

## RUNNING SHORTS

### **To run inside or outside?**

By Matt Wagner

Whether you are walking or running, the choice has to be made to either stay inside or go outside (difficult to do both on the same run). Short of running in place, inside running would require some type of treadmill to get you moving. While most health clubs will have several of these machines, there are home models available that are much less expensive (caveat emptor on this one). Home models tend to not last as long and are often difficult to repair when something goes wrong.

Your next option is to proceed outside and begin walking or running on the roads or sidewalks. No expensive equipment needed, however this modality can be hard on the feet and joints of the body. You do add in a danger element with vehicles, animals and other undesirables that you may encounter outdoors. Also factor in the temperature and humidity to complicate outdoor running to some degree (pardon the pun here).

Finding a hiking or running trail may be a good option. The ground is not as hard as concrete or asphalt and quite often your path is shaded. However, while the vehicle threat is generally minimized, there are other things in the woods and parks that you may not wish to encounter (think critters of all shapes and sizes).

So which one is the best? Let me answer that question this way: My former manager at my business ran for an hour a day on her treadmill in her garage (I think she still does!). As a former health club owner, I had 10 treadmills at my disposal for over 25 years, and I believe that I got on them a total of three times (one resulting in a broken wrist, but that is a story for another day).

I say all that to remind you that the best one is the one you enjoy doing. There is no “one size fits all” in this activity. Find the method and place you enjoy the most and stick with it!

See you in the club, the roads or the trail: Your choice!

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

##### **Heatwave 5-Miler, Baytown, July 4**

Maria Wicker, 51            50:17

Jesus Perez, 18            1:02:18

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

Jose Moreno, 55            24:16

Steve Allen, 44            25:46

Donna Fabian, 41           26:11

Leah Koester, 50           28:39

Monica Lopez, 33	28:50
Casey Spencer, 60	29:07
Giovanni Valdivia, 30	30:21
Julie Simmons, 41	31:19
Ken Johnson, 75	39:08
Skipper Nethery, 67	39:37
Coleen Spencer, 64	43:34
Cindy Pate, 55	46:55
Heidi Morse, 56	46:58

**Run Wild 5K, Houston, July 4**

Morgan Ashworth, 28	37:04
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**Sunday Night 5K, The Woodlands, July 3**

Jesus Perez, 18	21:37
Julio Mejia, 14	32:32
Ken Johnson, 75	36:59

**St. Max 5K, Houston, July 1**

Ken Johnson, 75	37:13
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**Jalapeno Half Marathon (actual course about 15 miles), Dallas, June 26**

Julie Simmons, 41	3:06:35
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**Capt'n Karl Night 30K (18.6 miles) Trail Run, Pedernales State Park, Johnson City, June 25**

Jacob Gautreaux, 44	2:59:31
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**Polish Pickle 5K, Bremond, June 25**

Dan Byrne, 57	18:59
Steve Allen, 44	23:12
Donna Fabian, 41	25:47
Giovanni Valdivia, 30	27:02
Ben Johnson, 32	30:07
Morgan Ashworth, 28	35:41
Ken Johnson, 75	37:09
Skipper Nethery, 67	40:53
John Lawandowski, 45	41:28
Heidi Morse, 56	41:47
Cindy Pate, 55	41:50
April Russell, 39	50:41
Jessica Twardeski, 35	54:19
Jessica Davis, 32	57:13

**Upcoming races in Huntsville:**

July 23 – Dog Days 5K & 1-Mile, Elkins Lake

July 30 – Think Pink 5K

August 20 – Heat Wave 5K & 1-Mile, Waterwood

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.