

RUNNING SHORTS

How far was that marathon you ran?

By Ken Johnson

Most runners have heard the question, “How far was that marathon you ran”? It’s a bad question.

A marathon is always 26.2 miles, no matter where in the world the race is held. Where they came up with that distance is a story for a later column. Very few runners ever run a marathon; statistically, only about one percent.

The distance for a particular race is set by whoever is putting on the race. Races longer than a marathon are generally referred to as “ultra-marathons.” They can be 50K (31 miles), 50 miles, 100 miles or whatever.

Obviously, most races are less than a marathon in distance. Half marathons (13.1 miles) are becoming more popular as the long race of choice, because they require less training and are faster to recover from. In the 1980’s, the most common race distance was 10K (6.2 miles). Nowadays, the most common distance is 5K (3.1 miles). That distance is doable for most runners without a lot of training and many 5K’s are also open to walkers.

The marathon season in Texas is October through April. So, if you want to run a marathon in Texas, you will have to wait until the fall. However, there are plenty of 5K’s coming up in Huntsville and other nearby cities.

Races are a good source of motivation. They give runners an opportunity for competition and interaction with others who live a healthy lifestyle.

Recent race results:

Sunday Night 5K, The Woodlands, May 1

Leah Koester, 45 27:17

Ken Johnson, 69 33:25

Oklahoma City Half Marathon, May 1

Courtney Pietsch, 22 2:15:54

Wildflower 10K, Fredericksburg, Apr. 30

Steve Bickford, 50 49:47

Spring Fling, Huntsville, Apr. 23

5K

Steve Bickford, 50 24:18

Steven Largent, 13 24:34

Robert Duncan, 51 24:56

Jarrold Lucas, 35 25:32

Shane Devore, 38 25:37

Derek Martin, 37 26:55

Vinessa Mundorff, 36 28:06

ShyAnne Largent, 10 29:23

Roger Collins, 54	33:21
Mary Kaplan, 77	34:02
Katie Devore, 31	34:13
Don Ortloff, 65	34:42
Ken Johnson, 69	34:59
Jacob Gautreaux, 38	38:26
Lisa Gautreaux, 38	38:26
Mary Sweeten, 28	39:02
Skipper Nethery, 62	39:37
Joseph Goffney, 36	40:33
LaTanya Goffney, 34	42:13
Adam Jenke, 28	42:44
Daniella Largent, 32	44:19
Diana Branch, 35	44:48
True Cousins, 77	48:23
Patsy Collins, 52	58:10
1-Mile	
David Largent, 5	14:38
Kathy Stoltz, 58	17:22
Daniel Stoltz, 58	19:00
Abbygail Branch, 3	19:00

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

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