

## RUNNING SHORTS

### Making creative running challenges

By Emily Villines

I've been trying to get my cross country teammates to stay motivated over the summer. Recently, I found a running contest that another team shared—a creative running challenge. It looked really fun, so we made our own version!

A creative running challenge is different from a workout plan. It encourages fun and spontaneity. For the challenge, create “prompts” for runs that get you out of your normal routine. For example, a “Run Forrest” run would consist of trail running! The Huntsville State Park would be a great place to fulfill this prompt. The goal is to go on runs where time and pace aren't concerns, but who you're running with and where you are going are.

Our team used a variety of prompts this summer. In the Sun Run, you run at sunset and at sunrise on the same day. For the Family Fun Run, you grab a sibling, parent, or child and go for a jog. For “Water We Running To?”—get it?—you must end your run at a lake, beach, or pool and go for a swim.

We just started trying to check off the prompts listed, and it's going great. Sharing the challenge has unified the team. Since we are all over Texas for the summer, we have to get creative to fulfill all the prompts. It's made me realize how the running community is bound together by the different experiences we each have while doing the same activity.

As always, safety should be a concern when running. When running in new places, it's important to take precautions and stay vigilant! Carrying pepper spray is a great way to stay safe on runs. You also need to stay aware of your surroundings!

I hope these ideas inspire you to come up with your own fun running challenges. Be sure to share them with Huntsville's amazing running community and be safe!

(Regular Running Shorts columnist Darren Grant is taking a break in August, and will return in September. But Ken Johnson, who compiles the race results for this column, never takes a break. Send him your race results at [1941runner@sbcglobal.net](mailto:1941runner@sbcglobal.net).)

#### Recent race results:

##### **Habanero 10K (6.2 miles) Trail Run, Cat Spring, Aug. 18**

Lorie Cross, 57      1:48:06

##### **Watermelon Run for the Fallen, 2.8 miles, Hempstead, Aug. 18**

Ken Johnson, 77      38:05

##### **Heatwave 5K, Waterwood Sub-division, Huntsville, Aug. 18**

###### **5K**

Will Boyce, 15      17:38

Ron Gage, 36      18:02

Caleb Vasquez, 16      19:35

Brady Neuman, 15      20:43

Ekzavior Pinkert, 15      21:00

Tim Shaffer, 41	21:09
Steve Allen, 46	23:35
Steve Bickford, 57	24:19
Case Hughes, 15	27:55
David Keithley, 36	31:33
Gene Gaskins, 59	36:15
Brady Garner, 9	38:13
Emily Garner, 38	38:14
Steve Prusz, 62	41:25
Shellie Geer, 68	42:20
Cindy Pate, 57	44:33
Kim Heimburger, 57	46:01
Heidi Morse, 58	46:32
Patricia Capps, 64	46:36
Don Ortloff, 72	58:03

**1-Mile**

Katherine Thomas, 9	9:08
Diana Thomas, 34	9:10
Hailey Thomas, 7	9:24
Steven Thomas, 34	9:26
Sheila Gaskins, 57	14:45
Velvia Keithley, 44	21:48

**Lazy, Hazy, Crazy Days of Summer 5K, Houston, Aug. 11**

Ken Johnson, 77	42:35
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**Upcoming races in Huntsville:**

September 3 – Labor Day 5K & 1-Mile, Spring Lake Sub-division

September 30 – Texas 10 Series, 10-Mile, 5-Mile, 1-Mile, SHSU campus

September 30 – Bearkat Bolt 5K, SHSU campus

October 20 – Huntsville Half & Quarter Marathon, 5K, Walker Co. Fairgrounds

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.