

## RUNNING SHORTS

### **Don't let the summer heat stop you from running**

By Ken Johnson

Do not use the summer heat as an excuse to stop running. You need to run through all four seasons to get the full benefits of running. Sure, the heat and humidity in southeast Texas offers some special challenges. Just stay hydrated and be careful not to overdo the running in the summer months.

Avoid running in the mid-day heat. Run early in the morning or in the evening. Try to run in a shaded area. One great place to run is Huntsville State Park. Run on the shaded trails or park roads. There are about 6 miles of paved roads through the park. Much of the road system is shaded and there is little vehicle traffic during the week. Plus, there are restrooms and water fountains throughout the park. Always run facing traffic.

Drink plenty of water before, during and after you run. Symptoms of dehydration include thirst, dry mouth, dry tongue, dark colored urine and fatigue. When you sweat, you are not only losing water, you are losing electrolytes, which includes sodium and potassium. Therefore, your fluid intake should include a sports drink, which contains electrolytes. Or, you can take electrolyte capsules with water. These are available at running stores and online.

If you run long distances in the cooler months, cut your distance in the summer months. Make sure you carry water or have a place on your route to get water. If you get too hot or have the symptoms of dehydration, stop and walk or rest in a shaded area. Drink fluids.

The amount varies for each individual, but we lose a significant amount of weight when we sweat. After your run, check your weight. For each pound lost, drink 20 ounces of fluids.

Running is a good exercise to achieve and maintain physical fitness. Keep running throughout the year; just be more cautious during the summer heat.

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

##### **Dad's Day 5K (3.1 miles), Houston, June 15**

Amber Russell, 20 27:55

Aaron Lopez, 22 27:56

##### **Mud Maxx 5K (untimed), Humble, June 19**

Maryhope Cox, 20

Reid Wendell, 21

Ken Johnson, 69

##### **Polish Pickle 5K, Bremond, June 26**

Jason Wallace, 35 19:04 (2<sup>nd</sup> in age group)

Phillip Clark, 47 24:46

John Cook, 54 28:08

Jerry Flanagan, 70 29:27 (1<sup>st</sup> in age group)

Lara McCain, 25	29:50
Kyle Thompson, 50	31:27
Ken Johnson, 69	33:39
Heidi Morse, 50	36:39
Skipper Nethery, 61	38:33
Kimberly Countz, 31	48:04
John Lewandowski, 39	41:12
Denise Thompson, 51	43:43

### **Stu's Country Mile, 5K, Centerville, July 3**

Fernando Gonzalez, 27	20:01 (1st overall)
J. C. Guzman, 38	20:06 (1 <sup>st</sup> in age group)
Robert Duncan , 50	20:48 (2 <sup>nd</sup> in age group)
Justin Bickford, 23	22:17 (3 <sup>rd</sup> in age group)
Steve Bickford, 49	24:20 (3 <sup>rd</sup> in age group)
Chris Wilson, 60	28:15 (2 <sup>nd</sup> in age group)
John Cook, 54	28:47 (3 <sup>rd</sup> in age group)
Jerry Flanagan, 70	29:19 (3 <sup>rd</sup> in age group)
Kyle Thompson, 50	29:58
Ken Johnson, 69	34:42
Denise Thompson, 51	44:08

### **Sunday Night 5K, The Woodlands, July 4**

Steve Bickford, 49	24:51
Curtis Barton, 31	25:04
Ken Johnson, 69	34:49

### **Upcoming races in Huntsville**

July 31 – Dog Days 5K & 1-Mile Run/Walk

August 22 – Heat Wave 5K & 1-Mile Run/Walk

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