

RUNNING SHORTS

Great running path hidden in Huntsville

By Darren Grant

The bridge over the creek on 7th St. has been repaired, and the road repaved and reopened, just in time for the bluebonnets.

These are always beautiful, but just as beautiful is the park behind them. If you haven't visited, you should go. It is a great place for running or walking.

This back-woods section of Eastham-Thompson Park is bordered by 7th St. to the south, Town Creek to the east, and the Byrd Unit to the north. It contains about two miles of trails, and a real variety of habitat.

The main trail forms a circle, just over a mile long. It begins by the creek and follows it to the north. This part is flat, cool, and wooded, with wonderful views of the creek and the small cliffs on either side. The path, laid with mulched Christmas trees, is smooth and gentle.

On the north end the path winds through "bottomland" that gets mucky when it rains, and for several days after.

This gives way, on the west end of the circle, to a rise of weathered and exposed limestone, host to a grove of wild cedars, just as you might find in the plateaus out West. I like to think these are the easternmost wild cedars in Texas, or even the U.S., though I have no proof this is so.

Coming down from this, the path crosses a little creek and then takes you through a small tallgrass prairie. The whole thing is a tour of Texas, all in the space of one mile.

On a nice spring or fall day it makes for a lovely walk or run. There are some trails that branch off this loop if you want to do more, or you can do several loops, or some loops on the sidewalk in the main part of the park by the pool.

This part of the park is an oasis in the city, never so beautiful as in the spring. Give it a try sometime.

(Ken Johnson still compiles the "Recent Race Results" section of this column. Please send your race results to him at 1941runner@sbcglobal.net.)

Recent race results:

Sunday Night 5K, The Woodlands, Mar. 5

Madeline Dixon, 9 27:04

Gretchen Dixon, 39 28:49

Ken Johnson, 75 37:58

Little Rock Marathon (26.2 miles), Mar. 5

Jose Torres, 24 3:02:28

Tinajas 50K (31 miles) Trail Run, Colorado Bend State Park, Mar. 4

Jason Wallace 5:28:09

Rodeo 10K (6.2 miles), Houston, Mar. 4

Steve Bickford, 56 46:46

Crystal Wilding, 32 50:19

Nadine Pharries, 50 52:37
Billy Pharries, 53 1:01:14
Cathy Bickford, 55 1:24:17

Millican Reserve Trail Run, College Station, Mar. 4

25K (15.5 miles)

Julie Davis, 37 2:34:01

10K

Cindy Pate, 56 1:42:42

5K

Connie Mathis, 45 36:53

Misty Lampson, 44 37:00

Tamara Ingram 1:09:51

Debra Coleman 1:10:11

Half de Paris Half Marathon (13.1 miles), Paris, TX, Mar. 4

Steve Allen, 44 1:40:55

The Woodlands Marathon, Mar. 4

Jose Moreno, 55 3:44:29

Angelina Santos, 51 4:21:06

Sandra Erb, 45 4:26:43

Jacque Hausinger, 31 5:20:29

Half Marathon

Dan Byrne, 58 1:24:54

Eric Pena, 37 1:50:17

Dana Formon, 28 2:02:59

Elizabeth Harrell, 37 2:19:30

Kimber Juenke, 49 2:28:06

Melinda Miller, 52 2:33:05

Ken Johnson, 75 2:59:36

5K

Luke Brooker, 13 20:08

Randy Kenyon, 24 22:45

Laura Pena, 60 29:11

Michael Holland, 60 29:56

Shannon Ramsey, 47 30:12

Megan Kaltenbach, 22 41:12

Deborah Wright, 64 51:36

Marilynn Johnson, 71 52:27

Republic of Texas Run, College Station, Feb. 26

Half Marathon

Melinda Miller, 52 2:24:35

Gretchen Dixon, 39 2:32:54

Art Morgan, 51 2:33:00

5K

Cindy Pate, 56 38:05
Cale Teeter 48:22
Krista Greathouse 48:22

Cowtown Half Marathon, Fort Worth, Feb. 27

Jacquelyn Rust, 32 2:58:27

Boneshaker Pace Bend 10K, Spicewood, Feb. 25

Dan Byrne, 58 39:39

Sweetheart 5K, Huntsville, Feb. 25

Chase Foster, 33 21:30
Curtis Barton, 38 25:39
Angelina Santos, 51 26:27
Janet Bouchard, 60 27:50
Kim VanWagner, 44 30:45
Shanon Ramsey, 47 30:46
Jan Parks, 60 35:03
Kelli McMahan, 49 35:16
Courtney Crowley, 25 39:50
Cindy Pate, 56 41:23
Shellie Geer, 67 42:03
Lois Livingston, 62 44:51
Cecilia Horton, 44 44:52

Jail Break Half Marathon, Baytown, Feb. 25

Derek Davis, 29 1:32:53
Julie Davis, 37 1:37:32
Jody Slaughter, 53 1:55:30
Ken Johnson, 75 3:01:01

Upcoming races in Huntsville:

March 19 – Run the Trails, 3.5 Miles, Non-competitive, Huntsville State Park

April 22 – Spring Fling 5K & 1-Mile, Elkins Lake

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