

## RUNNING SHORTS

### Hold on to those New Year's resolutions

By Darren Grant

Look at you, sitting there relaxed in your bunny slippers. The timing of this cold front is just so wrong! You were going to exercise more, get outside and walk or run, and now this!

What you need is what I've got: inspiration, to make those New Year's Resolutions and keep them. Here at Running Shorts, Inc., we work around the clock—a full 60 minutes, minimum—to package this inspiration in neatly printed form.

If you're like me, there will be a time in your life when everyone around you retires while you're still working, because they took the jobs you didn't. Our inspiration for today is one of those new retirees, my neighbor Weston Elgirus.

After 24 years in the Army, Elgirus moved to Huntsville and became a correctional officer. A year and a half ago, he traded in his uniform for a good pair of walking shoes and a bright orange vest, and hit the pavement.

Three times a week, Elgirus wakes early—thus the vest—and walks twice around the perimeter of Forest Hills subdivision. Each loop is two miles, so it adds up to twelve miles a week, which is a lot. And the simple, regular schedule makes it easy to stick with it.

Elgirus told me that his primary motivation is to lose weight. If you add up the calories, the twelve miles he walks each week trim off one-third of a pound. That works out to seventeen pounds per year!

But that is not all. “When I go out walking I listen to music, and I am able to relax,” he says. Pandora brings Elgirus soft rock, salsa, and West Indian music from his birthplace in Haiti. “Sometimes people think I'm crazy,” he says, “because I'm dancing while I'm walking.”

It's a long way from Elgirus' days as a drill sergeant, and that is just how he likes it. “It's funny,” he says. “What seemed like punishment when I was young is my amusement now that I am old.”

(Ken Johnson compiles the “Recent Race Results” section of this column. Please send your race results to him at [1941runner@sbcglobal.net](mailto:1941runner@sbcglobal.net).)

#### Recent race results:

#### Resolution Run, Huntsville, Jan. 1

##### 10K (6.2 miles)

Jacob Gautreaux, 45	43:10
Emily Villines, 21	44:22
Nathan Jackson, 25	46:16
Philip Rask, 26	47:35
Steve Bickford, 56	51:40
Jose Moreno, 56	52:53
Curtis Barton, 38	54:45
Nathan Dunmire, 36	59:06
Elena Rodriguez, 47	1:01:11
Leah Koester, 52	1:01:25
Irma Dunmire, 36	1:25:30
Mary Harrison, 60	1:25:32

**5K (3.1 miles)**

Jose Torres, 24	24:51
Timothy Jackson, 18	28:29
Stephen Zadakis, 26	29:20
Art Morgan, 52	30:28
David Keithley, 36	30:43
Gretchen Dixon, 40	31:18
Amanda Gutierrez, 31	37:24
Brandi Jones, 38	39:44
Shellie Geer, 68	39:59
Cindy Pate, 57	41:21
Mark Robinson, 71	43:18
Becky Kemp, 44	51:26
Lois Levingston, 62	52:22
Bonnie Harden, 67	52:22
Patricia Capps, 64	59:46
Nancy Woessner, 69	59:47
Margarita Dominquez, 26	1:08:18
Kathy Perla, 27	1:08:18
Velvia Keithley, 44	1:06:58
Ashlea Zadakis, 26	1:06:59

**1-Mile**

Marilynn Johnson, 72	22:45
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**Texas Marathon (26.2 miles), Kingwood, Jan. 1**

Dana Formon, 29 4:52:19

**Half Marathon (13.1 miles)**

Ken Johnson, 76 3:20:00

**Upcoming races in Huntsville:**

January 20 – Frost Your Fanny, 5K, 1-Mile, Spring Lake Sub-division

February 3-4, Rocky Raccoon 100-Mile Trail Run, Huntsville State Park

February 10 – Rocky Raccoon 50-Mile and 50K Trail Runs, Huntsville State Park

February 17 – Love.Run Half Marathon and 10K Trail Runs, Huntsville State Park

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.