

RUNNING SHORTS

Last minute gift ideas for runners

By Ken Johnson

If you have not found something for the runner on your gift list, here are some last minute ideas.

The essentials for runners include socks, shoes, shorts and shirts. Your runner will surely have these, but may need more. Most runners are very choosy about their socks, shoes and shorts. If you know their favorite brand, model, size and color, any of these items would make a nice gift. Runners who participate in a lot of races, have T-shirts, so they probably do not need another one.

Warm-up suits, gloves and hats are nice for winter running. If your runner runs after dark, reflective arms bands or vests, headlamps or blinking lights would be a great gift. For those runners who carry water while running, a water bottle with a hand-strap, camel back water carrier or a fuel belt would be put to good use.

On the high end of runner gifts, a GPS watch would be appreciated by any runner. They not only tell time, they record the distance run and the pace. Some do more. For a good quality GPS watch, expect to pay between \$200 and \$400.

For any of these items, head to your nearest sporting goods or running specialty store.

We are very lucky in Huntsville to have the Huntsville State Park. It is a beautiful park and a great place to run trails or park roads. An annual park pass is only \$70 and it is good for any state park in Texas. Buy your runner one of these; they will thank you for an entire year.

Another gift you can give the runner on your list, is to start running with them. It will help motivate them and you will both enjoy the benefits the sport has to offer.

Recent race results:

Wildkat 5K (3.1 miles), Willis, Dec. 17

Robert Duncan, 51	19:45 (1 st in age group)
Steven Wright, 30	20:48 (1 st in age group)
James Bruce, 47	29:35 (3 rd in age group)
Ken Johnson, 70	39:30 (1 st in age group)
Marilynn Johnson, 66	48:30 (1 st in age group)

Jingle Bell Waterway Run (non-competitive), 3.5 miles, The Woodlands, Dec. 15

Leah Koester, 45
Ken Johnson, 70

BCS Marathon (26.2 miles), College Station, Dec. 11

Jacob Gautreaux, 39	3:01:05 (1 st in age group)
Will Oliver, 44	4:12:16
Ken Johnson, 70	6:24:55 (3 rd in age group)

Half Marathon (13.1 miles)

Doug Dretke, 53	2:15:26
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Elaine Minton, 53 2:18:03
Dee Dee Dretke, 51 2:26:54

Jingle Bell 5K, Livingston, Dec. 10

Jan Parks, 55 28:13 (2nd in age group)
Donna Fabian, 37 28:15 (1st in age group)
Don Ortloff, 66 34:27

La Porte by the Bay Half Marathon (13.1 miles), La Porte, Dec. 4

Darryl Shreves, 51 1:56:38
Anna Shreves, 52 2:58:08

White Rock Half Marathon, Dallas, Dec. 4

Jake Laffery, 20 1:51:45
Laura Dougherty, 29 2:06:39
Misty Stone, 38 2:43:04

Upcoming races in Huntsville:

Jan. 1 – New Years Day Resolution Run, 5K & 1-Mile Run/Walk, 2 p.m.

Feb. 4 – Rocky Raccoon 100 and 50-Mile Trail Runs, Huntsville State Park

Feb. 11 – Orphan Hope Trail Marathon and Half Marathon, Huntsville State Park

For more information about these races and a link to registration, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.