

RUNNING SHORTS

Now is the time to start making running resolutions

By Ken Johnson

It's January. We ate too much over the holidays and know that we need to lose that extra weight and improve our health. This should start with healthy eating and an exercise program. Above all else, quit smoking and using other tobacco products.

Running should be part of your exercise program. Not only does running increase your strength and stamina and improve your cardio vascular system, it helps you control your weight. You burn calories faster while running and running before meals can help curb your appetite. You will feel better and look better

Running can also extend your life, according to a lengthy Stanford University Medical Center study released in 2008.

We all have one life, so live it to the fullest. Resolve to improve your health and appearance by starting a running program in 2010. Set goals and stick to them. Do not use the common excuses, "I'm too busy," "The weather is too bad," or "I'm too old."

Find a partner or group. Join the Seven Hills Running Club. Start off with slow and short runs. Build up your speed and distance over time. Become involved in the sport. Sign up for a race. You do not have to be fast or competitive to participate in races. Run what you can and walk the rest of the distance. You will enjoy the experience and find that races help with your motivation.

. If you are new to the sport, make sure you see your doctor before starting a running program.

Make 2010 the year you began improving your health and life.

Good luck to all the Huntsville area runners who will be running the Houston Marathon or Half Marathon on January 17.

Recent race results:

Texas Marathon (26.2 miles), Kingwood, Jan. 1

Ken Johnson, 68 6:08:21

Half Marathon (13.1 miles)

Sara Collazos, 20 1:37:32 (3rd female)

Resolution Run, Huntsville, Jan. 1

5K (3.1 miles)

Fernando Gonzalez, 27 19:58

J. C. Guzman, 38 20:29

Josh Spencer, 24 22:35

Benjamin Rodriquez, 26 24:44

Leah Koester, 44 28:31

Georgia Guerrero, 35 29:05

Jan Parks, 53 29:31

Len Hill, 56 29:32

James Spencer, 28 30:14

Jody Slaughter, 46 30:41

Samuel Slaughter, 10	30:41
Glen Carter, 58	30:45
James Reynolds, 28	31:38
Don Ortloff, 64	33:29
Yolanda Rodriquez, 26	34:06
Mariah Reynolds, 25	34:33
Karen Husband, 25	34:54
Hans Jaeger, 62	34:54
Lavonne Zaiontz, 42	34:59
Colleen Spencer, 57	41:55
Carolina Guerrero, 32	42:57
Patsy Collins, 51	54:27
Roger Collins, 53	54:27

1-Mile

Becky Waller, 24	14:20
Marilynn Johnson, 64	18:30
John Koester, 15	Not timed
Bret Whitley, 17	Not timed
Barbara West, 68	55:18
Julie Whareham, 40	55:18

Sunday Night 5K, The Woodlands, Dec. 27

Fernando Gonzalez, 27	19:20
J. C. Guzman, 38	19:52
Ken Johnson, 68	32:44

Run the Woodlands, 5K, Dec. 26

Tim McGuire, 30	20:53
Ken Johnson, 68	32:47

Upcoming Huntsville Races

January 30 - **Frost Your Fanny 10K, 5K, 1-Mile**, Health & Kinesiology Center, SHSU.

February 6 - **Rocky Raccoon 100 and 50 Mile**, Huntsville State Park

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