

RUNNING SHORTS

Can music make you run faster?

By Ken Johnson

Even some Texans would run faster if they were being chased by Willie Nelson. The real question is whether you would run faster if you were listening to his music. Studies have shown that listening to music while running can improve performance up to 20%. It all depends on the tempo of the music, as measured by beats per minute. So, listening to a Willie Nelson song with a fast tempo could improve your running speed.

In recent years, technology has improved and small and lightweight devices and headphones, which are convenient for running, can be purchased for as little as about \$30. Music is available from several sources, including your CD collection.

There are several web sites that offer music specifically for running. Search for "running music." The beats per minute is shown with each song offered. Choose songs with beats per minute consistent with your running speed.

The type of music is not important; choose the type of music and artists that you like.

Regardless of the tempo of your play list, music reduces the boredom that you may experience while running, especially if you are running laps at the track or running on a treadmill.

While some runners have become addicted to running with music, it is important to consider the safety aspect of running with headphones. Never wear headphones if you are running on the road in traffic or in an area where there is a possible threat from dogs or other persons. In fact, headphones are strongly discouraged in races sanctioned by the Road Runners Club of America and USA Track and Field. Always be aware of your surroundings and use common sense. Run safely.

Recent race results:

Bearkat Bash 5K (3.1 miles), Spring, Sept. 11

Ken Johnson, 69	33:20
Eva Edwards, 23	35:00

Kolache Krunch 5K, Caldwell, Sept. 11

Fernando Gonzalez, 27	19:30 (1st in age group)
J. C. Guzman, 38	20:44 (1st in age group)
Jerry Flanagan, 70	30:55 (3 rd in age group)

Lake Charles Adventure Race, Sam Houston Jones State Park, LA, Sept. 11

(4-mile canoe, 18-mile mountain bike, 8-mile trail run)

Robert Duncan, 50	4:28:02
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St. Anthony's Fall Festival 5K, Wylie, Sept. 18

Ken Johnson, 69	33:53 (2 nd in age group)
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Rose City Triathlon, Tyler, Sept. 18

(650-meter swim, 14.5-mile bike, 5K run)

Marvin Dittfurth, 67 1:42:54 (3rd in age group)

Upcoming races in Huntsville

Sept. 25 – Fall Fun Run 10K (6.2 miles), 5K & 1-Mile Run/Walk

Oct. 2 – CASA Speak Up for Kids 5K & 1-Mile

Oct. 23 – Huntsville Half Marathon (13.1 miles) and 5K Run/Walk

Nov. 6 – Rocky Raccoon 50K (31 miles) & 25K, Huntsville State Park

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