

RUNNING SHORTS

Summer round-up

By Darren Grant

Rain when you don't want it and sun when you do: that is Texas for you.

The rain held off for Huntsvillians' most popular race this summer, the Polish Pickle, held in late June 28. A dozen runners from our area, including Ben Johnson, Monica Lopez, and Roger and Patsy Collins made the long, early-morning drive to Bremond, out towards Waco.

Bremond really is a small town. Their stores are all lined up along its one main drag, and it really is something to run the last half mile down that festive street, lined with onlookers who have come to the Polish Heritage Festival. Afterwards, there are shops to patronize and vendors to visit. Having just finished a 5K, it's time for some Polish sausage!

The next week was Independence Day—another great time to run. Where? In another small town, Centerville, in Stu's Country Mile 5K, which winds through town. Huntsville was represented by Steve Allen, Gretchen Dixon, Cindy Pate, and Ken Johnson.

Meanwhile, Huntsville resident David Keithley was in Lubbock, visiting family, and ran his first 10K race ever in Brownfield, outside of town.

"I thought it would be flat," he said. "But there was this giant hill at the halfway mark that nearly did me in. My best friend, Michael, who still lives in Lubbock, ran with me and coached me through it."

That's a big milestone to achieve. You can get through a 5K on guts alone, but finishing a 10K takes some real training. This fall, David intends to achieve his next milestone, a Half Marathon, on Veteran's Day. Quite the patriotic runner he is!

Yet another holiday had notable running performances: Labor Day. The Seven Hills Running Club put on club run that day out at Spring Lake subdivision. The 5K was full of youngsters: siblings Cy and Seth Brown, Ethan and Joseph Chernosky, Isai and Sisi Diaz Melendez, Mia, Mikey, and Miles O'Donnell, and Baily, Marti, and Valerie Okech.

The club gives bumper stickers to everyone who finishes their first 5K ever. When we asked who had done so, almost every youngster raised their hand! It was a banner day for the bumper sticker industry.

(Don't forget to register for the Huntsville Half Marathon, Quarter Marathon, and 5K Run/Walk at www.7hills.us/hvhalf.htm. Ken Johnson compiles the race results for this column. Send him yours at 1941runner@sbcglobal.net.)

Recent race results:

Texas 10 Series, Huntsville, Sept. 30

10 Miles

Dan Byrne, 60	1:09:54
Emily Garner, 38	1:18:40
Carmen Montana, 39	1:20:10
Steve Allen, 46	1:24:44
Scottie Ward, 28	1:25:04
Steve Bickford, 57	1:25:40
Angelina Santos, 53	1:35:52
Jose Moreno, 57	1:36:08

Emily DeMilliano, 38	1:50:08
Chris DeMilliano, 42	1:50:08
Sharon Valles, 45	1:55:34
Lorie Cross, 57	2:01:31
Claudia Castillo, 28	2:07:33
Kathy Lehman, 43	2:07:33
Lisa Black, 40	2:07:35
Ken Johnson, 77	2:32:35

5 Miles

April Payne, 39	50:32
Shanna House, 37	51:57
David Keithley, 36	54:56
Darren Grant, 53	55:45
Elizabeth Archer, 38	59:14
Cindy Pate, 58	1:02:51
Ray Sarno, 71	1:06:33
Dianna Sarno, 56	1:06:34

Run Houston! University of Houston, Sept. 23

10K (6.2 miles)

Lauren Ryan, 25	1:09:03
Keith Ahee, 30	1:15:46

5K

David Keithley, 36	30:10
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5K Beer Run, Montgomery, Sept. 22

Art Morgan, 53	25:59
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Woodforest Charity Run, Conroe, Sept. 22

10K

Steve Allen, 46	50:13
Ken Johnson, 77	1:32:33

5K

Art Morgan, 53	26:34
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Kolache Krunch 5K, Caldwell, Sept. 8

Conrad Liles, 36	30:09
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Upcoming races in Huntsville:

October 20 – Huntsville Half & Quarter Marathon, 5K, Walker Co. Fairgrounds

November 24 – 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.

