

May, 2013 (2nd issue)

Hi everyone,

One of the many great things about our club is its diversity--not just our racial diversity, but also diversity in terms of our backgrounds, our interests, our jobs, even our approaches to running. And yet being runners gives us all something in common: a sense of mutual supportiveness, a shared understanding of what it is like to press against the limits of our endurance, a commitment to good sportsmanship and clean, healthy competition. Any of us could go to a running event anywhere in the world and we would be among friends--we would have these fundamental things in common. This, more than anything else, is what running stands for, and what we stand for as runners.

The bombing on Monday at the Boston Marathon was not just an attack on people--it was an attack on ideas, on what we stand for as Americans and what we stand for as runners. We cannot protect all of the people all of the time--but we can maintain our commitment to those ideals that we believe in. And we shall. Thus we run in sorrow, for those lives ended or diminished by Monday's bombing. But we also run in triumph, because we know that that bombing did not diminish by one whit those values to which we adhere.

I invite you to join us for our next club run, coming up this Saturday morning:

Saturday, April 20, 8 a.m.: Spring Fling 5K & 1-Mile Run/Walk, Elkins Lake Subdivision, Manor House (608 Cherry Hills). Enter Elkins Lake off of the I-45 service road onto Augusta. Go until it ends on Cherry Hills. Take a short left and the race will be on the right. Register at the starting point, \$1 entry. Restrooms will be available.

Race director Steve Bickford, whom I have great confidence in, will say a few words about Boston at the beginning of the race, and we will have a moment of silence. Wear blue and yellow, the colors of the Boston Marathon, if you can. I hope to see you there.

**** Club News ****

****Today**** two groups of runners are meeting to run together in support of Boston. One, organized by Alvin Ingalla, will meet at Pritchett Field at 4:30 pm. A second, organized by Ken Johnson, will meet at the southwest corner of the West Hills Mall at 7:00 pm, to run the Veterans Blvd. course that we use for our club runs. You are warmly invited to attend either or both. Wear blue and yellow if you can. If you are in the Woodlands, Luke's Locker is holding a similar run today at 6:00.

A statement by the Road Runner's Club of America on Boston, and the announcement of a fund that has been set up to support those families harmed by the attack, can be found here:

<http://www.rrca.org/> .

"Run Forest Run" is a little more than two weeks away, on Saturday, May 4, and I have attached a flyer to this e-mail and a map with directions. The flyer has a nice picture of the gentle forest trails that the race will be held on. This will be a wonderful event for families and runners of all ages!

Bumper Stickers! Seven Hills bumper stickers should be available in May. The oval stickers have the club name at the top, web site at the bottom, and a distance in the middle: 5K, 10K, 13.1, or 26.2. We will make them available for free to finishers of the Huntsville Half Marathon

and to anyone who completes their first 5K or 10K at one of our club runs. For everyone else, they are only \$2. Glenn Green and Kristy Vienne have quietly been working on this for quite some time, and they did a great job. I look forward to seeing these on cars around town for some time to come!

During May will be purging our club roster of members who have not renewed. If you haven't yet renewed, you can do so 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.

It is that time of year where our members are running all over the state and beyond. JC Guzman, Jose Torres, and others in the "Tejas Renegades" (including Fernando Gonzalez) ran the Texas Independence Relay from Gonzales to San Jacinto. Robert Duncan, Susan Landry, and Sean Landry ran the Crescent City Classic in New Orleans, and John Loftus again did the Oxfam trail in New Zealand. Ben Harvie's out hitting the roads all over the Houston area, while Rene Talley went up to Dallas for the Big D Half Marathon, one of several she's completed recently.

Right here in Huntsville, our club had a great showing at the inaugural Texas 10 Huntsville. We dominated in numbers and places, with Krista Morris winning the women's race and Jose Torres and Jacob Gautreaux taking first and second on the men's side. We also had several age group winners in the 10 mile and 5 mile.

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.

**** Runners of the Month ****

This month we honor a special group of walkers, Brandi's Brigade, who get together about once a month to walk a 5K. They do this for exercise, for fellowship, and in memory of Tamara Brown's daughter Brandi, who was killed in a car accident in 2007 in Huntsville. In February they did the Sweetheart 5K, in March they did the CASA 5K, and last weekend they walked the popular Blue Bell Run in Brenham--a nice picture of them at that run is available on our "latest news." Ye shall know them by their pink shirts saying Brandi's Brigade!

Brandi's Brigade includes Seven Hills members Kelly Bielamowicz and Jennifer Langley, along with Tamara Brown, Donna Gilbert, Heidi Keller, Debbie Liles, Anita Moore, Glendys Santos, Carion Taylor, and Sharon Valles. In honor of their fellowship, commitment, and mutual supportiveness, with the powers invested in me by Graphthar, Roman God of Running, Windsprints, and Cartwheels, I hereby declare Brandi's Brigade Seven Hills' RUNNERS OF THE MONTH. Congratulations!

**** Darren's Training Tips ****

Our club has many new runners and walkers, along with some "old hands" such as myself or Ken Johnson, who have each been racing more than thirty years. This month I thought I would try to add a few thoughts about training to our monthly updates, just a little food for thought.

Long distance running is about pushing up against, and pushing outwards, the limits of our endurance. And yet, in doing so, we must recognize that we cannot always simply "do more." In training, we need easy days as well as hard days, and after a hard racing season we may need some time off, so we can recover both physically and mentally.

This is a hard process to get accustomed to, mixing hard training and recovery, and I can tell you from personal experience that it takes a lot of work to find the mix that works best. I call this process "Finding Your Zen." Finding your Zen is so difficult precisely because training is always a mix of hard and easy -- so if things aren't going as you hoped, does that mean you need more hard workouts, or more easy days? It can be hard to tell.

Furthermore, everyone's Zen is different. Ken Johnson, for example, runs every day and does lots of long races, while I run three times per week and rarely race more than 5K. Early in our running careers, especially, one of the greatest challenges we all face is finding our Zen. In the coming months, I intend to talk to various experienced runners about how they have "found their Zen."

Thank you for helping make us the "biggest little running club in Texas." I hope you are as proud to be a member of Seven Hills as I am. Happy running!

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