

## RUNNING SHORTS

### **Running outdoors definitely has a dark side**

By Ken Johnson

Do not let the shorter days of the Fall keep you from running on a regular basis. With work and school schedules, some of us are forced to run in the dark. What is most important is that we do it safely.

Try to avoid running on the streets. With so many distracted drivers, running on the streets is more dangerous than ever. State law requires you to run on the sidewalk, if there is one. Otherwise, you must run facing traffic.

Wear light colored clothing, a reflective vest or armband and flashing strobe lights. Wear a headlamp or carry a flashlight. Make yourself visible. Never wear headphones while running in traffic.

Better still, run at the track or on a treadmill. Avoid running at the track late at night without a running buddy.

Wherever you run, be aware of your surroundings and avoid areas that are unsafe. If you are running in an area with loose dogs, carry pepper spray. Always carry identification and let a family member or friend know where you will be running. Carry a cell phone.

Take advantage of the cooler weather and get out and run. If you must do it in the dark, be safe.

#### **Recent Race Results:**

##### **Texas Running of the Bulls 5K (3.1 miles), Houston, Oct. 16**

Nadine Pharrises, 45	26:00
Cathy Grimm, 30	34:29
Brooke Russell, 20	39:44

##### **Tyler Rose Half Marathon (13.1 miles), Tyler, Oct. 9**

Russell Jenkins, 39	1:44:16
Jody Slaughter, 48	1:59:33
Marvin Dunbar, 44	3:00:34
Ken Johnson, 70	3:00:41 (1 <sup>st</sup> in age group)
Katherine Newton, 38	3:47:05
Terry Newton, 52	3:47:09

##### **10 for Texas, 10 Miles, The Woodlands, Oct. 8**

Robert Duncan, 51	1:12:09
Melvin Neely, 55	1:16:48
Steve Bickford, 50	1:24:47
Darryl Shreves, 51	1:27:11

Craig Henderson, 42                    1:31:37

Anna Shreves, 51                    2:04:20

**Ram Run 5K (cross country), College Station, Oct. 8**

Ken Johnson, 70    38:46 (1<sup>st</sup> in age group)

**Tour de Bayou, Stage 1, 2.9 Miles (cross country), Houston, Oct. 4**

Leah Koester, 45                    26:57

John Cook, 56                    31:05

Ken Johnson, 70                    37:59

**Race for the Cure, 5K, Houston, Oct. 1**

Logan Clark, 22                    27:31

Ree Slovin, 55                    32:54

Stacey Smith, 38                    33:13

Sara Beth Ellisor, 28                    1:18:43

**Upcoming races in Huntsville:**

Oct. 22 – Huntsville Half Marathon & 5K Run/Walk, HKC, SHSU campus

Oct. 29 – The Great Muddy Escape, 5K, General Sam’s Off Road Park

Nov. 5 – Rocky Raccoon 50K, 25K, 10K Trail Run, Huntsville State Park

Nov. 26 – Leftover Turkey 10K, 5K & 1-Mile Run/Walk, Veterans Memorial Parkway

Dec. 3 – Christmas in the Pines 5K Run/Walk, HKC, SHSU campus

Dec. 3 – Texas Trail Runs, 50K, 12.5 Miles, Huntsville State Park

For more information about these races and others, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.