

July 2012

Howdy runners,

We had a nice turnout for our June club run, about 40, and a good turnout at the State Park for the Gator Bait Run, in Bremond for the Polish Pickle, and in Centerville for Stu's Country Mile! Our next club run is coming up this Saturday morning:

Saturday, July 14, 8:00 a.m.: Dog Days 5K & 1 Mile Run/Walk. Forest Hills Pool, at the corner of Eastham and Willow Bend in Forest Hills neighborhood, Huntsville. \$1 entry. Register at the starting line.

This run will take place entirely within the Forest Hills neighborhood and is good for runners and walkers of all ages. To get to the Forest Hills Pool from the north, head south on Hwy. 75 past the Huntsville Airport and turn west onto Eastham at the Highway Food Store. To get there from I-45, take exit 116 and continue north on the access road, and turn east onto Eastham just past Weisner's. If you need more specific directions please e-mail or call me. We are expecting 75-100 runners at this event, including a large number from the neighborhood of Forest Hills, so try to get there at least 20 minutes in advance. There should be ample parking on Willow Bend and Pine Valley streets, on both sides of Eastham. Please do not park on Eastham!

Restroom facilities will be available, and after the run, the Forest Hills Pool will be available for about an hour, if you wish to shower off or swim--a lifeguard will be on duty. In addition, Skipper and Cindy Nethery will be serving a light breakfast inside the pool grounds after the run as well. Can you say taquitos? Taquitos! Can you say sausage biscuits? Sausage biscuits! Delicious!!!

Skipper and Cindy approached us several months ago and expressed an interest in hosting this event, and we are glad they did! They are the first of three members who have expressed an interest in hosting a club event, and we are working on establishing the other two, which will take place several months down the road. Many of you have reached out to me or other club officers with new ideas, and we appreciate them and try to implement them when we can. Your ideas and feedback help make this a stronger club.

In addition, over the last five months every club officer has directed one club run. They have done a fabulous job and I have enjoyed running in these and visiting with everyone afterwards. Do you think it is a mere coincidence that our club run attendance has grown over this period? I think not! Hats off to all of you!

*** Club News ***

One reason we expect so many runners at this month's club run is that it is the "graduation run" for a group of new runners doing a "Run for God," inspired by the memory of Samantha Pittock, who passed away at the tender age of 4 months one year ago today. Run for God the 5K Challenge (<http://www.runforgod.com/>) is a practical guide to running, a 12-week training plan aimed at running a 5K while maintaining a Christian focus. Before our awards ceremony Saturday their leader, Allison Moldenhauer, will say a few words in remembrance of Samantha. If you are interested in learning more about Run for God, I am sure Allison would be happy to speak with you.

Run for God is but one of many groups that have participated in club activities recently. Throughout the year we have had many club run participants and new members from Huntsville Memorial Hospital. Club member Sarah Raney, who works in employee wellness at the Hospital, says that we provide good opportunities for HMH employees to compete. They not only get "HMH Wellness Points" for participating, they get the chance to meet and visit with other people working toward the same goals, which helps give them motivation and encouragement to keep training for the next big event!

Finally, several of our younger participants (and their parents) belong to "Running H2O" -- a homeschooled running club founded by SHRC member Emily Garner. They meet twice a week, one day to focus on increasing their endurance, the other day to play games that involve running or other physical activity. The kids have learned about personal records, and about pacing through an "animal run," where they run at the pace of different animals (mine would be the turtle). Their miles are logged, and once a child runs an accumulated 26.2 miles they earn their running club t-shirt, which was created by one of their homeschool dads. They attend 2 races together each year, one in the spring and one in the fall, most recently, our Spring Fling held in Elkins Lake in April.

As you can see, our club "fits in" to a lot of fitness-related activities in Huntsville, providing running, walking, and racing opportunities, motivation, and encouragement. Just one more thing we can be proud of.

I will be out of town from July 14 through mid-August on vacation. If you need anything, please don't hesitate to contact our vice president, Steve Bickford, 936 435-0047, tcbsteveb01@hotmail.com, or any other club officer.

Put it on your calendar: the Seven Hills annual club picnic will be held Saturday afternoon, August 11, from 3-6 pm in Elkins Lake. It will be warm but the club will provide burgers, watermelon, and more, and the company will be great! Steve will send a reminder as the big day approaches.

Your club officers met a couple of weeks ago, and minutes from that meeting should soon be available under "latest news" on our web site.

Our club Facebook group is going strong. The group is a great place to find partners for runs, learn about upcoming races that our members are planning to attend, and to see pictures from just-competeted races! The page is here: <https://www.facebook.com/groups/55964470688/>, and if you ask to join we promise to let you in :) And, for a full list of race results, see the "latest news" on our website, 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 e-mail Ken to be added to our marathon honor roll.

*** Runner of the Month ***

We continue our summer-long feature of running families, and this month we honor a running family many of you know well, Ken and Marilynn Johnson and their children.

When I met Ken, five years ago, I first noticed what I suspect most of us first notice -- this guy really loves running! A long-time running "streaker," Ken will be running for the 1000th day in a

row at our July 14 club run, and this will be the third time he has reached that milestone. Ken's passion for running is truly known throughout the state of Texas.

But now that I have gotten to know Ken well, I see him as a family man first and a runner second. It is easy to see the pride he and Marilynn take in their children, and the closeness of their family. This includes running. Ken and Marilynn often take part in our club runs together, Ken running, Marilynn walking. Their children run too. Last year, their son Ben joined Ken and several club members at the Polish Pickle run in Bremond, waking up on little sleep to participate. This year, his brother Kenny ran the Polish Pickle, while Ben ran Stu's Country Mile.

Just as many of us draw strength from Ken's running, Ken's running draws strength from his family. Therefore, with the powers invested in me by Grapthar, Roman God of Running, Greek Salad, and Helicopters, I hereby declare the Johnson family, Ken, Marilynn, and their children, Seven Hills' RUNNERS OF THE MONTH. Congratulations!

*** Runs and Related Events ***

Navasota holds the "Blues Capital of Texas 5K" on the morning of Aug. 11, <http://www.bcot5k.com/>. You can run it and be back in time for our club picnic that afternoon in Elkins Lake!

CASA of Montgomery County will be holding a 5K Saturday, Sept. 15, in the Jones State Forest off FM 1488. A link to more information can be found on our web site, under "race schedule." CASA of Walker County is expected to hold its annual 5K in early October.

Finally, registration is open for the Huntsville Half Marathon, Quarter Marathon, and 5K, scheduled for October 27. Race details, including a course map, can be found on our web site, here: <http://7hills.us/hvhalf.htm>, where you will also find a printable entry form. You can also register on [active.com](http://www.active.com), here: <http://www.active.com/running/huntsville-tx/huntsville-half-marathon-quarter-marathon-and-5k-2012>. Remember, to get the ultra-low rate of \$35 for the Half Marathon, you must register by July 31.

A complete list of upcoming races, always up to date, can be found on our web site, under "race schedule," here: <http://7hills.us/schedule.htm>.

Thank you everyone for helping make Seven Hills the "biggest little running club in Texas." If you have any questions, comments, or feedback, please don't hesitate to contact me or any club officer. Happy Running!

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