

## **RUNNING SHORTS**

### **Where are you on the running scale?**

By Ken Johnson

There are beginner runners, world-class runners and everything in between. The same is true in any sport. One runner may be trying to run one lap around the track without stopping or to complete a 5K, while others may be attempting their first marathon. Then, there are ultra runners striving to complete a 100-mile run or longer. The same goes for speed. Some are slow and others are super fast.

We are all somewhere on a running scale. No matter what we accomplish in terms of distance and speed, there will always be others who are much better. Too many runners read stories about the accomplishments of world-class runners in the running magazines and feel intimidated. Very few of us will ever reach the top of the scale.

While there is nothing wrong with being competitive and moving up the scale, we cannot be discouraged from running altogether because we cannot be at the top of the sport. Even if you are on the lower end of the speed and distance scale, set goals for yourself and do not worry about what other runners are doing or achieving. Do what you can and be the best runner that you can be. You will be a winner.

The important thing is to run for fitness; the opportunity for improvement and competition with other runners are a plus. Enjoy the sport. It's springtime and there is no better time to get started running and moving up the scale.

#### **Recent race results:**

##### **Seabrook Trail Marathon (26.2 miles), Seabrook, March 21**

Jacob Gautreaux, 37	3:55:45
Jan Parks, 53	5:50:56
Ken Johnson, 68	6:09:11

##### **Bataan Memorial Death March Marathon, White Sands Missile Range, NM, March 21**

Christopher Wilson, 60	5:18:54
John Cook, 54	6:02:54
Hans Jaeger, 62	6:28:29

##### **Run the Trails, 3.5 miles, non-competitive, Huntsville State Park, March 28**

###### **Finishers:**

Keith Ahee	Robert Duncan	Terry Newton
Jesse Bernal	Jacob Gautreaux	Rachel Pack
Justin Bickford	Fernando Gonzalez	Jan Parks
Steve Bickford	J. C. Guzman	Mariah Reynolds
Kelly Byrd	Ken Johnson	Juana Sanchez
Rhonda Carpenter	Leah Koester	Jody Slaughter
Phillip Clark	Elaine Minton	Courtney West
John Cook	Kathy Newton	Randy Woodward

**Muddy Trails 5K (3.1 miles), The Woodlands, April 3**

Robert Duncan, 50                      20:28 (1<sup>st</sup> in age group)

Ken Johnson, 68                        34:19

**Upcoming Huntsville races:**

April 10 – **Hog’s Hunt Trail Run**, 50K and 25K, Huntsville State Park.

April 24 - **Spring Fling 5K and 1-Mile Run/Walk**, 8 a.m., Bowers Stadium parking lot, \$1 entry. Register at the starting point.

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