

## **RUNNING SHORTS**

### **Where are the safest places to run in Huntsville?**

By Ken Johnson

A local runner recently passed away after being struck by a vehicle while running in Huntsville. My sympathy goes out to her family. Sometimes the sport we choose to improve our life is the one that claims us.

Drivers, bicyclists, walkers and runners all share the roads. It is so important that we all stay alert, avoid distractions and give each other space.

Being outside running or participating in about any sport comes with some risks. However, staying inside and doing nothing presents a greater risk to your health. Get out and run. Just run where it is safe as possible.

There are several places to run in Huntsville that are relatively safe.

Run at the track on Avenue O or at a school track near you. Be cautious if running after dark and be aware of your surroundings.

Run on the sidewalk along Veterans Memorial Parkway. Starting at the corner of Veterans and Colonel Etheredge Blvd., it is 4.69 miles to where the sidewalk ends at the I-45 service road.

Run at Huntsville State Park. There are miles of trails at the park. During the week, there is very little traffic in the park and you can run on the park roads. What traffic there is on the road has a 20-mile per hour speed limit.

If you are running on any road without a sidewalk, you must run against ongoing traffic. Never wear headphones. Wear bright colored clothing and if running during the dark hours, run with a reflective vest and blinking lights. If you have a running partner, run in single file. Run defensively.

There are plenty of races coming up in the area and cooler weather is approaching. Take advantage of both and improve your health.

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

##### **Running of the Bulls 5K, Houston, Sept. 14**

Steve Allen, 42	22:28
Darryl Shreves, 54	23:55
Ken Johnson, 73	37:42
Allison Key, 36	38:42
Marilynn Johnson, 68	Untimed
April Payne, 38	Untimed
Elizabeth Keith, 39	Untimed

##### **Gruene 10K, New Braunfels, Sept. 13**

Kyle Thompson, 39	51:15
Jennifer Scott, 34	55:26
Braedon Scott, 9	1:00:16
Jamie Thompson, 37	1:01:52
Ken Johnson, 73	1:18:40

**Sunday Night 5K, The Woodlands, Sept. 7**

Donna Fabian, 40      25:30  
Julia Buck, 29      26:25  
Ken Johnson, 73      36:45

**Sand Crab 10K Night Beach Run, Galveston, Sept. 6**

Steve Allen, 42      52:48

**Upcoming races in Huntsville:**

September 27 – Fall Fun Run, 10K, 5K, 1-Mile, Physical Therapy Associates, behind hospital.

October 4 – Dye for Dogs 5K, New Waverly

October 4 – CASA Superhero 5K, Bowers Stadium

October 18 – Huntsville Half & Quarter Marathon & 5K Run/Walk, SHSU campus.

November 1 – Rocky Raccoon 50K, 25K, 10K Trail Run, 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.