

RUNNING SHORTS

Put your running goals in proper perspective

By Ken Johnson

We all know that setting goals in all our endeavors is important. Achieving physical fitness through running should be one of those goals. However, whatever goal you set for yourself should be realistic. And, as you achieve goals, set higher goals.

Many of us find running hard work, painful and certainly not fun. We run to stay healthy and fit. If we do not set running goals, we will find ourselves not running or, at best, running occasionally.

We know that there are runners who are super fast and have achieved more than we ever will. It is fine to be inspired by them, but do not be intimidated by their achievements. Set your own goals and be proud when you achieve them. In other words, put your running goals in perspective.

We know that there are thousands of runners who have completed a 5K race, but if it is your first time, it's a big deal to you. There are runners who have completed hundreds of marathons, but it is the thrill of a lifetime when you complete your first marathon. Just ask Steve Allen and Carissa Marble of Huntsville, who completed their first marathon in College Station last week.

Your goals should be personal. You do not have to be the best runner around.

New Years will be here soon and now is the time to make your resolutions. Be sure that one of them is to improve your health. Quit smoking, lose that extra weight and start exercising. Do it for yourself and your family.

On January 1, the Seven Hills Running Club is having it's annual Resolution Run here in Huntsville. It is your opportunity to get started. Walk or run a mile or a 5K (3.1 miles). No intimidation here, just a lot of other people concerned with their health. For more information, visit the club web site at <http://www.7hills.us> and click on Race Schedule.

Recent race results:

Finish Line Sports 30K (18.6 miles), Sugar Land, Dec. 15

Jose Moreno, 52 2:48:20

Jingle Bell Run, 5 Miles, Houston, Dec. 15

Kenneth Pyle 47:47

Jingle Bell 5K, Livingston, Dec. 14

Steve Allen, 41 22:33 (2nd in age group)

Jan Parks, 57 29:21 (1st in age group)

Don Ortloff, 68 35:59

Run the Woodlands 5K, The Woodlands, Dec. 14

Steve Bickford, 52 22:41

Wildkat 5K, Willis, Dec. 14

Ken Johnson, 72 37:22 (1st in age group)

Waterway Jingle Bell Run, 3.4 miles, The Woodlands, Dec. 12

(non-competitive, untimed)

Leah Koester, 47

Ben Johnson, 30

Ken Johnson, 72

RunGirl 13.1, Half Marathon, Humble, Dec. 8

Leah Koester, 47 2:06:58

BCS Marathon (26.2 miles), College Station, Dec. 8

Krista Morris, 25 3:44:43

Willard Oliver, 46 4:10:35

Steve Allen, 41 4:12:36

Ken Johnson, 72 6:13:45 (2nd in age group)

Carissa Marble, 25 6:16:14

Half Marathon (13.1 miles)

Craig Henderson, 44 1:50:18

Madison Ward 1:58:14

Rachael Moore, 21 2:02:24

Colton Barber 2:04:12

Kristi Gilliland 2:11:32

Doug Dretke, 55 2:11:38

Dee Dee Drekte, 53 2:23:10

Megan Biscamp 2:24:12

Rolando Salazar 2:25:02

Ray Sarno, 66 2:34:02 (2nd in age group)

Linda Edgington 2:42:02

Carol Hyman 2:42:04

Angela Lyons 2:42:16

Kathy Markham 2:49:02

Victoria Horne 3:24:34

RunGirl 13.1, Half Marathon, Humble, Dec. 8

Leah Koester, 47 2:06:58

Texas Trail Endurance Run, Huntsville State Park, Dec. 7

50K (31 miles)

J. C. Guzman, 41 5:24:15

Texas 10 Series Conroe, Dec. 7

10 Miles

Jose Torres, 20 1:13:46 (2nd in age group)

Steve Bickford, 52 1:18:03

Sherrie Martin, 52	1:26:05 (1 st in age group)
Dana Formon, 25	1:34:00
Jan Parks, 57	1:47:34
April Payne, 34	1:49:12
Ken Johnson, 72	2:09:32 (1 st in age group)

5 Miles

Darren Grant, 49	40:26 (2 nd in age group)
Maria Koeppel, 27	52:34