

## RUNNING SHORTS

### **Here's a few reasons to start running**

By Ken Johnson

The U. S. Center for Disease Control and Prevention reports that 35.7 percent of American adults are obese. Obesity can cause heart disease, strokes, type 2 diabetes and certain types of cancer.

This should be motivation enough to lose those extra pounds and start running and living a healthier life style.

Long-term studies have shown that running can delay the onset of disabilities and lengthen a person's life span. One study reports an average life span increase of 6.2 years for men and 5.6 years for women.

Running and eating a healthy diet will change your life. Not only will you feel better physically, you will feel better mentally. It will boost your confidence and self-esteem and improve your personal appearance.

Running gets you away from your busy routine and gives you time to unwind, think, reflect and plan. Carve out some time for running. Make it a priority and stick with it. Your family will also benefit from an improved you.

There are plenty of races in Huntsville and the surrounding communities. Take advantage of these races. They satisfy the need for competition if you need it for motivation. They are also fun events that accommodate non-competitive runners and provide the opportunity for social interaction with other runners.

Put aside the excuses that have kept you from an exercise program. Eat right and start running. Make the best of your life. Be sure to check with your physician before starting a running program.

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

##### **Pikes Peak Ascent, Colorado, Aug. 18**

(13.32-mile trail run up Pikes Peak. Start at 6,300-foot elevation, finish at 14,115)

Jason Wallace, 37 3:27:48 (17<sup>th</sup> place of 137 in his age group and 2<sup>nd</sup> of 54 Texans running the race)

##### **Watermelon 5K (3.1 miles) for the Fallen, Hempstead, Aug. 18**

(Non-competitive, untimed run/walk to honor fallen Texas service members)

Thomas Derr, 35

Robert Duncan, 52

Ken Johnson, 71

Antonio Negrón, 33

Jake Oubre, 28

Matthew Simpson, 22

Cory Tubbleville, 21

##### **Capt'n Karl's 60K (37.3 miles) Trail Run, Colorado Bend, Lampasas, Aug. 11**

Jacob Gautreaux, 40 7:18:00 (5<sup>th</sup> overall)

**Sand Crab 10K (6.2 miles), Galveston, Aug. 11**

Craig Henderson, 43 52:10 (3rd in age group)

**Run the Woodlands 5K, The Woodlands, Aug. 11**

Steve Bickford, 51 23:28

Cathy Bickford, 50 35:37

Ken Johnson, 71 37:12

**Upcoming races in Huntsville:**

August 25 – Heat Wave 5K & 1-Mile Run/Walk, Veterans Mem. Parkway

September 22 - Fall Fun Run, 10K, 5K & 1-Mile Run/Walk, Veterans Mem. Parkway

October 13 – Great Muddy Escape 5K, General Sam’s Offroad Park

October 27 – Huntsville Half & Quarter Marathon & 5K Run/Walk

For more information about these races and a link to registration, visit the Seven Hills

Running Club web site at <http://www.7hills.us> and click on Race Schedule.