

RUNNING SHORTS

Turkey trots are becoming an annual tradition for runners

By Ken Johnson

Maybe they are trying to justify eating a big meal later that day, but more and more runners are running “turkey trots” on Thanksgiving Day morning.

Thanksgiving Day has become the most popular day for races. And, most will be called “turkey trots.” About 1,000 will be running the 5-mile Sugar Land Turkey Trot. Another 4,000 will be running the Run Thru the Woods 5-Miler and 3-Miler in The Woodlands on Thanksgiving Day. There are also Turkey Trots in Houston, Katy and College Station.

If you want to join the movement, you can run in Huntsville. Elkins Lake is sponsoring a non-competitive 5K Turkey Trot on Thanksgiving Day morning at 8 a.m. Start and finish at the Manor House, near the Club House. The event is free is open to all runners and walkers.

If you cannot run on Thanksgiving Day, there is the Leftover Turkey 10K, 5K & 1-Mile Run/Walk, put on by the Seven Hills Running Club, on Saturday, November 28th. It starts and finishes at Physical Therapy Associates behind the hospital. The entry fee is \$2.

Any time is a good time to start running, but the holidays when we tend to take on more calories than we need, is even better. If you are new to the sport, check with your doctor first.

Congratulations to Emily Garner, 35, of Huntsville for completing her first marathon (26.2 miles) in Richmond, Virginia on Sunday.

Recent race results:

Richmond Marathon, Richmond, VA, Nov. 15

Emily Garner, 35 4:10:47

Cypress Half Marathon, Cypress, Nov. 15

Terry Grivich, 66 2:57:36

Texas Road Romp Half Marathon, Waco, Nov. 15

Ken Johnson, 74 2:57:50

La Porte By the Bay Half Marathon, La Porte, Nov. 15

Darryl Shreves, 56 1:55:13

Anna Shreves, 55 3:04:31

Run the Woodlands 5K, The Woodlands, Nov. 14

Steve Bickford, 54 22:29

Cathy Bickford, 53 35:31

Ken Johnson, 74 38:43

Tomball Dash 5K, Tomball, Nov. 14

Cindy Pate, 55 36:58

City of Conroe Turkey Trot 5K, Conroe, Nov. 14

Donna Fabian, 41 22:45

Rocky Raccoon Trail Run, Huntsville State Park, Nov. 7

50K (31 miles)

Chase Foster, 31 6:08:05

25K

Paige Holland, 22 2:39:54

Julie Simmons, 41 3:24:07

Ken Johnson, 74 4:26:47

Cindy Pate, 55 4:52:53

April Russell, 39 5:20:19

5 Miles

Marcy Beverly, 46 55:16

Connie Mathis, 43 56:23

Misty Lampson, 43 56:24

Jessica Twardeski, 35 1:33:13

Defend the Orphan 5K, Spring, Nov. 7

Donna Fabian, 41 20:49

That Dam Lake Texoma 5K Run, Denison, Nov. 7

Steve Allen, 43 22:34

Wurst 5-Mile Run, New Braunfels, Nov. 7

Dan Byrne, 57 32:18

Upcoming races in Huntsville:

Nov. 26 – Elkins Lake Turkey Trot, 5K, Manor House, Elkins Lake

Nov. 28 – Leftover Turkey 10K, 5K, 1-Mile, Physical Therapy Associates

Dec. 12 – Texas Trail Endurance Runs, 50-Mile, 50K, 20K, 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.