

## RUNNING SHORTS

### **No shortage of summer races**

By Ken Johnson

Just a few years ago, finding a race in Texas during the hot summer months was hard to do. Now, there are enough to keep a runner occupied almost every weekend.

The highlight for local runners is the June Bug 5K & 1-Mile Run/Walk in the Spring Lake Sub-division on June 21<sup>st</sup>. Then, Huntsville is always well-represented at the Polish Pickle 5K in Bremond on June 28. The same goes for Stu's Country Mile 5K in Centerville on July 4.

Luke's Locker puts on a 5K in The Woodlands on the 2<sup>nd</sup> and 4<sup>th</sup> Saturday of every month. The Woodlands Running Club has a 5K on the same course on the first Sunday of every month.

There are plenty of other small town races in the summer, usually in conjunction with local festivals. Race and then watch a parade and attend a local festival. This makes it fun for the whole family, even for those not up to the run part.

For a list of all summer races in the area, visit the Seven Hills Running Club website (<http://www.7hills.us>) and click on Race Schedule.

Wherever you run and race during the summer, be sure to stay hydrated and do not overdo it. However, never use the summer heat as an excuse not to run.

#### **Recent race results:**

##### **Sunday Night 5K, The Woodlands, Jun. 1**

Jill Blake, 35	29:16
Dana Formon, 25	30:39
Kelly Bielamowicz, 39	31:16
Ken Johnson, 73	35:28

##### **Memorial Day Run, Huntsville, May 26 5K**

Jose Torres, 21	18:50
Dominick Hayes, 15	19:32
Jacob Gautreaux, 42	19:33
J. C. Guzman, 42	20:53
Steve Allen, 42	22:24
Loren Sheffer, 41	22:27
Emily Villines, 17	23:07
Hutton Edney, 9	23:16
James Spencer, 33	23:43
Anitra Edney, 39	24:19
Art Morgan, 48	24:46
Julia Buck, 29	24:47
Jose Moreno, 53	24:58
Leah Koester, 48	25:23
Sara McCullough, 29	25:25

Shawn Lane, 43	25:27
Kevin Edney, 38	26:15
Marvin Dunbar, 46	26:37
Mandie Villines, 16	26:57
Kim Johnson, 40	27:08
Monica Lopez, 31	27:10
Dana Formon, 25	27:25
Katrina Culver, 21	27:57
Darren Grant, 49	28:10
Laura Green, 48	28:13
Glenn Green, 52	28:15
Kim VanWagner, 41	28:20
Ruth Fields, 54	29:13
Elizabeth Schneller, 26	29:15
Aric Schneller, 47	29:16
Glen Carter, 63	29:21
Charlie Fields, 55	30:44
Ryan Bennett, 23	31:07
Megan Gautreaux, 16	31:21
Seth Kieschnick, 39	31:28
Sylvia Culver, 53	32:29
David O'Rear, 50	33:26
Waverly Walk, 19	34:52
Jon Walk, 47	34:53
Jenni Copeland, 32	35:12
Alison Cox, 12	35:52
Haley Tabor, 18	36:07
Kyle Heinemann, 35	36:10
Christopher Shank, 30	36:20
Bill Thompson, 61	36:27
Heidi Morse, 54	36:45
Ava Janicek, 58	37:26
Melissa Allen, 46	37:35
Skipper Nethery, 65	38:02
Holly Dudley, 23	38:21
Candace Smith, 9	38:36
Hannah Blair, 16	39:01
Stacey Smith, 41	39:02
Brian Belanger, 53	39:12
Don Ortloff, 68	40:10
Gerry Simpson, 72	42:31
April Russell, 37	42:53
Colleen Spencer, 62	43:11
Jeri Blair, 49	45:31
Cindy Pate, 53	47:31
Patricia Capps, 60	55:38

Paula Tucker, 50                    55:39

**1-Mile**

Cade Edney, 12                    7:22

Toben Edney, 6                    7:45

Callaway Edney, 8                8:31

Preston Cox, 6                    11:03

Erin Riddle, 35                    11:08

A. C. Janicek, 55                 18:18

Karly Culver, 19                 21:25

**May 24 - Run the Woodlands 5K, The Woodlands**

Steve Bickford, 53                22:09

Cathy Bickford, 52                34:18

**May 24 - Fredonia 5 Miler, Nacogdoches**

Ken Johnson, 73                 1:00:05 (2nd in AG)

**May 24 - Who Let the Dogs Out 5K, Rusk**

Steve Allen, 42                 22:29 (1st in AG)

**Upcoming races in Huntsville:**

June 21 – June Bug 5K and 1-Mile, Spring Lake Sub-division

June 22 – Gater Bait Trail Run, 15K, 5K, Huntsville State Park