

January, 2013

Hello runners,

I hope you had a wonderful holiday. I know you have been tearing up the roads, because I see the results on our web site!

We have three club events coming up in the next eight days. First up, this Sunday, is a special club run in Point Blank:

Sunday, January 20, 2 pm: Run for the Govenors, 5K, 1-Mile Run/Walk, Governors Point Sub-division, Point Blank, TX. \$1 entry. Register at the starting point. Restrooms will be available. Getting there is easy: from Huntsville, drive east on Highway 190 about 20 miles, to the first yellow blinking light in Point Blank (just before the gas stations). Turn right and follow the signs to State Highway 156 south toward Coldspring, TX. The start/finish is about half a mile south of Point Blank on Highway 156. A map is located on the attached flyer.

Hosted by club member Leah Koester and her parents, Bill and Barbara West, at their beautiful antebellum home, the course runs through historic Governor's Point subdivision. The West's have built a small museum on the property to display the many artifacts found there, including tools, guns, jewelry, and coins from over a century ago. Come for the run, stay for refreshments, to see the house, and tour the museum.

Then, on Thursday evening, comes our annual awards and elections meeting:

Thursday, January 24, 6:30 p.m.: Annual Club Awards and Elections Meeting, Mama Juanita's Mexican Restaurant, Huntsville (next to El Chico on the northbound I-45 service road (Exit 116). We will have our own meeting room, on the right as you come in the front doors. We will do our annual awards, approve the final disbursement of race funds, and have elections. While several officers are interested in retaining their positions, all positions are open for election -- please tell me if you are interested. Mama Juanita has a wide range of menu items, many of which are reasonably priced.

Finally, toward the end of the month, is our old favorite, Frost Your Fanny:

Saturday, January 26, 9:15 a.m.: Frost Your Fanny 10K, 5K and 1-Mile Run/Walk, Health & Kinesiology Center, SHSU campus, Huntsville Register at the starting point. \$1 entry. Restrooms will be available at 9 a.m.

I hope to see you there!

** Club News **

Our club will reach two milestones this month.

The first is that our Facebook group has reached 200 members. The group has become our go-to spot to post pictures, find partners for runs, and pass on information in between club updates. If you aren't already on it, you can find it here: <https://www.facebook.com/groups/55964470688/>.

Secondly, we have two club members creeping up on completing a total of 100 marathons--each! John Slate is registered for his 100th marathon in Waco on the 27th, and we wish him well. Meanwhile, Ken Johnson is now at 90 marathons and is running his 91st in Baton Rouge this weekend.

Our club marathon honor roll is here: <http://7hills.us/marathon.htm> , and contains 48 people and hundreds of marathons. If you aren't included and should be, please e-mail Ken Johnson at 1941runner@sbcglobal.net and let him know. Also e-mail race times for any race to Ken, which he will post on the "latest news" on our website, here: <http://7hills.us/latestnews.htm>.

**** Runner of the Month ****

Speaking of marathons, the Houston Marathon and Half-Marathon was held last weekend, and we had several runners participate, including Chris Zemlicka, Leah Mulligan, and Anna Shreves in the Half, and Brent Butler, Darryl Shreves, and Trudy Regnier in the full. A full list is available on our latest news.

Completing her first marathon in Houston was Kas Kramer, who ran a zippy 3:54:59. Kas, who works in SHSU in recreational sports, has been a club member for two years, and has contributed to the club in many ways -- most recently by serving on our awards committee, which is a big job that she has tackled with vigor.

For Kas, running and fitness is a way of life, and we look forward to her participation in the club for years to come. Thus, with the power invested in me by Grapthar, whoever that is, I hereby declare Kas Kramer Seven Hills' RUNNER OF THE MONTH. Congratulations Kas!

**** Runs and Related Events ****

We have many events coming up in the next few months, two in February that deserve your special attention. The "Sweethearts 5K" returns for its second year, on Feb. 16, and registration is now available on active.com. Also, the Rocky Raccoon 50 mile and 100 mile returns, on Feb. 2 & 3. Our club will, as usual, help staff a key aid station at that run. I will put out a call for volunteers the week before. It is truly an exciting time to be a runner in Huntsville and the surrounding area.

Happy running!

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