



GO, RUNNERS, GO!!

WELCOME, NEW 7HILLS MEMBERS!!

Jason Wallace

Lara McCain

Fernando Gonzalez

Houston Marathon and Half-Marathon finishers

Everyone's got their own story when it comes the Houston Marathon and Half-Marathon. Adrienne Langelier tells of her elite treatment, battle to meet her goal time and recovery on her blog. Patsy Collins is excited to have completed her second half-marathon with the support of her friends and family. Lavonne is back on track and happy to have completed the half-marathon after battling knee pain. Misty Baugh completed her fifth marathon with the help of some encouraging words throughout and at the end of the race when she needed them most. Ken Johnson was happy to start in the last wave and avoid the crowds. He recognized tons of friends both running and watching. He ran the last four miles with an old friend he used to work with in the '90s. John and Julie Loftus

enjoyed the beautiful day completing their races.

Jesse Parker surprised himself by beating his goal time by more than three minutes. These are just a few the members who participated in the Houston events! Over 25 of our own club members ran or walked and they all have a story. Check them out on their blogs or ask them about it the next time you see them out on the roads or trails. Heck, ask them at church or the grocery store

even. I bet anyone of them will be willing to tell the tale of the Houston Marathon or Half-Marathon of 2010!

See the 7Hills finishers below.



Marathon

Ben Harvie	3:23:48 (2nd AG)
J. C. Guzman	3:39:46
John Slate	3:58:30
Darryl Shreves	4:07:13
Jody Slaughter	4:23:26
Holden Choi	4:28:38
Misty Baugh	4:37:58
Mark Robinson	5:14:45
John Loftus	5:15:24
Pamela Walton	5:26:44
Ken Johnson	5:46:31

Half-Marathon

Adrienne Langelier	1:22:02
Jesse Parker	1:28:52
Brian Zemlicka	1:34:59
Niki Bellnoski	1:56:49
Susan Landry	2:08:28
Courtney West	2:13:54
Leslee Cade	2:23:08
Nick Bellnoski	2:26:32
Lavonne Zaiontz	2:36:27
Anna Shreves	2:49:53
Angie Taylor	3:00:02
Julie Loftus	3:55:22
Patsy Collins	4:15:50

Run, Lover, run to your heart's content Valentine's Day weekend

Juan Manuel Ramírez IV

Romance and roses and love songs. What's not to love about Valentine's Day?

Throw in a top-notch race and runners – as well as hopeless romantics alike – from around the area will be sure to head down to The Falls at Imperial Oaks on Saturday, February 13, to take part in the inaugural Run Away With My Heart trail run.

RAWMH is the brainchild of community leader Paul Alli and avid runner Kevin Hopkins. What began with two neighbors discussing over dinner what it would take to organize a race in their community has, in less than a year, turned into what promises to be a premier, annual running event in North Houston.

"We assembled a whole team of volunteers, coordinators, we got several sponsors on board, we got the community on board and we just took it and ran with it," Alli said in an interview.

Make no mistake about it, RAWMH was quite purposely scheduled near Valentine's Day for obvious reasons. A minister will be on hand for couples looking to renew their wedding vows. Sappy love songs will be belted out by a crooner as runners jog by. And if that wasn't enough, flowers will be given to participants as they cross the finish line, too.

"Being a first-year event we had to kind of incorporate new things," said

Hopkins, who recently took part in the Houston marathon – his fourth. "We wanted to make it stand out so that we would make a great first impression and have people coming back next year."

RAWMH also hopes to prove that Valentine's isn't just for lovers anymore. Regardless of whether you've tied the knot long ago, just entered a whirlwind romance of a relationship, or are single and lookin' to mingle, this race has got you covered.

Everyone is urged to stick around after the race to do a little schmoozing while enjoying music, as well as food from Pallotta's Mexican Grill.

"Who knows, maybe someone will meet the love of their life here at Imperial Oaks," Hopkins said. "Wouldn't that be fabulous?" Tucked away on several acres of wooded land, amid a serene setting of winding trails and clear blue lakes, nature lovers of all ages will enjoy participating in RAWMH's 5-mile trail run, 3-mile walk/run, or 1-mile kids' run.

Awards will go to the first, second, and third place winners for the trail run and every child will walk away feeling like a winner as they receive medals for completing the kids' run.

In addition, a carbs-loaded pasta dinner from Pallotta's Italian Grill will be provided for all registered participants the night before race day.

And if you're still not convinced, money raised from this event is going to a good cause.

