

## RUNNING SHORTS

### **New study confirms the benefits of running**

By Ken Johnson

The Copenhagen (Denmark) City Heart Study has confirmed the many benefits of running. According to the study, regular running (they call it “jogging”) increases the life span for men by 6.2 years and for women by 5.6 years.

The study began in 1976 and studied around 20,000 men and women between the age of 20 and 93.

“The results of our research allow us to definitively answer the question of whether jogging is good for your health,” said Peter Schnohr, who is chief cardiologist of the Copenhagen City Heart Study. “We can say with certainty that regular jogging increases longevity. The good news is that you don’t actually need to do that much to reap the benefits.”

Investigators found that between one hour and two and a half hours a week, undertaken over two to three sessions, delivered the optimum benefits, especially when performed at a slow or average pace. The ideal pace can be achieved by striving to feel a little breathless.

Other benefits of jogging reported by Schnohr include improvement of oxygen uptake, increased insulin sensitivity, improved lipid profiles (raised HDL and lower triglycerides), lower blood pressure, improved cardiac function, prevention of obesity, immune function and improved psychological function.

This study seems to confirm many of the findings of a study by the Stanford (California) University Medical Center, released in 2008. It studied runners and non-runners over a 21-year period and showed that runners had a notable survival advantage and reduced disability later in life.

We all know that with improved health comes improved quality of life. While some are prevented from running because of old football injuries or other problems, most of us could be running on a regular basis and enjoying the benefits that the sport has to offer. Shouldn’t you be running?

Be sure to consult with your doctor before you start running. Better yet, get your doctor to start running too.

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

##### **YMCA Trail Run, 5K (3.1 miles), Conroe, May 12**

Kim Van Wagner, 39	28:44
Shannon Ramsey, 42	32:16
Ken Johnson, 70	40:00 (3 <sup>rd</sup> in age group)
Beth Whittle, 35	41:49
Dylan Whittle, 7	41:50
Colleen Spencer, 60	42:20 (2 <sup>nd</sup> in age group)

##### **1-Mile**

Dawson Garner, 7	10:01
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**Run the Woodlands 5K, The Woodlands, May 12**

Steve Bickford, 51 23:13

Cathy Bickford, 50 38:53

**Splendor Founders Days 5K, Splendor, May 12**

Robert Duncan, 52 20:28 (1<sup>st</sup> overall)

**Sunday Night 5K, The Woodlands, May 6**

Leah Koester, 46 25:44

Callye Bennett, 21 37:30

Ken Johnson, 70 37:30

**Luv2 Run, 2.4 miles, Conroe, May 5**

Robert Duncan, 52 14:50 (3<sup>rd</sup> overall)

**Upcoming races in Huntsville:**

May 28 – Memorial Day 5K & 1-Mile Run/Walk, Timberwilde Sub-division

June 16 – June Bug 5K & 1-Mile Run/Walk, SHSU campus

June 17 – Gator Bait Trail Runs, 15K & 5K, Huntsville State Park

July 14 – Dog Days 5K & 1-Mile Run/Walk, Forest Hills Sub-division

For more information about these races and a link to registration, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.