

September 2012

Howdy runners,

Coming up this Saturday morning, Sept. 22, are three opportunities to get out and run or walk, and we have members participating in all three.

At Bowers Stadium at 8 a.m., the American Heart Association is hosting the Heart Walk of the Piney Woods. Club member Jennifer Langley will be out there with her team, the "Queen B's." To learn more about the Heart Walk or to donate to Jennifer's team, click here: www.walkercountyheartwalk.org .

At Huntsville State Park, also at 8 a.m., Veterans Success at Sam is hosting the 3rd annual Ruck March. This 8 mile march commemorates the physical, mental, and emotional "load" that our military veterans and their civil service brethren carry daily. Club member Kristy Vienne and others will be at this fine event, which you can learn more about here: http://www.shsu.edu/~reg_www/documents/Ruck%20March%20Registration%20Form.pdf .

And finally, also at 8 a.m. Saturday, is our monthly club run:

Saturday, September 22, 8 a.m.: Fall Fun Run, 10K, 5K & 1-Mile, Veterans Memorial Parkway, Huntsville. Meet at the southwest corner of the West Hill Mall parking lot. \$1 entry. Register at the starting line. Restrooms are not available in the start area.

In the past two years we have held this club run alongside the Ruck March, and had planned to do so this year, until the March moved out to the State Park. We will miss having them alongside us. If you are not at the Heart Walk or the Ruck March, then I hope to see you at our club run!

*** Club News ***

I am pleased to say that club secretary Courtney West is recovering well from her bicycle accident.

Speaking of club secretaries, I had the opportunity to speak recently with Lavonne Zaiontz, who filled that position a few years ago. Her running is picking up, and we hope to see her at the Half Marathon in October. All of her fellow club officers from that period are actively running. Former treasurer Mariah Reynolds will also be at the Half Marathon, while Mary Sweeten Jenke, also a former club secretary, will be at this Saturday's club run. Philip Clark, former vice president, still actively runs the trails at the State Park and will again lead the course committee for the Half Marathon, while former president Jody Slaughter has been both running and bicycling, when he is not out gathering sponsors for the Half Marathon, of which we now have seven. It is a pleasure to have you all still involved with the club!

Our active club Facebook group is a great place to find partners for runs, learn about upcoming races that our members are planning to attend, and to see pictures from just-competed races! The page is here: <https://www.facebook.com/groups/55964470688/> , and if you ask to join we promise to let you in :) For a full list of race results, the "latest news" on our website, here: <http://7hills.us/latestnews.htm> -- always up to date, and includes pictures. Please help our

webmaster, Ken Johnson, keep up with your latest race times by e-mailing them to him at 1941runner@sbcglobal.net . Also e-mail Ken to be added to our marathon honor roll. Ken combs the lists of local race results looking for club members, but you can make his job easier by e-mailing them to him directly, especially if you are a new club member.

*** Runners of the Month ***

School had started back up, so this month we honor two of our student-members, Emily and Mandie Villines. Emily and Mandie are but two of many club members who are in school -- several others run for Huntsville High School, Alpha Omega Academy, and elsewhere, or attend SHSU.

Emily, a sophomore at Huntsville High School, has always had a real passion for running. Her mother, Cheri, says that by the time she was one, she could run and has not stopped. She has been on the HHS Varsity Cross Country team for two years, and is pursuing a career in medicine through a program being offered at the school. Mandie, a freshman at HHS, has flourished since she she began running on the Cross Country team with Emily, who she runs with everyday. Mandie finished strong at the Huntsville High cross country meet a couple of weeks ago, held at Kate Barr Ross Park, and she and Emily both have excellent running futures ahead of them.

It is such a pleasure to see the positive force that running plays in the lives of Emily, Mandie, and Cheri, who regularly attend our club runs, even during cross country season. Therefore, with the powers invested in me by Graphar, Roman God of Running, Granola, and Gardening, I hereby declare Emily and Mandie Villines Seven Hills' RUNNERS OF THE MONTH. Congratulations!

*** Runs and Related Events ***

Remember, registration is open for the Huntsville Half Marathon, Quarter Marathon, and 5K, scheduled for October 27. Race details, including a course map, can be found on our web site, here: <http://7hills.us/hvhalf.htm> , where you will also find a printable entry form. You can also register on [active.com](http://www.active.com), here: <http://www.active.com/running/huntsville-tx/huntsville-half-marathon-quarter-marathon-and-5k-2012> . We still need lots of helpers for this event! You will hear from me again about this!!

A complete list of upcoming races, always up to date, can be found on our web site, under "race schedule," here: <http://7hills.us/schedule.htm> .

Thank you everyone for helping make Seven Hills the "biggest little running club in Texas." If you have any questions, comments, or feedback, please don't hesitate to contact me or any club officer. Happy Running!

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