

## RUNNING SHORTS

### **Don't let the winter weather keep you inside**

By Katy Lampson

Whether it has felt like it recently or not, winter is here, and with it comes the daunting task of keeping your running on track. When we see that thermometer fall it's easy to find any excuse to stay inside with a warm cup of coffee instead of heading out for a run. With the proper preparation, gear and mindset there is no excuse for wimping out.

When you are dressed properly winter running can be quite enjoyable, and the key to achieving this can be described with one word; layers. You first need to start with a good moisture wicking base layer. This will pull moisture away from your skin to outer layers where it evaporates. Your outer layer should be of wind and moisture resistant material to help keep your personal environment warm and dry. Depending on how cold it is, you may need to include an additional layer between your base layer and your outer layer. The middle layer should also be of moisture wicking fabric to help keep you dry.

When dressing for winter weather it is important to remember that your body heats up very quickly once you begin exercising. Be careful not to overdress, which can stop you dead in your tracks. Your layering system should be such that you become comfortable about 15 minutes into your run, not when you first step out of the door. If you simply can't handle being cold at the beginning of your run, try warming up inside first. Once you are dressed try running in place or doing jumping jacks to raise your body temperature before you head out. This will not only warm you up before you head out, it will help you determine if you have dressed properly. Another benefit of the layering system is in the event you do overdress for the temperature, you can shed layers accordingly.

One last tip that helps thwart all excuses for wimping out on runs, is have a buddy. You are a lot less likely to skip a training run if you know someone will be there waiting on you. Guilt yourself into it if you have to. Your warm cup of coffee won't be nearly as good knowing that your buddy is out there weathering the cold alone.

Be prepared and learn to embrace the cooler weather. When August rolls around you'll be longing for those winter running days.

Congratulations to all of our local runners who completed the Chevron Houston Marathon, Aramco Half Marathon, and EP 5K this past weekend. Results for these events are as follows (all runners are from Huntsville unless otherwise noted):

#### Chevron Houston Marathon:

John Slate, 52	4:15:17
Norman Langwell, Jr. , 36,	4:26:57
Jody Slaughter, 44, New Waverly	4:28:00
Katy Lampson, 32	4:45:07
Leslee Jo Cade, 36	5:06:38
Toast Vinson, 25, Trinity	5:21:07

#### Aramco Half Marathon:

Timothy Ashley, 44	1:50:19
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Crystal Skuca, 22	1:52:44
Megan Williams, 21	1:53:48
Nathan Winkelmann, 25	2:25:01
Robert Cade, 36	2:40:01
Mark Stephenson, 45	2:41:28
Irma Dowden, 42	3:08:25
Ruby Rushing, 51	3:35:56
Jacqueline Smith, 55	3:43:22

EP 5K:

Colton Langwell, 16	24:22
Alex Cade, 12	31:11
Amy Morley, 23	43:07
Mildred Langwell, 34	44:43
Linda Farrell, 60	46:06

Other races completed recently by local area runners were the Bandera 50K (31 miles) Trail Run on January 5, run by Curtis Barton, 28, with a time of 7:27:38, the Texas Marathon held in Kingwood on January 1, run by Kimberly Barnes, 23, with a time of 5:33:20 (first marathon) and Ken Johnson, 66, with a time of 6:30:24, and the Run the Woodlands 5K held on December 22, run by Robert Duncan, 47, with a time of 19:33.

The next race in Huntsville is the Frost Your Fanny 5K and 10K on January 26. For more details and a list of other races in the area, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.

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