



# Happy Holidays Runners!

*HILL PEEK—December/January*

## MEMBERSHIP RENEWAL REMINDER

Starting in 2010, all membership fees will be due on January 1, 2010.

During the transition for the first year, dues will be prorated accordingly to when members paid in 2009:

Dues paid:  
January 2009 – June 2009: full fees are due on January 1, 2010

Dues paid:  
July 2009 - October 2009: members pay ½ of their fees on January 1, 2010.

Dues paid:  
November 2009 – December 2009: members receive credit for 2010; fees will be due on January 1, 2011.

You can access the membership form from [www.7hills.us](http://www.7hills.us). The Seven Hills Running Club, established in 1985, promotes running as a means of achieving and maintaining physical fitness in Huntsville and its surrounding communities.

For additional information on the history and club bylaws take a look at the 7Hills website online at [www.7hills.us](http://www.7hills.us).

Submit your form and dues payment to:  
**Seven Hills Running Club**  
**P. O. Box 6804**  
**Huntsville, Texas 77342-6804**

### Did You Know...

You can receive a 10% discount at Luke's Locker, if you mention your Seven Hills membership?



Shop online at [www.lukeslocker.com](http://www.lukeslocker.com) or at one of their 8 Texas locations. Allen, Katy, Plano, The Woodlands, Colleyville, Houston, Fort Worth

## BLOGGERS!!

You can keep up with your fellow running members online. Read over 14 club members' blogs just by visiting [www.7hills.us](http://www.7hills.us). Just click on **Related Links** and you will be directed to the BLOG of your choosing. The most recent BLOG link added to the 7Hills website is that of Club Member and former club President, Marvin Dittfurth. You can visit his BLOG directly by visiting:  
<http://milesofthejourney.blogspot.com/>

Reading these BLOGS brings a smile to my face and in some cases a tear to my eye. I love keeping up with Adrienne's and Jesse's mileage. If they can run over 230 miles a month, I can run at least 10 a week. Bill Dwyer's snippets of inspiration and Lavonne's detailed accounts of everyday life will keep you coming back for more. Thanks for sharing your experiences!!



*7 Hills Running Club Wishes you Happy Holidays and a Happy New Year!!*

*Go, Runners, Go!!!*

## TEXAS TRAILS RUN

December 5 -Texas Trails Run, Huntsville State Park, Dec. 5

Brian Zemlicka	5:00:03 (3rd AG)
Jacob Gautreaux	5:23:25
Karen Felicidadario	6:32:33 (2nd AG)
Chris Wilson	7:06:39
John Loftus	7:31:58
Ken Johnson	8:25:35
12.5 Miles	
Leslee Cade	2:33:50
Robin Kaitschuck	2:48:22



*John Loftus, Ken Johnson and Chris Wilson at the Texas Trails 50K at Huntsville State Park December 5th.*

“The best part of the race was seeing the kids and Mark at the finish line. Foo brought his coconut shells so that he could make the "galloping" noise from The Holy Grail for me. I galloped across the finish line with a big huge smile on my face!” - Karen Felicidadario

## TRAIL FOR VETERANS

A new walking trail will break ground in Huntsville spring 2010 and will be dedicated to Veterans of the past, present and future. The Sunshine Network Corporation, a non-profit organization out of New Waverly Texas has paired up with the U.S. Forestry Service to create an relaxing and peaceful environment for veterans and their families to visit. The trail will provide wheelchair friendly paths, restrooms and even a covered fishing pier right off the trail. This project is being funded by, gifts, donations and grants. The Sunshine Network Corporation was started in an effort to introduce the opportunity to enjoy nature to the disabled veterans, special needs children and their families. All members are volunteers. You can read more about the Sunshine Network Corporation at [www.sunshinenetworktx.org](http://www.sunshinenetworktx.org).



## UPCOMING RACES

December 26—Run the Woodlands, 5K, 8 a.m., The Woodlands

December 27 - Sunday Night 5K, 4:30 p.m., \$1 entry, Barbara Bush Elementary School, The Woodlands. See above link for directions to the race.

