

## **RUNNING SHORTS**

### **Run safer in fall and winter**

By Ken Johnson

With shorter days in the fall and winter months, it is very important to stay safe when running.

First of all, run during daylight hours, if possible.

If you have to run after dark, run on a treadmill or at a track. If you run on the roads at night, keep in mind that motorists are not expecting to see a runner on the road. And, they may be distracted with some electronic device.

Do not assume they will see you. Be prepared to take evasive action.

Always wear bright clothing and be sure to wear a reflective vest or other reflective items or a blinking strobe light. Carry a flashlight and use it to alert oncoming traffic. Run on the sidewalk where possible and if you have to run on the road, run against oncoming traffic.

Avoid unsafe areas and carry pepper spray. Do not wear headphones and be aware of your surroundings. Carry a cell phone (for emergency use only, of course).

Running is a great sport, but you have to adjust to the environment in each season. The cool and cold fall and winter months are ideal for running. Just run safely.

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

#### **Mother Road Marathon (26.2 miles), Commerce, OK, thru Kansas and finishing in Joplin, MO, Oct. 14**

Ken Johnson, 71      6:16:20 (1<sup>st</sup> in age group)

#### **Space City 10-Miler, Clear Lake, Oct. 14**

Leah Koester, 46      53:32

#### **Meals on Wheels 5K (3.1 miles), Junction, Oct. 13**

Skipper Nethery, 63      31:16

#### **Ten for Texas, 10 Miles, The Woodlands, Oct. 13**

Steven Bickford, 51      1:25:38

Darryl Shreves, 52      1:26:21

Jacqui Wukich, 29      1:27:56

Clayton Wukich, 33      1:27:56

Melvin Neely, 56      1:28:43

Carissa Mongelli, 30      1:35:57

Susan Henderson, 42      1:37:18

Craig Henderson, 43      1:37:19

Katy Lampson, 37      2:04:25

Misty Lampson, 40      2:04:26

Anna Shreves, 52      2:10:04

Connie Mathis-Nelson, 40      2:17:47

**Tyler Rose Marathon, Tyler, Oct. 7**

Ken Johnson, 71 6:12:53 (2<sup>nd</sup> in age group)

**Half Marathon**

Gerald Johnson, 57 2:42:39

**St. Anthony's Fall Fest 5K, Wylie, Oct. 6**

Ken Johnson, 71 36:11 (2<sup>nd</sup> in age group)

**Rockwall Rib Rub and Run, Rockwall, Oct. 6**

**10K**

Steve Bickford, 51 46:56 (1<sup>st</sup> in age group)

**5K**

Cathy Bickford, 50 33:28

**Buffalo Stampede, Bryan, Oct. 6**

**Half Marathon**

Jose Moreno, 51 1:43:31

Jan Parks, 55 2:29:58

Marvin Dittfurth, 68 2:30:12

**5K**

Donna Fabian, 38 27:29

**Race for the Cure 5K, Houston, Oct. 6**

Lara McCain 30:05

Sean Ottman 34:04

Ree Slovin 34:45

Mandi Haller 38:05

**Upcoming races in Huntsville:**

October 27 – Huntsville Half & Quarter Marathon & 5K Run/Walk, SHSU campus

November 3 – Rocky Raccoon Trail Run, 50K, 25K, 10K, Huntsville State Park

November 10 – CASA Superhero 5K, SHSU campus

November 10 – Running to Shine 5K, SHSU campus

November 24 – Leftover Turkey 10K, 5K, 1-Mile Run/Walk, Veterans Mem. Parkway

December 1 – Texas Trail Runs, 50-Mile, 50K, 20K, Huntsville State Park

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.