

Hello runners,

Our February club run had a nice turnout of 30 people, and we are expecting even more for our next club run, coming up this Sunday at Huntsville State Park:

Sunday, March 25, 2 pm: Run the Trails, 3.5 miles, Huntsville State Park Nature Center. Register at the starting line. \$3 entry, plus park entry (\$5 per person, or free with a state park pass).

Please note this is a non-competitive run: you will receive a finish time but not a finish place, and everyone receives a finisher medal! In addition, 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 \*\*

We have had several new members join over the past five months, and I'd like to take a moment to publicly welcome them all. If you haven't had a chance to meet them, I hope you will soon. There are a lot of enthusiastic runners in this group:

Callye Bennett; Patrick and Courtney Broaddus; Emily, Cheri, and Mandie Villines; Elena, Cesar, Diego, and Cesar Rodriguez; Dee and Doug Dretke; Bat-Erdene Myagmarjav; Elaine Minton; Jennifer, JT, Spencer, Scooter, Emily, and Cindy Langley and Magan Arnold; Rachael Harper; Katie and Shane DeVore; Bill Thompson; Tyler, Roxella, Dwayne, David, and John Harris; Emily, Randy, Dawson, and Brady Garner; Scholar Colbourn; Jessica Abt; Shelley Dugas; Stacey, Lane, Cameron, and Candace Smith; Sarah Raney; Destiny Fuller; Jay Maze; Jose, Leticia, Erick, and Blake Moreno and Sandy and Gael Galicia; Donna, Chuck, Matthew, and Andrew Fabian; Ray, Dianna, and Cody Hopkins; Jennifer Crispin; Kristy Vienne; Gene and Sheila Gaskins; James Bennett; Cindy Pate; and Todd Beauregard. Welcome!

With these new members and the successful completion of our membership renewal drive, our club now includes more than 100 households and more than 200 individuals, which makes us a little larger than the average club in HARRA, the Houston Area Road Runners Association.

This growth has been particularly satisfying to some of our longest-term members, including Esther Cousins and Ken Johnson, who helped set the guiding principles of our club. These have carried through to this day: friendliness, inclusiveness, and supportiveness. This is what I think of when I call us "the biggest little running club in Texas," because this is the essence of who we are as a club, and who we will continue to be no matter how many members we have.

Many of you, new members and old, have expressed an interest in helping with club events, including our club runs. To help organize that, I will be sending out another club e-mail tomorrow to learn about your interest in helping with various club activities.

Finally, remember to check out the Seven Hills web site, [www.7hills.us](http://www.7hills.us) , for the latest on everything. 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) . Our runners have reported many, many great times in many races throughout the state in the past month. Among them are personal records by Steven Wright and Kas Kramer at the Shamrock Strut in Houston, and JC Guzman's first-place finish in the 3-person marathon relay at the Woodlands Marathon. A picture of JC and his team will be featured in Texas Runner and Triathlete in May. Jose Moreno participated in a mud run in Houston, while Ben Harvie and Judy Hufstetler completed a duathlon. Congratulations to everyone on a great month of running and racing.

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

This month I would like to honor one of our most active club members, as a runner, photographer, and volunteer, Robert Duncan. An avid biker and triathlete as well as a speedy runner, Robert has been in the club for many years and is a frequent participant in our monthly club runs. Last month, instead of running the club run, he helped out, setting up an aid station at the Sweethearts 5K.

Robert is also, along with a few other members, an unofficial club photographer. Robert's photographs show up sometimes on the "latest news" section of our web site, and regularly on Facebook. We have been working on our club Facebook group the last couple of months and in April I plan to tell you all about it. I always enjoy getting on Facebook on the weekend and seeing the pictures from Robert's latest race.

Robert's enthusiasm for running is infectious. Therefore, with the powers invested in me by Grapthar, Roman God of Running, Fiberglass, and Velveteen, I hereby declare Robert Duncan Seven Hills' RUNNER OF THE MONTH. Congratulations Robert!

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

The BMI 5K will be held this Saturday, Mar. 24, in Conroe. Registration is available through Thursday on [active.com](http://active.com) .

On Saturday, Mar. 31, at Livingston State Park, the SAAFE House is holding a 5K and 10K run honoring victims of violent crimes. A race application is available on our web site, under "race schedules." Stick around afterwards for the Lake Livingston cleanup that is being held the same day.

On Tuesday, April 17, at 8:30 pm on the SHSU campus, Alpha Delta Pi is holding the "Flash Light Dash" 5K. There appears to be no way to register for this event online, but you can register that evening at the commons area of SHSU.

Don't forget Joshua Winston, going to Australia to run this summer with Down Under Sports, as

I mentioned in last month's club update. If you are interested in helping to support Joshua's trip, please contact me and I will give you the details.

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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