

RUNNING SHORTS

Color and light runs: the latest craze in the crazy world of running

By Ken Johnson

While competitive road races have been around for a long time and still dominate the sport of running, the sport has left the road. Trail running started gaining in popularity in the 1990's and now there are hundreds of trail races. Huntsville State Park hosts eight trail races every year.

Then, there are adventure races, which combine trail running with other sports, such as biking, canoeing and navigation.

In the last few years, mud runs are held almost everywhere. These are obviously off-road runs, designed to get the runners as muddy as possible. The distance is usually 5K (3.1 miles) and in most cases they are not timed. Sometimes, obstacles are added to make the course more challenging and interesting. Several companies, such as Spartan Races, Survivor Mud Runs and Tough Mudder, have been formed to put on mud runs in cities throughout the United States. For several years, Huntsville Memorial Hospital has sponsored The Great Muddy Escape at General Sam's Offroad Park in Huntsville. This year's event is scheduled for October 26.

The latest two crazes are the color runs and light runs. These are usually non-competitive 5K's.

In color runs, participants are urged to wear white clothing and during the run are doused with colored powder (cornstarch). At some point during the race, runners can douse each other. There are three companies that put on color runs, Run or Dye, Color Run and Color Vibes. Color Run reports that they will have over a million participants in 2013. Color runs are held in major cities in Texas and the rest of the world.

Light runs are held at night. They are put on in large cities, mostly by Neon Light Runs or Electric Runs. Runners are encouraged to wear glow sticks and other light devices. During the race, runners are "doused" with colored lights. As Electric Runs advertises, "brilliant lighting effects synched to dancing music." Costume contests are usually held in light runs.

If you want to participate in one of the latest running crazes, expect to pay twice the normal 5K entry fee.

Color and light runs are crazes, but your running should not be a craze. Run on a regular basis for your health.

Recent race results:

Gator Bait Trail Run, Huntsville State Park, Jun. 16 15K (9.3 miles)

Leah Koester, 47 1:26:26
Jose Moreno, 52 1:29:51

5K

Steve Allen, 41 28:46 (2nd in age group)

June Bug Run, Huntsville, Jun. 15

5K

Jacob Gautreaux, 41 19:01
Patrick Justice, 14 20:06
J. C. Guzman, 41 20:29

Jose Torres, 20	22:30
Steve Bickford, 52	24:17
Francisco M., 13	25:36
Steve Allen, 41	25:53
Herbert Rodriquez, 44	26:51
Donna Fabian, 38	26:58
Mandie Villines, 15	27:30
Branden Justice, 13	28:03
Glenn Green, 51	28:08
Emily Villines, 16	30:28
Chance Miller, 16	30:31
Glen Carter, 62	30:51
Jan Parks, 56	31:24
Megan Gautreaux, 15	31:55
Laura Green, 47	32:05
Skipper Nethery, 64	32:06
Farrah Trevino, 32	34:34
Karen Moran, 42	34:39
Irma Dunmire, 31	35:14
Cathy Bickford, 51	38:26
Ben Johnson, 29	38:36
Ken Johnson, 72	39:40
Gerry Simpson, 71	46:02
Cindy Pate, 52	48:45
Toni Moore, 26	49:47
Angela Reuter, 42	49:47
1-Mile	
Haley Tabor, 17	8:44
Jadyn Justice, 4	15:30
Melanie Justice, 44	15:34
Marsie Grant, 51	17:36
Marilynn Johnson, 67	17:36

Greyhound 5K, Kosse, Jun. 8

Ken Johnson, 72 36:24 (1st in age group)

Run the Woodlands 5K, The Woodlands, Jun. 8

Steve Bickford, 52	23:25
Glenn Green, 51	26:43
Cathy Bickford, 51	32:26

Upcoming races in Huntsville:

July 27 – Dog Days 5K & 1-Mile Run/Walk, Forest Hills Sub-division

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.

