

RUNNING SHORTS

This is “no excuse” running weather

By Ken Johnson

It's spring and time to be running. The relatively cool weather is perfect running weather for most. No excuses.

If you are not a runner, check with your doctor before you start. Then, start slow in terms of speed and distance and then gradually increase both. Ideally, run a distance three times and then increase by 20 percent. To maximize the benefit to your cardio vascular system, run for 30 minutes three days of week.

Set goals for yourself. Don't worry about your speed; that will improve with time and training. The important thing is to achieve and maintain a healthy lifestyle. Running is a good way to accomplish that.

Congratulations to Steven Wright, 32, of Huntsville, who won his age group in the highly competitive Texas 10 Series 10-Mile race in Boerne (west of San Antonio) on Sunday. He competed the distance in 1 hour, 9 minutes and 53 seconds.

The next Texas 10 Series race (10 miles and 5 miles) will be in Huntsville on April 13.

Recent race results:

Run for the Rose, 5K (3.1 miles), Houston, Mar. 30

Leah Koester, 48 27:37

Texas 10 Series, Boerne, Mar. 30

10 Miles

Steven Wright, 32 1:09:53 (1st in age group)
Steve Bickford, 53 1:17:56 (3rd in age group)
Steve Allen, 41 1:19:25
Kristina Kulcak, 31 1:56:50
Ken Johnson, 72 2:10:10 (2nd in age group)

5 Miles

Cathy Bickford, 52 1:00:10

Running of the Bears, Montgomery, Mar. 29

5 Miles

Ken Johnson, 72 59:31 (2nd in age group)

5K

Cindy Pate, 53 45:39

Sand & Sea 5K, Galveston, Mar. 29

Gerald Johnson, 58 30:45 (2nd in age group)

Run the Trails, 3.5 Miles, Non-competitive, Huntsville State Park, Mar. 23

Finishers:

Steve Allen, 41

Brian Backhaus, 30
Steve Bickford, 53
Diane Bowen, 44
Patricia Capps, 60
Darren Grant, 49
Marsie Grant, 50
Tammany Grant, 18
Cody Gregory, 15
Trina Hodge, 45
Gerald Johnson, 58
Kim Johnson, 40
Marilynn Johnson, 68
Leah Koester, 48
Jeff McGuire, 48
Michael McGuire, 14
Jose Moreno, 52
Jason Smith, 42
Colleen Spencer, 61
James Spencer, 33
Farrah Trevino, 32
Paula Tucker, 49
Emily Villines, 17
Giovanni Valdivia, 28
Mandie Villines, 15

Run the Woodlands, 5K, The Woodlands, Mar. 22

Steve Bickford, 53 22:56
Donna Fabian, 39 25:41
Cathy Bickford, 52 35:06

Warrior Dash, 5K, Untimed, Smithville, Mar. 22

Kelly Bielamowicz, 39

ROC Race, 5K, Untimed, Baytown, Mar. 22

Jill Blake, 35

Azalea Run, Tyler, Mar. 22

10K

Ken Johnson, 72 1:18:37

2-Miles

Marilynn Johnson, 68 47:00

Bearathon Half Marathon (13.1 miles), Waco, Mar. 22

Myla Weber 2:32:24
Linda Edgington 2:37:58
Carol Hyman 2:38:23

Virginia Mathiews 2:41:54

Colorful Life 5K, Jasper, Mar. 15

Steve Allen, 41 23:21

**Eco Lonestar XTERRA Trail Run, New Waverly, Mar. 9
16K (9.9 miles)**

Cody McKinley 1:17:46

Upcoming races in Huntsville:

Apr. 13 – Texas 10 Series, 10 miles and 5 miles. SHSU campus

Apr. 23 – Spring Fling, 5K and 1-Mile. Elkins Lake.

May 10 – Hog's Hunt, 50K, 25K, 10K, Huntsville State Park

For more information about these races and others in the area, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.