

RUNNING SHORTS

Now is the time to start training

By Ken Johnson

More than 400 runners and walkers will converge on Huntsville for the 33rd Annual Huntsville Half Marathon and 5K Run/Walk on October 22. This is an event of the Seven Hills Running Club and is one of the oldest half marathons in Texas.

If you want to participate in one of these races, now is the time to start training.

For the half marathon (13.1 miles), your training distance should be up to about 10 miles two weeks before the race. To run or walk the 5K (3.1 miles), get your distance up to 2.5 miles. Increase your training run distance by no more than 20 percent and run that distance three times before increasing again.

The time limit for completion of the half marathon is three hours, but the 5K is open to runners and walkers with no time limit.

Both courses start and finish in front of the Health & Kinesiology Center on the Sam Houston State University campus and both courses are hilly. Make sure you include hills in your training.

We are having a very hot summer, so make sure you find the coolest part of the day to train, i.e. early morning or late evening. What's more important, drink plenty of fluids to stay hydrated. Also, if you are starting a running program, be sure to consult with your doctor first.

For more information about the race and to register, visit the Seven Hills Running Club web site at <http://www.7hills.us>.

A special congratulations to Jesse Parker for completing his first marathon (26.2 miles) on June 25. He finished the Rock 'n' Roll Seattle Marathon in an impressive 3 hours, 27 minutes and 19 seconds. Parker is the Cross Country Coach at Sam Houston State University.

Recent race results:

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

Jacob Gautreaux, 37	18:47 (1st in age group)
Fernando Gonzalez, 28	19:18 (3rd in age group)
Josh Spencer, 25	22:31
James Spencer, 30	22:40
Michele Rushing, 45	24:38 (1st in age group)
Steve Bickford, 50	24:47 (2nd in age group)
Craig Henderson, 42	25:22 (3rd in age group)
Mandy Stewart, 34	26:24 (2nd in age group)
Cherish Spencer, 28	28:10 (2nd in age group)
Crystal Spencer, 22	30:08
John Cook, 55	30:23
Jerry Flanagan, 71	30:35 (2nd in age group)
Skipper Nethery, 62	32:20
Ken Johnson, 70	36:48 (3rd in age group)
Cathy Bickford, 49	40:57

True Cousins, 78 52:38
Marilynn Johnson, 65 54:15 (1st in age group)

Run Wild 5K, Houston, July 4

Jesse Cano, 25 22:37
Joe Cano, 23 26:16

Sunday Night 5K, The Woodlands, July 3

Michele Rushing, 45 24:09
Mandy Stewart, 34 27:07
Ken Johnson, 70 34:30

Polish Pickle 5K, Bremond, June 25

J. C. Guzman, 39 19:16 (2nd in age group)
Darren Grant, 46 25:06
Derek Martin, 37 26:27
Jerry Flanagan, 71 29:00 (1st in age group)
Ben Johnson, 27 32:24
Skipper Nethery, 62 33:28
Ken Johnson, 70 33:59 (3rd in age group)
Margie Wilkins, 47 36:49

Rock 'n' Roll Marathon (26.2 miles), Seattle, June 25

Jesse Parker, 28 3:27:19

Gator Bait Trail Run, 5K, Huntsville State Park, June 19

Derek Martin, 37 26:42

Upcoming races in Huntsville

July 30 - **Dog Days 5K and 1-Mile Run/Walk**, 8 a.m., SHSU campus

Aug. 20 - **Heat Wave 5K and 1-Mile Run/Walk**, 8 a.m., Veterans Memorial Parkway

Sept. 24 – **Fall Fun Run, 10K,5K and 1-Mile Run/Walk**, Veterans Memorial Parkway

Oct. 8 – **Speak up for kids CASA 5K**, Bowers Stadium parking lot

Oct. 22 – **Huntsville Half Marathon & 5K Run/Walk**, HKC, SHSU campus

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