

RUNNING SHORTS

Learning the running lingo

By Ken Johnson

Just like any other sport, running has its own lingo. So, if you are a runner or you want to converse with a runner, you need to learn the lingo.

First, you have to understand the difference between a **runner** and a **jogger**. A runner (no matter how fast or slow) is a person who participates in races; a jogger is a person who runs, but never participates in races. Any runner, who knows the difference, will be insulted if called a jogger. A **streaker** runs every day. The U. S. Running Streak Assn. says that it must be at least a mile.

When doing training runs, you may do **fartleks**, which means that you vary the pace significantly during your run. Fartlek is a Swedish term meaning speed play. Or, you may do a **tempo** run, where you run at a steady pace around 70 to 80% of your max aerobic capacity.

Typically, races are put on by some organization to raise money for a charitable cause. The race distance can be any distance set by the organizer. The distance can be in miles or kilometers. The most popular distance is 5K (5,000 meters or 3.1 miles). A 50K is 25K is 25,000 meters or 15.5 miles. A **marathon** is 26.2 miles. Any race longer than a marathon, regardless of the distance, is generally referred to as an **ultra-marathon**. **Triathlons**, **duathlons** and **adventure races** are multi-sport events, which include a running event.

If you ran a race and get a **PR**, that means you set a Personal Record for that race distance. On the other hand, a **PW** is a personal worst at that distance. If you run a race and get a **DNF** in the race results, that means for some reason you started the race and Did Not Finish. If for any reason you did not even start the race, you get a **DNS**, Did Not Start.

If you **bonk** or **hit the wall** during a race, that means that your body ran out of carbohydrates and you ran out of energy. This can be avoided by taking **gels**, which contain concentrated carbohydrates. Gels come in small packets, which can be carried during the race. Taken with water, each packet gives you enough carbohydrates to run an hour.

Normally in a race, the overall male and female winner is recognized. Then, the fastest runners within **age groups** are given an award. The age groups are determined by the race organizer. Usually, the top three in each age group are recognized. Age groups are normally abbreviated as "AG." There may be separate competition for **Clydesdales** and **Athenas/Fillies** (males and females over a specified weight).

Some races are **chip timed**. This means that an automated electronic timing system is being used. Each runner wears a "chip" attached to their shoe. When the runner crosses

the finish line, a wire under a rubber mat reads a code in their chip. This is fed into a computer at the race site. The computer records their finish time and sorts out the race results by sex, age group finish time. Complete race results are immediately available after the race.

Race results:

Patrias 5K, Seguin, Sep. 12

Lavonne Zaiontz, 41 31:13

Bearkat Bash 5K, Spring, Sep. 12

Melissa Boone, 25 26:31 (3rd in age group)
Ken Johnson, 68 33:18

Rose City Triathlon, Tyler, Sep. 12

Marvin Dittfurth, 66 1:49:06

Upcoming Huntsville Races:

Sep. 26 – Fall Fun Run, 10K, 5K & 1-Mile
Oct. 3 – CASA 5K
Oct. 10 – Kat Crawl 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.