

## **RUNNING SHORTS**

### **Trail running group meets twice a week at Huntsville State Park**

By Ken Johnson

For over 20 years, a group of runners has met at Huntsville State Park every Tuesday and Thursday evening to run trails. The current time is 5:30 p.m., but that will be moved to 4:30 p.m. when the days become shorter. They meet at the lower parking lot across the street from the Nature Center.

Trail running is a great alternative to sidewalks, paved streets and heavy vehicle traffic. The dirt trails are easy on the feet and in all the years the group has run at the park, no one has ever reported seeing an alligator on the trail.

You do not have to be a fast runner to join the group. And, walkers are welcome. The group divides up by speed and distance and they wait for everyone to finish.

There is no fee to join the group. However, there is a \$5 park entry fee. As an alternative, you can purchase a Texas State Park pass for \$70, which is good for entry into all Texas State Parks for one year.

If you have any questions, please email me at [1941runner@sbcglobal.net](mailto:1941runner@sbcglobal.net).

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

##### **Run One, 1-Mile, Houston, Aug. 30**

Gina Lopez, 33	7:33
Ivone Isaias, 29	8:18
Lezlie Parish, 35	8:25

##### **Wellness 5K, Katy, Aug. 30**

Ken Johnson, 74	37:36
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##### **Links 5K Run, Cypresswood Golf Course, Spring, Aug. 29**

Donna Fabian, 41	27:09
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##### **Augusto 5K, San Antonio, Aug. 23**

Donna Fabian, 41	24:19
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##### **Heatwave 5K, Waterwood, Aug. 22**

Jeffrey Currie, 21	18:40
J. C. Guzman, 43	20:18
Jody Slaughter, 52	22:04
Brian Zemlicka, 53	22:19
Steve Allen, 43	23:32
Daniel Freeman, 18	25:21
Ryan La Garce, 15	25:22
Jose Moreno, 54	25:29
Brent Butler, 57	27:26

Lety Castille, 22	28:20
Giovanni Valdivia, 29	29:15
Monica Lopez, 32	29:23
Mary Jenke, 33	34:19
Carter Helm, 70	34:45
Darren Grant, 50	34:46
Paulina Puente, 44	35:48
Mary Kaplan, 76	37:39
Steve Prusz, 59	38:23
Jannette Puente, 21	38:29
Ken Johnson, 74	38:52
Cindy Pate, 54	42:10
Susan Butler, 55	42:34
Anaya Butler, 11	42:34
Shellie Geer, 65	43:24
April Russell, 39	44:34
Heidi Morse, 55	46:02
Cathy Bickford, 53	46:03
True Cousins, 81	51:09
Eyvonne Carter, 60	53:15
David Bethke, 56	53:16
Rosie Prusz, 57	57:20

**Upcoming races in Huntsville:**

Sept. 19 – Dye for Dogs 5K, New Waverly

Sept. 26 – Fall Fun Run, 10K, 5K, 1-Mile, Physical Therapy Associates

Sept. 27 – Texas 10 Series, 10-Mile, 5-Mile, SHSU campus

Oct. 10 – Military Ruck March, 5 Miles, Huntsville State Park

Oct. 17 – Huntsville Half and Quarter Marathon & 5K, SHSU campus

Nov. 7 – Rocky Raccoon Trail Run, 50K, 25K, 5-Mile, 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.