

RUNNING SHORTS

Learning from foot injury

By Darren Grant

Some of you may have seen me on crutches this winter and spring. I hurt my foot on Thanksgiving Day. It was what they call a hell bruise, or a stone bruise, and it's just been a slow progression back to mobility. It was the first time something like that has happened to me, and I learned a few things from the experience.

I learned what the worst part of having a hurt foot is—it's having to explain to people how your foot got hurt. If I had a great story, like I was escaping a bear attack, this would be the best part. But the real story is that I hurt it during a 5K race on Thanksgiving Day, and finished the race anyway, making the problem worse. That's not something I want to remind myself of several times a day!

I also learned that crutches are never at the right height. I had two pair, at different heights, and both sets got on my nerves. The only time crutches are fun is when you use them like ski poles, but since you aren't skiing, it looks pretty silly.

The last thing I learned is that grass really is softer than pavement. My feet are still quite sensitive to pressure, and by mid-day, just walking along the sidewalk hurts a little. Dart into the grass instead, and the pain immediately goes away. Some people just can't take hard surfaces, and always run trails for this reason. Now I know what they mean!

On the morning of Memorial Day, the Seven Hills Running Club will hold a 1 mile and 5K run at Ken Johnson's house in Timberwilde. Lots of people attend, and breakfast burritos are served afterwards. It will be exactly six months since that fateful 5K race, and I think I will be ready to do the one mile—walking. After I finish, I will immediately take a seat, and begin planning for my next race.

(Ken Johnson compiles the race results for this column. Send him yours at 1941runner@sbcglobal.net.)

Recent race results:

Founder's Day 5K (3.1 miles), Splendora, May 12

Ken Johnson, 76 42:24

CB&I Triathlon, The Woodlands, May 12

(500-meter swim, 12.8-mile bike, 5K run)

Dana Formon, 29 1:32:18

Marvin Dittfurth, 74 1:56:18

PIA Relay for Like 5K, San Angelo, May 12

Steve Allen, 46 24:00

Sunday Night 5K, The Woodlands, May 6

Ken Johnson, 76 41:29

Silo District Half Marathon (13.1 miles), Waco, May 6

Aubree Paschal, 34 2:06:44

Kandace Russell, 33 2:52:56

5K

Brytrie Miniell, 26 27:40

Annel Guadalupe, 26 39:08

Kelsey Miller, 23 51:17

Fredonia 10K, Nacogdoches, May 5

Ken Johnson, 76 1:12:02

Wild Flower Trail Run, Bastrop State Park, May 5

25K (15.5 miles)

Gretchen Dixon, 40 3:43:50

Art Morgan, 52 3:43:54

10K

Mackenzie Dixon, 13 1:10:59

LP Run, Houston, Apr. 28

(Run as far as you can in 33 1/3 minutes)

Dan Byrne, 59 5.10 miles

Upcoming races in Huntsville:

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

June 15 – Run with the Pack 5K & 1-Mile, Kate Barr Ross Park

June 16 – June Bug 5K & 1-Mile, Spring Lake 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.