

## RUNNING SHORTS

### Where will you be running this Thanksgiving?

By Ken Johnson

Maybe it's the desire to feel better about taking on more calories than usual, but there are more runners participating in races on Thanksgiving Day than any other day of the year. Where will you be running?

Thousands of runners will be at the 5-mile Run Thru the Woods in The Woodlands on Thanksgiving Day and thousands more at the 10K and 5K Turkey Trot in Houston. If you would rather go west, there's the Turkey Trot 5K in College Station.

If you cannot run on Thanksgiving Day, run the Turkey Trot 5K in Conroe on Friday. Then, there's the Leftover Turkey 10K, 5K and 1-Mile in Huntsville on Saturday.

For more information about these and other races, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.

To help stay healthy, run on a regular basis year-round. Make your Thanksgiving Day race just one of the many races that you participate in during the year. Where ever you race, email me at [1941runner@sbcglobal.net](mailto:1941runner@sbcglobal.net) and I will include your results in this column. Have a great Thanksgiving.

#### Recent race results:

##### **HMSA Classical 25K (15.5 miles), Houston, Nov. 18**

Jose Moreno, 51      2:07:18

##### **Santa's Wonderland 5K (3.1 miles), College Station, Nov. 17**

Kelly Bielamowicz, 37      26:53

Glenn Green, 50      30:44

Laura Green, 46      30:45

Colleen Spencer, 60      33:50

##### **Land and Sand 10K (6.2 miles), Galveston, Nov. 17**

James Bruce, 48      1:06:00

##### **Nottingham Forest 5K, Houston, Nov. 17**

Ken Johnson, 71      34:38 (2nd in age group)

##### **Rock 'n' Roll Half Marathon (13.1 miles), San Antonio, Nov. 11**

Patrick Lewis, 47      1:51:04

Susan Henderson, 42      2:07:15

Craig Henderson, 43      2:07:15

Tracy Schaub, 40      2:14:47

Eric Keith, 40      2:32:19

Elizabeth Keith, 37      2:48:24

Ashley Casiano, 31      2:55:49

Sarah Barragan, 24      3:00:10

Katy Lampson, 37	3:04:11
Misty Lampson, 40	3:04:11
Connie Mathis-Nelson, 40	3:04:12

**Soldier Marathon (26.2 miles), Fort Benning, GA, Nov. 10**

Ken Johnson, 71	6:26:42
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**Veteran's Day Race, The Woodlands, Nov. 10**

**10K**

Steve Bickford, 51	47:39 (3rd in age group)
Jose Moreno, 51	48:20

**5K**

Cathy Bickford, 50	33:02
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**Run the Woodlands 5K, The Woodlands, Nov. 10**

Jose Torres, 19	17:07 (1st Overall)
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**Fort Worth Marathon, Nov. 10**

Will Oliver, 45	3:54:45
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**Upcoming races in Huntsville:**

November 24 – Leftover Turkey 10K, 5K, 1-Mile Run/Walk, Veterans Mem. Parkway

December 1 – Christmas in the Pines 5K, SHSU campus

December 1 – Texas Trail Runs, 50-Mile, 50K, 20K, Huntsville State Park

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