

RUNNING SHORTS

Tips to help you run safer on streets

By Ken Johnson

The cooler weather of fall is ideal for running. However, school is back in session and there is obviously more traffic on the streets. And, many drivers are distracted with the use of cell phones. There is nothing you can do to control traffic and drivers if you are running the streets, but there are a numbers of things you can do (or not do) to run safer on the streets.

First, run in an area with lighter traffic. For example, the roads at Huntsville State Park are great for running during the week when there is little vehicle traffic.

When you are running on the street, you are considered a pedestrian and state law requires that pedestrians use the sidewalk if there is one. If there is no sidewalk, you must run facing oncoming traffic. At intersections, you must use crosswalks. No “jay running.” Observe stop signs.

If a vehicle is coming from a side street or driveway, make sure the driver sees you and yields the right-of-way. Run defensively.

Always wear light colored clothing when you run the streets and if it is dark, wear reflectors or blinking lights.

No matter how addicted you are to running with music, do not run with headphones while running on the streets, unless you are running a race with a course closed to traffic. You must be aware of your surroundings, to include vehicles, sirens, dogs and persons who might want to do you harm.

Having a running partner is a great motivator, but if you are running on the road, run single file.

Running the streets or anywhere else comes with some risks, but not running or exercising at all comes with even greater risks to your health.

Recent race results:

Daily News Press Run, Galveston, Sept. 14

10K (6.2 miles)

Steve Bickford, 52 50:04 (2nd in age group)

5K

Cathy Bickford, 51 35:17

Run or Dye 5K, Untimed, Houston, Sept. 14

Kelly Bielamowicz, 38

Gruene Hall 10K, New Braunfels, Sept. 14

Ken Johnson, 72 1:22:42 (1st in age group)

Racing Humans Mud Run, 5K, Houston, Sept. 14

Bridget Nurdling 59:10

Brittany Bate 1:03:31

Tatjana Damnjanovic 1:03:32

Jenna Tomei	1:03:32
Bradley Campbell	1:04:30
Mandy Williams	1:11:46
Sarah Glover	1:23:39
Ellissa Thomas	1:24:44

Sand Crab 10K Night Beach Run, Galveston, Sept. 7

Steve Allen, 41 56:13

Labor of Love Run, McKinney, Sept. 2

10K

Steve Bickford, 52 50:16 (1st in age group)

5K

Cathy Bickford, 51 36:30

Upcoming races in Huntsville:

Sept. 28, Fall Fun Run, 10K, 5K, 1-Mile, Veterans Memorial Parkway

Oct. 5, CASA Superhero 5K, Bowers Stadium

Oct. 19, Huntsville Half & Quarter Marathon & 5K, SHSU campus

Oct. 26, Great Muddy Escape, 5K, General Sam's Offroad 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.