

Hello runners,

Our March club run on the trails was great, nearly fifty participants, and we are expecting even more for our next club run, coming up this Saturday morning:

Saturday, April 28, 8:00 am: Spring Fling at Elkins Lake, 5K & 1-Mile Run/Walk. \$1 entry. Register at the starting line.

Led by club VP Steve Bickford, this club run is being held in partnership with Elkins Lake. It begins at the Elkins Lake ballfields. Enter Elkins Lake off the I-45 service road onto Augusta Dr. Then, take your first left, onto Greenbriar, go about a mile and then take another left onto Greentree, and the ballfield will be just ahead.

The monstrous link below will take you to a Google Map that shows you how to get to the ballfields from the front of Elkins Lake. Note that if you are coming from the South, you can take the Huntsville State Park exit off I-45, Exit 109, and go North on the access road on the *west* side of I-45 to reach the entrance. If you need help finding the race start, please give me a call or send me an e-mail.

http://maps.google.com/maps?f=d&source=s_d&saddr=I-45+Frontage+Rd&daddr=30.646903,-95.532478&hl=en&geocode=FZbz0wEdOoxO-g%3B&abauth=a6c2d769:K5auVxiyLS4Tic0ReQdEwMT-KLA&vps=2&ei=amiXT9eeOZnkyQWC7aDqCA&jsv=408d&sll=30.649432,-95.531831&sspn=0.017279,0.033023&vpsrc=6&t=h&mra=me&mrsp=1,0&sz=16&num=10

We will be selling club t-shirts and t-shirts from our last Half Marathon. Restroom facilities will be available and refreshments will be provided. I hope to see you there!

** Club News **

It has been an incredible month of running and racing for our members. Since I last wrote, our members have competed runs all over Texas, including Wichita Falls, Smithville, Houston, Brenham, Huntsville, League City, Groveton, Waco, College Station, and Austin, where Mark Robinson and several other Huntsville residents ran the popular 10/20 rock-n-roll style 10 mile run. Terry and Kathleen Newton completed a half marathon in Dallas, while Callye Bennett, among others, finished a 25K at the Hog's Hunt at Huntsville State Park--her first. And that's not all. Club members participated in the Texas Independence Relay, a 50 miler in Arkansas and the Crescent City Classic in New Orleans. And...that's not all: see below!

To see all the results, be sure to check out 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.

In addition, I am pleased to announce the "grand opening" of our club Facebook page, which already has 87 members. Hat's off to Kristy Vienne, who took the lead in getting this page set up, and JC Guzman, who keeps it lively with his frequent posts. This page is there for all the things that don't fit into our monthly updates -- pictures from runs, invitations to meet and run at the park, conversations about upcoming races, and more. It is already active and will be even more active with your participation! The page is here:

<https://www.facebook.com/groups/55964470688/> , and if you ask to join we promise to let you in :)

Earlier this month, your club officers met to flesh out details for our Huntsville Half Marathon, Quarter Marathon, and 5K. Race details and online registration on active.com should be available before the end of the month. In a separate e-mail, in May, I will give you all the scoop! Minutes from our officer meeting are here:

<http://7hills.us/documents/SHRCOfficerApril2012MeetingMinutes.pdf> .

** Runner of the Month **

We heard from three club members this month about their running activity in other *continents*. Skipper Nethery wrote to tell us of his son Nick in Baghdad, who helped out with a 10K "Zombie Run." The "normal" people are gathered at the starting line and given a flag to wear on the back like in flag football. At the start, the normal folks get a one minute head start, then the zombies start and try to gather as many flags as they can! Nick is due back in country next month, and his parents and we all are proud of his service to our country and thankful for it.

Club member John Loftus writes with pride that his four man team finished the Oxfam 100 K trailwalk in the North Island of *New Zealand* in the 20% of all teams participating. Though the Loftus's have moved far from Huntsville, they happily maintain their club membership.

To be our farthest-flung runner this month, however, you had to be even further away from Huntsville. Club member Josh Spencer, son Casey and Colleen Spencer, finished a 56K in Mpumalanga province of South Africa -- the Lontom Ultra, which involves mostly running uphill through the mountains. A picture of a tired-but-happy Josh, and also one of John, can be found on our web site, under latest news.

Josh's story, and all of these stories, remind us that on any given weekend, we are joined in our running by many club members throughout the state, in other states, and even in other countries, and knowing that helps give us strength. Therefore, with the powers invested in me by Graphar, Roman God of Running, Sheep, and Plantains, I hereby declare Josh Spencer Seven Hills' **RUNNER OF THE MONTH**. Congratulations Josh!

** Runs and Related Stuff **

The notice may be a little late, but someone has contacted us interesting in finding partners for a marathon relay in Oklahoma City this Sunday. Please let me know if you are interested.

Don't forget that your SHRC membership gets you 10% off at Luke's Locker and Fleet Foot. Neither requires a membership card--just tell them you are with SHRC. Note: while the Luke's Locker store in The Woodlands has a copy of our roster, the corporate office has not distributed this to all of their other locations. So at stores other than The Woodlands, you may or may not receive this discount.

Finally, we have made a few changes to our schedule of club runs for upcoming months. Our July club run is moving from the end of the month to July 14, our September club run is moving to September 22. The July club run should be a special treat, that I'll tell you more about this summer, and we have other special events in the works for later on down the road....

Thank you everyone for helping make Seven Hills the "biggest little running club in Texas." If you have any questions, comments, or feedback, don't hesitate to contact me or any club officer. Happy Running!

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