

## RUNNING SHORTS

### **Gautreaux, Damian prevail in Heat Wave 5K at Waterwood**

By Ken Johnson

Jacob Gautreaux and Lexie Damian were the overall winners at the Heat Wave 5K in the Waterwood Sub-division on August 23.

Gautreaux, 41, of Huntsville is a Houston Fire Captain. He finished the 3.1-mile course in 18 minutes and 52 seconds. Lexie Damian, 15, of Leggett was the fastest female. She finished in 24 minutes and 8 seconds.

The Heat Wave 5K is an event of the Seven Hills Running Club. While this race is held every year, this was the first time it was held in Waterwood. Starting and finishing at the Fire Station, most of the course was flat and shady. Complete results are included below.

The next race in Huntsville will be the Fall Fun Run on Saturday, September 27, starting and finishing at Physical Therapy Associates behind the hospital. Runners and walkers will have a choice of three distances, 10K (6.2 miles), 5K and 1-Mile. Anyone who is sufficiently trained is welcome to participate. See the Seven Hills Running Club web site for details.

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

##### **Kolache 5K, West, Aug. 31**

Leah Koester, 48      26:05

##### **Wellness 5K, Katy, Aug. 31**

Darion McKinley, 24      20:20

##### **Beneezy Purple Monkey Run, Alvin, Aug. 30**

###### **10K**

Steve Bickford, 53      49:22

Steve Allen, 42      49:55

###### **5K**

Donna Fabian, 40      25:38

Cathy Bickford, 52      33:29

##### **Daylight to Darkness 5 Miler, Dallas, Aug. 27**

Ken Johnson, 73      1:29:06 (Got lost and ran 7.1 miles)

##### **SeaWheeze Half Marathon (13.1 miles) Vancouver, Canada**

Theresa Grivich, 65      2:45:02

##### **Lake Houston 10K, Humble, Aug. 23**

Gerald Johnson, 59      1:19:26

## **Heat Wave Run, Waterwood Sub-division, Huntsville, Aug. 23**

### **5K**

Jacob Gautreaux, 41	18:52
Patrick Justice, 16	19:34
Christian Pinon, 16	21:39
Richard Singletary, 58	22:53
Hutton Edney, 10	23:21
Art Morgan, 49	23:22
Steve Bickford, 53	23:24
Edgar Damian, 41	23:40
Steve Allen, 42	23:56
Lexie Damian, 15	24:08
Robert Singletary, 21	24:10
Rachel DuBose, 16	25:27
Gaby Vera, 17	25:51
John Pierce, 39	26:58
Cade Edney, 12	27:18
Kevin Edney, 38	27:20
Clayton Heald, 44	27:36
Luis Caballero, 12	28:01
Lindsey Damian, 12	28:07
Darren Grant, 49	28:30
Glenn Green, 52	29:01
Kelly Bielamowicz, 39	30:13
Melanie Justice, 45	30:34
Victoria Tyler, 14	31:21
Laura Green, 48	31:35
Eva Perez, 9	31:51
Javier Perez, 31	31:53
Skipper Nethery, 65	33:05
Eliza Perez, 17	34:54
Christian Ramirez, 15	35:38
Vanessa Tyler, 38	35:58
Melissa Damian, 39	36:32
Ken Johnson, 73	36:28
Heidi Morse, 54	36:41
Brian Belanger, 53	38:22
Rebecca Gilman, 73	38:39
Jeri Blair, 49	39:09
April Russell, 38	39:13
Rex Herklotz, 16	39:40
Amie Fish, 35	41:16
Alexis Morgan, 12	41:27

Jasmine Garza, 18	41:36
Olivia Seaman, 9	42:21
Esther Herklotz, 52	42:22
Natalie Seaman, 44	47:28
True Cousins, 80	47:53

**1-Mile**

Toben Edney, 7	8:11
Anitra Edney, 39	8:11
Callaway Edney, 8	8:57
Jadyn Justice, 5	9:58
Sandy Singletery, 54	11:56
Lane Pierce, 9	13:05
Kalli Saucier, 8	13:06
Hope Pierce, 6	13:07
Erin Riddle, 35	15:54
Christie Quan, 31	15:55
Preston Cox, 7	15:56
Marilynn Johnson, 68	18:57
Sally Charlton, 69	18:57
John Charlton, 71	18:58

**Upcoming races in Huntsville:**

September 27 – Fall Fun Run, 10K, 5K, 1-Mile, Physical Therapy Associates, behind hospital.

October 4 – Dye for Dogs 5K, New Waverly

October 4 – CASA Superhero 5K, Bowers Stadium

October 18 – Huntsville Half & Quarter Marathon & 5K Run/Walk, SHSU campus.

November 1 – Rocky Raccoon 50K, 25K, 10K Trail Run, 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.