

March, 2013

Howdy runners,

Oh my this is a pretty long update. We have a lot going on this spring in Huntsville! First, don't forget our next club run, coming up this Sunday afternoon, a longtime favorite--

Sunday, March 24, 2 p.m.: Run the Trails, 3.5 Miles, Huntsville State Park Nature Center, Non-competitive. Finisher medals for all finishers. \$3 entry, plus park entry. Restrooms will be available.

We expect a good crowd, especially since the run was nicely promoted by Ken Johnson in his column in the Huntsville Item. I hope to see you there!

And don't forget, coming up this Saturday morning, the day before our club run, is the inaugural "Run with the Lions," to be held at the HKC on the SHSU campus, in support of Alpha Omega Academy. I have been assured that you will not be running with actual lions. Lions only do trail runs--the pavement is hard on their paws :) Race information and registration forms can be found on our web site, under "race schedule."

**** Club News ****

Renewals, renewals. Many of you have renewed your membership--thank you! If not, you can renew at the club run or by sending \$5 for a student, \$7 for an individual, or \$10 for a family membership to Seven Hills Running Club, P.O. Box 6804, Huntsville, TX, 77342. If you didn't join the club during 2012, your membership probably expired at the end of December. If you don't renew soon you may receive a "personalized reminder" from a club officer!

We have had so much going on the last several months, it has been a while since we have welcomed our new members. So let's do it! Since August we have had the following new members join our club:

Rene Talley; Todd, Beth, Clarissa, and Joshua Primm; Connie, Jacy, and Jayden Mathis; Kim Johnson; Gerald Johnson; Michael and Lidiya Deane; Trudy Regnier; Jeannine, Monty, and Zachary Perry; Kelly Bielamowicz; Steve Allen; Joan Pickering; Regina Richardson; Chelsey Marks; Alvin Ingalla; Esther Herklotz; Melissa Gillespie Davis; Jason, Melanie, Patrick, Branden, and Jadyn Justice; Angelina Santos; James, Tiffany, Matthew, and Andrew Peters; and James and Morgan Ashworth. Welcome! We are glad to have you with us!

The officers met in early March, to discuss the Half Marathon and much more. Minutes are here: <http://7hills.us/documents/SHRCOfficerMeetingMarch3-2013.pdf> . To plan the upcoming club run at Forest Glen--see below--we have assembled a committee of Kevin Edney, Don Ortloff, and Cheri, Emily, and Mandie Villines. In the next month we will be assembling two other committees, one to re-assess the safety of our club run courses, and one to plan our annual club picnic. If you are interested in serving, please contact me. If you are invited to participate, I hope you will be able to accept.

Congratulations to Jose Moreno and Sarah Raney, who each won a free entry to the Woodlands Marathon / Half Marathon at our last club run. Other club members participating included Bill Wells, Steve Allen, and Becca Houts. Becca's Half at The Woodlands was one of three she has

run recently. And good luck to JC Guzman, who is running the Texas Independence Relay this weekend.

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 ****

It was thirty years ago this weekend that my wife Marsie and I had our very first date--a 5K run in the morning, followed by dinner at a nice Italian restaurant that evening. I was 18. Marsie was so elegant and composed, I couldn't figure out why she would have anything to do with me. It was a fine spring morning. We ran as part of a three-person team called "The Washers," in honor of the job held by me and our third team member, washing the mildew off mobile homes at a trailer park on the outskirts of town. Our supervisor was an ex-con, just released from prison for battery--so we definitely did as we were told...

Those were the glory days! And, since our most excellent club registrar, Jan Parks, will be putting on this club run, in honor of thirty years, I will be walking the "Run the Trails" this Sunday with Marsie. After years and years of dirty diapers, kids clothes, messy dishes and dirty cars--perhaps you could still call us "The Washers." Be sure to clap for us when we finish! And, therefore, in recognition of thirty great years of running together and so much more, this time I am going to invoke executive privilege and make Marsie Grant Seven Hills' RUNNER OF THE MONTH. Congratulations Marsie!

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

There are several runs coming up in the next six weeks and beyond.

First, the Texas 10 Series, 5 and 10 miler, comes to Huntsville on Sunday, Apr. 7. This run has been pushed back one day from its original date of April 6. Refunds are available to those who had already registered.

Then, on Saturday, April 20, comes our next club run, the Spring Fling at Elkins Lake, featuring a new course that starts from the clubhouse area.

Next, in the morning on Saturday, May 4, comes a special extra club run at Forest Glen Camp. This should be something special. There is a one mile and a 5K, both mostly on forest roads--off the asphalt, yet without the roots that you can encounter at the State Park. Intended to be a family-oriented event, afterwards we will *feed you* a *hot breakfast* and make available several camp facilities for the kids (and adult kids) to enjoy, including the ***zipline*** !! This run will be posted on our race schedule soon, once we have settled on a name. Pencil it in on your calendar, and invite your friends!

In October, we will host the 35th annual Huntsville Half Marathon, Quarter Marathon, and 5K Run/Walk. Registration is now open, right here: <http://7hills.us/hvhalf.htm>. Maintaining our commitment to affordability, the entry fees remain the same as last year: if you enter early, the Half Marathon is just \$35, the Quarter Marathon \$25, and the 5K \$15. A picture of last year's start should grace the front page of the Huntsville Item within the next few weeks.

Finally, please note that the Texas Marathon & Half Marathon in Kingwood on January 1, 2014

is 75% sold out and is expected to be sold out soon. Register soon if you want to run it!

Discounts: I have discount codes for the Texas 10 Series and the Navy Marathon in Corpus Christi. E-mail me if you are interested. Also remember, Seven Hills' Members get a 10% discount at Luke's Locker--we periodically send them a roster of our members that they keep on file.

I had planned to initiate a new section on training tips this month, but since this has run so long, I think we'll hold that for next month. Thank you for helping make us the "biggest little running club in Texas." Happy running!

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