

## **RUNNING SHORTS**

### **Seven Hills Running Club marks 30<sup>th</sup> birthday this month**

By Ken Johnson

Congratulations to the Seven Hills Running Club of Huntsville on it's 30<sup>th</sup> birthday this month. The club was formed in September 1985 to promote running as a means of achieving and maintaining physical fitness. And, it is still going strong.

The club is a member of the Houston Area Road Runners Association and the Road Runners Club of America. With over 300 members, the Seven Hills Running Club is one of the largest running clubs in the Houston area.

The club name was derived from the seven distinct hills upon which Huntsville is built. They are: Capitol Hill (17th St. and University Ave.). This site was a finalist in the list of proposed sites for the State Capitol. Obviously, Austin won; Cotton Gin Hill (7th St. and University Ave.); Smith Hill (Smith Hill Rd. and Roosevelt St.); Depot Hill (15th St. and University Ave.); Peckerwood Hill (Sycamore St. and Bowers Blvd.); Gospel Hill (Gospel Hill Road off Highway 75 North); and, Knowledge Hill (21st St. and Ave. O). When SHSU was Sam Houston Teachers College, most of the professors lived in this area. It was, therefore, referred to as "Knowledge Hill."

Besides a monthly run for all runners and walkers, the Seven Hills Running Club puts on the Huntsville Half and Quarter Marathon & 5K Run/Walk every October. This race is the third oldest of well over 100 half marathons (13.1 miles) in Texas. The 37<sup>th</sup> edition of this race is scheduled for October 17. Several hundred runners from all over southeast Texas are expected to participate.

Jill Blake is currently the president of the club. Other officers are: Steve Bickford, vice president; Donna Fabian, secretary; Dana Formon, registrar; and Ken Johnson, treasurer.

For more information about the club, visit their web site at <http://www.7hills.us>.

#### **Recent race results:**

##### **Woodforest Charity Run, Conroe, Sept. 12**

###### **10K (6.2 miles)**

Dan Byrne, 57                    39:38

Cindy Pate, 54                 1:21:12

###### **5K**

Brittani Stanton, 29         36:10

##### **Daily Press Run 10K, Galveston, Sept. 12**

Giovanni Valdivia, 30       59:13

Gerald Johnson, 60         1:03:49

Dana Formon, 27             1:04:26

Christopher Shank, 32      1:05:40

April Russell, 39             1:29:47

**Gruene 10K, New Braunfels, Sept. 12**

Steve Bickford, 54      47:10  
Cathy Bickford, 53      1:16:14  
Ken Johnson, 74        1:21:31

**Sunday Night Run, 3.25 miles, The Woodlands, Sept. 6**

Ken Johnson, 74        39:52

**Wellness 5K, Houston, Sept. 6**

Ken Johnson, 74        38:35  
Marilynn Johnson, 69   1:03:30

**CapRock 5K, College Station, Sept. 5**

Ken Johnson, 74        39:15

**Upcoming races in Huntsville:**

Sept. 19 – Dye for Dogs 5K, New Waverly  
Sept. 26 – Fall Fun Run, 10K, 5K, 1-Mile, Physical Therapy Associates  
Sept. 27 – Texas 10 Series, 10-Mile, 5-Mile, SHSU campus  
Oct. 3 – CASA Superhero 5K, Bowers Stadium  
Oct. 10 – Military Ruck March, 5 Miles, Huntsville State Park  
Oct. 17 – Huntsville Half and Quarter Marathon & 5K, SHSU campus  
Nov. 7 – Rocky Raccoon Trail Run, 50K, 25K, 5-Mile, Huntsville State Park

For more information about these races and others in the area, visit the Seven Hills Running Club web site at <http://www.7hills.us> and click on Race Schedule.