

## SWCOEH Congratulates Ph.D. Candidate Timothy D. Read on Running Chevron Houston Marathon and Continued Health Excellence

(Jan. 22, 2016) Timothy D. Read is one of the runners from the UTHealth School of Public Health (SPH) who participated in the Chevron Houston Marathon on Sunday. As one of our own, we want to take the time to congratulate him in his continued health efforts and race victories as this is no small feat! Read participates in about 15 races (running and triathlons) a year, with 3-4 of those being major events.



Tim Read is a Ph.D. candidate in the Department of Epidemiology, Human Genetics and Environmental Sciences (EHGES) and an occupational injury prevention trainee of the [Southwest Center for Occupational and Environmental Health](#) (SWCOEH). The SWCOEH supports research, education and outreach in occupational and environmental health and is housed within EHGES of the UTHealth SPH. Read, under the direction of Benjamin C. Amick III, Ph.D., has performed research within the petrochemical industry and on safety and health management systems. His dissertation work centers on the Occupational Safety & Health Administration's (OSHA) consultation services. In May of 2015, Read was presented with an award for an [outstanding graduate student paper](#) presentation at the National Occupational Injury Research Symposium (NOIRS).



Along with focusing on his Ph.D. research and the completion of the Chevron Houston Marathon where he attained a new personal record; Tim Read will be participating in his second IRONMAN 70.3 Texas Triathlon. Read will participate in the event on April 10th in Galveston consisting of a 1.2 mile-one loop saltwater swim, a 56 mile bike course, and a 13.1 mile run. When talking to him about his training for races, he stated that, "I like doing my long training runs over the same route because the familiarity allows my mind to wander. I end up focusing on things happening in my life or a particular research problem and the next thing I know an hour has gone by." For the larger races, he writes out a detailed training plan months in advance and stated, "I'm flexible with it and listen to my body. It's much better to skip a run and get some extra rest than push a hurting knee and have to take a few weeks off." Other injury prevention consists of pre and post-run stretching, foam rolling, and adamant tracking of shoe mileage.

Read is also involved with The Texas BEEF Team which is supported by The Texas Beef Council. The team is a community of runners, triathletes, and cyclists throughout Texas who recognize the nutritional benefits of lean beef and the vital role high-quality protein plays in their training. Per Read, these are your everyday runners and the team is family friendly.

When asked his favorite running quote, Read quotes one of Americas greatest distance runners, Steve Prefontaine. "To give anything less than your best is to sacrifice the gift." Per Timothy D. Read, this is applicable to all aspects of life.

Written by Michelle McDaniel, B.S.  
SWCOEH Continuing Education Coordinator