

Hello runners,

We had a great turnout for our Memorial Day run -- almost 50 runners, and a well-attended picnic afterwards. Plus, we celebrated Ken Johnson's 70th birthday with a cake and song. He was totally surprised -- the look on his face when he realized the cake was for him was priceless! Thanks to my wife Marsie for baking the cake, which was deeeeeelicious.

Our next club run is this Saturday morning. I can't promise you cake, but I am sure it will be a good time:

Saturday, June 18, 8 am: June Bug 5K and 1-Mile Run/Walk, Health & Kinesiology Center, SHSU campus, Huntsville. \$1 entry. Register at the starting point.

I hope to see you there!

**** Club News ****

We have had several new members join over the past four months, and I'd like to take a moment to publicly welcome them all. If you haven't had a chance to meet them, I hope you will soon.

Derek Martin, Adam Jenke, Jocelyn Shaw, Armando Ayala, Jeffrey Currie, Colton Ward, Paula Ward, Craig Henderson, Susan Henderson, Calvin Henderson, Lydia Henderson, Chris DeMilliano, and Emily DeMilliano. Welcome!

We have purchased a new race clock, which has just arrived. We rented out our old clock three times this spring, and, at twenty-five years old, it barely fulfilled its purpose each time. The new clock is digital, comes with the tripod, and has all the digits needed for the Half Marathon and other races. The total cost was about \$1100. Even with that purchase, and distribution of last year's Half Marathon profits, we have over \$4000 in the bank. The clock will debut at the club run this Saturday. Thank you to Ken Johnson who scouted out the options and found a good price on a good clock. Hopefully it will last us another twenty-five years.

I will be appointing two ad-hoc committees this summer. One concerns the distribution of proceeds from the Half Marathon. Many club members would like to support local school and university cross country and track programs, but the needs in that area would only absorb a modest portion of those proceeds. This committee would form a proposal for the complete distribution of proceeds. The other committee concerns club

awards, such as Volunteer of the Year, Most Improved Runner, and the like. We are considering adding the presentation of some awards to our January business meeting, to make it more of a celebration of the year just completed.

The proposals formed by each committee would be discussed, possibly amended, and voted on at our next scheduled business meeting, in November. Each committee will probably have four or five people, will exchange some e-mails, and then meet one time for a couple of hours to finalize their proposals. If you are interested in serving on one of these committees, please let me know. If I appoint you to one of these committees, I hope you will be willing to serve.

I will be out of town for almost all of July, returning at the very end of the month in time for the club run. You are welcome to e-mail me, but it may be several days before I respond--I will be in Canada some of the time, and I'm not sure if they have internet up there :) If you need a quicker response, please contact Ken or Steve, who should be around most of the time.

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 ****

Our club includes several active walkers, and this month I want to celebrate one of them, Cathy Bickford. She and her husband, club treasurer Steve Bickford, began walking/running for fitness in January, 2010. They walked almost daily until March 13, 2010, when Cathy fell down a ditch in her backyard and broke her left tibia and fibula. A titanium pin was inserted into her left tibia from knee to ankle, and, while in the hospital, she could not smoke due to the oxygen and the fact that smoking impedes the healing process.

With this in mind, she stopped smoking cold turkey on March 13. After 3 months of a cast, wheelchair, walker, crutches, then cane, she began walking in a swimming pool, daily. Then, as Steve would run daily trying to build endurance, she would walk. On August 14, 2010, she walked her first 5K at the Woodlands, and Steve and Cathy go do all of their 5K's

together--Steve running, Cathy walking, sometimes with her Schnauzer as a walking partner.

As her husband Steve proudly gushes, "We are truly blessed. I am so proud of her, that she walks harder now than she did before the injury. Her current PR for a 5K is 35:46 at Montgomery on April 16, 2011. Still no cigarettes."

What a heartwarming story, a story that reminds us, after the ballyhoo of the NBA finals, that some of the most meaningful athletic victories are quiet, and are achieved by the fact you are participating in the race, rather than where you finish in it. Therefore, with the powers invested in me by Grapthar, Roman God of Running, Dentistry, and Acrobatics, I hereby declare Cathy Bickford Seven Hills' WALKER OF THE MONTH. Congratulations Cathy!

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

June 25th has three big runs or related events--you will have to choose!

1. The Polish Pickle, a club favorite, is being held in Bremond. Many club members will be heading up and you can probably catch a ride. The run is part of their Polish Day, which features a parade, arts and crafts, and more. The entry form is here:

http://www.bremondtx.org/Polish_Pickle_Run_App_2011_2.pdf

2. Luke's Locker and The Woodlands Running Club are holding a 5K to raise money for Berk Clare, paralyzed recently in a bicycling accident in Houston. It will be held 8:00 a.m. at Barbara Bush Elementary, 7420 Crownridge Drive, in The Woodlands.

3. Finally, Olympian Jeff Galloway will host a wellness and running clinic that day at Creekside YMCA in the Woodlands. The link is here:

<http://thewoodlandsrunningclub.org/jeff-galloway-meet-and-greet-saturday-june-25th-130-pm-creekside-ymca-woodlands-tx>

Jeff founded the running club I belonged to in college, the Gulf Winds Track Club of Tallahassee, Florida, which is every bit as hilly as Huntsville.

Finally, Huntsville Memorial Hospital will be putting on an adventure race, The Great Muddy Escape, the week after the Half Marathon, on Oct. 29. If you wish to help out let me know and I will put you in touch with the right

person.

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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