

## RUNNING SHORTS

### First 50-miler in the books

By Ken Johnson

Congratulations to Jan Parks of Point Blank. She completed her first 50-mile race on the trails at Huntsville State Park on Saturday. Park, 55, is a school teacher in Onalaska.

She joined hundreds of other runners for the Rocky Raccoon 50-Mile Trail Run. The race started at 7 a.m. in heavy rain. The trails were muddy in places throughout the day and that contributed to slower times for everyone.

Parks has previously completed four 50K (31 miles) races and six marathons (26.2 miles). She reports being ill for the last ten miles, but she persevered and completed the 50 miles in about 17 hours and 30 minutes.

#### Recent race results:

##### **Sunday Night 5K (3.1 miles), The Woodlands, Feb. 5**

Leah Koester, 46                      25:49 (1st female)

Ken Johnson, 70                      6:52

##### **Mardi Gras Marathon (26.2 miles), Galveston, Feb. 5**

Jody Slaughter, 48                      3:54:04

Christopher Wilson, 62                      5:06:23

##### **Half Marathon (13.1 miles)**

Steven Wright, 30                      1:38:33 (2nd in age group)

Zachery Shanks, 26                      2:13:36

Megan Lanik, 22                      2:45:24

Shaenelle Johnston, 23                      2:49:45

Ron Davis, 63                      2:50:45

Claire Domonoske, 61                      3:14:34

Donna Desforges, 54                      3:48:48

Mary Anne Davis, 63                      3:48:49

##### **Bridge Fest 5K, Kingwood, Feb. 4**

Robert Duncan, 52                      19:52 (1st in age group)

##### **3M Austin Half Marathon, Austin, Jan. 29**

Gene Young, 67                      2:27:47

##### **Miracle Match Marathon, Waco, Jan. 29**

Jody Slaughter, 48                      4:11:08

Ken Johnson, 70                      6:43:49 (1st in age group)

##### **USA Fit Half Marathon, Sugar Land, Jan. 29**

Leah Koester, 46                      2:16:46

##### **Frost Your Fanny Run, Huntsville, Jan. 28**

**10K**

Jacob Gautreaux, 39	40:00
Jose Moreno, 50	49:36
Maura Rinehimer, 24	51:08
Steve Bickford, 51	51:23
Erik Moreno, 32	56:44
Katie DeVore, 32	1:00:20
Mark Robinson, 65	1:05:20
Skipper Nethery, 63	1:07:07
Bill Thompson, 58	1:07:07
Scott Lowrey, 39	1:07:39
Katrina Hogan, 41	1:07:41
Kelli Cochran, 40	1:13:32
Jim Burkhart, 67	1:23:41

**5K**

Steven Wright, 30	21:21
Shane DeVore, 39	23:30
John Smith, 48	24:32
Rachel Harper, 27	24:42
Meredith Paul, 18	24:44
Steven Earle, 20	25:57
Callye Bennett, 21	27:31
Larry Keralek, 41	28:22
Donna Fabian, 37	29:34
Christopher Wilson, 62	29:59
Clayton Heald, 41	30:00
John Cook, 56	31:34
Keri Hamilton, 20	34:14
Mason Thomas, 9	35:34
Matthew Fabian, 10	36:20
Chuck Fabian, 52	36:31
Colleen Spencer, 59	36:43
Michelle Gregory, 19	36:54
Blake Moreno, 12	38:21
Cathy Bickford, 50	38:40
Susan Cole, 49	41:41
Cindy Pate, 51	41:41
Sandy Galicia, 27	53:56
Laticia Moreno, 50	53:56
True Cousins, 78	54:19
Patsy Collins, 53	59:24

**1-Mile**

Ginny Boyce, 8	9:05
Andrew Fabian, 7	9:13
Marilynn Johnson, 66	18:22

**Wee-Chi-Tau Trail Marathon, Wichita Falls, Jan. 22**

Jody Slaughter , 48 4:08:07 (1st in age group)

**Yaga's Chili Quest 5K, Galveston, Jan. 21**

James Bruce, 47 29:13

**Rockets Run, 5K, Houston, Jan. 21**

Steven Wright, 30 18:44

Kas Kramer, 25 22:45

David O'Rear, 47 40:52

Karen Fowler, 36 45:28

**River Road Half Marathon, New Braunfels, Jan. 21**

Ken Johnson, 70 2:59:15 (2nd in age group)

**Upcoming races in Huntsville:**

Feb. 11 – Sweethearts 5K, Sam Houston State University campus

Feb. 11 – Orphan Hope Trail Marathon and Half Marathon, Huntsville State Park

Feb. 26 – Sweetheart Run, 5K and 1-Mile Run/Walk, Bowers Stadium Parking Lot

For more information about these races and a link to registration, visit the Seven Hills

Running Club web site at <http://www.7hills.us> and click on Race Schedule.