

## RUNNING SHORTS

### **Weather or not to run**

By Ken Johnson

If you are serious about running to help stay in good physical condition, you will not let the weather or other common excuses keep you from running.

If you only run when the weather is perfect for you, you will not run enough to gain the full benefits of the sport.

We all know that Huntsville summers are hot and humid and the winters are moderate and it gets below freezing only a few times a year. Rarely do the roads ice over and snow on the roads is maybe a once in a lifetime event.

Get used to running in various weather conditions. The only weather condition you should always avoid is lightning. No matter how fast you might be, you cannot outrun lightning.

Now that summer is here, we are feeling the heat and humidity. You can run safely in the summer, but just do not overdo it. Run in the early morning or evening when the temperature is not as hot.

Stay hydrated. Drink fluids before, during and after you run. If you will be running for an extended period of time, take an electrolyte capsule every 30 minutes. These capsules replace the sodium, potassium and other minerals that the body loses when you sweat. They improve performance and help avoid cramping. Electrolyte capsules can be purchased at running stores or online.

Also, during the summer months, try to find a course with plenty of shade, maybe a course through the Avenues or the Forest Hills Subdivision. Wear light and loose clothing; no long sleeve shirts, sweat pants or sweat suits. The new “tech shirts” are best. They are made of micro-fiber polyester and breathe well and pull the perspiration from your body to keep you dry and comfortable.

No more weather excuses, please. Run this summer, but be consistent. Above all else, be careful.

### **Recent race results**

#### **Spring Fling 5K, Huntsville, Apr. 25**

Brian Zemlicka, 47	19:54
Jesse Parker, 26	21:38
Jacob Gautreaux, 36	23:15
Courtney Winston, 29	28:25
John Cook, 53	29:10
Leslee Cade, 38	30:29
Jerry Flanagan, 69	30:32
Sarah Spielvogel, 25	31:40
Melissa Mugno, 23	31:43
Ken Johnson, 67	35:02
Andie Ho, 27	37:24
Anne Sigler, 75	48:27

**Texas Round Up, Austin, Apr. 25**

10K (6.2 miles)

John Dunphy, 61 57:34

5K (3.1 miles)

Curt Reece, 19 58:48

**Blue Bell Run, Brenham, Apr. 18**

10K (6.2 miles)

Adrienne Langelier, 26 39:45 (1<sup>st</sup> 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**

May 25 – Memorial Day 5K, Timberwilde Subdivision. For more information on this and other races, visit the Seven Hills Running Club web site (<http://www.7hills.us>) and Click on Race Schedule.