

August 2013

Howdy Runners,

With Labor Day--the unofficial end of summer--behind us, I thought now would be a good time to preview the upcoming fall race schedule in Huntsville, which includes many familiar favorites.

Our next club run, the "Fall Fun Run," 1 mi., 5K, and 10K, will take place on the last Saturday morning in September, Sept. 28, at 8 a.m. The run will follow our familiar Veterans Blvd. course, and I will send a reminder the week before.

The next Saturday, Oct. 5, at Bowers Stadium, is the "CASA Superhero Event," a 5K, returning back to the fall after moving to the spring last year.

Two Saturdays later, on Oct. 19, is the Huntsville Half Marathon, Quarter Marathon, and 5K Run/Walk. Entry fees for all three distances go up at the end of the month. More race info, an entry form, and links to online registration can be found here: <http://7hills.us/hvhalf.htm>. This race is the single most important thing the Seven Hills Running Club does all year and I will follow up next week with an e-mail dedicated to helping us prepare to put on this race.

The next weekend, on Oct. 26, the Great Muddy Escape will again be held at General Sam's.

The following Saturday, Nov. 2, Rocky Raccoon 50K, 25K, and 10K will be held at the State Park.

Our popular club run, the Leftover Turkey Run, 1 mi., 5K, and 10K, will be held just after Thanksgiving, on Saturday, Nov. 30.

The last two races of the year will be held on Dec. 7. The Chamber will hold the 3rd annual Christmas in the Pines, 5K and 10K, while the Texas Trail Endurance Run will take place at the State Park.

In addition, two club members are helping host races outside of Walker County this fall. Jamie McDougald is putting together the inaugural Iola Bulldog Dash in Iola on September 28th. And in Conroe, Amy Wells is helping put together a 5K at Giesinger Elementary on Saturday, November 9. Good luck ladies with both your races!

Further information about all of these races and a lot more can be found on our web site, under "Race Schedules": <http://7hills.us/schedule.htm>. Ken Johnson spends a lot of time keeping this schedule complete and up to date, and it shows.

In addition, there are three other races worth adding to your calendar: the Texas 10 Series in Katy, on Sunday, September 29; in Waco on Nov. 3; and in Conroe on Dec. 7. The four-race Texas 10 Series began in Huntsville in April. The running club with the most participation across the series wins the "Ten Gallon Cup" and receives a substantial sum of money. Currently, we are in first place. If you need a ride to any of these, let me know--I may be able to hook you up with one.

**** Club News ****

I am pleased to report that the news has been positive for Cheri Villines, recovering from

removal of a brain tumor. Cheri was very grateful to receive the "get well shirt" that we signed at the Dog Days 5K at the Forest Hills Pool. Her daughters Emily and Mandie are again running for the Huntsville High cross country team, which will again be helping at the Huntsville Half Marathon this year as in years past.

I am pleased to say that your Seven Hills club membership now gets you 10% discounts at three running stores: Luke's Locker in the Woodlands, Fleet Feet in Houston and The Woodlands, and Brazos Running in College Station. Just identify yourself as a club member; you are listed on our web site as a member if there is any confusion.

This e-mail comes from the new permanent e-mail address for the Seven Hills Running Club president: PresSHRC@yahoo.com. This e-mail address can be used by future SHRC presidents without interruption and is easier to remember too! Feel free to e-mail me at this address for any club business, and continue to send any personal communication to dpgrant06@yahoo.com .

On Aug. 8 we had an "indoor picnic" at Elkins Lake Clubhouse, featuring a brief business meeting and a great presentation by Colleen Spencer on running without injury. Colleen has provided a semi-summary of those remarks for the "Finding Your Zen" section of this e-mail, below. I also want to thank Steve Bickford for ably leading the meeting in my absence. Minutes of the business meeting, ably taken by club secretary Donna Fabian, are here: <http://7hills.us/documents/SHRCMeetingMinutes8-4-2013.pdf> .

On Thursday, Sept. 12, at 6:00 pm at the Center for Rehabilitation and Sports Medicine by the hospital, Dr. Matt Wagner will make a presentation, "Running Smart: for beginning and advanced runners." The talk is free but please RSVP by calling 291-4599. Matt is a professor of kinesiology at SHSU and former owner of Nautilus. Many thanks to Alvin Ingalla, one of several health care professionals in our club, for bringing this to my attention.

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.

**** Runner of the Month ****

All of us become runners in different ways--some start, stop, and start again, some gradually work into it, and some just jump in with both feet. I pegged Glenn Green for the last type as soon as I met him last year--it was immediately clear how running was just right for him. Glenn, a facilities manager at SHSU, first became a runner for the health benefits, but has since diversified his exercise schedule to include biking, and hopes to complete in a triathlon soon. And his wife Laura, the event planner for the Chamber of Commerce, saw how running benefitted Glenn--then she jumped in with both feet too!

Over the past year Glenn and Laura have really grown as runners--both in their times and in their running knowledge. They can frequently be seen on the "latest news" on our web site, running races near and far. They truly demonstrate that, as you put more into running, you get more out of it. Therefore, with the powers invested in me by the membership of the Seven Hills Running

Club, I hereby pronounce Glenn and Laura Green Seven Hills' RUNNERS OF THE MONTH. Congratulations!

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

"Finding Your Zen" is the process of discovering the right mix and amount of training to maintain your conditioning, avoid injury, and keep you excited about running. This month Colleen Spencer summarizes her remarks in our August meeting, giving us a biomechanical view of running and injuries.

When you are running, be aware of how you are feeling. Are your feet landing on the heel, middle, or toes? What position are your knees? It is important to have someone else watch you run and tell you if you favor one side, land on the inside or outside of your foot, etc. Committed runners run often, and with that zeal and commitment comes over-do injuries. By being aware of how you run you can mostly prevent these injuries.

When I was training for the Half Marathon my right knee began to hurt badly on the inside.

However, I was determined to push through the pain and run that Half Marathon. It took a year until I could sit on the ground with my pediatric patients (I am a physical therapist) without pain. So, when I began to train for the whole marathon I decided to go to Luke's Locker and get some new running shoes. The salesman had me run on the treadmill and noted that I was over-pronating my right foot--my arch was dropping--and that is why my right knee had hurt so much. As I had trained on the left hand side of streets, mostly, my right foot would go down at an angle putting more weight on my arch as the street was angled. After getting shoes with more solid arch support to keep my right arch in position, my knee pain went away. I am a physical therapist and I did not figure it out until the shoe attendant pointed it out.

As I run now, I am always aware of where and how my feet are landing. Where do I feel pressure? Where and how you land can be controlled by you. You can adjust that as you run, if you are aware of it. So if you begin to feel pain consistently in one place think about how you are landing. Have a friend watch you run and see what they see. I highly recommend two pairs of shoes and using one on one day and the other on the next day. Always be breaking in a new pair of shoes and wearing out another pair.

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

Darren Grant

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