

RUNNING SHORTS

There's plenty of races in Huntsville area ahead

By Ken Johnson

Looking for a race in the area this Fall? There are plenty to choose from and there is something for everyone.

If you like to run and frolic in the mud, the Great Muddy Escape 5K (3.1 miles) in Huntsville on October 13 is for you. If running the roads is more to your liking, there is the Huntsville Half Marathon (13.1 miles), Quarter Marathon (6.55 miles) and 5K on October 27. Then, there is the Rocky Raccoon Trail Run at Huntsville State Park on November 3. You have a choice between 50K (31 miles), 25K (15.5 miles) and 10K (6.2 miles).

Below is a listing of all races in Huntsville this Fall. There are many more in nearby cities. For a complete listing and link to more information and registration, go to the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.

Races offer an opportunity for competition, personal challenge and interaction with other runners. Make a commitment and sign up for a race now.

Upcoming races in Huntsville:

September 22 - Fall Fun Run, 10K, 5K & 1-Mile Run/Walk, Veterans Mem. Parkway

October 13 – Great Muddy Escape 5K, General Sam's Offroad Park

October 27 – Huntsville Half & Quarter Marathon & 5K Run/Walk, SHSU campus

November 3 – Rocky Raccoon Trail Run, 50K, 25K, 10K, Huntsville State Park

November 10 – CASA Superhero 5K, SHSU campus

November 24 – Leftover Turkey 10K, 5K & 1-Mile Run/Walk, Veterans Mem. Parkway

Recent race results:

Sunday Night 5K (3.1 miles), The Woodlands, Sept. 2

Donna Fabian, 38 31:06

Ken Johnson, 71 37:08

Davy Crockett Invitational Cross-Country, Crockett, Sept. 1

5K

Jose Torres, 19 16:49 (2nd overall)

1.5-Mile

Francisco Manzanaras. 12 13:02

Benezy Purple Monkey 5K, Alvin, Sept. 1

Robert Duncan, 52 19:56 (1st in age group)

Run for Wellness 5K, Houston, Aug. 26

Leah Koester, 46 26:28

Lake Houston 5K, Kingwood, Aug. 25

Robert Duncan, 52 19:48 (2nd in age group)

Heat Wave, Huntsville, Aug. 25

5K

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| Jose Torres, 19 | 18:32 |
| Jonathan Szczesniak, 22 | 19:04 |
| Tyler Harris, 17 | 19:18 |
| Erik Johnson, 21 | 20:07 |
| Forrest Turner, 17 | 20:31 |
| Fernando Aguilar, 21 | 22:57 |
| Emily Villines, 15 | 23:07 |
| J. C. Guzman, 40 | 23:09 |
| Sarah Raney, 23 | 24:11 |
| Jose Moreno, 51 | 24:22 |
| Brent Butler, 54 | 25:15 |
| Allison Moldenhauer, 33 | 25:38 |
| Kevin Edney, 36 | 26:17 |
| Glenn Green, 50 | 28:37 |
| Francisco Manzanaras, 12 | 29:12 |
| Claire Hasson, 21 | 29:53 |
| Jan Parks, 55 | 30:27 |
| Donna Fabian, 38 | 31:07 |
| Shannon Riley, 20 | 31:35 |
| Clayton Heald, 42 | 31:35 |
| Glen Carter, 61 | 31:35 |
| Elena Rodriquez, 42 | 31:43 |
| Laura McDonald, 49 | 32:57 |
| Scott McDonald, 48 | 32:57 |
| Jill Blake, 33 | 33:17 |
| Elizabeth Keith, 38 | 33:18 |
| Emily Heinemann, 31 | 33:19 |
| Heather Bagby, 37 | 33:40 |
| Sarah McNeel, 23 | 34:02 |
| Jacob Spradlin, 39 | 34:34 |
| Jerico Golez, 35 | 34:39 |
| Jessica Casas, 22 | 35:20 |
| Mandie Villines, 14 | 35:55 |
| Jenni Copeland, 31 | 35:57 |
| Kim Johnson, 38 | 35:58 |
| Gene Schallenberg, 30 | 36:02 |
| Connie Mathis, 40 | 36:19 |
| Diana Roberta, 54 | 36:19 |
| Don Ortloff, 66 | 37:12 |
| Ken Johnson, 71 | 38:35 |
| Ron Davis, 63 | 39:53 |
| Doug Parker, 62 | 40:42 |
| Courtney Chastine, 24 | 40:54 |
| Chuck Fabian, 53 | 42:17 |

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| Priscilla Puente, 16 | 44:08 |
| Paulina Puente, 40 | 44:08 |
| Jerri Harmon, 62 | 45:25 |
| Eddie Harmon, 70 | 45:25 |
| True Cousins, 78 | 50:33 |
| Mary Ann Davis, 63 | 56:20 |
| 1-Mile | |
| Andrew Fabian, 8 | 8:05 |
| Eli Rowe, 10 | 8:10 |
| Matthew Fabian, 11 | 9:04 |
| Mackenzie Hall, 10 | 9:05 |
| Gary Rowe, 42 | 9:37 |
| Brad Hall, 43 | 9:42 |
| Elizabeth Dean, 26 | 10:55 |
| Eliya Moldenhauer, 8 | 11:14 |
| Esther Cousins, 75 | 22:27 |