

RUNNING SHORTS

Hydration especially important in warmer weather

By Ken Johnson

Hot and humid weather is fast approaching. That makes staying hydrated while running even more important. Dehydration can lead to serious injuries.

Drink plenty of fluids before, during and after your run. As a general rule, drink when you are thirsty and drink enough to satisfy your thirst.

One symptom of dehydration is dark urine. Ideally, your urine should be a pale yellow. Check it before you head out for your run to make sure you are hydrated before you start.. If you are running more than 30 minutes, carry water with you, if it is not available on the course.

Other symptoms of dehydration include dry mouth and throat, lightheadedness, fatigue and muscle cramps.

For those long runs, especially when it is hot and humid, do not rely only on plain water. You need to replace the sodium and other electrolytes lost by sweating. Drink a sports drink that contains electrolytes. Many long-distance runners take electrolyte replenishment capsules while running, in addition to water and sport drinks. These are available online and at running stores.

Do not use the heat and humidity as an excuse for not running. Adjust to the weather and keep running.

Recent race results:

Rock 'n' Roll Half Marathon, New Orleans, Feb. 28

Julie Simmons, 41 2:30:10

Republic of Texas Run, College Station, Feb. 27

Half Marathon (13.1 miles)

Vincent Valenti, 23 2:12:50

Ken Johnson, 74 2:54:01

Cindy Pate, 55 3:06:09

Quarter Marathon (6.55 miles)

Connie Mathis, 44 1:06:14

Misty Lampson, 44 1:20:00

Mandy Williams, 26 1:39:12

5K (3.1 miles)

Melinda Miller 43:17

Jessica Twardeski, 35 47:02

Rodeo Run, Houston, Feb. 27

10K (6.2 miles)

Dan Byrne, 57 39:13

Steve Bickford, 55 47:44

Jose Moreno, 54 47:56

Nadine Pharries	53:41
Billy Pharries	59:29
Randi Long	1:00:27
Candace Prater	1:07:01
Cathy Bickford, 54	1:21:39

5K

Katie Lowe	35:25
Alyssa Delgado	35:26
Kayla Ordner	35:27
Courtney Crowley	36:59
Jack Robbins	42:37
Jackson Robbins	42:39
Brandy Robbins	42:39
Billy Lowe	52:07
Cathy Spearman	52:51

Millican Trail Run, College Station, Feb. 27

50K (31 miles)

Jason Wallace, 40	4:27:19
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25K

Dana Formon, 27	2:42:32
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Space City 10-Miler, Houston, Feb. 21

Dan Byrne, 57	1:04:18
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Texas Park Series, Spring, Feb. 21

Half Marathon

Ken Johnson, 74	3:19:00
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10K

Cindy Pate, 55	1:19:00
Jessica Twardeski, 35	1:46:00

Surfside Beach Half Marathon, Surfside Beach, Feb. 20

Ken Johnson, 74	3:22:44
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Sweetheart Run, Huntsville, Feb. 20

5K

J. C. Guzman, 44	21:06
Steve Pecina, 35	22:33
Steve Allen, 43	23:39
Jose Moreno, 54	24:14
Curtis Barton, 36	26:17
Monica Lopez, 33	30:35
Connie Mathis, 44	31:08
Jill Blake, 37	33:01
Marvin Dunbar, 48	33:23

Paulina Puente, 44	33:37
Jan Parks, 59	34:04
Darren Grant, 51	34:04
Gene Gaskins, 56	34:14
Julie Simmons, 41	34:46
Mark Robinson, 69	36:09
Heidi Morse, 56	41:21
Shellie Geer, 66	41:49
Patricia Capps, 62	52:42
Paula Tucker, 51	52:43
Jody Slaughter, 52	57:58
Marcie Grant, 63	57:59
1-Mile	
Mackenza Hall, 14	9:32
Brad Hall, 46	10:49
Denton Walker, 5	15:43
Hudson Walker, 1.5	15:43
Jennifer Walker, 36	15:50
True Cousins, 82	16:18
Sheila Gaskins, 54	17:51

Upcoming races in Huntsville:

Mar. 19 – Color Em Kats 5K, SHSU campus

Mar. 20 – Run the Trails, 3.5 Miles, Huntsville State Park

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.