

RUNNING SHORTS

Houston now offers indoor marathon

By Ken Johnson

Want to do run something different?

Houston now has an indoor marathon. The Reliant Stadium Indoor Marathon is scheduled for Nov. 19. It will be the first ever indoor marathon in Texas.

The challenging course starts and finishes on the playing field and takes the runners up and down the ramps to three levels of the stadium. The course is 1.2 miles. To get in the 26.2-mile marathon distance, you run the course 22 times.

If that is too much for you, there is also a half marathon race and a 2-person half marathon relay. The half marathon race will be held twice on Saturday, Nov. 19 and twice again on Sunday.

The race promoter promises no rain, no wind and a constant 72-degree temperature during the race.

Each runner gets six passes to Reliant Stadium so they can bring their family and friends to watch them traverse the field on the big screen.

For more information about the race, visit their web site at <http://indoormarathonsofamerica.com>.

Recent race results:

Sandman 5K Beach Challenge, Galveston, July 30

Christopher Wilson, 61	33:30
John Cook, 56	36:24

Dog Days Run, Huntsville, July 30

5K (3.1 miles)

Fernando Gonzalez, 28	19:01
Jacob Gautreaux, 39	19:16
J. C. Guzman, 39	20:01
Robert Duncan, 51	20:24
Claire Payne, 16	21:04
Stephen Wright, 29	21:08
Russell Jenkins, 39	22:40
Steve Bickford, 50	24:58
Jose Moreno, 50	25:13
Elisa Williams, 14	26:00
Allen Jones, 41	26:18
Chandler Jones, 11	27:29
Courtney West, 44	27:37
Tyler Jones, 19	28:11
Cherish Spencer, 28	29:54
Kenny Swatzel, 28	30:12
Palmer Jones, 9	31:07
Brittney Smith, 20	31:10

Christine Jones, 41	31:23
Synneve Williams, 16	31:44
Sheridan Grant, 18	31:57
Kristine Haynes, 37	32:33
Madelaina Carranza, 30	32:37
Skipper Nethery, 62	32:43
Michele Macias, 36	35:35
Irma Dunmire, 30	35:42
Destiny Fuller, 27	36:20
Michael Macias, 51	36:32
Ken Johnson, 70	37:30
Sara Newton, 30	39:22
Courtney Cain, 31	39:22
Colleen Spencer, 59	43:47
Evelyn Williams, 9	50:40
Katie Williams, 7	50:40
Robert Williams, 44	50:42
Cathy Bickford, 49	52:00
Marsie Grant, 49	52:02
1-Mile	
Sandy Galicia, 27	12:00
Marilynn Johnson, 65	18:03

Run the Woodlands 5K, The Woodlands, July 23

Fernando Gonzalez, 28	18:45 (1st overall)
James Spencer, 30	22:34
Steve Bickford, 50	24:52
Lori Greer, 23	30:29
Jerry Flanagan, 71	32:31
Skipper Nethery, 62	32:55
Ken Johnson, 70	37:33

Upcoming races in Huntsville:

Aug. 20 - **Heat Wave 5K and 1-Mile Run/Walk**, 8 a.m., Veterans Memorial Parkway

Sept. 24 – **Fall Fun Run, 10K,5K and 1-Mile Run/Walk**, Veterans Memorial Parkway

Oct. 8 – **Speak up for kids CASA 5K**, Bowers Stadium parking lot

Oct. 22 – **Huntsville Half Marathon & 5K Run/Walk**, HKC, SHSU campus

Nov. 5 – **Rocky Raccoon 50K, 25K, 10K Trail Run**, Huntsville State Park

For more information about this race and others, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.