

Hello runners,

Don't forget our next club run, coming up this Sunday afternoon:

Sunday, March 27, 2 pm: Run the Trails, 3.5 miles, Huntsville State Park, Nature Center. Non-competitive. Finisher medals. Register at the starting line. \$3 race entry, plus park entry.

This is a wonderful run along the trails of Huntsville State Park during a beautiful time of year. I hope to see you there!

**** Club News ****

In April, your club officers will be meeting to brainstorm about improving our communications and outreach efforts. This could include, but need not be limited to, re-starting the newsletter, using Facebook more, etc. If you have any feedback or suggestions, please call or e-mail me--contact info below--or any club officer. We would love to hear from you.

Club members John and Julie Loftus are moving to New Zealand--and maintaining their SHRC membership, making us officially an international running club :) We will miss you John and Julie!

And 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 ****

This month, this honor is shared between two SHRC members, SHSU education researchers, and running partners, Ana Rojas-LeBouef and John Slate.

John has completed runs of a marathon or longer over eighty times. But it was his recent, 82nd attempt that might be his most memorable. He begun the "Rouge-Orleans Trail Run" on March 4th in Baton Rouge, expecting to finish later that weekend 126.2 away in Audubon Park, New Orleans (where I used to train my cross-country team over twenty years ago). Ana joined him at mile 50, after the incident with the cows, but

before the massive thunderstorm. As John put it, "About 12:30 p.m. the lightning started. Then the rains came. We experienced over 2 inches of rain in 45 minutes, the kind of rain you pull your car off the road because you can't see in front of you. In case you're wondering, the levee system is so deserted, we were 10 miles away from any structure that we could have used for a shelter. My elbows were sloshing in water [trapped by] my jacket, it was incredibly windy and getting very cold. During a temporary stop in the rain, we called my daughter and asked her to pick us up. Turns out the storm was going her way and it took her another hour and a half before she could pick us up. By then we had been shivering, still walking on the levee, but shivering the entire time."

The link to the full story is here: <http://www.7hills.us/documents/RougeOrleansReport.doc> . You had me at "cow incident."

Stories like this remind us that running is not just a sport, not just a hobby--it is a passion. And sometimes that passion leads us to interesting and unexpected places! Therefore, with the powers invested in me by Grapthar, Roman God of Running, Meatloaf, and Cauliflower, I hereby declare Ana Rojas-LeBeouf and John Slate Seven Hills' RUNNERS OF THE MONTH. Congratulations!

** Runs and Related Events **

Saturday, Apr. 2, 8:00 am, at the Moran Ranch in Willis, is the "Operation Graduation 5K." Register at active.com .

Saturday, Apr. 9, 8:00 am, at Livingston State Park, will be the 2nd annual 5K/10K Run Honoring Victims of Violent Crimes, to benefit the SAAFE House. Park entry fees are waived for runners. The registration form will soon be posted on our web site.

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.

Darren Grant
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