

## RUNNING SHORTS

### Where will you be running this Thanksgiving?

By Ken Johnson

Don't miss the opportunity to build an appetite for your Thanksgiving meal or burn some calories in advance of your meal.

There are plenty of Thanksgiving Day races in the area. Elkins Lake will be hosting the Gobble Wobble on Thanksgiving morning at 8 a.m. at the Manor House at Elkins Lake. This is a non-competitive 5K (3.1 miles) and 1-Mile Run/Walk. The public is invited and the entry fee is cheap – like FREE.

For the 15<sup>th</sup> straight year, I will join thousands for the Run Thru the Woods 5-Miler in The Woodlands. Additionally, there is a 3-mile run, 3-mile walk and a kid's 1-miler.

There are also Thanksgiving Day races in College Station and Houston.

If you cannot wait for Thanksgiving, run the City of Conroe Turkey Trot 5K on November 19.

Then, if you want more, there is the Leftover Turkey Trot in Huntsville on Saturday, November 26. This is a 10K, 5K and 1-Mile starting and finishing at Physical Therapy Associates, behind the hospital. This is an annual event of the Seven Hills Running Club and starts at 9 a.m. The entry fee is \$2 and \$1 for club members. After the race, there will be free refreshments and drawings for three \$25 Academy gift cards.

For more information about these races and a link to registration, visit the Seven Hills Running Club web site at [7hills.us](http://7hills.us) and click on Race Schedule.

Running is a great way to improve your health, especially your cardio vascular system. Rather than put it off as part of a New Year's resolution, check with your doctor and get started now.

#### Recent race results:

##### **East Texas Half Marathon (13.1 miles), Nacogdoches, Nov. 13**

Steve Allen, 44      1:41:25  
Ken Johnson, 75      2:53:10

##### **HMSA Classical 25K (15.5 miles), Houston, Nov. 13**

Maria Wicker, 52      2:35:55

##### **Cypress Half Marathon, Cypress, Nov. 13**

Kenneth Matej, 52      2:29:41

##### **Tomball Dash 5K, Tomball, Nov. 12**

Cindy Pate, 56      38:05

##### **Run the Woodlands 5K, The Woodlands, Nov. 12**

Madeline Dixon, 9      27:47  
Gretchen Dixon, 39      27:48  
Mackenzie Dixon, 11      29:56  
Ken Johnson, 75      36:00

**Sunday Night 5K, The Woodlands, Nov. 6**

Ken Johnson, 75 36:54

**Texas 10 Series, Conroe, Nov. 6**

**10 Miles**

Jose Torres, 23	1:02:08
Derek Davis, 28	1:09:06
Steve Allen, 44	1:14:46
Julie Davis, 37	1:15:46
Steve Bickford, 55	1:17:51
Jose Moreno, 55	1:18:52
Angelina Santos, 51	1:21:41
Joshua Yates, 28	1:25:48
Giovanni Valdivia, 31	1:37:33
Monica Lopez, 33	1:42:33
Christopher Shank, 33	1:48:43
Ray Sarno, 69	1:51:45
Julie Simmons, 42	1:52:19
Kimberley Kembro, 38	1:55:03
Ken Johnson, 75	2:09:55
Cindy Pate, 56	2:18:41
April Russell, 40	2:31:15

**5 Miles**

Francisco Manzanares, 16	40:28
Mark Ruth, 32	42:26
Cathy Bickford, 54	57:45

**Run for the Water 10 Miler, Austin, Nov. 6**

Dan Byrne , 58 1:05:34

**Anchor Point Charity 5K, Nassau Bay, Nov. 5**

Maria Wicker, 52 26:01

**Alex's 5K, Houston, Nov. 5**

Darren Grant, 51 34:51

**Ready, Set, Go 5K, College Station, Nov. 5**

Gretchen Dixon, 39	27:45
Ken Johnson, 75	36:08

**SFA Homecoming 5K, Nacogdoches, Nov. 5**

Donna Fabian, 42 25:05

**Upcoming races in Huntsville:**

November 24 – Gobble Wobble 5K, 1-Mile, Elkins Lake

November 26 – Leftover Turkey 10K, 5K, 1-Mile, Physical Therapy Associates

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.