Proceeds from registration combined with financial contribution from local sponsors will be donated to various groups in the area.

"We are seeing a trend where smaller groups are not receiving the contributions they need to stay afloat," Alli said. "Right now, everyone is hurting and these very groups are taking in a lot less than before. But they still have a mission in mind and we want to help them succeed."

And in light of the recent events in Haiti RAWMH will be donating \$2 for each registered participant. Donations will go to the American Red Cross International Response Fund.

"What a great way to raise money while at the same time promoting fitness in our community," Hopkins said.

For more information go to www.runawaywithmyheart.com



Club Meeting - Margarita's Mexican Restaurant

Thursday, January 14, Club members met at Margarita's Mexican Restaurant for the first time this year. Attending members and guests: Ken, Marilyn and Ben Johnson, Phillip Clark, Kim Countz, Lavonne Zaiontz, Randy Woodward, Jody Slaughter, Fernando and Rhenae Gonzalez, JC Guzman, Darren Grant, Mariah Reynolds and her niece Ashlynn Reynolds, and Mary Sweeten and her friend Trenna Buchanon. Chris Wilson popped in for a brief visit and to renew membership. We ate, drank, schmoozed and although no official business was held, we did discuss renewal fees.

If you have questions about the following information please contact Lavonne. (email included on back page)

Renewal Notice:

If you joined before July 1st of 2009 you must pay \$7 to renew for 2010.

If you joined July 1st through October 31st you must pay \$3.50 to renew for 2010.

If you joined November 1st through December 31st you are good to go and do not need to pay to renew until January 2011.

Club Donates Funds Jay Ermis/The Huntsville Item

The Seven Hills Running Club of Huntsville donates proceeds from its October 2009 Hillcrest Huntsville Half Marathon and 5K Run/Walk to the SAAFE House and Good Shepherd Mission on Wednesday afternoon. Jody Slaughter, right, president of the running club, presents a \$2,124 check to SAAFE House executive director Jolene Miller, while Justin Wright, from right, general manager of the sponsoring Hillcrest Ford, presents a \$2,124 check to Good Shepherd executive director, the Rev. David Smith Slaughter said 459 runners and walkers from Huntsville and area cities registered for the 31st annual event.



32nd Annual Huntsville Half-Marathon & 5K Run/Walk

Last year's race was quite a success, and preparations for the 32nd Annual Huntsville Half-Marathon & 5K Run/Walk to be held October 23, 2010 are already starting. Contact a club officer for additional information.

7HILLS RUNNING CLUB

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Club Officers:

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Mary Sweeten - Secretary
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Come out, come out wherever you are...

Volunteers!! Please contact **Josue Stephens** of Team Traverse and Ultramaraton Fuego y Agua at **512-961-6098** to sign up for a shift at the Rocky Raccoon Trail race coming up on Saturday, February 6. This is big one! Runners will be out on the trails for hours running 50 to 100 miles in our very own Huntsville State Park. Volunteers help make this race happen!



Upcoming races...

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 - Rockets Run, 5K, 8 a.m., Houston

January 31 - Miracle Match Marathon, Half Marathon, Waco

February 6 - YMCA Bridgefest 5K, 7 a.m., Kingwood

February 6 - Galloway Fun Run, 10K, 5K, 8 a.m., Kemah

February 6 - Willis Wildkat 5K, Willis

February 6 - Rocky Raccoon 100 and 50 Mile, Huntsville State Park

February 13 - Surfside Beach Marathon, Surfside Beach

February 13 - Run the Woodlands, 5K, 8 a.m., The Woodlands

****February 13 - Run Away With My Heart Trail Run, 5 Miles, Spring**

February 13 - Cupid Shuffle, 5K, 9 a.m., College Station

February 14 - East Texas Ultra Runners Trail Run, 50K, 25K, Tyler State Park

February 14 - Austin Marathon

February 20 - See Spot Run, 5K, 3K, 8 a.m., College Station

February 21 - Run Wild Half Marathon, 7:15 a.m., Houston

February 24 - Gimme Some Sugar 10K, 5K, 7:30 a.m., Houston

February 26 - GLOW Run, 5K, night, College Station

February 27 - Cowtown Marathon, Fort Worth

February 27 - Run the Woodlands, 5K, 8 a.m., The Woodlands

February 27 - Rodeo Run, 10K, 5K, 9:30 a.m., Houston

February 28 - Sweetheart 5K and 1-Mile Run/Walk, 2 p.m., Bowers Stadium parking lot, Huntsville. \$1 entry. Register at the