

Hi everyone,

We had a great turnout at last weekend's picnic and at last month's club run, the largest in several years. And don't forget our next club run, coming up this Saturday:

Saturday, August 20, 8 am: Heat Wave 5K and 1-Mile Run/Walk, Veterans Memorial Parkway, Huntsville. Meet at the southwest corner of the West Hill Mall parking lot. \$1 entry. Register at the starting point.

I hope to see you there!

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

Fall is coming and I have lots of news to report. The first is that our club, which has been growing steadily all year, now has 150 total members, an average of about two per household. And, I can tell you, we have not quit growing.

One form of club growth is trying new things. As promised earlier this summer, I have set up two ad-hoc committees that will make proposals for the full club to consider at our next business meeting in November. The first concerns introducing some club awards, such as Volunteer of the Year, Most Improved Runner, and the like. These awards could be presented during our January business meeting, to make it more of a celebration of the year just completed. This committee is composed of Steve Bickford, Marvin Dittfurth, Derek Martin, Jan Parks, and Courtney West. I am excited about this and look forward to seeing what they come up with.

The second committee concerns the distribution of proceeds from the Half Marathon. Many club members would like to support local school and university cross country and track programs, but the needs in that area would only absorb a modest portion of those proceeds. This committee would form a proposal for the complete distribution of proceeds, in a way that takes into account the concerns of all members. This committee consists of Angie Taylor, local scholastic runner Elisa Williams, Brian Zemlicka, proud papa of this month's runner of the month, and Don Ortloff.

Everyone I asked to serve on these committees accepted, with enthusiasm. That is just the kind of club we have. Committee members, I will follow up with you within a few days.

Planning for the Huntsville Half Marathon and 5K is ongoing, and

committees are being assembled to handle various parts of the race. So if you weren't named to a committee, don't worry, your opportunity to serve may be just around the corner! Thank you to those who have volunteered already--your offers to help will not be overlooked.

I am pleased to report that Jerry Flanagan, who injured his hip at our previous club run, is home and recovering well. Jerry wants to personally thank everyone for their awesome support, their visits and encouragement. Again, that's the kind of club we have. He hopes to be at the club run Saturday to walk a few miles!

Finally, 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](mailto:1941runner@sbcglobal.net).

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

School is starting soon, so this month we honor one of our student-members, Willis High Junior Chris Zemlicka. Chris, 16, begins his 6th year of competitive running. He couldn't wait until 7th grade cross country to start training, so as a 6th grader he ran with the team. His training has only intensified since then. Inspired by his favorite runner, Steve Prefontaine, he now runs 45-50 miles per week. This kind of dedication, on the part of Chris and his teammates, led the Willis HS cross country team to the state meet last year. This year, he is looking forward to having a breakthrough year, for himself and for his team, which brings back almost all of its runners from last year and aspires to finish in the top three at state. Chris's PRs include a 16:52 5K and a 1:29:02 Half Marathon.

Chris exemplifies the kind of dedication and work ethic that running can foster, and his experience reminds us of the positive force that running can be for our youth. Therefore, with the powers invested in me by Grapthar, Roman God of Running, Textbooks, and Pizza Dough, I hereby declare Chris Zemlicka Seven Hills' RUNNER OF THE MONTH. Congratulations Chris!

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.

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