

Hello runners,

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

January 29 - Frost Your Fanny 10K, 5K and 1-Mile Run/Walk, 9 a.m., Health and Kinesiology Center, SHSU, Huntsville. \$1 entry. Register at the starting point.

I hope to see you there!

Also, beginning this month I am expanding this e-mail to include Club News and other running opportunities. So...

**** Club News ****

The club met at The Junction on Thurs., Jan. 13, to visit and elect new officers. The fried zucchini was delicious. Our outgoing officers, Jody, Philip, Mary, Lavonne, and Mariah, were thanked for a great year of service. Your new officers, elected after blissfully short and inexpensive campaigns, are Darren Grant, President; Steve Bickford, Secretary; and Ken Johnson, Treasurer. The VP position remains vacant for now.

Also, the memberships of many long-term members are due to expire this month. If so, please don't forget to renew. It is as simple as mailing a check for \$7 (individual) or \$10 (family) to Seven Hills Running Club, P.O. Box 6804, Huntsville, TX 77342-6804. If you are unsure when your membership expires, let me know and one of our "sales representatives" will follow up with you.

Remember to check out the Seven Hills web site, www.7hills.us, for the latest. 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>. Please help our webmaster, Ken Johnson, keep up with your latest race times by e-mailing them to him at 1941runner@sbcglobal.net. Also, if you have run a marathon or more, please check out our marathon honor roll and make sure it is current: <http://7hills.us/marathon.htm>.

**** Running and Helping Opportunities ****

On Sat., Feb. 5, Rocky Raccoon returns to Huntsville State Park! This 50 mi and 100 mi ultramarathon is larger than ever, with over 650 runners. Our club is helping "Team Traverse" man the comfort station at the Nature

Center. We have already had some volunteers come forward, and we'd love to have your help as well. Just e-mail me if you are interested and we will get you scheduled.

Volunteers are also needed for the Half Marathon Championships in Houston on Saturday, January 29, helping downtown with traffic control and barricade setup from 6:45-11 am. Barricades! My favorite! Contact Bob Horan at rhoran@tkinet.com .

The Texas Marathon is filling up fast. Held in Kingwood each January 1st, it features "Texas-size" finisher medals, and allows only 300 entries, over half of which are already taken. The half marathon race also fills up fast. If you are interested, sign up now at <http://www.50statesmarathonclub.com/texas.html>

Also, don't forget the Armadillo Dash 5K and Half Marathon in College Station, Sunday, March 6th, information and registration available at www.armadillodash.com .

Thank you everyone for helping make Seven Hills the "biggest little running club in Texas." Happy Running!--Darren.

Darren Grant
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