

June 2013

Howdy Runners,

Our great Memorial Day club run, and wonderful breakfast after, was a fabulous kickoff for the summer. This time of year I am particularly envious of runners like Glenn Green, who put in their miles before 6:30 am, when it is cool(er). Rare is the morning when I am up that early!

For many of us, the heat of summer also means a new type of running--gentler, with maybe some time off. This isn't a bad thing--it's a good thing, as rest after a period of intense running helps maintain our enthusiasm and prevent injury. As our club has grown, and we have many newer runners, injuries have become a serious issue. As a club, we need to learn how to regulate our running to reduce the incidence of injuries. This has been the primary motivation behind the "Finding Your Zen" series that continues this month (see below).

It is also one motivation for changing our annual picnic. This year, instead of an outdoor picnic in the heat, we decided to hold our "picnic" indoors in some air conditioning: a meal, a chance to visit, a short business meeting, and a speaker on injury prevention. Put it on your calendar: Thursday, Aug. 8, 6-8 pm, with more details to follow. You'll be glad you did!

\*\*\*\* Our Next Club Run \*\*\*\*

Don't forget our next club run, coming up this Saturday morning:

**Saturday, June 15, 8 a.m.: June Bug 5K Run & 1-Mile Run/Walk, Health & Kinesiology Center, SHSU campus. Register at the starting point. \$1 entry. Restrooms will not be available in the start/finish area.**

This club run will be the swan song for our traditional HKC 5K course, which afterwards will be used only for the 5K in the Huntsville Half Marathon. Our course design committee is working on a replacement, to debut in our August club run, the Heat Wave 5K. I hope to see you there!

\*\*\*\* Club News \*\*\*\*

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.

Two weeks ago the officers met to eat nachos and discuss club business. The minutes from that meeting are here: <http://7hills.us/documents/SHRCOfficerMeetingMinutes5-30-2013.pdf> .

The Polish Pickle in Bremond is coming up soon, on June 22! Don't make Ken Johnson go run this all by himself! Entry is just \$15 \*before\* race day:  
[http://www.bremondtxas.org/pdf/Polish\\_Pickle\\_Run\\_App2013.pdf](http://www.bremondtxas.org/pdf/Polish_Pickle_Run_App2013.pdf) .

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. We are working on the logo / t-shirt design right now, which I should be able to show you in my next monthly update.

All this news and more can be found on our web site, [www.7hills.us](http://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](mailto: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 \*\*\*\*

This month we honor club member Jill Blake, an Internal Affairs Investigator for the Texas Department of Criminal Justice. Jill has been running for about three years--I believe I remember the first club run she attended way back then.

Jill began running with the goal of completing a 5K--and could not run even two laps around the track. After running a few 5K's, though, she ran a 10K and then decided to conquer that half marathon--which she did, last December, in College Station. After finishing it, however, she was injured with a strained IT band. Finally, though, after a 5 month break, she was back to racing, completing our Memorial Day 5K and planning once again to complete another half marathon.

Jill's simple story of perseverance and success mirrors many of our own. Therefore, with the powers invested in me by Graphar, Roman God of Running, Ramparts, and Rhinoceroses, I hereby declare Jill Blake Seven Hills' RUNNER OF THE MONTH. Congratulations Jill!

\*\*\*\* 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 collegiate runner Sheridan Grant, who has struggled with Finding His Zen. Here is his story:

As a lifelong soccer player, transitioning into college running has been difficult. The high demands for performance, coming from myself and from my teammates, are matched by the high demands on my body. Trying to rise to the challenge, by running more mileage and training harder, has led to a series of injuries that have disrupted my running for the past year. Finding my zen has been an important part of trying to move past these injuries.

While I have by no means zeroed in on my zen, I am coming closer, and have learned much along the way. I have discovered that my competitive instinct and simple love for running can coexist. This is how:

\* Take Days Off. When you're trying to run high mileage weeks of 60 or 70 miles, taking a day off often seems unappealing. It is highly necessary, though, and refreshes your legs better than just taking an "easy" day. Then I rest again at the end of each racing season. Some of my teammates take barely a week off before starting running again. I take two to three weeks. It may be a boring few weeks without running, but your body will thank you, and you'll start back again with a clean slate.

\* Dynamic Stretching. Studies show that dynamic stretching before a race is more effective at preventing pulled muscles than static stretching ([http://www.nytimes.com/2008/11/02/sports/playmagazine/112pewarm.html?\\_r=0](http://www.nytimes.com/2008/11/02/sports/playmagazine/112pewarm.html?_r=0)). So add some dynamic stretches, like "high knee" drills and leg swings, to your pre-race routine. My entire pre-race routine is now dynamic.

\* "Pick One." This was a big problem for me. This past December, I tried to both increase my mileage quickly and do intense 10K track repeats at the same time, early in the season. I proceeded to get tendonitis that cut my track season short. A good rule is: "Higher mileage, faster pace, harder intervals/repeats: pick ONE." Many people's bodies just can't handle trying to improve two of these at the same time, so don't: focus on one.

We will see a hopefully well-rested, well-conditioned Sheridan at our upcoming Forest Hills Pool club run at the end of July. Thank you everyone for helping make us the "biggest little running club in Texas." Happy running!

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