

November 2013

Howdy there runners,

Thanksgiving is just around the corner, and I hope everyone has a great holiday. And don't worry, if you just happen to eat a little too much turkey, I have the perfect remedy--our next club run, coming up on Saturday morning:

Saturday, Nov. 30, 9 a.m.: Leftover Turkey Run, 10K, 5K and 1-Mile Run/Walk, Veterans Memorial Parkway, Huntsville. Meet at the southwest corner of the West Hill Mall parking lot. Register at the starting point. \$1 entry. Restrooms will not be available in the start/finish area.

It should be much warmer by Saturday and note the start time is 9 a.m., to give you an extra hour to relax in bed before coming out to run. I hope to see you there!

**** Club News ****

We had a nice cozy Potluck Dinner and business meeting two weeks ago, at which we distributed almost \$4,000 in proceeds from the Huntsville Half Marathon to eight area organizations and running teams. We can all share in the pride that comes with supporting the community in this way. Minutes from this meeting can be found here: 7hills.us/documents/SevenHillsMinutes11-14-2013.pdf , while the financial report from the Half Marathon is here: 7hills.us/documents/HALF2013FINANCIALreport.pdf .

Our club awards committee, under the leadership of chair Jacob Gautreaux, will be launching next week. This committee will identify recipients for our annual club awards, which will be given out in our awards and elections meeting in January. If you are interested in serving or wish to suggest a club member to serve on that committee, please let me know.

Texas Runner and Triathlete, which covers running and racing throughout the state, has a special offer for running clubs: if 12 or more members subscribe, you receive 50% off the subscription price and the club receives enhanced visibility in the magazine. Regular price is \$18, so half off is just \$9 per year. And if that isn't enough inducement, each month's magazine contains a special update on Seven Hills written by our secretary, Donna Fabian. If you currently receive the magazine or think you would be interested--shoot me a quick e-mail, and if we get to twelve I will follow up with you. Publisher Loren Sheffer is a member of the Seven Hills Running Club.

Some club members are hosting regular runs during the week and invite you to join them. Clayton Heald and Steve Bickford have begun a regular Wednesday evening run, leaving at 6 pm from the parking lot of the University Heights Baptist Church on Sycamore St. Restrooms and *** child care *** are available. In addition, Ken Johnson and his pack of wild trail runners are currently meeting at 4:30 pm at the Nature Center at Huntsville

State Park on Tuesdays and Thursdays. These runs, which are not official Seven Hills events, are open to everyone. Please contact them if you wish to learn more.

On the first Saturday of December, Dec. 7, there are three runs in our area. On the SHSU campus, the Chamber of Commerce will hold the 3rd annual "Christmas in the Pines" 5K and, now, with a 10K too! They will also have a race photographer this year--so come on out if you are in town that weekend. Out at the state park will be the Texas Trail Endurance Run--50 mile, 50K, and 20K. And in Conroe, several club members are heading to the final installment of this year's Texas 10 Series. Because of our high attendance at the races in this series this year, our club stands to place in the "Ten Gallon Cup" that is part of this series. You can find links to these races and more on the "Race Schedules" section of our club web site.

Remember, if you run a race out of town, send your results to Ken Johnson at 1941runner@sbcglobal.net , so he can post them on our "latest news." The Latest News section of our website is loaded with race results and pictures from all over Texas and beyond, always complete and up to date. We want to know about your run! In addition--for our annual awards, we keep count of the races completed, and miles raced, from this Latest News--so help us make sure we have an accurate count by letting Ken know about your race.

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

We now resume my series on "Finding Your Zen," getting the right mix of training and rest to maintain good mental and physical conditioning without injury. This month's installment comes from SHSU Cross Country Coach and club member Jesse Parker, who deals with this issue constantly with his high-training, high-performing collegiate runners.

In the Temple of Apollo the ancient Greeks had inscribed a phrase: "nothing in excess." The Greeks held a view of the Golden Mean, the perfect middle between two extremes, the idea that virtues are the desirable middle between two vices. I often use, as an example, courage. If taken to one extreme--too much--this becomes foolishness or recklessness, but if taken to the other--too little--this becomes cowardice. Courage is the golden mean between recklessness and cowardice.

What does all this have to do with running? The answer: everything! As a runner, to be successful, happy, and motivated, we must find our individual Golden Mean, the right balance between two extremes. We must balance our training between speed and endurance if we want to improve. If we only do endurance training, we will cover great distances, but not very fast. If we only do speed training, we will be fast, but not able to cover great distances. We have to find the right balance here, as well as the right balance between our running goals, our professional lives, and our responsibilities to friends and families.

And just as focusing on one area of our lives, to the exclusion of others, can lead to instability and unhappiness, failing to find the Golden Mean in our running can lead to problems with motivation, injury, and performance.

Furthermore, we should strive for our own Golden Mean. The right balance is different for everyone. Some have a particular goal time in mind, while others just want to finish the race. Some runners will do high mileage week after week, while others will find the right balance running much less. We are all individuals and all have different goals, and what makes one person happy will not make someone else happy. It is tempting to compare ourselves to others, but to achieve happiness with our running we only need compare ourselves to the person we were yesterday. Find your Golden Mean and you'll find yourself running happier and running better!

The last installment of "Finding Your Zen," featuring my own efforts to achieve this goal, will come out next month, in my last monthly update as club president. Thank you Jesse, and thank you all for helping make us "the biggest little running club in Texas." Happy running!

Darren Grant
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Huntsville, TX, and the surrounding region

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