

## RUNNING SHORTS

### Summer a season for running

By Darren Grant

Somehow it seems that summer hit us full force last week. It was hot in the morning, hot at noon, hot at night. Once that time comes, you know it will be like that for three more months.

This time of year makes me think about the cycles that are part of long distance running. It's not that you stop entirely—runners are going to run. It's how you do it that is different.

A good training schedule alternates back and forth, a vigorous workout followed by one that is more relaxed. This alternation lets your strain yourself in conditioning, then give your legs time to recover. The same principle applies over longer time frames, too. You might gear up for a set of races in the spring, followed by a gentler schedule in the summer.

So, if your running schedule has always been the same all year long, consider mixing it up in the summer. One popular option is to run longer distances at a slower pace, what is sometimes called LSD ("long slow distance"). LSD builds endurance and provides a base from which to increase your training speed in the fall.

Another popular option is just to take some time off. I have always taken two or three weeks off each summer. It lets my muscles heal, helping prevent injury, and refreshes me mentally and physically. After that you can resume your normal running schedule or introduce some LSD.

And you can do these things without sacrificing racing. Our part of Texas has lots of great summer 5K's, as you will see listed below. Sign up for some, run them, and have a good time. Ecclesiastes tells us that there is a season for everything. Summer is a great season for running!

(Ken Johnson compiles the "Recent Race Results" section of this column. Please send your race results to him at [1941runner@sbcglobal.net](mailto:1941runner@sbcglobal.net).)

#### Recent race results:

##### **Gator Bait Trail Run, Huntsville State Park, June 18**

##### **Half Marathon (13.1 miles)**

Chase Foster, 33      1:53:35

##### **15K (9.3 miles)**

Angelina Santos, 52      1:42:59

##### **5K (3.1 miles)**

Steve Allen, 45      23:56

##### **Grandma's Marathon (26.2 miles), Duluth, MN**

Julie Simmons, 42      4:31:41

##### **June Bug Run, Huntsville, June 17**

##### **5K**

Jacob Gautreaux, 45      20:04

Brandon Harrison, 30      20:43

Emily Villines, 20      22:01

Anthony Turner, 34      22:42

James Spencer, 36	23:50
John Slate, 61	24:50
Cesar Trevino, 38	26:55
Angie Pecina, 38	27:03
Jeffrey Johnson, 61	28:54
Monica Lopez, 34	29:08
Mandie Villines, 19	29:43
Laura Trevino, 38	30:40
Gretchen Dixon, 39	31:35
Melanie Bass, 50	40:51
Ken Johnson, 76	43:16
Shellie Geer, 67	45:41
Patricia Capps, 63	46:53
Heidi Morse, 57	46:54
Ethan Trevino, 9	48:02
Jerry Flanagan, 77	48:42
April Russell, 41	48:46
Farrah Trevino, 34	49:09
Rosy Garcia, 56	49:10
<b>1-Mile</b>	
Cheri Villines, 53	13:46
Casey Spencer, 61	22:18
Jordyn Spencer, 4	22:18
Brooklyn Spencer, 2	22:22

**Greyhound 5K, Kosse, June 10**

Ken Johnson, 76 45:53

**The Big Run 5K, The Woodlands, June 7**

Ramses L. Espinosa, 39	21:00
Gretchen Dixon, 39	31:21
Ken Johnson, 76	38:21
Cindy Pate, 56	44:19

**Upcoming races in Huntsville:**

July 22 – Dog Days 5K & 1-Mile, Elkins Lake Sub-division

August 19 – Heat Wave 5K & 1-Mile, Waterwood Sub-division

For more information about these races and others in the area, visit the Seven Hills Running Club website at <http://www.7hills.us> and click on Race Schedule.