

RUNNING SHORTS

What I've learned from running

By Emily Villines

Though I've been running for nearly 15 years, I still have a lot to learn. I started running in elementary school. By the time I reached high school, I was determined to run varsity cross country and track, so I did. I began racing with the Seven Hills Running Club for more competition around that time, and I'm now a junior on the cross country team at Concordia University in Austin.

Even with the support of a great community of runners, I had to learn many things the hard way. For example, you shouldn't sit still after hard runs, but stretch and roll out then and throughout the day, or else face the possibility of being very sore the next day.

New shoes can be expensive, but they can also be the difference between you and a new personal record. Just be sure to break them in before a race, not during. Blisters will ensue and they will not show mercy.

You don't have to start training with a six mile run, start small and work up to longer runs. You'll catch up to your running buddies without throwing yourself into it.

Never underestimate the power of the sun on a run; take sunscreen seriously. I still have a burn from learning this lesson, so maybe it hasn't quite sunk in yet.

Other lessons I've learned, however, were not painful at all, but humbling and eye opening. I learned that runner's high is real and makes distance running worth it on tough days.

And that person you're determined to beat at the next race? Believe in yourself and work hard, because it can be done.

Finally, I've learned that some people you meet through this sport will make more of an impact on you than any run could. Huntsville has an amazing network of runners and it has been an honor to run with and get to know them. In the future, I'll listen to them so I don't have to learn the hard way how to enjoy running.

(Regular Running Shorts Columnist Darren Grant is taking a summer break, and will return mid-August. Please send your race results to Ken Johnson at 1941runner@sbcglobal.net.)

Recent race results:

Magnolia Hill 6K (3.7 miles) Trail Run, Navasota, July 16

Brandon Harrison, 30 27:16

Lunar Rendezvous 5K (3.1 miles), Houston, July 15

Ken Johnson, 76 40:00

Flash Mob 5K, Cypress, July 12

Ken Johnson, 76 39:19

Jurassic Trail Run, Dinosaur State Park, Glen Rose, July 8

15K (9.3 miles)

Jason Wallace, 42 1:28:00

5K

Jill Blake, 38 46:17

Christmas in July 5K, Houston, July 8

Brandon Harrison, 30	20:14
Peta Taylor, 31	34:58
Morgan Ashworth, 29	42:29

Run the Woodlands 5K, The Woodlands, July 8

Emily Villines, 20	22:01
Ken Johnson , 76	39:54

Stu's Country Mile 5K, Centerville, July 4

Brandon Harrison, 30	21:05
Steve Allen, 45	23:33
Donna Freeman, 43	28:40
Danny Freeman, 61	29:51
Heidi Morse , 57	40:00
Ken Johnson, 76	41:49
Skipper Nethery, 68	43:13

Upcoming races in Huntsville:

July 22 – Dog Days 5K & 1-Mile, Elkins Lake Sub-division

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

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.