

Hello runners,

Don't forget our next club run, coming up this Sunday afternoon:

Sunday, February 27: Sweetheart 5K and 1-Mile Run/Walk, 2 p.m., Bowers Stadium parking lot, SHSU, Huntsville. \$1 entry. Register at the starting point.

I hope to see you there!

**** Club News ****

Most club memberships expire each December, and this month your officers conducted a "renewal drive," contacting everyone whose memberships had expired. Thank you to everyone who has renewed--our club continues to have over 100 members. If you have forgotten to renew, it is not too late! Simply mail a check for \$5 (student), \$7 (individual), or \$10 (family) to: SHRC, Box 6804, Huntsville, TX, 77342-6804. With renewals mostly completed, I want to welcome everyone to what I hope will be another great year of running, and promoting running in Huntsville. If you know someone you think might enjoy belonging to our club, please tell them to check us out!

And remember to check out the Seven Hills web site, 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 ****

As a new, regular, monthly feature, we want to celebrate the efforts of one of our members. I can think of no one more deserving of this recognition than last year's president, Jody Slaughter.

Over the past year I came to appreciate the incredible amount of work and sacrifice Jody put in on behalf of our club. More recently, I have come to understand the incredible amount of work and sacrifice he puts in training for competitions!

Jody drove down to Houston a few weeks ago, hoping to qualify for

Boston in the Houston Marathon. His hopes were dashed. As he puts it, "We were about 2 minutes behind what I needed to qualify for Boston at the 13.1 mile mark. I pushed myself a little too hard and boinked about mile 24. I knew better but the weather man kept saying we were going to have thunderstorms and the race officials said they would stop the race if there was lightening within 10 miles. So I thought we would get at least an hour stoppage somewhere in the race."

But you can't keep a good man down. In that same conversation Jody asked, "So, when are you going to run a marathon with me?" It is that indomitable spirit that I admire the most, that same spirit that drives us all out the door even when it is hot, or cold, or early, or late, or raining--to take that next run.

Therefore, with the powers invested in me by Grapthar, Roman God of Running, Needlework, and Metallurgy, I hereby declare Jody Slaughter Seven Hills' RUNNER OF THE MONTH. Congratulations Jody!

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

On Tuesday, Mar. 1, 5:30-8:00 pm at the Veterans Conference Center in the Hearts Museum, will be held a "2011 Bataan Memorial Death March Dinner." This dinner, featuring authentic cajun chicken and sausage gumbo, is \$7.50 per plate and there is a silent auction as well. All proceeds go to support "Team LaRue" as they travel to White Sands, New Mexico, to compete in the 2011 Bataan Memorial Death March run, in honor of Death March survivor Sgt. Virgil LaRue. This extremely challenging marathon has been run by several club members in the past, including Chris Wilson, John Cook, and Hans Jaeger. See <http://www.bataanmarch.com/> for more details.

The Grant family will be in attendance at this dinner. You had me at "gumbo."

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. Happy Running!--Darren.

Darren Grant
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