

September 2013

Hi everyone,

Beautiful fall weather has arrived right on schedule, and to celebrate our club has not one, but two, running events this week. One developed at the last moment, and happens on Wednesday, just two days from now.

On that day Gilbert Tuhabonye will come to Huntsville to speak, as part of the "President's Speaker Series" at SHSU. A survivor of the 1993 massacre in Burundi and national champion collegiate runner, Mr. Tuhabonye is now a humanitarian and popular running coach in Austin. His biography, which is attached, is incredible. Mr. Tuhabonye's talk will take place from Wednesday from 11 am - noon at the Performing Arts Center on the SHSU campus, and is open to the public. Write me if you need directions.

In addition, SHSU has generously arranged for Seven Hills members to take a run with Mr. Tuhabonye that morning, and attend an informal breakfast with him afterwards! The run begins at 6:15 a.m. at the Field House next to Bowers Stadium, with breakfast afterwards at 7:15 a.m. Several club members, alerted to this by my Facebook post last week, are attending, and there is room for you too!

Lining this up took all my powers of persuasion. Here is how my conversation went with the SHSU President's Office:

Me: Please please please please please please please let us take a run with him!
President's Office: Oh, all right.

That's an exact transcript. Exact. I promise :)

*** If you are going to attend either the talk or the run, and you haven't already told me, please shoot me an e-mail and let me know! *** I hope you can make it--it should be quite an experience!

Then, on Saturday, comes our next club run:

Saturday, Sept. 28, 8 a.m.: Fall Fun 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.

As extra incentive to attend, we have a free entry to the Huntsville Half Marathon, Quarter Marathon, and 5K Run/Walk to give away that morning, so...I hope to see you there!

**** Club News ****

Response to my request for helpers at the Huntsville Half Marathon, Quarter Marathon, and 5K

Run/Walk has been wonderful. Many committees are fully staffed. But...we still need two or three more dedicated helpers for race day, people to help with registration, course management, etc. If you aren't running that morning, ****please**** consider helping out. This is the most important thing our club does all year, and is a great way to give back to the running community in our area.

You can also contribute in other ways. Help get out word about the race by taking some race applications and giving them to friends. I will have plenty available at both of these week's events. In addition, remember that sponsorships are available as well.

Also, if you do plan on running, don't forget to register by the end of the month, before the entry fees go up on Oct. 1.

I'd also like to welcome a number of new members that have joined us in the last six months: Dana Formon and Christopher Shank, Angelina Santos, Shawn Lane, Debbie, Jack, Abigail, and Emilie Choate, Kathy Utecht, April Payne, Jamie and Meaghan Hampton, Tweety Blankenship, Mary Meaux, Jamie McDougald, and James, Tiffany, Matthew, and Andrew Peters. Welcome! And welcome back to some old members who have rejoined us recently: Heidi Morse and the Wagner family, Matt, Stacy, Jaron, and Sierra. At least four Texas counties are represented in this list of new members, as the geographical reach of our membership continues to broaden.

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 ****

In the past couple of years, as school starts up, I have highlighted club members who are students. But we also have many club members who work in education. Connie Mathis, on her way back from a foot injury, teaches in Huntsville, and two of our officers, Donna Fabian and Jan Parks, teach in Onalaska, while Lara McCain just started teaching in Trinity. Others, such as Brian Zemlicka, Elena Rodriguez, and Adam Jenke, are involved on the administrative or staff side; still others, such as Ron and Mary Anne Davis, John Slate, and Craig Henderson, teach at SHSU.

So this month I'd like to highlight two club members who are helping to promote the sport in their districts. Over in Iola, Jamie McDougald, teacher and coach in the Iola ISD, is putting on the first annual "Iola Bulldog Dash" this Saturday. If you don't do our club run do the Bulldog Dash! www.iolaisd.net/Uploads/121/f250325.pdf. Meanwhile, club member Melanie Justice, a P.E. teacher in the Livingston ISD, has organized a running group at her school, which will be assisting at our Half Marathon!

Educators like Jamie and Melanie represent the front lines of health and physical activity with our young people, whom we are proud of and proud to support. Therefore, with the powers invested in me by the membership of the Seven Hills Running Club, I hereby pronounce Jamie McDougald and Melanie Justice Seven Hills' RUNNERS OF THE MONTH. Congratulations Jamie and Melanie!

There are no training tips this month. As we gear up for the Huntsville Half Marathon, I will be sending shorter, but more frequent, communications through November. Then we're back to the normal schedule in December, with a special "Finding Your Zen" from yours truly.

Thank you everyone for helping make us the "biggest little running club in Texas." Happy running!

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