

February, 2013

Howdy runners,

It was a busy month for our club in January, with well-attended club runs in Point Blank and Huntsville, and a well-attended awards and elections meeting as well--see below. Don't forget our next club run, coming up this Sunday afternoon:

Sunday, Feb. 24, 2:00 pm: Sweetheart 5K & 1-Mile Run/Walk, Health & Kinesiology Center, SHSU campus, Huntsville. \$1 entry. Register at the starting point. Restrooms will be available.

I hope to see you there!

**** Club News ****

Club members, don't forget to renew your membership! If you didn't join the club during 2012, your membership probably expired at the end of December. You can renew by sending \$5 for a student, \$7 for an individual, or \$10 for a family membership to Seven Hills Running Club, P.O. Box 6804, Huntsville, TX, 77342. Multi-year renewals are encouraged--they simplify our record keeping. If you are unsure whether your membership needs renewing, just ask our registrar, Jan Parks, at smellyshoes@cebridge.net . You are also welcome to give your renewal to any club officer or renew at the club run. Renewals have been trickling in steadily and we thank you for it.

Congratulations to the winners of our annual awards, received at our awards and elections meeting last month: Judy Hufstetler, Ken Johnson, John Slate, Jose Torres, and Cheri Villines. Congratulations as well to Donna Fabian, our newly-elected secretary, and our returning officers, myself as president, Steve Bickford as vice-president, Jan Parks as registrar, and Ken Johnson as treasurer. We appreciate your vote of confidence.

At the meeting, we also approval final disbursements of nearly \$4,000 in proceeds from the Huntsville Half Marathon, and discussed a number of other items as well. Minutes from the meeting are here: <http://7hills.us/documents/SHRCJan2013MeetingMinutes.pdf> . Our next business meeting will take place sometime this summer, at a date yet to be determined. We hope to feature a speaker who will talk about running injuries and injury prevention.

Our club has been burning up the roads as usual. With the cooler winter weather, longer races have been especially prevalent, with members completing a Half Marathon or longer in Austin (where Sarah Raney ran her first marathon), Baytown, Dallas (where Rene' Talley ran the Texas Half), Houston, and New Braunfels. Here in Huntsville, Trudy Regnier ran the 50 mile at Rocky Raccoon and several members completed in the Love Run, including Aaron McDonald in the 10K and Jacob Gautreaux, who won the Marathon. Jennifer Langley, Joan Pickering, and Elena Rodriguez, among many others, were spotted at the "other" Sweethearts 5K last Saturday morning.

Finally, 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. Also be sure to check out our Facebook group, here: <https://www.facebook.com/groups/55964470688/>, which has lots of pictures and posts about running--there is something new every day.

**** Runners of the Month ****

With Valentine's Day falling in February, it is a good time to feature a running couple, of which our club has many. So this month we honor members Brent and Susan Butler. For Brent, a master electrician for Yokogawa Inc. in Coldspring, and Susan, Academic Dean for Coldspring High School, running has always been a shared experience.

Brent is a long-time runner, who ran the Houston Marathon for the 3rd time this year. During this period Susan supported and helped motivate Brent during long training runs, riding her bike alongside him and carrying water and gel. Then, this past Christmas, Santa Claus brought Susan a GPS sport watch--and a new runner was born. On Christmas Day she ran 2 miles, beginning a training sequence that culminated in Susan completing the 10K two weeks ago at the Love Run in Huntsville State Park. A picture of a very happy Brent and Susan, medals in hand, found its way quickly to our "latest news" shortly thereafter!

Brent and Susan's story reminds us of the togetherness and mutual supportiveness that can be found in running. Therefore, with the powers invested in me by Grapthar, Roman God of Running, Tulips, and Adjustable Rate Mortgages, I hereby declare Brent and Susan Butler Seven Hills' RUNNERS OF THE MONTH. Congratulations Brent and Susan!

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

We have several races coming up in the next month in Huntsville. On March 2 is the Casa "Superhero Event" -- a 5K and 1 mile run, at Bowers Stadium. Then, on March 23, is the inaugural "Run for the Lions," put on by a team led by club member Craig Henderson. The Texas 10 Series 5 mile and 10 mile runs come to Huntsville on April 6. More information and links to registration can be found on our web site, under "race schedule."

Our "extra club run" that we had in January, the Run for the Governors, is the first of two we have scheduled this year. In May, we are planning to host an extra club run at Forest Glen Camp. More details will follow, but, like the Run for the Governors, this promises to be a great experience for club members and other runners alike.

The Run for the Governors was designed and put on primarily by club members Jan Parks, Don Ortloff, and Leah Koester and her family, who did a great job. They took the lead in designing the event, laying out the course, and promoting the run. In a similar vein, we would like to form a small committee to work with club member Kevin Edney in designing and organizing the run

at Forest Glen Camp in May. If you are interested, please let me know--we will be organizing this committee soon.

Beginning next month, I'll add a new section to my monthly updates: "Darren's Training Tips." The excitement never ends! Thank you for helping make us the "biggest little running club in Texas." Happy running!

Darren Grant
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