

## RUNNING SHORTS

### **There's a race for every kind of runner in Huntsville this fall**

By Ken Johnson

Whether you like to run on the road, scenic trails or through mud, there is a race for you in Huntsville this fall.

This Saturday, there is the CASA Superhero 5K (3.1 miles), starting and finishing in the Bowers Stadium parking lot. This race includes a free 100-yard dash for kids 10 and younger.

The 35<sup>th</sup> Annual Huntsville Half & Quarter Marathon & 5K Run/Walk will be held on October 19 at the Health & Kinesiology Center on the Sam Houston State University campus. The half marathon is 13.1 miles, the quarter marathon is 6.55 miles. The time limit is 3 ½ hours for all three races, so you do not have to be fast to participate.

If you are not worried about your finish time and like to get muddy, The Great Muddy Escape 5K on October 26 is for you. It will be held at General Sam's Offroad Park. The course includes plenty of mud and natural and man-made obstacles to challenge you.

If you prefer the beautiful trails at Huntsville State Park, the Rocky Raccoon Trail Run will be held on November 2. You have a choice of three distances, 50K (31 miles), 25K (15.5 miles) and 10K (6.2 miles). For those not up to the longer distances, run or walk the 10K.

All these races and others in the area are listed on the Seven Hills Running Club web site (<http://www.7hills.us>), with a link to information and registration. Click on Race Schedule.

#### **Recent race results**

##### **Texas 10 Series, Katy, Sept. 29**

###### **10 Miles**

Jose Torres, 20	1:10:56 (2nd in age group)
Krista Morris, 26	1:18:09
Steve Bickford, 52	1:24:07 (2nd in age group)
Jan Parks, 56	1:47:05 (3rd in age group)
Ken Johnson, 72	2:21:24 (2nd in age group)

###### **5 Miles**

Donna Fabian, 39	43:03
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##### **Fall Fun Run, Huntsville, Sept. 28**

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

Jose Moreno, 52	54:37
Glenn Green, 51	1:03:41
Clayton Heald, 43	1:07:05
Steve Bickford, 52	1:07:20
Don Ortloff, 67	1:25:05

###### **5K**

Donna Fabian, 39	26:28
Chris Cirrito, 44	28:09
Jordan Holy, 20	28:36
Darryl Shreves, 56	28:54
Jill Blake, 35	28:55

Ron Holy, 59	29:04
Chris deMilliano, 37	29:56
Emily deMilliano, 33	30:00
Marvin Dunbar, 45	31:27
Erica Alfaro, 25	31:36
Toni Moore, 26	32:25
Richard Abril, 59	35:08
Jerico Golez, 36	35:10
Cathy Bickford, 51	38:09
True Cousins, 79	48:15
Molly McMillan, 23	49:52
Angela Reuter, 44	49:53
Will Schulz, 13	51:12
Cindy Pate, 53	51:13
Beth Rogers, 52	57:44

**1-Mile**

Carolyn Burdine, 48	17:04
Ethan Trevino, 5	19:37
Cesar Trevino, 35	19:43
Laura Trevino, 34	19:57
Farrah Trevino, 32	19:57
Kylie Trevino, 2	19:57

**Woodforest Charity Run, Conroe, Sept. 28**

**10K**

Steven Wright, 32	44:20
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**5K**

Duff Wright	29:05
Charles Frazier	43:29

**Bulldog Dash, 5K, Iola, Sept. 28**

Steve Allen, 41	24:35
Ken Johnson, 72	37:43

**Texans Running of the Bulls, 5K, Houston, Sept. 22**

Steve Allen, 41	25:11
Glenn Green, 51	26:51
Kristy Vienne, 36	28:16
Kelly Bielamowicz, 38	29:28
Laura Green, 47	29:48
Ken Johnson, 72	37:23

**Heart & Sole 5K, Sugar Land, Sept. 21**

Steven Wright, 32	22:33 (2nd in age group)
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**Toughest 10K, Kemah, Sept. 21**

Emily Garner, 33	44:19 (1st in age group)
Steve Bickford, 52	47:04
Willard Oliver, 46	48:35
Steve Allen, 41	51:41
Darryl Shreves, 53	55:40
Glenn Green, 51	59:14
Gerald Johnson, 58	1:04:45
Anna Shreves, 53	1:16:14

**New Life 5K, Tomball, Sept. 21**

Donna Fabian, 39	25:40 (1st in age group)
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