

RUNNING SHORTS

Running partnerships help with motivation

By Ken Johnson

Some of us are so motivated to run that we carve out some time in our busy schedule and we do it no matter what. However, for the most of us, we have to find ways to keep ourselves motivated. One effective way is to develop a one-on-one running partnership with another runner. Find someone who is about where you are in your training and make a commitment to run together. Rely on each other. Set up a schedule and stick to it. Do not build in a set of excuses not to run, i.e. we will run only when the weather is perfect, we will run only if we have nothing better to do. Running with someone else also adds a measure of safety for both runners.

There is nothing wrong with running with multiple partners, except that it makes it easier for an individual, including you, to skip a run.

Make sure you and your running partner both set a goal. If that goal is to run three miles three times a week to maintain cardiovascular fitness, that's fine. If you both want to train to run your first marathon (26.2 miles), that's fine too. Set up interim goals of completing races of shorter distances.

Where can you find a running partner? Maybe at work; maybe at school. Or, you can join the Seven Hills Running Club in Huntsville. One of the greatest benefits of club membership is the opportunity for running partnerships. The club has nearly 150 members ranging from very competitive runners to walkers, so there is a good chance that you will find a running partner.

Above all, regardless of what it takes to get you motivated, start running to achieve and maintain physical fitness.

Recent Race Results:

Dog Days Run, Jul 25, Huntsville

5K (3.1 miles)

Brian Zemlicka, 47	20:54
Sheridan Grant, 16	21:42
Keegan Smith, 16	22:10
James Spencer, 28	22:55
Chris Zemlicka, 14	24:30
Andrew Husband, 24	26:08
Andy Flack, 48	27:11
John Cook, 54	30:27
Leslee Cade, 38	30:46
Ron Davis, 60	33:04
Karen Husband, 24	36:05
Megan Barrett, 26	36:08
Laurie Flack, 47	39:10
Robbi Flack, 13	39:10
Mary Ann Davis, 60	49:37

1-Mile

Curtis Barton, 30	7:19
Phillip Clark, 46	7:28
Ellyse Collins, 16	11:42
Becca Cade, 6	15:11
Anne Sigler, 75	15:17
Patsy Collins, 50	17:37
Marilynn Johnson, 63	17:38
Tyler Johns, 28	20:40

Baton Rouge Urban Adventure Race, Jul 25

(5-mile run, 15-mile bike, 2-mile canoe & mystery events)

Robert Duncan, 49 3:30:44

Sunday Night 5K, The Woodlands, Jul 26

Ken Johnson, 68 33:18

Sunday Night 5K, The Woodlands, Aug 2

Brian Zemlicka, 47 20:23

Chris Zemlicka, 14 22:41

Ken Johnson, 68 33:11

Upcoming Huntsville Races:

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

Sep 26 – Fall Fun Run, 10K, 5K & 1-Mile

Oct. 3 – CASA 5K

Oct 17 – Hillcrest Huntsville Half Marathon & 5K Run/Walk

Nov 7 – Rocky Raccoon 25K & 50K, Huntsville State Park

Nov 14 – Kats for the Cause 5K

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.