

Hey there runners,

It's been a busy month for our club. We were well represented down in Houston a few weeks ago, with James Spencer running the Houston Marathon and Armando Ayala, Kelly Blissett, Grant & Rebecca Threatt, Monica Lopez, and Maria Wicker running the half. That same weekend, we had a modest turnout for our "Frost Your Fanny" club run, and then soon after we held our awards and elections meeting.

At the meeting, awards were presented to three club members: Steve Allen, "Ambassador for the Sport," Shellie Geer, "Vetus Fidelus" (Old Faithful), and Mary Kaplan, "Energizer Bunny." They are pictured on the next page. Your newly-elected club officers for 2025 are Darren Grant, President; Bridgette Collins, Vice President; Delma Estrada, Secretary; Lisa Sawka, Registrar; and Ken Johnson, Treasurer. This is Bridgette's first term as an officer. She brings plenty of running and leadership experience to the position and will take the lead in updating our web site.

I want to thank our awards committee of Steve Bickford, Brad Didier, and Delma Estrada, and also outgoing VP David Keithley, who has relocated to Houston. He served for three years, helping put on club runs, planning club events, and doing a variety of odd jobs, including chairing the committee that first came up with the Haunted Hustle. His can-do spirit and positive attitude were wonderful to have in this rebuilding period that we have been in.



Clockwise from Top: It was a nice day for the Frost Your Fanny 5K; Bridgette Collins, newly-elected SHRC Vice President; Darren Grant, Lisa Sawka, Delma Estrada, and Ken Johnson round out your 2025 club officers.



**** Our Next Club Run ****

Our next club run will be Saturday morning, Feb. 22, at 8 a.m. on the SHSU campus. The Sweetheart 5K and 1 Mile Run/Walk will start and finish in the parking lot across the street from the University Hotel on Bobby Marks Dr. Register at the starting point, \$2 for SHRC members and \$4 for all others.

As usual, we will be giving out ribbons in the usual age categories, but in addition, we are introducing something new: a team competition. It is very simple: teams have two people and we add the times, lowest times win. You can find a teammate in advance or on site, however you wish. We have prepared three ACTUAL TROPHIES for first, second, and third in the team competition, and winning a trophy does not disqualify you from also receiving an age-group ribbon.

Sometime this week Cindy Pate will post a club run reminder on our Facebook page, and when she does we'll start a comment thread in which people can join up into teams. Spring now seems to start in February around here so come on out for our first club run of the spring!



Our award winners: Steve Allen, Ambassador for the Sport; Mary Kaplan, Energizer Bunny Award; Shellie Geer, Vetus Fidelus (Old Faithful). Each received a certificate and gift card.

**** Memberships and Renewals ****

Most club memberships run on an annual basis and expired at the end of 2024. Now is the time to renew if you haven't already.

You can renew by mail, online, or in person at a club run. To renew by mail, send your name and a check to our treasurer, Ken Johnson, at 114 Timberwilde Dr., Huntsville, TX 77320. You can renew online right here: <https://runsignup.com/Club/TX/Huntsville/SevenHillsRunningClub>. Please be sure to renew your existing membership, rather than creating a new membership, and be advised that RunSignup charges a small fee. Membership is \$7 for an individual and \$10 for a family, same as it was when the club was formed in 1985. If you have questions, e-mail our club registrar, Lisa Sawka, at lisasawka91@gmail.com.

**** Upcoming Runs ****

Learn more about these and other runs here: <https://7hills.us/schedule.htm>, where you will usually find links to registration and/or the run's web site.

Thursday evenings, Saturday mornings: Fass Brewery in downtown Conroe has a non-competitive 5K run from the brewery at 7 pm every Thursday night and a 5K and 10K on Saturday morning. Free entry and a free beer after the run. If you are interested, contact Ken Johnson at 1941runner@sbcglobal.net. I attended this last Thursday and it was a lot of fun.

February 22: Sweetheart 5K, 1-Mile Run/Walk & Team Competition, Huntsville. A Seven Hills Club Run.

March 2: Sunday Night 5K, Barbara Bush Elementary School, The Woodlands, Free Entry.

March 22: Run the Avenues 5K & 1 Mile Run/Walk, Huntsville. A Seven Hills Club Run with coffee afterwards.

March 22: Blue Bell Fun Run, 1 Mile, 5K, 10K, and Half Marathon, Brenham.

April 5: Gator Bait Adventure Race, Huntsville State Park. Run, Bike, and Paddle.

April 6: Gator Bait Trail Race, Huntsville State Park, Half Marathon, 15K, and 5K Trail Race.

Finally, our web site, <https://7hills.us>, has the latest race results from our members and much more. To report a race result or if you have any questions or feedback, please contact me. Happy Running!

Darren Grant

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