

Hello runners,

It has been a hot but busy month for us, with a good turnout for our June 18 club run, strong club representation at the Polish Pickle in Bremond on June 25, and even more at Stu's Country Mile in Centerville on July 4.

Our next club run is this Saturday morning:

Saturday, July 30, 8 am: Dog Days 5K and 1-Mile Run/Walk, 8 a.m., Health & Kinesiology Center, SHSU campus, Huntsville. \$1 entry. Register at the starting point.

I hope to see you there!

**** Club News ****

International opera star Melanie Holliday has agreed to sing the national anthem to kick off our Huntsville Half Marathon and 5K, in October. Preparations for this race, one of the largest events held in Huntsville each year, intensify during August. If you are interested in volunteering, now is the time to let me know, as we will be assembling the various committees that are vital to the success of this run.

Our annual club picnic will be held on Saturday, Aug. 13, from 3pm - 6pm by the clubhouse at Elkins Lake. Take Augusta Dr., the main entrance to Elkins Lake, all the way back to the clubhouse, and then a short jog left on Cherry Hills, maybe 100 yds., will bring you to the parking lot and we will assemble down by the lake. The club will provide all the food, but you should bring your own beverages. It should be a good time, and I hope you can make it. We have had a lot of new members join the club lately and this will be a chance for old and new members alike to get acquainted.

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.

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

This month, the honor goes to long-time club member Skipper Nethery, recently retired from working in health care for the TDCJ and the Federal Prison System. In addition to participating in many club events and activities, Skipper likes to read about running. Lately he has been particularly inspired by "Marathon Woman," by Katharine Switzer, the first woman to run the Boston Marathon.

It takes you back. When Kathy was growing up in the 1960s, she and her father worked out for her to run a mile a day, which was seven laps around her yard. After a few days, several neighbors stopped at the door to ask, "Is something wrong with Kathy?" They assumed she was being punished, because women were not thought to be able to stand strenuous exercise. Fortunately, things are much different now!

Skipper reminds us that running can be both an athletic and intellectual endeavor. Therefore, with the powers invested in me by Graphar, Roman God of Running, Dental Floss, and Vitamin Supplements, I hereby declare Skipper Nethery Seven Hills' RUNNER OF THE MONTH. Congratulations Skipper!

And 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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