

## **RUNNING SHORTS**

### **It's time to start a running program**

Physical activity can increase life expectancy

By Ken Johnson

Most people will come up with plenty of excuses why they cannot run. Some may be valid, but most are not. It is obvious that many of us are out of shape. We eat too much of the wrong foods and what's worse, many use tobacco products.

We only have one life on earth (at least, that's what most of us believe) and it is so important that we live a healthy life for long as we can. Be active and healthy. Not just for you, but for your family.

Running is a great sport for achieving and maintaining physical fitness. Studies have shown that a regular program of running will add years to your life and delay the onset of disabilities.

Of course, always check with your physician before starting a running program.

Visit a running specialty store (i.e. Luke's Locker or Fleet Feet in The Woodlands) and get an experienced associate to help you find the right shoe for you.

What motivates us to run and stay fit may be different for each of us. One of the best ways to get started is to find a friend, who shares the same motivation as you do, to start running with. Set a schedule and stick to it. It is best to run three times a week.

Start off with a combination of running and walking. Start with a quarter mile and gradually increase the distance. Increase your running distance by no more than 20 percent and run the distance three times before increasing again. Before long, you will feel the difference and be up to three miles.

To maximize the benefit to your cardio vascular system, run for 30 minutes three times a week.

Vary your routine to ward off boredom. Run at different times of the day. Run in your neighborhood, run at the track or run on the trails at Huntsville State Park.

Sign up for a 5K (3.1 miles) race. There are plenty in the area and you will enjoy the experience, especially the interaction with others who are also trying to better their physical condition.. Races also give you an opportunity to measure your progress.

Never be intimidated by what others have accomplished in terms of speed and endurance. Look to them for inspiration, but set your own goals and work to achieve them.

#### **Recent race results:**

##### **Jurassic 15K (9.3 miles) Night Trail Run, Glen Rose, July 18**

Steve Allen, 43      1:51:45

##### **Hot 2 Trot 5K, Temple**

Donna Fabian, 40      25:00

##### **Lunar Rendezvous 5K, Clear Lake, July 18**

Steve Bickford, 54      22:52

Cathy Bickford, 53      39:34

**Magnolia Hills Trail Run, Navasota, July 12**

**21K (13 miles)**

Steve Allen, 43      2:31:49

**11.5K (7.1 miles)**

Connor Del Rio, 17      56:37

Ken Johnson, 74      2:13:27

**6K (3.7 miles)**

Taylor McDonald, 17      27:59

**5 Alarm 5K, Sealy, July 11**

Steve Allen, 43      23:16

**Run the Woodlands 5K, The Woodlands, July 11**

Ken Johnson, 74      38:36

**Orange Leaf 5K, New Braunfels, July 11**

Donna Fabian, 40      23:42

**Hilo Bay Salute to Veterans 5K, Hilo, Hawaii, July 4**

Darren Grant, 50      24:25

Brian Loft, 44      24:39

**Upcoming races in Huntsville:**

July 25 – Dog Days 5K, 1-Mile, Iron Works #2 (old Nautilus)

August 22 – Heat Wave 5K, 1-Mile, Waterwood

September 26 – Fall Fun Run, 5K, 1-Mile, Physical Therapy Associates

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.