

## RUNNING SHORTS

### **Add variety to your running routine**

By Ken Johnson

Very few runners actually maintain a running routine over the long haul. Most start and stop their routine. They let excuses and other priorities get in the way of their running. Part of the problem is that their running routine becomes so routine that it becomes boring and lacks a challenge. That's when you need to add variety to your running routine.

Sure, if you are training for a long race, such as a marathon, you need to get in one long run once a week and shorter runs and rest days in between. That is itself a form of variety, forced by a training schedule.

If you are not training for a long race, avoid running the same course and distance over and over again. We are fortunate in Huntsville to have so many good places to run. Try the trails at the Eastham-Thomason Park on 7<sup>th</sup> street or the trails at Huntsville State Park. Or, try the miles of shaded paved roads at Huntsville State Park. They are scenic and the traffic is light. Run the neighborhoods in Huntsville or the sidewalks downtown. Run the sidewalks and steps throughout the Sam Houston State University campus and enjoy the fountains and beautiful landscaping. Run the track on Avenue O or at one of the schools. Even try a treadmill run once in a while.

You can also vary your running routine by changing the time of day of your run and by running in different weather. Do not limit your runs to when the weather is ideal. Never run during lightning, but try running in the rain. Try a night run in a safe place.

If you travel out of Huntsville, do not let the trip interrupt your running. Find a place to run.

Change your routine or do whatever it takes to keep running as part of your life.

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

#### **Heat Wave 5K (3.1 miles), Huntsville, Aug. 22**

Jason Enright, 17	17:58
Chase Allen, 17	18:17
Brian Zemlicka, 47	20:02
Robert Duncan, 49	20:02
Jesse Parker, 26	21:13
Wesley Metts, 13	22:12
John Slate, 53	23:31
Ana Rojas-Le Boeuf, 37	23:51
Brandon Enright, 15	24:07
Daniel Waltzey II, 17	24:08
Pennie Vick, 15	24:18
Melissa Stelter, 20	30:46
Leslee Cade, 38	30:48
Mariah Reynolds, 24	31:57
James Britsch, 32	33:22
Mary Sweeten, 26	34:14
Andie Ho, 27	35:34

Holly Jacobs, 28	37:11
Heather Johns, 28	37:11
Skipper Nethery, 60	39:02
Jerry Insko, 56	46:27
Robin Insko, 45	46:27

**1-Mile**

Lavonne Zaiontz, 41	9:14
Dinny Barnes, 59	10:38

**Upcoming Huntsville Races:**

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

Dec. 5 – Texas Trail Runs, 50K & 12.5-Mile, 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.