

## **RUNNING SHORTS**

### **O'Brien-Nolen, Arellano win Huntsville Half Marathon**

By Ken Johnson

Alfredo Arellano, 22, of San Antonio and Jacqueline O'Brien-Nolan, 48, of Kingwood were the overall winners in the 35<sup>th</sup> Annual Huntsville Half Marathon on October 19.

Arellano ran track at Colby Community College in Kansas and at Sam Houston State University. He is now the cross country coach at Alpha Omega Academy in Huntsville and an assistant to the track coach at Sam Houston State University. This was his first half marathon. He completed the hilly 13.1-mile distance in 1 hour, 18 minutes and 3 seconds.

O'Brien-Nolen is a very accomplished marathoner and ultra-marathoner and has become the most senior female runner to win the Huntsville Half Marathon. She finished in 1 hour, 36 minutes and 47 seconds, bettering her time last year by about three minutes.

In the quarter marathon race (6.55 miles), Trinity runner, Jose Torres, 20, was the overall male winner. He finished in 43 minutes and 13 seconds. Torres was last year's half marathon winner. Kas Kramer, 26, graduate of Sam Houston State University, now living in Conroe, was the fastest female. She finished in 53 minutes and 18 seconds.

The 5K (3.1 miles) race, Carlo Deason, 44, of Houston was the fastest male, with a time of 18 minutes and 7 seconds. This was the eighth time Deason has won the Huntsville 5K. Kelly Swanson, 32, of Houston won the female division with a time of 19 minutes and 34 seconds.

There were 440 registered runners and walkers for all three races. Congratulations to all who participated. For a complete list of all finishers, visit the Seven Hills Running Club web site at <http://7hills.us/hvhalf.htm>.

#### **Recent race results:**

##### **Sunday Night 5K, The Woodlands, Nov. 3**

Ken Johnson, 72                      38:39

##### **Rocky Raccoon Trail Runs, Huntsville State Park, Nov. 2**

###### **50K (31 miles)**

J. C. Guzman, 41                      5:13:01 (5<sup>th</sup> overall)

###### **25K (15.5 miles)**

Jacqui Wukich, 30                      2:32:24

Nathan Sheppard, 37                      2:43:22

Jessica Payne, 36                      3:04:19

Lisa Black, 35                              3:45:40

Ken Johnson, 72                      4:34:30

###### **10K (6.2 miles)**

Steve Allen, 41                              51:52

Gerald Johnson, 58                      1:02:05

Rachael Moore, 21                      1:03:32

Jan Parks, 56                                1:08:28

Haylee McCain, 19                      1:12:45

**Run the Woodlands 5K, The Woodlands, Oct. 26**

Ken Johnson, 72      38:17

**Freaky 5K, Grapeland, Oct. 25**

Steve Allen, 41      22:27 (2nd overall)

**Toughest 10K Galveston, Oct. 19**

Emily Garner, 33      44:42 (3rd female)

Willard Oliver, 46      49:40

Steve Allen, 41      50:01

Darryl Shreves, 53      52:05

Glenn Green, 51      58:21

Gerald Johnson, 58      1:04:46

Anna Shreves, 53      1:13.53

**Upcoming races in Huntsville:**

Nov. 16, Gladiator Dash, 5K, General Sam's Offroad Park

Nov. 30, Leftover Turkey 10K, 5K, 1-Mile, Veterans Memorial Parkway

Dec. 7, Christmas in the Pines 10K, 5K, Sam Houston State University campus

Dec. 7, Texas Trail Endurance Runs, 50 Miles, 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.