

RUNNING SHORTS

Persistence and consistency pay off

By Ken Johnson

Running is good for you, but only if you do it on a regular basis. There are a lot of people who call themselves runners, but only do it occasionally. Some people, who are recently divorced or have an upcoming wedding or class reunion, are working out or running to try to get in shape. If you are going to work out or run, do it for the long haul, not for a special occasion.

You have to be persistent and consistent in your running program to make it pay off with improved health, fitness and physical appearance.

Set up a running schedule and stick to it. Even with a busy lifestyle, you can run on a regular basis. If you value your health and really want to be more fit, running can be moved up on your priority list. No matter what else is going on in your life, be persistent and consistent in your running routine. All the excuses are there, "I'm too busy at work," "I'm taking 18 hours this semester," "It's too hot this summer," and so on. Sure, there are other things going on in your life, but carve out some time for running. Put it up there with eating, working and sleeping. Besides, running can help relieve the stress caused by the rest of your busy life style.

To maximize the benefit to your cardiovascular system, run for 30 minutes three times a week. Obviously, if you want to increase your competitiveness and participate in long races, you will have to run longer and more often. In any case, take a couple days off during the week for rest.

Find a running partner and make a commitment to run together on a regular basis. Put it on your calendar and schedule other things around your running time. Find a safe place to run. Or, better still, find several places to run to make it more interesting and challenging. Maybe the track on Avenue O one day, a road run on another day and trails at the Huntsville State Park on another day. We are fortunate in Huntsville; we have a lot of great places to run.

Recent race results:

Tejas Triathlon, Sugar Land, June 8

Katy Lampson 1:22:03

Eastside Triathlon, Baytown, June 29

Marvin Dittfurth 1:36:01 (2nd in age group)

Stu's Country Mile 5K, Centerville, July 4

Josh Spencer 19:58 (1st in age group)

James Spencer 20:12 (2nd in age group)

John Slate 22:47 (1st in age group)

Tim Johnson 24:59 (3d in age group)

Christopher Wilson 26:09

Ben Johnson 28:08 (3rd in age group)

Jerry Flanagan 28:08 (3rd in age group)

Ken Johnson 34:01

Colleen Spencer 36:29 (1st in age group)

True Cousins 36:49

Casey Spencer 38:02

Run the Woodlands 5K, July 12

John Slate	22:14
Elizabeth Ramey	28:54
Ken Johnson	34:40

Upcoming races:

July 26 – Dog Days 5K, 8 a.m., Huntsville

Aug. 23 – Heat Wave 5K, 8 a.m., Huntsville

Oct. 11 – Huntsville Half Marathon & 5K Run/Walk

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