

## RUNNING SHORTS

### Plenty of races in Huntsville this fall

By Ken Johnson

If you want to walk a mile, run 50K (31 miles) on trails, run through mud and overcome obstacles or just run on the roads, Huntsville has a race for you this fall.

This Saturday, the Seven Hills Running Club will host its annual Fall Fun Run on Veterans Memorial Parkway. Choose your distance, 10K (6.2 miles), 5K or 1-Mile.

The 33<sup>rd</sup> Annual Huntsville Half Marathon (13.1 miles) and 5K Run/Walk will be held on the Sam Houston State University campus on Oct. 22. Over 400 runners from Huntsville and all over southeast Texas are expected to participate.

On Oct. 29, Huntsville Memorial Hospital will host the inaugural Great Muddy Escape at General Sam's Off Road Park. This is a 5K run through the mud, with plenty of challenging obstacles. Sounds like fun.

Another new race in Huntsville is the Christmas in the Pines 5K Run/Walk on the university campus on Dec. 3. The Chamber of Commerce will sponsor this race and it will be held in conjunction with the Huntsville for the Holidays activities.

If you would rather run trails at Huntsville State Park, there is the Rocky Raccoon 50K, 25K and 10K on Nov. 5 and the Texas Trail Runs, 50K and 12.5-Miles, on Dec. 3.

Here is a complete list of fall races in Huntsville:

- Sept. 24 – **Fall Fun Run, 10K, 5K & 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
- Oct. 29 – **The Great Muddy Escape, 5K**, General Sam's Off Road Park
- Nov. 5 – **Rocky Raccoon 50K, 25K, 10K Trail Run**, Huntsville State Park
- Nov. 26 – **Leftover Turkey 10K, 5K & 1-Mile Run/Walk**, Veterans Memorial Parkway
- Dec. 3 – **Christmas in the Pines 5K Run/Walk**, HKC, SHSU campus
- Dec. 3 – **Texas Trail Runs, 50K, 12.5 Miles**, Huntsville State Park

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

#### Recent race results:

##### **Buffalo Stampede 5K (3.1 miles), Buffalo, Sept. 17**

Marilynn Johnson, 65                      57:58 (2<sup>nd</sup> in age group)

##### **Toughest 10K (6.2 miles), Kemah, Sept. 17**

Steve Bickford, 50                      54:01

##### **Woodforest Charity Runs, Conroe, Sept. 17**

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

Robert Duncan, 51                      41:12 (1<sup>st</sup> in age group)

Russell Jenkines, 39                      44:29 (2<sup>nd</sup> in age group)

Steven Wright, 30                      45:02 (3<sup>rd</sup> in age group)

Sarah Buck, 21 56:44

**5K**

Travis Kocurek, 23 16:38 (1<sup>st</sup> overall)

Joe Gus, 30 18:00 (1<sup>st</sup> in age group)

**9/11 Heroes Run, 5K, Houston, Sept. 11**

Michele Fernandez, 44 25:04

Heather Trexler, 24 35:44

Damon Morton, 21 36:02

**Galveston Revival 5K, Galveston, Sept. 10**

Christopher Wilson, 61 28:44 (1st in age group)

**Bearkat Bash, 5K, Spring, Sept. 10**

Robert Duncan, 51 19:51 (1st in age group)

**Gruene 10K (6.2 miles), New Braunfels, Sept. 10**

Shane Devore, 38 48:49

Katie Devore, 32 1:10:18

Ken Johnson, 70 1:16:38

**Run the Woodlands 5K, The Woodlands, Sept. 10**

Steve Bickford, 50 23:05

Cathy Bickford, 49 36:51