

## RUNNING SHORTS

### **Keepin' on keepin' on**

By Darren Grant

For me, this summer marks 38 years of running. I ran my first race, a 5 miler, in July, 1979, on the east coast of Florida.

I remember it well. It was held in the late afternoon, hot and muggy. I had race number 44, and somehow they put me in the 40-44 year old age group, in which I quite unexpectedly won an award, which they immediately took back.

Running for 38 years is a long time. What has kept me going? Just a few simple things.

*I keep a schedule.* From the beginning, I have run on a schedule. So I wake up in the morning and immediately know whether I am running that day, and whether that run will be easy or hard. These days, the schedule is simple: I run every third day, biking or walking on the other days.

*I respect cycles.* As my last column noted, running comes in cycles, in which periods of recovery relieve the strain of training and racing. So I intersperse hard workouts with easy ones. I take a three-week rest every summer, and a longer rest every three years, to keep my legs fresh.

*I keep it social.* I seek out people to train with. I talk with other runners about injuries and races. I get involved in the local running club. It's more fun that way!

*I stretch and wear good shoes.* I am heavy as runners go, and the pounding adds up. So I take care of my legs and feet by wearing good shoes and stretching after each run. It is worth it to prevent injury.

*I don't do longer races.* I have directed four half marathons. But I have never run one, nor anything longer, either. Who needs it? Those people are crazy!

It's not complicated stuff, but it works for me. Find your groove, and thirty-eight years from now, you might still be a runner, too.

(Ken Johnson compiles the "Recent Race Results" section of this column. Please send your race results to him at [1941runner@sbcglobal.net](mailto:1941runner@sbcglobal.net).)

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

##### **Sunday Night 5K, The Woodlands, July 2**

Ken Johnson, 76      38:27

##### **Independence 5K, Deer Park, July 1**

Ken Johnson, 76      39:40

##### **Freedom 5K for PTSD Awareness, Houston, July 1**

Brandon Harrison, 30      Untimed

##### **Capt'n Karl's 60K (37.2 miles) Night Trail Run, Pedernales State Park, June 24**

Jason Wallace, 42      7:43:57

##### **Polish Pickle 5K, Bremond, June 24**

Sheridan Grant, 24      16:50

Brandon Harrison, 30      19:09

Steve Allen, 45	21:17
Darren Grant, 52	25:17
Megan Foley, 31	35:41
Ken Johnson, 76	38:15
Marsie Grant, 55	39:33
Skipper Nethery, 68	42:23
Heidi Morse, 57	44:43
Jerry Flanagan, 77	46:08
Roger Collins, 60	1:05:00
Patsy Collins, 58	1:05:01

**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.