RUNNING SHORTS
Increasing distance can be done with planning, proper motivation
By Ken Johnson

One of the questions many new runners ask is, "How do I increase my distance?" The smart aleck answer is, "Run farther." Realistically, most runners are quick to get into a comfort zone, running the same distance every time they run. Maybe it's around the block, one lap at the track or maybe four laps. Getting out of the comfort zone and increasing distance is difficult, but it can be done with proper motivation. So many marathon runners have remarked about how they could not have ever imagined themselves running 26.2 miles. They took it one step at a time and gradually increased their distance. The ability to increase running distance is more mental than physical.

First, here is the physical part. Do not increase your distance by more than 20% and run the new distance at least three times before increasing again. Stretch before and after you run. Stay hydrated; drink fluids before, during and after your run.

Now, the mental part. Set goals for yourself. Your goal might be to run one mile without stopping or to complete a 5K (3.1 miles) race. If you are already up to the 5K distance, go for a 10K, half marathon (13.1 miles) or a full marathon. There are training schedules for about any race distance on the Internet. Start with runnersworld.com or runningtimes.com. Pick a schedule and stick with it. Realizing that it easier said than done, here are tips to help. Remember that it is mostly mental.

When you set your goals, let your family and friends know what they are and solicit their support. Even when you go out for a longer run, let your family and friends know how far you will be running. You are more likely to complete that long run. It is like quitting smoking. It is difficult doing it alone; you need encouragement.

Run with friends who have similar running goals. Even if you are an accomplished runner, having someone to run with makes longer distances much easier.

When you run, try to run a single loop course to reduce the opportunities to quit during your run. Better still, have someone drop you off at your target distance and then run home. USA Track and Field has a web site that allows you to design and measure your own course in your city. You can even name your course and save it for others. The site is: usatf.org/routes/map.

If you start getting tired while running a longer distance, set intermediate goals, i.e. a house on the next block or a certain telephone pole. When you reach that goal, set another intermediate goal and keep going until you have completed your course.

Running distance on a track is difficult because you have an opportunity to quit every lap (quarter mile). If you run on a track, set your distance goal before you run. If your goal is to run two miles, count down, from lap 8 to 1, rather than from 1 to 8. Somehow, that makes it easier to complete the entire two miles.

Expect to be tired and sore after running longer distances. Keep pushing toward your goal. You will amaze yourself on how far you can run when you increase both your physical and mental stamina. In the future, you will question how you were able to complete that 5K, half marathon or full marathon.

Race results:

The Seven Hills Running Club of Huntsville competed with the Woodlands Running Club at the Run the Woodlands 5K on June 9. The SHRC had 49 runners and

walkers participating, while the WRC had 54. Scoring was based on a combination of speed and participation. The WRC edged out the SHRC. Congratulations to the following SHRC members who participated:

Robert Duncan	19:38
Gary Duncan	20:13
Kelli Kallus	20:41
Ben Harvie	20:53
Niki Swearingen	22:40
Nick Bellnoski	22:54
Garland Spivey	23:38
Andrew Murray	23:45
Stan Timmer	24:09
Chris Kunkel	24:35
Jerry Flanagan	25:23
Christopher Wilson	25:35
Hans Jaeger	26:11
Sara Seale	26:15
Curtis Barton	26:16
John Dunphy	26:39
John Loftus	27:14
Len Hill	27:15
Ben Johnson	27:38
Mark Stephenson	27:41
Beth Caillouet	28:16
John Cook	28:27
Ryane Broussard	31:49
Ray Alexander	33:10
Ron Davis	34:24
Jana Timmer	35:14
Charles Bregenzer	35:36
Ken Johnson	37:11
Mary Patterson	37:44
Mikki Novak	37:46
Don Ortloff	38:21
Marisa Padilla	38:37*
Waverly Walk	44:04
Christine Bregenzer	44:43
Marcus Evans	49:45
Trini Evans	49:46
Angie Burns	49:47*
Leah Mulligan	49:49*
J. C. Guzman	50:20*
Justin Ong	51:21
Kayland Spivey	51:28
Colleen Spencer	51:30*
Vonda Spivey	52:16

Marilynn Johnson   52:17
Mary Ann Davis   52:18
Edward Realzola   55:01*
Michael Deane   55:02*
Courtney Gremillion   1:02:04*
Drew Rogers   1:02:05*
*Started the race late

Following are the results from the June Bug 5K, held in Huntsville on June 16:
James Spencer   21:14
Robert Duncan   22:17
Andrew Murray   23:51
Curtis Barton   27:14
Hans Jaeger   29:01
Chris Wilson   29:02
Cherish Spencer   30:25
Hsiao Fong   32:42
Skipper Nethery   33:17
1-Mile
Marilynn Johnson   21:54

Congratulations to the 11 Huntsville area runners and walkers who traveled to Bremond on June 23 to participate in the Polish Pickle 5K.
Robert Duncan   19:04 (1st in Age Group)
J. C. Guzman   20:08 (3rd in Age Group)
Garland Spivey   22:28 (2nd Clydesdale Master)
Sara Seale   24:49 (3rd in Age Group)
Jerry Flanagan   25:12 (2nd in Age Group)
Ben Johnson   26:42
John Cook   27:54
Skipper Nethery   31:20
Ken Johnson   34:50
Vonda Spivey   55:37
Marilynn Johnson   55:38

The next race in Huntsville is the Dog Days 5K on July 28. For more information, visit the Seven Hills Running Club web site at 7hills.us and click on Race Schedule.