

## RUNNING SHORTS

### Two Turkey Trots set for Thanksgiving

By Darren Grant

Thanksgiving “Turkey Trots” are as popular as ever. They are just a great way to kick off Thanksgiving, and make room for some extra pumpkin pie later in the day. In our area, there is one in The Woodlands, one in Conroe, one in College Station, and one in Nacogdoches.

But in Huntsville, we have not one, but two Turkey Trots—and even better, they are the cheapest around.

Elkins Lake holds a non-competitive 5K on Thanksgiving morning at 8 a.m. It starts at the Manor House, right near the Club House, makes a big loop around the lake, and finishes where it started. The event is free is open to all runners and walkers. You don’t have to live in Elkins Lake to participate.

Organizer Steve Bickford hopes to build on the sixty runners who participated last year. “Costumes are welcome,” he says.

If you cannot run on Thanksgiving Day, the Seven Hills Running Club hosts the Leftover Turkey 10K, 5K & 1-Mile Run/Walk on Saturday, November 25th. It starts and finishes at Physical Therapy Associates, behind the hospital. There is always a good turnout, and the entry fee is only \$2.

Mrs. Running Shorts and I will be running a Turkey Trot ourselves, a 5K, in Cocoa Beach, Florida. The temperature in that area has hardly left the 70s all month, and palm trees will line our route. Afterwards, we’ll take a walk on the beach, eat some turkey, and visit with family. Then, two days later, thankful for the ability to serve, we will return to Huntsville, where unlimited opportunity awaits.

(Ken Johnson compiles the “Recent Race Results” section of this column. Please send your race results to him at [1941runner@sbcglobal.net](mailto:1941runner@sbcglobal.net).)

#### Recent race results:

##### **La Porte By the Bay Half Marathon, Nov. 19**

Darryl Shreves, 58 2:03:17

Kimberly Kembro, 39 2:57:32

Anna Shreves, 57 3:13:37

##### **City of Conroe Turkey Trot 5K, Nov. 18**

Donna Freeman, 43 26:10

Danny Freeman.62 27:38

##### **Defend the Orphan 5K, Montgomery, Nov. 18**

Danielle Ashley, 22 29:37

Kayce Goff, 25 33:46

Marita Franklin, 26 33:47

Morgan Ashworth, 25 37:21

Ken Johnson, 76 43:00

Phiona Hausinger, 11 56:27

Michael Hausinger, 32 56:35

Jacque Hausinger, 31 56:55

**Cypress Half Marathon, Nov. 12**

Dan Byrne, 59 1:29:18

**Fort Worth Half Marathon, Nov. 12**

Ken Johnson , 76 3:15:46

**Explore the Falls 5K, Spring, Nov. 11**

Ken Johnson, 76 38:47

**Upcoming races in Huntsville:**

November 23 – Elkins Lake Turkey Trot, 5K.

November 25 – Leftover Turkey Run, 10K, 5K, 1-Mile, Physical Therapy Associates

January 1 – New Years Resolution Run, 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.