

June 2012

Howdy runners,

We had a fabulous turnout at Ken and Marilyn Johnson's house for our Memorial Day run, over 80 people, a new record for the club. Breakfast was great and the run went smoothly thanks to Ken and many volunteers, including Laura Green, Scholar Colburn, and Esther Cousins. Scholar's picture of her water station, posted on Facebook, was, I believe, a classic of the genre. The first two miles were co-led by two recent (2011) high school graduates from this area, Sheridan Grant of Huntsville and Jose Torres of Trinity. Sheridan and Jose are part of a growing cadre of young runners that are participating in our activities, and we hope this trend continues. Our next club run is coming up this Saturday:

Saturday, June 16, 8:00 a.m.: June Bug 5K & 1 Mile Run/Walk. Health & Kinsiology Center, SHSU campus, Huntsville. \$1 entry. Register at the starting line.

Restroom facilities will not be available at this run. Also, there can be some traffic on the 1 mile course so it is best for children under 10 to run with a parent. However, I have a brand new ridiculous hat to wear for the awards ceremony so...I hope to see you there!

*** Club News ***

We have had several new members join us in the last few months, please join me in welcoming our new members:

Loren Sheffer, Derrick and Christina Muck, Cynthia Luna, Sarah Van Winkle, Deb Turrentine, Glenn, Laura, and LeeAnn Green, Jose Torres, Kevin, Anitra, Cade, Hutton, Callaway, and Toben Edney, Kayla Johnson, Trisha Capps, and Diane Neudorf. It is good to have you with us!

It's good to see Jerry Flanagan fully recovered from injury, back on his feet and going strong. I wouldn't be surprised if, in the next few weeks, you saw Jerry at some of the local runs featured below, under "runs and related events." You can always recognize Jerry from his orange singlet and running shorts, just as club member and regular racer Cindy Pate is always wearing some pink. If, at a race, Jerry wasn't in orange and Cindy wasn't wearing pink, I'm not sure I'd recognize them!

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-competed races! The page is here: <https://www.facebook.com/groups/55964470688/>, and if you ask to join we promise to let you in :)

For a full list of race results, 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 ***

Throughout the summer this feature will celebrate running families, members of our club for whom running is a family-wide activity.

This month we honor an extended family that has regularly attended our club runs for a few years now, the Moreno family. Jose and Leticia Moreno are the proud parents of son Erick and daughter Sandy Galicia. Erick and his wife Stephanie are the proud parents of Blake, while Sandy is the proud mother of son Gael. All have attended our club runs, sometimes all at the same time. Jose, Erick, and Blake run, while Leticia, Sandy, and Gael walk. Jose and Erick, father and son, finished within a few seconds of each other at our April club run in Elkins Lake. In the past, Stephanie has usually come out to support the family, but she too has recently been "bitten by the walking bug" and we expect to see her crossing the finish line at one of our races soon.

I am proud our club helps give families like the Moreno's opportunities to share these experiences together. It must be satisfying for Jose and Leticia to watch their children, daughter-in-law, and grandchildren all running and walking in the same race, to watch Blake, a very determined young runner, motor across that finish line and give me a high-five. Therefore, with the powers invested in me by Grapthar, Roman God of Running, Marigolds, and Honeydew, I hereby declare the extended Moreno family Seven Hills' RUNNERS OF THE MONTH. Congratulations!

*** Runs and Related Events ***

This time of the year our part of Texas has some really fun, down home races that I encourage you to take part in if you can.

This upcoming Sunday, June 17, features the new "Gator Bait Trail Run" at Huntsville State Park. I know several club members are taking part in this 5K / 15K run.

The Polish Pickle will be held June 23 in Bremond, in central Texas. This perennial club favorite is part of the Polish Festival held that day in Bremond and a lot of fun. If you would like a ride, e-mail me or post to our Facebook group and you are sure to find one!

Also, on July 4 in Centerville, is "Stu's Country Mile," about which I have heard many stories. It is another perennial club favorite.

Our July club run will also take place earlier than usual, on July 14. This run will begin and end at the Forest Hills Pool and will be special for a number of reasons, which I will enumerate next month. Put it on your calendars now! Maps of the 5K and 1 Mile routes can be found under "race schedules" on our web site.

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!

Darren Grant
President, Seven Hills Running Club
Huntsville, Texas
936 439-5899