

RUNNING SHORTS

Running on the Internet

By Ken Johnson

Have you been thinking about starting a running program? Do you want to improve your speed? How about avoiding injuries? Do you want to find a race or race results? Need an inspiring story? Whatever you want to know about running, you can find it on the Internet.

A good program to get started running is called, "Couch to 5K" at C25K.com. It will get you from the couch to running a 5K (3.1-mile race).

The primary Texas running web site is texasrunnertriatlete.com. Here you will find a list of races in Texas and the surrounding states, race results and many stories about individual runners, running clubs and useful information for runners.

Here are several national web sites that contain helpful information on a variety of running topics: runnersworld.com; runningtimes.com; runningintheusa.com; and, coolrunning.com.

One of the most useful sites is USA Track and Field's America's Running Routes (usatf.org/routes). This site is very easy to use and lets you design a running route in any U. S. city, while it automatically measures the distance. You have the option of deleting your route or saving for others to use. Or, you can type in a city and find routes that others have designed.

If you want to find a race in or near Huntsville, visit the Seven Hills Running Club web site at 7hills.us and click on Race Calendar. Then, click on a particular race for more information, a printable entry form, or in most cases, a link to online registration. At the Seven Hills Running Club homepage, click on the Related Links page and find a link to many running web sites.

The popularity of running and racing has grown in recent years and the Internet has facilitated that growth. Join the sport and enjoy a healthier life style.

Recent race results:

Energizer 11K (6.8 miles), Houston, Nov. 11

Toby Fruge, 23	40:59 (3rd in age group)
Doug Dretke, 53	1:01:32
Crystal Spencer, 22	1:05:30
DeeDee Dretke, 51	1:07:15
Jenne Crispin, 40	1:11:42
Misty Stone, 38	1:17:36

Sunday Night 5K (3.1 miles), The Woodlands, Nov. 6

Leah Koester, 45	26:07 (1st female)
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Rocky Raccoon Trail Runs, Huntsville State Park, Nov. 5

50K (31 miles)

Matt Wagner, 53	6:35:04
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25K (15.5 miles)

Steven Wright, 30	2:20:35
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Mark Robinson, 64 3:23:18
Ken Johnson, 70 4:34:23

10K (6.2 miles)

Robert Duncan, 51 44:16 (1st overall)
Shane Devore, 38 46:59
Katie Devore, 32 1:03:03
Kristy Vienne, 34 1:06:50
Debbie Hightower, 56 1:39:09
Patti Hightower, 27 1:39:10

Wurst 5-Mile Run, New Braunfels, Nov. 5

Matt Henke, 40 54:42
Sylvia Kraemer, 66 1:11:00

Rock the Mind 5K, College Station, Oct. 29

Robert Duncan, 51 18:13 (1st in age group)
Skipper Nethery, 62 26:35 (2nd in age group)
Ben Johnson, 27 30:21
Ken Johnson, 70 38:00 (3rd in age group)

Half Marathon for Adoption (13.1 miles), New Braunfels, Oct. 29

Mandy Stewart, 31 2:04:00
Katie Gautreaux, 15 2:22:05
Hannah Monroe, 25 2:29:19

Tour de Bayou, 3.5 Miles Cross Country, Houston, Oct. 25

Leah Koester, 45 32:10
John Cook, 56 35:30
Ken Johnson, 70 46:51

Shiitake 5K, Madisonville, Oct. 22

Fernando Gonzalez, 28 17:55 (1st overall)
Don Ortloff, 65 35:12 (1st in age group)

Middle School PTA, 5.3-Mile, Atascosita, Oct. 15

Steven Wright, 30 38:15 (1st overall)

Upcoming races in Huntsville:

Nov. 19 – Running to Shine 5K, SHSU campus
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
Feb. 4 – Rocky Raccoon 100 and 50-Mile Trail Runs, Huntsville State Park
Feb. 11 – Orphan Hope Trail Marathon, Huntsville State Park