

RUNNING SHORTS

5K is now most popular race distance

By Ken Johnson

Back in the 1970's when running started to become a popular sport for the masses, the most popular race distance was the 10K (10,000 meters or 6.2 miles). Nowadays, there are a lot more races of all distances. You can find a race about every weekend, even during the hot summer months. However, the most popular race distance has shifted to the 5K (3.1 miles).

Many 5K races welcome both runners and walkers. While you still need to train to run or walk the distance, it is still doable for most people, regardless of age. Many 5K's are held in conjunction with local community festivals. Combining the race with a visit to the festival makes for an enjoyable experience.

Those who normally get their exercise on the couch might want to try the Couch to 5K Running Program. You can find this training program and others online. The important thing is to get started; your health is important both to you and your family. If you are starting a running program, be sure to check with your doctor first.

Registration for the Huntsville 5K held in conjunction with the Huntsville Half & Quarter Marathon on October 22 is open now. The 5K entry fee thru September 30 is only \$20. All entrants will receive a tech T-shirt, be eligible for awards in 5-year age groups, free refreshments after the race and custom finisher medals. To register, visit the Seven Hills Running Club web site at 7hills.us.

Recent race results:

Labor Day Run, Huntsville, Sept. 5

10K

Steve Bickford, 55	53:41
Jose Moreno, 55	55:38
Steve Allen, 44	55:40
Leah Koester, 50	1:03:01
Les Morgan, 56	1:11:16
Melissa Haeckler, 25	1:14:48
Kathy Haeckler, 62	1:14:50
Monica Lopez, 33	1:20:23
Giovanni Valdivia, 31	1:20:23

5K

Esteban Pecina, 36	22:34
J. C. Guzman, 44	24:58
Angelina Santos, 51	27:30
Darren Grant, 51	29:10
Harrison Allen, 12	31:11
Peta Taylor, 30	32:01
Demetrius Kelley, 37	32:32
Glen Carter, 65	32:56
Laura Green, 50	33:27
Ben Johnson, 32	34:15

Jon Walk, 49	34:28
Sylvia Culver, 56	35:33
Gene Gaskins, 57	36:11
Connie Mathis, 44	36:33
Misty Lampson, 44	37:43
Jayden Mathis, 17	37:58
Mackenzie Hall, 14	40:20
Ken Johnson, 75	40:24
Brad Hall, 47	41:29
Skipper Nethery, 68	41:35
Cecelia Horton, 43	43:58
Shellie Geer, 66	44:20
Donna Morgan, 57	46:49
Hannah Morgan, 23	46:51
Heidi Morse, 56	47:24
Patricia Capps, 62	47:26
Michelle Glover, 12	51:08
Vicki Hogan, 61	51:44
Marsie Grant, 54	54:32
Lois Levingston, 61	54:33
Josh Glover, 11	1:00:19
Tamara Glover, 34	1:00:19
1-Mile	
Rudy Justice, 60	6:22
Laila Kelly, 11	7:55
Allen Pecina, 9	8:55
Leigh Flores, 11	11:11
Angie Pecina, 37	11:13
Adan Pecina, 6	11:14
Jonathan Santes, 11	12:29
Gio Skweres, 7	12:42
Hudson Allen, 11	12:42
Carter Allen, 9	13:24
Caylor Allen, 7	13:25
Kylie Gilbert, 5	18:22
Cathy Bickford, 54	18:24
Clint Allen, 38	20:27
Cora Allen, 4	20:28
Marilynn Johnson, 70	20:32
Heather Allen, 39	20:34
Barbara Didier, 2	20:35
Jennifer Didier, 41	21:46
Kathy Utecht, 66	23:17
Barb Floyd, 70	23:19

Sunday Night 5K, The Woodlands, Sept. 4

Ken Johnson, 75 37:53

Kolache 5K, West, Sept. 4

Leah Koester, 50 27:54

Molly Compton, 33 28:40

Megan Foley, 30 34:52

Ken Johnson, 75 37:59

Jo Ann Shoup, 76 59:58

Leon Creek Rabbit Marathon, San Antonio, Aug. 27

Steve Allen, 44 5:07:20

Run the Woodlands 5K, The Woodlands, Aug. 27

Ken Johnson, 75 37:47

Lake Houston 10K, Humble, Aug. 21

Dan Byrne, 57 40:33

**Heat Wave Run, Waterwood Sub-division, Huntsville, Aug. 20
5K**

Jesus Perez, 19 21:30

Tim Shaffer, 39 22:21

Esteban Pecina, 35 22:31

Steve Allen, 44 23:12

Brent Butler, 58 27:55

Melanie Justice, 47 35:59

Gene Gaskins, 56 36:18

Carter Helm, 71 37:26

Steve Prusz, 60 38:20

Shellie Geer, 66 43:15

Heidi Morse, 56 43:27

Kyleigh Traynor, 10 43:42

Susan Butler, 56 43:54

Don Ortloff, 70 54:28

1-Mile

Jadyn Justice, 7 9:07

Helen Helm, 73 18:27

Upcoming races in Huntsville:

September 25 – Texas 10 Series Huntsville, 10 Miles, 5 Miles, 5K & 1 Mile

October 8 – Dye for Dogs Color Run, 3.9 Miles, New Waverly

October 22 – Huntsville Half & Quarter Marathon & 5K Run/Walk

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.

