

## **RUNNING SHORTS**

### **Running injury prevention clinic set for Sept. 17**

By Ken Johnson

Runners and everyone else who are involved in strenuous physical activity are subject to injury and pain. It is a risk we take to stay healthy. The answer is to take steps to minimize the chance of injury. The alternative is poor health.

Physical Therapy Associates will hold a Running Injury Prevention Clinic in Huntsville on Thursday, September 17, from 6:30 to 7:30 p.m. It is free and open to the public. It will be held at their facility at 127 Medical Park Lane, one of the copper-top buildings behind the hospital.

Emphasis will be placed on decreasing and prevention of running pain, particularly knee and foot pain.

Speaking of reducing pain, you can reduce the pain in your wallet by signing up now for the Huntsville Half and Quarter Marathon and 5K Run/Walk this month. The entry fee increases on September 1<sup>st</sup>. The race will be held on October 17 and includes events, 13.1 miles, 6.55 miles and 3.1 miles. Online and mail-in registration is available on the Seven Hills Running Club web site.

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

##### **Links 5K Trail Run, Katy, Aug. 15**

Donna Fabian, 41 27:59

##### **Watermelon Run for the Fallen, 2.8 Miles, Hempstead, Aug. 15**

Ken Johnson, 74 36:34

##### **Capt'n Karl's 30K Night Trail Run, Colorado Bend State Park, Aug. 8**

Jacob Gautreaux, 43 3:15:03

Jason Wallace, 40 3:36:13

##### **Grace Race 5K, Grand Prairie, Aug. 8**

Donna Fabian, 41 24:28

##### **Run the Woodlands 5K, The Woodlands, Aug. 8**

Ken Johnson, 74 39:28

##### **Warrior Run, 2.8 miles, Night Run, Untimed, Madisonville, Aug. 7**

Steve Allen, 43

Esther Cochran, 43

Joseph Cochran, 38

Rachel Herndon, 37

Ken Johnson, 74

Jennifer Jones, 26

Hannah Matthews, 10

Haylee Matthews, 6

Virginia Matthews, 34  
Cindy Pate, 54  
Adan Pecina, 5  
Allen Pecina, 8  
Angie Pecina, 36  
Esteban Pecina, 34  
Chrissy Pervis, 39  
Wes Pervis, 40  
Kaleb Risner, 40  
Susan Risner, 36  
Mark Robinson, 68  
Justin Rogers, 15  
Vicky Rogers, 46  
Colleen Spencer, 63

**Upcoming races in Huntsville:**

Aug. 22 – Heat Wave 5K, 1-Mile, Waterwood  
Sept. 19 – Dye for Dogs 5K, New Waverly  
Sept. 26 – Fall Fun Run, 5K, 1-Mile, Physical Therapy Associates  
Sept. 27 – Texas 10 Series, 10-Mile, 5-Mile, SHSU campus  
October 17 – Huntsville Half and Quarter Marathon & 5K, SHRC campus

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.