

RUNNING SHORTS

Take precautions when running this fall

By Ken Johnson

Although this is repeating advice from previous columns, it is especially important to be careful when running in the fall.

Cooler fall weather is great for running, but the days are short. For many of us, that means running in the dark.

If you can, run at the track or on a treadmill. If you are running the roads after dark, always wear light-colored clothing. Wear reflectors and blinking lights or carry a flashlight. Make yourself visible to traffic. Try to run in an area with less traffic.

State law requires you to run on the sidewalk, if there is one. Otherwise, you are required to run facing oncoming traffic. If you have to cross the road, cross at an intersection.

Stay alert when running and be aware of your surroundings. Never wear headphones while running the roads. Keep in mind that many drivers are driving while distracted by electronic devices. If you are running in an area with loose dogs, carry pepper spray.

If you are running with a friend on the roads, run single file, especially when there is oncoming traffic.

Running is important for your health. Just run safely.

Recent race results are included below. If you run a race, please send me the results so it can be included in this column. Send to 1941runner@sbcglobal.net.

Recent race results:

Sunday Night 5K, The Woodlands, Nov. 1

Ken Johnson, 74 38:40

Texas 10 Series Katy, Nov. 1

10 Miles

Dan Byrne, 57 1:05:49

Jose Torres, 22 1:08:52

Steve Allen, 43 1:20:04

Steve Bickford, 54 1:20:33

Gerald Johnson, 60 1:41:10

Ray Sarno, 68 1:59:37

Cindy Pate, 55 2:12:28

Ken Johnson, 74 2:23:12

5 Miles

Francisco Manzanares, 15 33:55

Donna Fabian. 41 40:37

Cathy Bickford, 53 57:25

Mercury 10K (6.2 miles), Fort Worth, Oct. 25

Donna Fabian, 41 50:10

Nutrabolt 10K, Bryan, Oct. 25

Misty Lampson, 43 1:10:10

Connie Mathis, 43 1:10:11

Race for Success Half Marathon (13.1 miles), Lufkin, Oct. 24

Steve Allen, 43 1:53:27

Ken Johnson, 74 3:12:35

Best Maid Dill Run, 2 Miles, Fort Worth, Oct. 24

Donna Fabian, 41 14:07

Upcoming races in Huntsville:

Nov. 7 – Rocky Raccoon Trail Run, 50K, 25K, 5-Mile, Huntsville State Park

Nov. 28 – Leftover Turkey 10K, 5K, 1-Mile, Physical Therapy Associates

Dec. 12 – Texas Trail Endurance Runs, 50-Mile, 50K, 20K, Huntsville State Park

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.