

RUNNING SHORTS

Overcoming excuses for not running

By Ken Johnson

There is a running shoe company poster that says, "Someone who is busier than you is out running right now." Being too busy is the most common excuse for not running or participating in other exercise program. There are plenty of other excuses people use. My knees hurt; I don't have a good place to run; I don't have anyone to run with; I don't like to run; I'm too old; It's too hot; It's too cold; It's raining. The list can go on and on. Obviously, there are some valid excuses for not running, but most excuses can be overcome.

Few of us are not busy. The key is making running a priority and sticking to it. If you are happy with an unhealthy life style, you don't need to run or participate in another exercise program. If running is the right program for you, make it a priority. Be sure to get an okay from your doctor before you start a running program.

Set up a schedule. Carve out time around the other important things you have to do and don't let anything interfere with your running schedule. It's not being selfish. You are not only doing it for your health, you are doing it for your family and other people who depend on you. Staying healthy and fit is important. Get your family to buy into your running program; better still, get them involved.

To help you overcome the excuses for not running, participate in all aspects of the sport. Join a running club or group of runners or find a friend to run with. Subscribe to a running publication and learn more about the sport on the Internet. Sign up to participate in races as a walker or runner. Make the sport a part of your life.

Norman Langwell, Jr. of Huntsville is a good example of someone who decided to change his life. Norman, 36, weighed 379 pounds in March 2006. He went on a diet and started walking and then eight months ago started running. Norman now weighs 203 (lost 176 pounds), recently completed two half marathons (13.1 miles), completed a 22-mile training run and is registered to run the Houston Marathon in two months. His goal is to improve his speed and qualify to run the Boston Marathon. Norman is a member of the Seven Hills Running Club, but readily admits that he could not have accomplished what he has without his family's support.

Norman and so many other runners who run on a regular basis could not do so without deciding that running was so important for their health that they would make it a priority and set aside the excuses they used for not exercising.

If you want to learn more about running in Huntsville, visit the Seven Hills Running Club web site at <http://www.7hills.us> or call me at (936) 295-4291.

Next Race in Huntsville

Leftover Turkey 10K Run (6.2 miles) or 5K Run or Walk. 9 a.m., Saturday, Nov. 24. \$1 entry. Southwest corner of the West Hill Mall parking lot. For more information, call Niki Bellnoski at (936) 435-1171.

Recent Race Results

Ultracentric 24-hour Run, Grapevine, Nov. 17

Curtis Barton 30 miles, 7:01:54

Tyler Half Marathon (13.1 miles), Nov. 17

Ken Johnson 2:42:48 (3rd in age group)

HSMA 25K (15.5 miles), Houston, Nov. 11

John Slate 2:09:02

Run the Woodlands, 5K, The Woodlands, Nov. 10

Katy Lampson 28:40

Ken Johnson 33:29

Rocky Raccoon Trail Run, Huntsville State Park, Nov. 3.

50K (31 miles)

J. C. Guzman, 35 4:45:45

Niki Bellnoski, 21 4:47:41 (3rd female)

Felix Montelongo, 31 5:01:29

Curtis Barton, 28 5:57:26

25K (15.5 miles)

Robert Duncan, 47 2:06:47

Josh Holden, 25 2:08:02

Phillip Clark, 44 2:22:15

Mary Sweeten, 25 2:58:24

Ken Johnson, 66 3:36:42

Luke's/Koala Houston Half Marathon, Oct. 28

Robert Duncan 1:31:00

John Slate 1:38:16

Norman Langwell 1:52:06

Run the Woodlands 5K, The Woodlands, Oct. 27

Ken Johnson 32:54

Shiitake Mushroom Festival 5K, Madisonville, Oct. 20

J. C. Guzman 20:24 (1st overall)

Mary Sweeten 28:46

John Burick 32:52 (1st in age group)

Ken Johnson 33:35

True Cousins 36:24 (2nd in age group)

Defeat 5K, Galveston, Oct. 20

Amanda Huckabee 41:27

Laura Barrett 41:28

