

## RUNNING SHORTS

### **Running publications a great resource for runners**

By Ken Johnson

Whether you are a beginner or an experienced runner, running publications can be a great source of helpful information about the sport. As with any sport, it is important for runners to know their sport well. Without learning more about running, you might lose interest in the sport, or at best, your running routine will tend to stagnate. Get up to speed on all aspects of running; running publications will help.

Here are some typical topics you will find in most running publications: injuries and injury prevention; training and performance enhancement; benefits of running; latest in shoes and other equipment; inspirational stories about other runners; nutrition, races and race results.

The best known national running publications are Runner's World (runnersworld.com) and Running Times (runningtimes.com). Both are excellent publications and both maintain web sites packed with useful information and both include a national calendar of races.

While several Texas running publications have come and gone over the years, the one that has endured is Inside Texas Running (insidetexasrunning.com), published in Houston. While Inside Texas Running contains some national running news, most of the publication is dedicated to Texas running. There are many articles in each issue on topics such as nutrition, injury prevention and training. Each issue also includes the race schedule for Texas and adjoining states, running club news, race results and many photographs of runners taken at the races.

A sister publication of Inside Texas Running is Runner/Triathlete News, also published in Houston. This publication focuses on multi-sport events, such as triathlons, which are races that include three events, swimming, cycling and running.

The ultimate event for many runners is the marathon (26.2 miles). If you run marathons or aspire to, check out Marathon and Beyond (marathonandbeyond.com). An online publication dedicated to marathon running is marathonguide.com

As the sport of running has grown in recent years, many runners are challenging themselves by going beyond the marathon distance. These races are referred to as "ultras" and most are run on trails. In fact, there are several ultras held at the Huntsville State Park each year, including three 50K's (31 miles), one 50-miler and one 100-miler. If you are into ultras, and a number of Huntsville area runners are, the publication for you is UltraRunning (ultrarunning.com). A good online ultra publication is UltraRunner.net.

If trail running is your preference, subscribe to Trail Runner (trailrunnermag.com).

It is important to understand that you do not have to be a competitive runner to benefit from running publications. You will find articles, advice and other helpful tips for beginners. Maybe even more important, running publications will contain stories that will inspire you and motivate you take full advantage of the sport.

For a link to print and online running publications and other resources for runners, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Related Links.

**Race results:**

Masters Cross Country 5K, Conroe, Aug. 9

Robert Duncan 20:38 (1<sup>st</sup> place)

**Upcoming races:**

Aug. 23 – Heat Wave 5K, Huntsville

Sept. 1 - Honor Flight Run, 10K, 5K, Montgomery

Sept. 6 – Bearkat Bash 5K, Spring

Sept. 13 – Run the Woodlands 5K, The Woodlands

Sept. 27 – Fall Fun Run, 10K & 5K, Huntsville

Oct. 25 – Shiitake Mushroom Festival 5K, Madisonville

For more information about these and other races, visit the Seven Hills Running Club web site and click on Race Schedule.