

Hello runners,

Don't forget our next club run, coming up this Saturday morning:

Saturday, April 23, 8 am: Spring Fling, 5K and 1-Mile Run/Walk, Veterans Memorial Parkway, Huntsville. Meet at the southwest corner of the West Hills Mall parking lot. \$1 entry.

I hope to see you there!

**\*\* Club News \*\***

Last week we distributed about \$2000 in profits from last October's Huntsville Half Marathon and 5K, split between the local YMCA and scholarships for SHSU's cross country and track programs. A letter of appreciation from SHSU cross country and track coach Jesse Parker, a club member, is attached. This year's run will be held October 22, 2011, and planning is already underway. If you wish, you can register now on active.com for a small fee. Later we will distribute entry forms that you can mail in to register.

This run is one of the signature events in Huntsville, drawing roughly 400 runners from throughout the region, and requires a lot of help to put on. Please consider helping out -- you can contribute even if you wish to run on race day. Just reply to my e-mail if you are interested.

Furthermore, the club has not yet decided where we would like to distribute this year's profits. In the past we have given money to two venerable local charities, the SAAFE House and Good Shepherd Mission, both good organizations, to the YMCA, and to local athletic teams such as SHSU. I know many of the local running coaches, and am aware of various needs they have.

In our November business meeting, the club will decide where to give the profits this year. So that I might have a sense of what people are thinking, please let me know in person or by e-mail your preferences over the following general options: give to local charities, to the YMCA or local athletic teams, or to divide the money between these two in some proportion.

And remember to check out the Seven Hills web site, [www.7hills.us](http://www.7hills.us), for the latest on everything. Ken's most recent "Running Shorts" column, if you missed it in the Item, is here: <http://7hills.us/RunningShorts.htm>. Recent race results for club members are 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 .

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

This month, this honor goes to club member and Houston firefighter Jacob Gautreaux. He and club member Ken Johnson were two of the 36 runners who completed the 2011 Texas Marathon Triple (Texas Marathon, Surfside Beach and Seabrook). Jacob was third overall at Seabrook, and the fastest runner to complete the Texas Marathon Triple this year, earning himself recognition in Texas Runner and Triathlete.

The link to the story in Texas Runner and Triathlete is here (subscription is required):

<http://www.texasrunnerandtriathlete.com/ME2/dirmod.asp?sid=EBB2DDDF2CEB459599DCFB634E64F8D2&nm=&type=news&mod=News&mid=9A02E3B96F2A415ABC72CB5F516B4C10&tier=3&nid=1A9108AEE5304D4E95607BB121A4D4F0>

You can't help but admire that kind of dedication. Therefore, with the powers invested in me by Graphar, Roman God of Running, Glassblowing, and Powerlifting, I hereby declare Jacob Gautreaux Seven Hills' RUNNER OF THE MONTH. Congratulations Jacob!

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

Willis High School is holding a 5K to support the Susan G. Komen Foundation on April 30 at 8 AM. It is only \$10 to run and you get a free pink shirt with registration. There will be a family festival at the same time with moonwalks, foam pit, games, and other great fun for the family and kids. A flyer can be found on our web site.

Don't forget to sign up for the Texas Marathon/Half Marathon, held on New Year's Day in Kingwood. Time is running out!

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

Darren Grant

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