

## **RUNNING SHORTS**

### **Be consistent to get the full benefits of running**

By Ken Johnson

So many new people show up at the track to run or the health clubs in Huntsville to workout. You see them there for a while and then they disappear. In some cases, they are trying to look their best for an upcoming class reunion or wedding. In other cases, they are trying to improve their appearance after getting a divorce. Or, they just realize that they need to live a healthier life style. Whatever the reason for getting started, most just lack the motivation to continue.

Running can be an important part of an exercise program, but you must be consistent. To maximize the benefit to your cardiovascular system, you should run for 30 minutes, 3 times a week. Obviously, if you want to run long distance races and improve your overall strength and speed, you need to do more than that. The important thing is that you must be consistent in your running routine. Find a running partner, set a schedule, carve out the time in your busy schedule and make your running program a priority. Do whatever it takes to commit yourself to obtaining and maintaining physical fitness. Do not resort to excuses.

Only when you run on a consistent basis will you get the full benefits that come from running. Of course, always consult with your physician before starting a running program.

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

##### **Baton Rouge Urban Adventure Race, LA**

(2-mile canoe, 18-mile bike, 6-mile run)

Robert Duncan, 50                      4:05:02

##### **Run the Woodlands 5K (3.1 miles), The Woodlands, July 24**

Justin Staats, 28                      23:03

Steve Bickford, 49                      24:27

Eva Edwards, 23                      30:04

Jerry Flanagan, 70                      30:18

Ken Johnson, 69                      33:33

##### **Dog Days Run, Huntsville, July 31**

###### **5K**

Christian Perez, 17                      18:57

Fernando Gonzalez, 27                      19:21

Justin Bickford, 23                      23:26

Justin Staats, 28                      23:34

Joshua Mizrany, 29                      25:37

Will Mejia, 22                      26:33

Andrew Cardell, 14                      30:36

Eva Edwards, 23                      31:45

Melissa Hastings, 22                      31:53

Phillip Clark, 47	31:53
Jody Slaughter, 47	34:18
Clayton Heald, 40	35:02
Steve Bickford, 49	35:02
Ken Johnson, 69	35:37
Cary Dupuy, 30	38:48
Barbara Chenette, 74	39:52
Skipper Nethery, 61	40:26
Kim Countz, 31	42:00
<b>1-Mile</b>	
Samuel Slaughter, 10	8:43
Cindy Nethery, 55	20:03

**Sunday Night 5K, The Woodlands, Aug. 1**

Ken Johnson, 69	34:33
-----------------	-------

**Upcoming races in Huntsville**

Aug. 21 – Heat Wave 5K & 1-Mile Run/Walk

Sept. 25 – Fall Fun Run 10K, 5K & 1-Mile Run/Walk

Oct. 23 – Huntsville Half Marathon (13.1 miles) and 5K Run/Walk

Nov. 6 – Rocky Raccoon 50K (31 miles) & 25K, Huntsville State Park

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.