

July, 2013

Howdy Runners,

Running equipment is expensive--as we all know from buying running shoes! Well, over the past three years the club has modernized its stockpile of running stuff: our digital clock, now two years old, our inflatable arch, now a year old. And now it is time to welcome our newest addition: a "Chrominex," the backbone of our new club run timing and scoring system. It looks like a calculator that hangs around your neck. Each time I push the button that finisher's time and place is recorded. Each runner will receive a popsicle stick when you finish, and that's how we will match up the names to the times and places.

You don't want to miss the maiden voyage of the Chronomix!! So don't forget our next club run, coming up this Saturday morning:

Saturday, July 27, 8:00 a.m.: Dog Days 5K & 1-Mile Run/Walk, Forest Hills Pool, in Forest Hills Subdivision, at the corner of Eastham and Willow Bend, Huntsville. Register at the starting point. \$1 entry. Restrooms and showers will be available.

Eastham runs from the I-45 service road just past Weisner's, over to the Highway Food Store on Hwy. 75 north. The totally flat, relatively shady Forest Hills 5K course was very popular when it debuted last year, making that club run the largest in Seven Hills' history. Light snacks will be available after the race, and you are invited to take a dip in the Forest Hills Pool to cool down. I hope to see you there!

**** Club News ****

Club member Cheri Villines, a stalwart at our club runs and mother of four wonderful daughters, needs our support. She underwent surgery recently to remove a brain tumor, and is undergoing some follow-up testing yesterday and today. At the club run, instead of a get-well card, we are going to sign a "get well shirt" for her, an extra-large long-sleeve Seven Hills club shirt with plenty of room for everyone to sign.

Seven Hills Bumper Stickers are now available and are starting to be seen on Huntsville streets! These high-quality, easy-to-remove stickers are oval shaped, with the club name and web site at the top and bottom, and your choice of four distances in the center: 5K, 10K, 13.1, and 26.2. You can get yours at the club run or any club event for \$2.

Remember, registration for the Huntsville Half Marathon is open, here:

<http://7hills.us/hvhalf.htm> . The entry fee for the Half goes up at the end of August: right now it is just \$35. A copy of this year's race logo is attached to this e-mail. It will look familiar to some of you: it is an updated throwback to our logo of ten years ago. We are now searching for sponsors for this race. Remember, sponsorships are just \$100, and sponsors' name or logo are printed on the back of the race shirt. Contact me if you or someone you know is interested.

Coming up we will have a club business meeting and "indoor picnic," on Thursday, Aug. 8, 6-8 pm, at the Elkins Lake Clubhouse Restaurant. It will be a chance to socialize, hear from our speaker, the most excellent Colleen Spencer, on the prevention and care of running injuries, and have a brief business meeting. The Elkins Lake Restaurant is very good and *** very reasonably priced ***. I will send reminder before the meeting, with the menu attached. Plus, it is burger blitz that night: buy one burger, get the second half off.

Our club course committee has been hard at work. The first product of their labors is a new course in Spring Lake subdivision, the brainchild of committee member Emily Garner. This flat, low-traffic, shady course will premiere at our August club run.

You will notice the cc: on this e-mail: the new permanent e-mail address for the Seven Hills Running Club president: PresSHRC@yahoo.com. We're "breaking in" the account this month; next month I will start shifting to that account for Seven Hills business. Please feel free to e-mail me at either in the interim. You might want to make sure the new address is cleared on any spam filters you have.

All this news and more can be found on our web site, www.7hills.us, which has the latest on everything. Ken Johnson'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 Ken, who serves as our webmaster, 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.

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

A few weeks ago I had the honor of running part of the Polish Pickle 5K with long-time club member and runner Jerry Flanagan. Jerry, a retired postmaster from Madisonville, broke his hip a couple of years ago and it has been a long road back. It was a pleasure to see Jerry back on the roads. It reminded me how much he has been missed during his recovery. His orange singlet that he wears to every race, his effervescent personality, the way he bounces forward when he is called up to receive an age-group trophy or age-group medal.

Jerry has been running for thirty years, and yet running still just brings out the kid in him. Would that it would do that for all of us! Therefore, with the powers invested in me by the membership of our club, I hereby declare Jerry Flanagan Seven Hills' RUNNER OF THE MONTH. Congratulations Jerry!

**** Darren's Training Tips ****

"Finding Your Zen" is the process of discovering the right mix and amount of training to maintain your conditioning, avoid injury, and keep you excited about running. This month we hear from club member and fitness enthusiast Judy Hufstetler:

Running is what keeps me going. It helps me solve the problems of everyday life. It helps me keep my sanity!

I have a busy lifestyle. I teach kindergarten during the day, and fitness classes every evening and weekends at the Conroe YMCA. I totally love all that I do, but there are times I need to just hit

the road for "me" time. Some people when they are tired or stressed go straight for the couch. I grab my running shoes and RUN!

I cannot remember a time that I have not had running somewhere in my schedule, and I have done races throughout the years. But for the past five years I have been more consistent about racing year round. I did my first full marathon in January 2012. It is hard to describe the feelings that you have when you finally see that finish line and know that you made it!

Some things that I have learned in order to Find My Zen:

* When it comes to training I pretty much just listen to my body. If I have done several races on weekends I might not train as hard during the week. I have learned that if my body says "rest" then I rest it.

* A good way to prevent injury is to cross train. I think with pilates, weight training, cycling and cardio incorporated in a person's workout schedule it helps the body to be strong and injury free. I also swim for my triathlons and this really helps with breathing and endurance. But if I am doing races or long runs on the weekends during that week I use less weight in my weight training classes.

* Make sure to take time to rest your body. I was doing the run part of the CBand triathlon, one last mile to go, and just did not have the speed and endurance to finish strong--I had to stop and walk. That had never really happened before, and it was extremely discouraging. But afterward, some good friends reminded me that I would never take a day off after doing several training runs, classes, and races. I have learned from that experience that you need a day of rest just for your body to rejuvenate.

Thank you Judy, and thank you everyone for helping make us the "biggest little running club in Texas." Happy running!

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