

RUNNING SHORTS

Local runners continue Thanksgiving tradition

By Ken Johnson

Runners everywhere like to participate in races on Thanksgiving morning. Maybe it is because it makes them feel less guilty about eating too much later that day. In any case, getting exercise is good for the body – and the mind.

Most local runners participated in the 5-mile and 3-mile race in The Woodlands. Others ran Thanksgiving Day races in Houston, Dallas, Temple, California and Florida. Sheridan Grant, 21, ran a 5K in California, in a blazing 16 minutes and 9 seconds and was first place in a race with nearly 1,700 runners.

The Leftover Turkey 10K, 5K and 1-Mile race on Saturday after Thanksgiving is becoming a Huntsville tradition. Forty-four runners and walkers participated in this event, which is held on Veterans Memorial Parkway.

Next Saturday is the Christmas in the Pines 10K & 5K on the SHSU campus. Be sure to sign up now for this great race. And, good luck to the 27 local runners who have signed up for next Sunday's BCS Marathon and Half Marathon in College Station.

Recent race results:

First Responder Half Marathon (13.1 miles), Waco, Dec. 1

Ken Johnson, 72 2:56:53

Leftover Turkey Run, Huntsville, Nov. 30

10K (6.2 miles)

J. C. Guzman, 41	44:13
Emily Villines, 17	46:06
Steve Bickford, 52	46:20
Shawn Lane, 43	55:03
Courtney West, 46	57:17
Clayton Heald, 43	1:00:39
Sara Raney, 24	1:04:44
Don Ortloff, 68	1:17:48
Ken Johnson, 72	1:22:58

5K (3.1 miles)

Karin Williams, 45	23:56
Elisa Williams, 17	25:26
Donna Fabian, 39	25:47
Mandie Villines, 15	27:16
Isabelle Olson, 10	27:35
Steve Allen, 41	27:42
Jill Blake, 35	27:48
Kira Olson, 40	29:13
Glen Carter, 62	29:38
Morgan Ashworth, 25	30:20
Evelyn Williams, 11	33:15
Cimarron Ainsworth, 27	34:41

Karen Berry, 33	34:45
David O'Rear, 49	37:29
Kathleen Williams, 9	40:02
Cora Olson, 8	40:33
Jessica Hansen, 19	40:35
J. Dunaway, 9	40:58
Ellie Dunaway, 6	40:59
Lori Dunaway, 42	41:00
Gerry Simpson, 71	43:56
Brian Belanger, 53	45:09
Cindy Pate, 53	51:34
Linnell Dunaway, 75	1:06:42
David Dunaway, 50	1:07:10
Hunter Baggot, 7	1:07:10

1-Mile

Faith Williams, 15	7:53
Marin Beal, 13	7:54
Soren Olson, 5	10:54
Brad Olson, 34	11:00
Kiley Lane, 13	11:24
James Lane, 42	12:07
Kennedy Beal, 16	19:31
Clark Olson, 3	19:31
Marilynn Johnson, 67	25:30

Turkey Trot 5K, Temple, Nov. 28

Glenn Green, 51	27:38
Laura Green, 47	29:24

Thanksgiving Hope 5K, N. Dallas, Nov. 28

Jan Parks, 57	29:53 (3 rd in age group)
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Sunrise Rotary Turkey Trot 5K, Claremont, CA, Nov. 28

Sheridan Grant, 21	16:09 (1st overall)
Marsie Grant, 51	42:31

Space Coast Art Festival Turkey Trot 5K, Cocoa Beach, FL, Nov. 28

Darren Grant, 49	24:22
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Turkey Trot 5K, Houston, Nov. 28

Jason Wallace, 38	20:24 (3 rd in age group)
Lara McCain, 28	31:37

Turkey Trot 5 Miler, San Francisco, CA, Nov. 28

Kim Johnson, 40	49:30
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Run Thru the Woods 5 Miler, The Woodlands, Nov. 28

Danny Thach, 23	39:51
Dana Formon, 25	43:44
Doug Dretke, 55	44:55
Leah Koester, 47	45:02
Rebecca Zelewski, 26	45:41
Kelly Bielamowicz, 38	45:56
Jill Blake, 35	46:03
Dee Dee Dretke, 53	48:43
James Bruce, 49	53:58
Ken Johnson, 72	1:02:07

3 Miles

Savannah Collins, 19	34:20
Kayla White, 18	35:00
Christopher Shank, 30	38:58

Holiday Half Marathon, Galveston, Nov. 24

Rachael Moore, 21 2:02:06

HMSA Classical 25K, Houston, Nov. 24

Jose Moreno, 52 2:13:42

Christmas 5K, College Station, Nov. 23

Kelly Bielamowicz, 38	26:58
Jill Blake, 35	27:37
Laura Green, 47	28:45
Glenn Green, 51	28:46 (2nd in AG)

Run the Woodlands 5K, The Woodlands, Nov. 23

Haleigh Pustka, 23	20:15
Ken Johnson, 72	38:13

Upcoming races in Huntsville:

Dec. 7, Christmas in the Pines 10K, 5K, Sam Houston State University campus
Dec. 7, Texas Trail Endurance Runs, 50 Miles, 50K, 20K, Huntsville State Park

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