

RUNNING SHORTS

Time to revisit those New Year's resolutions

By Ken Johnson

Do you remember making that New Year's resolution to start exercising, losing weight and getting in better physical condition? Didn't get started, did you?

Sure, it's April now, but you can still act on your resolutions. Obviously, obesity and a lack of exercise are unhealthy. If you want to look better, feel better and live a longer life, lose that extra weight and start exercising. And, for goodness sake, quit smoking. If you have to put it off until next year, you will probably not start then.

Long-term studies have shown that runners live longer and are less likely to become disabled. Now is the time to get started.

Even if you are physically unable to run, there is no excuse not to lose the extra weight and participate in an exercise program that your doctor approves.

Take advantage of the many running and walking events in and around Huntsville this Spring. You will enjoy the experience and the friendship with others who strive to live a healthy lifestyle. And, it may be just what you need to start acting on your New Year's resolutions.

Recent race results:

Jog the Journey 10K (6.2 miles), Crosby, Mar. 30

Kelly Bielamowicz, 38 1:03:57

CASA 10K, Lufkin, Mar. 30

Ken Johnson, 71 1:13:39 (1st in age group)

Rock 'n' Roll Half Marathon (13.1 miles), Dallas, Mar. 24

Willard Oliver, 45 1:48:30

Ben Aguilar, 17 2:02:29

Tracy Schaub, 40 2:07:31

Keith Ahee, 24 2:08:18

Texas Independence Relay, Gonzales to San Jacinto, 200 miles, Mar. 23 & 24

J. C. Guzman, Jose Torres, Fernando Gonzalez & eight other team members)

26:24:18 (17th of 146 teams overall)

Run the Trails. 3.5 Miles, Huntsville State Park, Mar. 24

Non-competitive run or walk. Those completing the course were:

Heather Bagby

Chris Basa

Cathy Bickford

Steve Bickford

Ashley Bowden

Brent Butler

Susan Butler
Patricia Capps
Glen Carter
Darren Grant
Marsie Grant
Glenn Green
Laura Green
Craig Henderson
Ben Johnson
Matt Johnson
Noah Johnson
Leah Koester
Shawn Lane
Kirstie Legerski
Sophia Legerski
Jamie McDougald
Chance Miller
Minette Monteagudo
Sheila Nelson
Sheleane Nelson
Skipper Nethery
Don Ortloff
Cindy Pate
Jacob Pena
Jeannine Perry
Monty Perry
Will Schulz
Cameron Smith
Candace Smith
Stacey Smith
Casey Spencer
Colleen Spencer
James Spencer
Charlie VanWinkle
Sarah VanWinkle
Emily Villines
Mandy Villines
Amy Wells
Ben Wells
Bill Wells
Ellen Wells
Margaret Wells

Run with the Lions, 10K, 5K, 1-Mile, Huntsville, Mar. 23

For a link to complete results, visit the Seven Hills Running club web site at <http://7hills.us> and click on Latest News.

Bearathon 5K, Waco, Mar. 23

James Weber, 51 31:41

Myla Weber, 49 31:42

Upcoming races in Huntsville:

Apr. 7 – Texas 10 Series, 10 and 5 Miles, SHSU campus

Apr. 13 – Hog’s Hunt Trail Run, 50K, 25K, 10K, Huntsville State Park

Apr. 20 – Spring Fling, 5K, 1-Mile, Elkins Lake

May 4 – Run Forest Run, 5K, 1-Mile, Forest Glen Camp

For more information about these races and others in the area, visit the Seven Hills Running Club web site and click on Race Schedule.