

Hi everyone,

Our New Year's Day club run set a record: 64 runners and walkers. Don't forget our next club run, coming up this Saturday morning:

Saturday, January 28, 9:15 a.m.: Frost Your Fanny 10K, 5K, and 1-Mile, Health & Kinesiology Center, SHSU, \$1 entry. Register at the starting line.

Please note the starting time has been pushed back from usual by 15 minutes so that we can provide you with \*bathrooms\*. The HKC will open at 9:00 am and they have graciously allowed our runners to use the restroom at that time. Bathrooms at club runs! Another major step forward for SHRC!! So...don't miss this club run, I hope to see you there!

\*\* Club News \*\*

We had a great and well-attended elections and awards meeting on Thursday, Jan. 12, at The Junction. Your officers this year will be the same as they are now: President, Darren Grant; Vice President, Steve Bickford; Registrar, Jan Parks; Secretary, Courtney West; and Treasurer, Ken Johnson. I said it at the meeting and I'll say it again--working with these individuals over the past year has been an absolute pleasure and I am looking forward to another productive and enjoyable year. Meeting minutes are attached.

This meeting featured awards given out to eleven of our members, in seven categories:

Most Placing in Races: Robert Duncan and Courtney West  
Most Miles Run in Races: Ken Johnson and Rebecca Houts  
Most Races Entered: John Slate and Cathy Bickford  
New Member: Clayton Heald  
They Take a Likkin and Keep on Tikkin: Jerry Flanagan and True Cousins  
Senior: Skipper Nethery  
Volunteer: The Grant Family

Congratulations to all of our award winners and thank you to our awards committee, which determined the categories of these inaugural awards as well as the recipients. A picture of the award recipients can be found on our web site, under "latest news."

We will have club T-Shirts for sale at the club run. They are white 50/50 shirts with the club logo in 3 colors on the front.

Long Sleeve (size XL only). 13 left. \$5 each.  
Short Sleeve - Remaining inventory: XL-7; L-3; M-6; S-9. \$3 each.

We also have lots of Half Marathon shirts left: \$5 for a tech shirt, and \$3 for 50/50, also available at the club run.

We are continuing our annual membership renewal drive. Membership is \$5 / yr. for students, \$7 / yr. for individuals, and \$10 / yr. for families. Multiple year renewals are encouraged--they simplify our record-keeping. As an enticement, if you renew for more than one year, you will receive a free entry to any one of our January / February club runs--what a deal! You can renew by sending payment to SHRC, P.O. Box 6804, Huntsville, TX, 77342-6804, or at the club run. If you are not sure whether you need to renew, please contact our registrar, Jan Parks, at [smellyshoes@cebridge.net](mailto:smellyshoes@cebridge.net)

Congratulations to everyone who participated in the Texas Marathon, the Houston Marathon, and a variety of other recent races--see the latest news section of our web site. Special kudos to Jacob Gautreaux, who *\*won\** the Texas Marathon, and to our first-time marathoners, including Craig Henderson and Courtney West.

Finally, remember to check out the Seven Hills web site, [www.7hills.us](http://www.7hills.us), for the latest on everything. Ken'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 our webmaster, Ken Johnson, keep up with your latest race times by e-mailing them to him at [1941runner@sbcglobal.net](mailto:1941runner@sbcglobal.net).

#### **\*\* Runner of the Month \*\***

We have a very active group of trail runners in this club, including, among many others, Jocelyn Shaw and Chris Wilson from SHSU's psychology department and former club vice president Philip Clark. This month I would like to honor one of the trail running organizers, John Cook. A local realtor, John has been a member of the club for decades and has completed, among many other races, six marathons. John, his wife Kathy, or both, are often seen at club functions, including club runs and helping out at the Half Marathon.

To me John embodies pure enthusiasm. Always upbeat, always looking forward to hitting the trails, and always enjoying some liquid freshment after the run--dehydration is not in his vocabulary--that is John. If you wish to join him and his merry companions on the trails at Huntsville State Park, where they can often be found on Tuesdays, Thursdays, and Sundays--e-mail John at [jwayne107@hotmail.com](mailto:jwayne107@hotmail.com) and he will add you to his e-mail list.

John reminds us of the pure joy that can be found in running. Therefore, with the powers invested in me by Grapthar, Roman God of Running, Shuttlecocks, and Lemon Meringue Pie, I hereby declare John Cook Seven Hills' RUNNER OF THE MONTH. Congratulations John!

#### **\*\* Runs and Related Events \*\***

The Rocky Raccoon 50 mile and 100 mile ultramarathon is taking place on Feb. 4 at Huntsville State Park. Our very own Curtis Barton will be running the 100 mile! Along with Team Traverse and

Ultra Fuego y Agua, out of Austin, we will be helping with the Nature Center aid station. A variety of shifts are available, beginning at 4 am on Feb. 4 and continuing through the next morning. Shifts run 4-5 hours, though shorter intervals are possible. If you are interested in helping out, please e-mail me and I'll help get you set up.

On Feb. 11, you will have a choice between two runs in Huntsville, both new for 2012: the Orphan Hope Marathon at Huntsville State Park (<http://www.orphanhopeintl.org/marathon/>), and the Sweethearts 5K, which starts on the SHSU campus (<http://www.active.com/running/huntsville-tx/sweethearts-5k-fun-run-walk-2012>). This Sweethearts 5K is being put on by a group in support of the American Heart Association--our club run at the end of February, which has the same name, will be held as always. A flyer for the Sweethearts 5K is attached.

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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