

## RUNNING SHORTS

### Running through the heat

By Emily Villines

Summer in Texas is no joke — but neither are the determined runners who power through it!

With highs above 95 and lows that don't drop below 74, it takes a lot to get me out of bed for my morning runs. I suspect I'm not alone.

You can see it in races. For one thing, there are fewer of them. Most races and series start back up in fall when temperatures are a bit cooler.

For another thing, the times are slower. In my experience, hot and humid conditions can add a full minute to 5K times. The 19-minute 5Ks I ran in the spring have turned into 20-minute 5Ks.

It doesn't have to be so hard though! With some planning, summer can be great training time.

First, get up early, and hydrate. Getting up early will ensure lower temperatures and more enjoyable runs! I like running from 6:30 to 7:30 a.m., just after sunrise, as it is the coolest time of the day. Regardless of when you run, dehydration can sneak up on you. Headaches and tiredness that may feel normal could easily be caused by dehydration, so watch out!

Next, be sure to use sunscreen. Aim for a sunscreen with SPF 30 or higher, which will block 97 percent of the sun's UV rays.

Finally, work conditioning into your schedule. Running regularly can help you train, but conditioning exercises will go beyond training to help improve stability, core muscles and prevent injuries.

Some conditioning exercises I rely on include squats, Swiss curls, dead bugs and push-ups. These activities target muscles you might overlook while running and help strengthen the whole body! Having a reliable dynamic warm up routine is also a good habit to start! Warming up properly will increase heart rate and blood flow to muscles, resulting in a better workout and fewer injuries.

Doing these things and keeping an active summer schedule will give you the upper hand over runners taking the summer off. You will see the effects in the fall, I promise!

*(Regular Running Shorts columnist Darren Grant is taking a break in August, and will return in September. 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:

##### **Sunday Night 5K (3.1 miles), The Woodlands, Aug. 5**

Ken Johnson, 77      41:57

##### **Cattlemen's Ranch 5K, Schulenburg, Aug. 4**

Steve Allen, 46      23:08

**Southern Star Brewing 5K, Conroe, Aug. 4**

Dan Byrne, 59	19:53
David Thornberry	23:27
Matthew Moates	26:42
Chad Holton	27:28
Lucas Moates	30:27
Cindy Pate, 57	39:54
Erin McMillan	41:00
Ken Johnson, 77	43:12
Michael Olden	46:08

**Sand Crab 10K, Port Aransas, July 28**

Lorie Cross, 57	1:07:41
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**Run the Woodlands 5K, The Woodlands, July 28**

Ken Johnson, 77	41:54
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**Dog Days 5K & 1-Mile, Huntsville, July 21**

Jody Slaughter, 55	22:12
Steve Pecina, 37	24:11
John Slate, 62	27:05
Doug Caraway, 59	28:50
Lin Salmon, 64	31:49
David Keithley, 36	32:32
Laura Trevino, 39	32:51
Cesar Trevino, 39	32:51
Michael Luna, 57	33:06
Gretchen Dixon, 40	33:18
Art Morgan, 52	33:28
Clark Courtright, 58	34:03
Laura McDonald, 55	35:25
Scott McDonald, 54	35:25
Avery Barker, 13	36:58
Gene Gaskins, 58	37:34
Christine Okech, 40	39:03
Mike Mangan, 77	39:31
Monica Lopez, 35	41:35
Tyrone Sanders, 55	41:49
Addie Howell, 13	42:58
Grace Manning, 19	43:33
Tracie Howell, 44	43:34
Mike Conner, 37	44:08
Penny Wilson, 45	44:09
Ken Johnson, 77	44:33
Shellie Geer, 68	44:55
Heidi Morse, 58	45:49

Patricia Capps, 64	45:57
Ethan Trevino, 10	48:57
Farrah Trevino, 37	49:00
Richard Jones, 67	50:59
Kylie Trevino, 7	51:31
Skipper Nethery, 69	53:10
Alan Jenkin, 85	54:16
Johnny Cates, 33	57:04
John Cates, 57	57:06
Becky Kemp, 45	57:06
April Russell, 42	1:00:00

#### **1-Mile**

Bailey Okech, 9	7:15
Mackenzie Dixon, 13	7:16
Marti Okech, 11	7:19
Valene Okech, 7	8:48
Darren Grant, 53	11:10
Hailey Thomas, 6	11:19
Katherine Thomas, 9	11:20
Diana Thomas, 34	11:20
Marilynn Johnson, 72	19:33
Velvia Keithley, 44	23:06

#### **Upcoming races in Huntsville:**

August 18 – Heat Wave 5K & 1-Mile, Waterwood Sub-division

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

September 30 – Texas 10 Series, 10-Mile, 5-Mile, 5K, 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.