

RUNNING SHORTS

Lots of local races in Huntsville in the next few months

By Ken Johnson

If you want to participate in a Huntsville race, you will have plenty of opportunities in the next few months. And, there is something for everybody, from 1 mile to 100 miles!

Races provide runners (and walkers) with goals and a measure of where you are in your training. They also give you the chance to meet other runners and establish running partnerships. You do not have to worry about being competitive to participate in a race; run or walk with a friend or just try to better your own time. You will enjoy the experience.

The Seven Hills Running Club is sponsoring the Heat Wave 5K (3.1 miles) and 1-Mile Run/Walk this Saturday at 8 a.m. The start and finish point is the corner of Veterans Memorial Parkway and Colonel Etheredge Blvd. (southwest corner of the West Hill Mall parking lot). The course is out and back on the sidewalk along Veterans Memorial Parkway. The entry fee is \$1 and refreshments and door prizes will be provided. Register at the starting point.

Next is the Fall Fun Run 10K (6.2 miles), 5K and 1-Mile Run/Walk on Saturday, September 25. It will also start 8 a.m. at the southwest corner of the West Hill Mall parking lot. The entry fee is \$1. Register at the starting point. This will be held in conjunction with Sam Houston State University Veteran Resource Center's 5-Mile Military Ruck March at the same location. A separate entry for the ruck march is required.

The CASA Speak Up for Kids 5K and 1-Mile will be held on October 2. This race starts and finishes in the Bowers Stadium parking lot. It supports CASA, which is a national volunteer movement to act as a "voice in court" for abused and neglected children. These Court Appointed Special Advocates (CASA's) provide information to the court that is needed to safeguard the best interest of children. The ultimate goal is to help find children a safe and permanent home.

The Seven Hills Running Club's 32nd Annual Huntsville Half Marathon (13.1 miles) and 5K Run/Walk is scheduled for Saturday, October 23. It starts at the Health & Kinesiology Center on the Sam Houston State University campus at 8 a.m. Join hundreds of runners and walkers from all over east Texas for this event.

The Rocky Raccoon Trail Run will be held at Huntsville State Park on November 6. The distances are 50K (31 miles) and 25K (15.5 miles).

Next is the Leftover Turkey 10K, 5K and 1-Mile Run/Walk on November 27. It starts at 9 a.m. at the southwest corner of the West Hill Mall parking lot.

On December 11, the Texas Trail 50K (31 miles) and 12.5-mile race will be held at Huntsville State Park. Hundreds of trail runners are expected for this event.

The ultimate race in Huntsville is the Rocky Raccoon 100 and 50-mile trail run at Huntsville State Park on Saturday, February 5. About 500 runners from all over the United States will start the 100-mile run at the park lodge at 6 a.m. on Saturday. The 50-mile runners start at 7 a.m. Everyone has to be finished by noon on Sunday. The 50-mile runners should all finish on Saturday. Most of the 100-mile runners will finish up Sunday morning after running all day Saturday and all night. If you are not up to running

these distances, at least come out as a spectator. It is awesome and inspiring to watch these super athletes finishing a 100-mile run.

For more information about these and other races in southeast Texas and a link to registration forms, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.

Recent race results:

Run the Woodlands 5K, The Woodlands, Aug. 14

Steve Bickford, 49 23:45

Ken Johnson, 69 34:21

Cathy Bickford, 48 59:00