

RUNNING SHORTS

Running on the Internet

By Ken Johnson

Most of us use the Internet nowadays for news, weather, sports and other information, not to mention email. I must confess that most of the web sites bookmarked on my computer pertain to the sport of running. If you are into the sport or are contemplating taking up running to achieve and maintain physical fitness, all the information you may need is at your computer keyboard.

Of course, my favorite web site is the Seven Hills Running Club site, <http://www.7hills.us>. Whether you are a member or not, the site contains information about local runners and running events. It also provides links to many other state and national running web sites. Every Running Shorts column published in the Huntsville Item is also on this site.

For news about Texas running, go to <http://www.insidetexasrunning.com>. This includes a calendar of upcoming races throughout the state, as well as race results, photographs and other useful news. A sister site is <http://www.runnertriathletenews.com>. It will cover the same running news, but also includes information about multi-sport events, such as duathlons and triathlons.

Popular national running web sites include <http://www.runnersworld.com>, <http://www.runningtimes.com>, <http://www.coolrunning.com> and <http://www.runningintheusa.com>. On these sites, you will find a calendar of events and race results throughout the nation, as well as many useful articles on topics such as running shoes, clothing, nutrition, training guides and how to avoid injuries.

USA Track and Field maintains a very useful site called, "America's Running Routes" (<http://www.usatf.org/routes>). This site allows you to create a running route in any city in the U.S. It is very easy to use and provides an exact measurement of the course you created and an elevation profile. You can name your course and save it for others to use. Or, you can use the site to find routes that others have already created.

The Internet is an excellent tool to help you stay knowledgeable and involved in your sport of running. There is virtually no limit on the information available. The sites provided here are just a few; these sites provide links to many others.

Congratulations to my co-Running Shorts columnist, Katy Lampson, for completing the "Marathons of Texas" (White Rock in Dallas in December, Houston in January and Austin in February). Special recognition is given to any runner who completes these three marathons. Only about 100 runners accomplish this feat and earn the coveted Marathons of Texas jacket. These were Katy Lampson's first three marathons, but no doubt not her last.

Race Results

Cowtown Marathon (26.2 miles), Fort Worth, February 23

Norman Langwell, Jr., 36 4:02:36

Cowtown 50K (31 miles)

John Slate, 52 4:41:40

Ramp Romp 5K (3.1 miles), College Station, February 23

Robert Duncan, 48 21:27 (1st in age group)

Ken Johnson, 66 32:56 (3rd in age group)

Armadillo Dash Half Marathon (13.1 miles), College Station, February 24

Ross Carrie, 43 1:49:11
John Cook, 52 2:13:10
Ken Johnson, 66 2:38:21

Sweetheart Run, Huntsville, February 24

5K (3.1 miles)
Sheridan Grant, 15 22:55
Robert Duncan, 48 22:59
Megan Crank, 22 27:34
Hans Jaeger, 60 30:22
John Cook, 52 35:50
True Cousins, 74 36:10
Ken Johnson, 66 37:05
Laura Parma, 73 40:10
Anne Sigler, 74 49:25
1-Mile:
Marilynn Johnson, 62 18:10
1/2-Mile:
Martha Lou Castillo, 88 9:00

Rodeo Run, 10K (6.2 miles), Houston, March 1

Timothy Ashley, 44 49:54
Nick Bellnoski, 25 51:37
Niki Bellnoski, 21 51:37

Upcoming Races

March 30 – Run the Trails, 5 miles and 5K, Lampson Ranch, Huntsville

April 26 – City of Huntsville & Wiesner-Huntsville 5K & 1-Mile Run/Walk

For details and other races, go to the Seven Hills Running Club web site at <http://www.7hills.us>. Click on Race Schedule.