

## RUNNING SHORTS

### **Train right and eat healthy**

By Emily Villines

Running is fun, but it takes energy that you may not always feel you have. If this is the case, you may want to look at your diet. Eating right can help you feel more energized before runs and even help you recover after runs. Try adding some of these foods into your meals to get the boost you need before working out!

**Carbs.** As a runner, the fact that I need carbs has been pounded in my head for years. Pasta dinners before big races have long been tradition with the teams I've run with, and for good reason. Slow-releasing carbohydrates are absorbed more slowly and provide energy for longer periods of time.

**Protein.** It's no secret that endurance athletes need protein in their diet. Salmon, eggs, chicken, and Greek yogurts have large amounts of protein and are all good supplements to a meal. These foods help repair muscles and play a large role in energy supply.

**Fruit.** I've found oranges eaten after long runs help with recovery--the vitamin C helps stop soreness from setting in. Other foods that can help prevent sore muscles are berries and cherries, pineapple, pickled ginger, and though no one wants to hear this... green salads.

**Chocolate.** Thankfully, you can follow up that healthy salad with a dessert of dark chocolate, which is known to improve cholesterol levels and keep your heart healthy, among many other benefits. Try dark chocolate covered nuts, which are packed with vitamin E.

Finally, remember to drink lots of water to reap the benefits of a healthier diet. Hopefully these foods will have you feeling more energized in no time!

The Seven Hills Running Club will hold its annual Heat Wave 5K & 1-Mile Run/Walk at the Waterwood Subdivision, east of town, on August 19. This run features a beautiful course, and runners of all levels are welcome. For more information, visit the Seven Hills Running Club web site at [7hills.us](http://7hills.us).

(Regular Running Shorts columnist Darren Grant will return next time. Please send your race results to Ken Johnson at [1941runner@sbcglobal.net](mailto:1941runner@sbcglobal.net).)

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

##### **Moulton Jamboree 5K, Moulton, July 29**

Ken Johnson, 76                      42:29

##### **Flash Mob 5K, Cypress, July 26**

Ken Johnson, 76                      37:50

Cindy Pate, 56                        39:00

##### **Dog Days Run, Huntsville, July 22**

###### **5K**

Brandon Harrison, 30                20:14

Dominick Hayes, 17                20:23

Jacob Gautreaux, 45                20:50

Emily Villines, 20                    21:08

Anthony Turner, 34                  23:43

James Spencer, 36	24:35
Robert Wessels III, 15	25:03
Robert Wessels II, 38	26:06
Steve Pecina, 36	27:04
Kenneth Wood, 28	27:40
Amanda Villines, 18	28:16
Michael Luna, 56	28:29
Giovanni Valdivia, 31	28:49
Angie Pecina, 38	30:09
Jeffrey Johnson, 61	30:17
Amy Foster, 33	32:56
Becky Zelewski, 30	36:06
Heidi Morse, 57	39:56
Cindy Pate, 56	42:56
Ken Johnson, 76	43:25
Marsie Grant, 55	44:07
Tyrone Sanders, 54	44:51
Skipper Nethery, 68	44:54
Peta Taylor, 31	45:01
Mike Mangan, 76	45:06
Shellie Geer, 67	48:34
Darren Grant, 52	49:58
Chad Baron, 48	53:48
Patricia Capps, 63	54:26
Caroline Crimm, 70	54:29
<b>1-Mile</b>	
Valeri Speights, 22	9:30
Madison Foster, 5	12:35
Chase Foster, 33	12:37
Kylie Gilbert, 6	14:15
Cheri Villines, 53	17:40
Marilynn Johnson, 71	17:41

### **Upcoming races in Huntsville:**

August 19 – Heat Wave 5K & 1-Mile, Waterwood Sub-division

September 4 – Labor Day 10K, 5K, 1-Mile, Spring Lake Sub-division

October 28 – Huntsville Half & Quarter Marathon & 5K, SHSU campus

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

