

RUNNING SHORTS

Setting and achieving goals

By Ken Johnson

Setting and achieving goals is just as important in running as it is in other endeavors. We have to know where we are going and how to get there. Most importantly, we have to make the trip. So many people set running goals, but then let other activities get in the way of achieving those goals. We run for our health and we have to make running a priority.

If you are just starting a running program, set interim and long-term goals for yourself. Make a commitment to yourself and to your family and friends. By getting them involved, you are soliciting their support and encouragement.

Dr. David Ficklen recently told me that he was going to run the Houston Marathon next January 17. Mary Sweeten of the Financial Aid Office at Sam Houston State University told me that she is running the Texas Marathon in Kingwood next January 1. This will be a first marathon (26.2 miles) for both. Both have set a goal and now they have to train and follow through. If you know these runners, offer them encouragement and support as they complete their long training runs necessary to achieve their goal of completing a marathon.

While a marathon is a long-term goal for most new runners, completion of a 5K (3.1 miles) race is a great interim goal for many. There are many 5K's in the Huntsville area in the coming months, but one of the best is the Polish Pickle 5K in Bremond on June 27. Bremond is a small Polish community 90 miles northwest of Huntsville. The race is held in conjunction with Bremond's Polish Day celebration. About 500 runners and walkers, including many from Huntsville, participate in this race each year. The race starts and finishes in downtown Bremond. The entry fee is only \$12 and you get a T-shirt and all the food and drink you can consume after the race. Plus, you are eligible for door prize drawings for a heifer (or \$500 cash) and 20 bales of hay (or \$100 cash). Stay around for the pickle parade and visit the booths up and down main street. Whether you walk, run or do a combination of both, you will have a good time at this race. An entry form is available on the Seven Hills Running Club web site, <http://www.7hills.us>. Click on Race Schedule.

Establish your running and racing goals and stick with them. Do not use your busy schedule and other excuses to detract from what is important to you and your family – your health.

Recent race results

Blue Bell Run, Brenham, Apr. 18

10K (6.2 miles)

Adrienne Langelier, 26 39:45 (1st female)

Christine Gann, 33 1:07:52

5K (3.1 miles)

Karen Fowler, 33 37:43

Run Thru the Vines 10K, Bryan, Apr. 18

Sara Krum, 28 1:02:45

Davy Crockett Bear Chase, Groveton, Apr. 11

Marathon (26.2 miles)

J. C. Guzman, 37 3:27:36

Half Marathon (13.1 miles)

Len Hill, 55 2:18:22

Jan Parks, 52 2:21:13

Crescent City Classic 10K, New Orleans, Apr. 11

Robert Duncan, 49 40:35

Big D Texas Marathon, Dallas, Apr. 5

Celeste Harris, 35 5:20:16

Next race in Huntsville

Apr. 25 – Spring Fling 5K and 1-Mile Run/Walk, 8 a.m., Bowers Stadium Parking Lot.