

Hi everyone,

It has been a busy month for our club on the roads and trails! Don't forget our next club run, coming up this Sunday afternoon:

**Sunday, February 26, 2 pm: Sweetheart 5K & 1-Mile Run/Walk, Bowers Stadium parking lot, SHSU campus, Huntsville. \$1 entry. Register at the starting line.**

Please note that there will not be restroom facilities at this run. (But we are working on this issue going forward and will have facilities at most club runs this year.) Plus SHRC club t-shirts and Half Marathon t-shirts will be available for sale, \$5 and \$3. We can also take club renewals if you haven't renewed yet. I hope to see you there!

\*\* Club News \*\*

It was a very busy month for our runners. We were out in force at the Rocky Raccoon ultramarathon early in the month at Huntsville State Park, as runners and volunteers. Jan Parks ran her first 50 mile ever, and Karen Felicidadario finished the 50 mile as well. I was also very proud we had 14 very busy volunteers at the aid station: James and Jennifer Bruce, Scholar Colbourn, Courtney West, Glen Carter, Kristy Vienne, Emily Garner, Donna Fabian, Craig Henderson, Susie Holland, Colleen Spencer, Brent and Susan Butler, and Robert Duncan. Then, a week later at the Orphan Hope Marathon at the park, we had several finishers, including Kathleen and Terry Newton, Jose Moreno, and Elaine Minton. In addition to this our members completed marathons in Austin, Surfside Beach, Waco, and Galveston, in addition to many other races.

These results and many others, with pictures included, are listed on the "latest news" part of our web site, located here:<http://7hills.us/latestnews.htm> . Our webmaster Ken Johnson always keeps this full of news and pictures and always up to date. I never really thought about how he did this until he told me this month: he combs the listings of race results looking for our members. And, with so many new club members, this is getting more difficult for him to do. So, if you run a race out of town, please report your results to him at [1941runner@sbcglobal.net](mailto:1941runner@sbcglobal.net). We want to make sure you are recognized on the latest news! Also, if you have run a marathon and are not listed on our Marathon Honor Roll, please e-mail him to be added to it.

Many of you have inquired recently about helping out with club events, or have indicated your willingness to do so on your membership application. This is a very welcome development, as our club grows bigger and our turnout at club runs grows, and I plan to send a separate e-mail about this in March. In the meantime, a couple of opportunities to help the club or our runners are listed below, under "Runs and Related Events."

We are continuing our annual membership renewal drive. Thank you to everyone who has renewed. Membership is \$5 / yr. for students, \$7 / yr. for individuals, and \$10 / yr. for families. Multiple year renewals, which simplify our record-keeping, are encouraged. Plus, if you renew for more than one year, you will receive a free entry to our February club run--what a deal! You can renew by sending payment to SHRC, P.O. Box 6804, Huntsville, TX, 77342-6804, or at the club run. If you are not sure whether you need to renew, please contact our registrar, Jan Parks, at [smellyshoes@cebridge.net](mailto:smellyshoes@cebridge.net) . In March, the club officers will also be sending "personalized renewal reminders" to each expired member.

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) .

#### \*\* Runners of the Month \*\*

With Valentine's Day falling in February, I thought it would be a good time to honor a running couple--of which there are several in the club. So this month we honor running couple Lara McCain, an instructor at Curves in Huntsville, and Jason Wallace, a forester for Georgia-Pacific. They have run together now for about three years.

Their dual perspectives on their running are really touching. As Lara puts it, "Jason was my inspiration to become a runner. He taught me how to set achievable goals and through reaching them, it made me a stronger individual--not just an athlete. I remember training for my first 5K in 2009, while he trained for his first half marathon. Recovering from a crippling car accident, he pushed me and told me to keep going. Running is something we both enjoy. Now you may not see us on the trails together, but where Jason is, I'm not too far behind."

In Jason's eyes, "Lara got me back into doing fun runs because she wanted to start doing them. I had not run a race since high school. We have now run several fun runs together. We ran the Houston Turkey Trot this past year with each other, and she beat me by 2 seconds." You can just tell that running has made Jason and Lara stronger individuals and a stronger couple.

Jason and Lara's story reminds us, while running is a solo sport in many respects, there is also a lot of togetherness that can be found in running. Therefore, with the powers invested in me by Grapthar, Roman God of Running, Maple Syrup, and Daisies, I hereby declare Lara McCain and Jason Wallace Seven Hills' RUNNERS OF THE MONTH. Congratulations Lara and Jason!

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

The Woodlands Marathon is being held Saturday, March 3. The club is allowed to put up our canopy, for our members to meet at after the race, but it must be set up on Friday, March 2, before 7:00 pm. If you are interested in being our canopy person, and can set up on Friday, please let me know as soon as possible and I will reserve a space. We will, of course, provide you with the canopy and our banner in advance.

Jeremy Winston, lead runner for the Alpha Omega Cross Country team, placed 18th of 107 runners at the Texas Association of Private and Parochial Schools state championship cross country meet last fall. Because of this, he has been selected to represent Texas with DownUnder Sports in Australia this summer. While in Australia he will run three races and compete against future Olympic hopefuls from the U.S., Australia, and New Zealand. He and his family are very excited, but Jeremy will also need financial support to help him make this trip. If you would like to help Jeremy, please contact me and I will give you the details.

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!

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