

RUNNING SHORTS

Blog your way to running success

By Katy Lampson

We've all heard it before: set a goal and stick to the plan. Whether you're a seasoned runner trying to set a new marathon PR, or you're a newbie who just bought your first copy of Runner's World, you've got goals. It's the sticking to the plan that's the hard part. Don't let distractions get in the way, and keep yourself accountable for your workouts.

Accountability really is the key. This is why so many training programs suggest keeping a running log. If you have to write it down every day, then you are more likely to do it, right? I couldn't agree more, but let's take it one step farther. Don't just write it down and stick it to the fridge. Write it down and upload it the Internet for the whole world to read.

Social networking and blogging are great ways to keep your running on track, meet other runners and get tips from the pros. Just about everyone has a Facebook page these days, and if you don't have one yet, it's about time you joined in! Create your profile page, and post updates about your running goals and progress. You will get comments and encouragement from your friends, which is excellent motivation. There are also many great running groups you can join. Yes, there is more to Facebook than old high school buddies.

Another fantastic way to log your workouts is to start a blog. Go to one of the many blogging Web sites such as blogger.com or blogspot.com, and create your own page. Write about your every run, keep up with your monthly mileage and list all your PR's and upcoming races. If you don't think you have the time to keep up with a full-fledged blog, try micro-blogging or Twitter. Twitter only allows you to post updates (known as tweets) of a 140 characters or less. Everyone has time to tweet!

Link your blog to your Facebook page and people will start reading. Now when you skip a workout, not only will you be reminded of it when you open the refrigerator door, but all of your friends will know too. When you do stick to your plan and start reaching milestones, you are sure to get a profusion of encouragement from your readers. Your friends are great cheerleaders! Who knows, maybe your efforts will encourage some of them to lace up their shoes and hit the pavement with you. The more running buddies the merrier!

Recent race results:

YMCA Trail Run, 5K (3.1 miles), Conroe, May 9

Ken Johnson, 67, 34:45 (1st in age group)

Nicole Cleveland, 24, 31:21

Splendora Founders Day 5K, Spendor, May 9

Robert Duncan, 49, 20:43

Race for the Cure, 5K, Tyler, May 9

Ree Slovin, 53, 34:09 (2nd overall of survivors)

CBI Triathlon, The Woodlands, May 2 (500-meter swim, 15-mile bike, 5K run)

Nathan Winkelman, 27, 1:06:24 (1st in age group)

Sean Waters, 22, 1:15:31 (1st in age group)

Jason Winkelmann, 30, 1:18:25

Megan Williams, 23, 1:23:18 (2nd in age group)

Magan Langlely, 25, 1:28:16

GRACE 5K Run, College Station, May 2

Ken Johnson, 67, 32:54 (2nd in age group)

Bayou Bash Relay, Houston, May 2 (4-member teams, each member running 1.9 miles for a total of 7.6 miles)

Adrienne Langelier and team 42:48 (1st place, Open Mixed)

Country Music Half Marathon (13.1 miles) Nashville, April 25

Alen Jenkin, 76, 3:46:02

Upcoming races in Huntsville:

May 23 - HHS Cross Country 5K, Kate Barr Ross Soccer Fields.

May 25 - Memorial Day 5K, Timberwilde Subdivision.

For more information on these and other races, visit the Seven Hills Running Club Web site at <http://www.7hills.us> and click on race schedule.

