

## **RUNNING SHORTS**

### **No better time than the present**

By Ken Johnson

When should you start running?

The short answer is NOW.

You do not have to visit the all-you-can-eat buffet line to realize that some of us need to lose weight and start an exercise program. Others are in reasonably good physical condition, but are just too busy to exercise on a regular basis. Some think it is too hard to exercise, especially when they still smoke. Others think that they are too old to start exercising.

The consequences of excess weight, sedentary life style and smoking are well-known. Not only do they result in illness and a shortened life span, they affect the quality of life. And, quality of life extends to the entire family.

If your doctor says it is okay, start running to improve your health. Not only will it improve your cardiovascular system, it will help you lose weight and you will feel better. Quit using excuses. Get started today.

Running is a convenient sport. You do not need a lot of expensive equipment, a team or anyone else. You can run anytime of the day that fits your schedule.

If you are a parent, encourage your children to run cross country or track in junior and senior high school. Whether you start when you are young or old, running is a sport that you can continue for the rest of your life.

Chris Gautreaux, 58, of New Waverly, started running 9 weeks ago and completed her first 5K (3.1 miles) race in Conroe last Saturday.

My friend, Helen Klein of Rancho Cordova, California, started running for the first time at age 55. She is now 88 and still running. Klein also holds about 75 American and world records for long distance running.

Start running now and see the difference that it will make in your life

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

##### **Splendora Founder's Day 5K, May 14**

Robert Duncan, 51 20:33 (1st Overall)

##### **YMCA 5K Trail Run, Conroe, May 14**

James Spencer, 30 21:16 (2<sup>nd</sup> in age group)

Katy Ringo, 32 24:56 (2<sup>nd</sup> in age group)

Jill Saumell, 38 25:54 (3<sup>rd</sup> in age group)

Madalyn Smith, 11 28:37 (2<sup>nd</sup> in age group)

Shannon Ramsey, 41 30:07

Ken Johnson, 69 31:35

Chris Gautreaux, 58 32:55

Colleen Spencer, 59 39:16

##### **Mayfest 5K, Seguin, May 14**

Lavonne Zaiontz, 43 31:01

**Mission Charity 5K, Pflugerville, May 14**

Steve Bickford, 50 23:55

Cathy Bickford, 49 39:12

**Upcoming races in Huntsville:**

May 30 – Memorial Day 5K and 1-Mile, Timberwilde Sub-division

June 18 – June Bug 5K and 1-Mile, Sam Houston State University campus

June 19 – Gator Bait 15K and 5K Trail Run, Huntsville State Park

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