

Howdy runners,

We had a great club run last April, with new member Jose Torres and long-time member Jacob Gautreaux leading nearly sixty runners with a split-second finish. Our new Elkins Lake course was well received and attended by several people from the neighborhood, including Trey Taylor, who completed his first 5K ever and had a great big smile to show for it. Trey and his wife Angie, both long time club members, will soon be adding to our club roster in the most exciting way, with their first child, which they are expecting in June.

Our next club run, to be held Monday morning, Memorial Day, is one of my favorites:

Monday, May 28, 8:00 a.m.: Memorial Day 5K & 1-Mile Run/Walk, 114 Timberwilde Drive, Timberwilde Subdivision (across from fairgrounds), Huntsville. \$1 entry. Register at the starting line. Free breakfast following the race.

Please note that, compared to previous years, we have moved up the start time to 8:00 a.m., so it will be cooler during the run. Restrooms will be available. There will be someone on the course to watch the 1 mile turnaround for the children, and to provide water for the 5K runners.

Breakfast afterward is always a treat and always popular with our runners, so...I hope to see you there!

*** Club News ***

Our runners have been tearing up the roads this month, as usual. Robert Duncan was the overall winner of not one, but two races, 5Ks in Splendora and College Station, while Amy Wells won a 5K in Montgomery. Amy and club members Courtney West and Judy Hufstetler competed as a team in the CB&I Triathlon in The Woodlands, in which several other club members also participated: Becca Houts, Karen Felicidadario, Marvin Dittfurth, and Jocelyn Shaw. 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 .

Our new club Facebook group, designed by Kristy Vienne, is off to a great start, with over 100 members. 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 :)

Also, I am pleased to say that we have been very successful finding helpers for our club runs, including Cathy Bickford, Scholar Colbourn, John Cook, Esther Cousins, Laura Green, Laura McDonald, Skipper Nethery, Angie Taylor, and Cheri Villines. Thank you to all, and to anyone I may have overlooked. Their help has allowed us to improve the quality of our runs even as the number of participants has increased, and we hope to continue having one or two helpers for future club runs. And, we will soon be taking this a step further, as several club members have stepped forward to host club runs or club events--more about this soon!

*** Runner of the Month ***

There is no other way to put it: JC Guzman has had a great spring. His 11th place finish overall at the 2000+ strong Blue Bell Run in Brenham, in mid-April, followed his participation in the Texas Independence Relay and his winning marathon relay team in the Woodlands Marathon in March. Which followed his personal record 3:22 at the Houston Marathon in January. In addition, JC runs almost every club run we have and is an active poster on our new Facebook group, helping get it started with his infectious enthusiasm.

A picture of yours truly, a.k.a. "the only shirtless runner among thousands at Blue Bell," with JC can be found on our club Facebook page. One look at his smile in that picture and you will know that he just really loves running. You cannot help but be inspired, and enjoy your own running a little bit more as a result. Therefore, with the powers invested in me by Grapthar, Roman God of Running, Old Phonographs, and Butterflies, I hereby declare JC Guzman Seven Hills' RUNNER OF THE MONTH. Congratulations JC!

*** Runs and Related Events ***

The Polish Pickle will be held June 23 in Bremond, in central Texas. This is a perennial club favorite and you can probably catch a ride with Ken Johnson or another club member. It is part of the Polish Festival held that day in Bremond and a lot of fun.

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

To make it easier for our club members to fit these runs into their schedule, our June club run will be on the 16th of June. I will send a reminder as usual.

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, 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!

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