RUNNING SHORTS
Summer heat no excuse not to run
By Ken Johnson

The temperature is finally getting over 90 degrees and we have months of summer running ahead. However, you should not use the heat as an excuse not to run; just run safely.

Take advantage of the longer days of summer, but if your work or school schedule permits, run during the cooler morning hours.

To run safely during hot weather, the most important thing is to stay hydrated. Drink plenty of water before, during and after you run. If you are running longer distances, be sure to include a sports drink or take electrolyte capsules to replace the sodium and other chemicals that your body loses when you sweat.

Either carry fluids with you when you run or plan your route so that fluids will be available. If need be, carry some cash when you run and stop at a convenience store and purchase water or a sports drink.

Regardless of hydration, do not overdo your summer runs. If you feel like you are getting too hot, stop, rest and cool down. Walk awhile if you need to.

Running is a great sport to maintain physical fitness, but you must run on a regular basis all year – and that includes the summer.

Recent race results:

Nighttime Trail Run, Caldwell, May 18
10K (6.2 miles)
Ken Johnson, 71   1:35:15 (1st in age group)
5K (3.1 miles)
Marilynn Johnson, 67   1:15:03 (2nd in age group)

YMCA Trail Run, 5K, Conroe, May 11
Stephen Wright, 31   21:12 (2nd in age group)
Ken Johnson, 71   37:29

Run the Woodlands 5K, The Woodlands, May 11
Steve Bickford, 52   23:57
Donna Fabian, 38   26:24
Cathy Bickford, 51   33:30

Sunday Night 5K, The Woodlands, May 5
Leah Koester, 47   25:49
Ken Johnson, 71   36:35

Run Forest Run, Forest Glen Camp, Huntsville, May 4
5K
J. C. Guzman, 41   21:26
Patrick Justice, 14   23:09
Chase Miller, 16   24:03

Emily Villines, 16	24:03
Steve Bickford, 52	24:14
Steve Allen, 41	25:30
Peyton McKeever, 15	26:35
Donna Fabian, 38	26:57
Meaghan Hampton, 22	28:01
Jamie Hampton, 23	28:02
Branden Justice, 13	28:18
Isaiah Benodin, 12	28:21
Matt Benodin, 15	28:22
Morgan Byrd, 17	29:17
Tweety Blankenship, 48	37:14
Eva Puckett, 43	29:28
Max Pendley, 15	29:48
Rachel Beaird, 14	30:08
Glen Carter, 62	30:46
Riley McKeever, 14	31:14
Josh Benodin, 14	32:00
Abigail Choate, 10	32:27
Jack Choate, 43	32:27
Isaac Pendley, 9	32:58
Jan Parks, 56	33:55
Mary Jenke, 30	34:11
Zach Benodin, 13	34:34
Melissa Booth, 29	35:00
Ken Johnson, 71	37:11
Elizabeth Keith, 38	37:14
Jaylynne Wharton, 46	37:14
Heather Benodin, 41	37:16
Grace Benodin, 5	37:16
Faith Benodin, 2	37:16
Joel Benodin, 3	37:16
Don Ortloff, 67	38:54
Adam Jenke, 30	41:27
Sarah Van Winkle, 37	45:28
Mallory McKeever, 11	45:45
Luke Benodin, 10	45:45
Mark Benodin, 9	46:06
Delia Ramsey, 48	47:05
Kade Pendley, 7	47:05
Brenton Ramsey, 11	47:05
Jenna Ramsey, 14	47:07
Joan Pickering, 54	47:36
Jon Benodin, 7	50:29
Adelynn McKeever, 9	Time not available

1-Mile (time not recorded)

Caleb Beaird, 9
Johanna Beaird, 7
Susan Beaird, 42
David Beaird, 11
Debbie Choate, 41
Emilie Choate, 7
Anitra Edney, 37
Toben Edney, 5
Hutton Edney, 8
Callaway Edney, 7
Andrew Fabian, 9
Dawson Garner, 8
Brady Garner, 4
Emily Garner, 31
Marilynn Johnson, 67
Bethany Ledezma, 30
Madison Ledezma, 6
Emily Ledezma, 2
Mark Moldenhauer, 38
Allison Moldenhauer, 33
Eliya Moldenhauer, 8
Gabe Moldhaurer, 7
Rachel Moldenhauer, 5
Allison Moldenhauer, 5
Monte Penney, 50
Jeannine Perry, 56
Kathie Richard, 55
Jen Weinland, 37
Estelle Weinland, 7
Fiona Weinland, 6
Melanie Justice, 49
Ja Dyn Justice, 4

Upcoming races in Huntsville:
May 27 – Memorial Day 5K, 1-Mile, Timberwilde Sub-division
June 15 – June Bug 5K, 1-Mile, SHSU campus
June 16 – Gator Bait Trail Run, 15K, 5K, 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.