

RUNNING SHORTS

A few helpful tips for safer running during the winter

By Ken Johnson

With less daylight during the winter months, many of us have to change our running habits and schedule. If work and/or school forces you to run in the dark, here are some tips to make your runs safer:

Run at the track. While you will be safe from traffic, be aware of your surroundings. Do not run at the track alone, especially late at night.

Run against traffic. Anytime you run on the roads and no sidewalk is available, run against oncoming traffic. It is easier to avoid vehicles if you can see them coming.

Make yourself visible. Wear light colored clothing. Although some running shoes and other gear may already have built-in reflective material, add more. Wear a reflective vest, headlamp and a flashing strobe light.

Always carry personal identification with you. Run with a buddy. There is strength and safety in numbers. Carry a cell phone.

Vary your routes and times, but always let someone know the route you will be running. Do not run in areas that are considered unsafe.

Stay alert and never wear your iPod or MP3 player while running on the roads.

Avoid areas with loose dogs. Carry pepper spray, in case.

Run on a treadmill, if you have access to one.

Above all else, do not use the winter months as an excuse for not running. Consistency is important; run on a regular basis year round.

Race results:

Texas Trail Run, Huntsville State Park, Dec. 5

50K (31 miles)

Jacob Gautreaux, 37	5:00:03 (3 rd in age group)
Christopher Wilson, 59	7:06:39
Lisa Black, 31	7:44:27
Gerald Peters, 39	7:44:43
Ken Johnson, 68	8:25:35

12.5 Miles

Nathan Winkelmann, 27	1:26:24 (1 st in age group)
Leslee Cade, 38	2:33:50

Downhill Dash Winners, Huntsville, Dec. 5

(1.23 miles)

Fernando Gonzales, 26	6:05
Destiny Perrodin, 12	8:58

White Rock Marathon (26.2 miles), Dallas, Dec. 13

Lindsey North, 25	4:34:25
Keelie Hughes, 25	6:18:47
Jessica Hatch, 27	6:18:47

Half Marathon (13.1 miles)

Jessica Payne, 32	2:09:47
Jennifer Lynn Bellah, 31	2:49:20
Simeon Pruksi, 44	3:28:58

Upcoming Huntsville Races:

Jan. 1 – New Years Resolution Run, 5K, 1-Mile

Jan. 30 - Frost Your Fanny 10K, 5K, 1-Mile

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