December 31 - Resolution Run, 5K, Midnight, Richmond

January 1 - Texas Marathon, 8 a.m., Kingwood

**January 1 - New Years Day Resolution Run, 5K and 1-Mile, 2 p.m., Veterans Memorial Parkway, SW corner of West Hills Mall parking lot, Huntsville. \$1 entry. Register at the starting point.**

January 9 - Run the Woodlands, 5K, 8 a.m., The Woodlands



## RUNNERS' TOP CHRISTMAS LIST ITEMS

Moisture wicking socks are on the top of many a Christmas list. A cool running utility belt that holds gear for long runs (not a fanny pack), a wrist-watch complete with timer that will hold split times. How about a winter running cap with those cute little ear-flaps? Gift certificates for a massage or a pedicure. Gift certificates to any sports store make great stocking stuffers. Water bottles, recovery drink mixes, gels, small hand weights and Road ID's dress up nicely in a basket for your favorite runner. Running and fitness books, DVDs and magazine

subscriptions can keep runners motivated and moving even during the cold and rainy season. Compression socks, sleeve warmers, and all weatherproof gear in general are also in high demand. Race entries, State Park passes and custom shirts are also being requested this season. A unique gift to give would be time. Givers can volunteer to work aid stations at the races throughout the year... it is the gift that keeps on giving. You can work a race that your friends are running and hold up signs and cheer for them as they go!



Under Armour products such as the 'Brisk' 1/4 zip top and the 'Ventilator' socks can be found online or in most sports stores.

## DOWN TOWN DASH

To Whom this May Concern:

I am Destiny Perrodin's guardian, she won the Downhill Dash December 5<sup>th</sup>. I just wanted to say thank you for putting the race together. She has had some hard times this year and this race just helped her so much in boosting her confidence. Again... Thank You!

Sincerely,  
*Stacy Jett*

Downhill Dash, 1.23 Miles, Huntsville, Dec. 5, 2009



## UPCOMING RACES (CONT.)

January 10 - USA Fit Marathon and Half Marathon, Sugar Land

January 17 - Houston Marathon

January 23 - Run the Woodlands, 5K, 8 a.m., The Woodlands

**January 30 - Frost Your Fanny 10K, 5K, 1-Mile, 9 a.m., Health & Kinesiology Center, Sam Houston State University campus, Huntsville, \$1 entry. Register at the starting point.**

January 30 - Piney Woods Trail Run, 10-miles, 5K, 9 a.m., Houston

January 30 - Bill Crews's Remission Run, 5K, 8 a.m., Conroe

January 30 - Texas Med 5K, 8 a.m., Houston

January 31 - Miracle Match Marathon, Half Marathon, Waco



## 7HILLS EVENTS IN JANUARY

**January 1, 2010**, Friday - New Years Day Resolution Run, 5K and 1-Mile Run/Walk, 2 p.m., Veterans Memorial Parkway, SW corner of the West Hills Mall parking lot.

**January 14, 2010**, Thursday - Club Meeting, 7 p.m., Location to be determined.

**January 30, 2010**, Saturday - Frost Your Fanny 10K, 5K and 1-Mile Run/Walk, 9 a.m., Health & Kinesiology Center, SHSU.

Seven Hills Running Club  
P. O. Box 6804  
Huntsville, Texas 77342-6804  
(936) 344-9911

**WELCOME TO 7 HILLS!!**  
Courtney West

## RUNNING SHORTS A FEW HELPFUL TIPS FOR SAFER RUNNING DURING THE WINTER

By Ken Johnson

*With less daylight during the winter months, many of us have to change our running habits and schedule. If work and/or school forces you to run in the dark, here are some tips to make your runs safer:*

**Run at the track.** While you will be safe from traffic, be aware of your surroundings. Do not run at the track alone, especially late at night.

**Run against traffic.** Anytime you run on the roads and no sidewalk is available, run against oncoming traffic. It is easier to avoid vehicles if you can see them coming.

**Make yourself visible.** Wear light colored clothing. Although some running shoes and other gear may already have built-in reflective material, add more. Wear a reflective vest, headlamp and a flashing strobe light.

Always carry personal identification with you. Run with a buddy. There is strength and safety in numbers. Carry a cell phone.

Vary your routes and times, but always let someone know the route you will be running. Do not run in areas that are considered unsafe.

Stay alert and never wear your iPod or MP3 player while running on the roads.

Avoid areas with loose dogs. Carry pepper spray, in case.

Run on a treadmill, if you have access to one.

Above all else, do not use the winter months as an excuse for not running. Consistency is important; run on a regular basis year round.



The newsletters are beginning to take on a life of their own. They seem to be recapping the previous and current months' events and also highlighting events to come. I welcome you all to email stories, news, and any other information you would like to be included in the monthly newsletter. Thank you for your support.

**[mksweeten@hotmail.com](mailto:mksweeten@hotmail.com)**

Happy Holidays and Happy New Year! Not into making New Year's Resolutions? Why not? Really, what could go wrong? Still not convinced? Well, at least take part in the New Year's traditions...a kiss at midnight, black eyed peas and grapes for luck and health and a plateful of cabbage for wealth. You could always go for a midnight run to ring in the New Year!

Whatever you do to celebrate the ending of 2009 and the beginning of 2010 - do it safely and have fun!

Happy running! - Mary Sweeten

