:

May 10 – Hog's Hunt, 50K, 25K, 10K, Huntsville State Park

May 26 – Memorial Day 5K and 1-Mile, Timberwilde Sub-division

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.

