

Hey there runners,

Our club kicked off 2025 with the New Year's Day club run out at Physical Therapy Associates. It was sunny and not too cold and we had a nice crowd. As noted in my earlier newsletters, this year's club run schedule has some new things, beginning with a team competition in February. The full schedule is found on our web site, right here: <https://7hills.us/events.htm>.

I missed the run, away for a few weeks of camping that took me to towns in Florida and Louisiana that I had lived in decades ago. I ran my old routes in each place. Though it had been at least 30 years since I had run either, I remembered every step, every curve. Talk about nostalgia. I had gotten older, businesses had come and gone, but my old running routes remained the same.



*It was a nice sunny afternoon for our New Year's Day club run.*

#### **\*\* Our Next Club Run \*\***

It's getting chilly this weekend, but not until after our club run this Saturday morning. The Frost Your Fanny 5K and 1 Mile Run/Walk will be held Saturday morning, Jan. 18, at 8 a.m. at the fire station on Veterans, 1987 Veterans Parkway in Huntsville. Register at the starting point, \$2 for SHRC members and \$4 for all others. Restrooms will be available. The course is our classic figure-eight through Spring Lake subdivision.

I want to take a moment and thank the Huntsville Fire Department for helping host this club run and the Labor Day Run. They let us into the building for access to restrooms and somewhere to stay warm on chilly days. Fortunately, the temperature at race start is forecast to be 50°--perfect running weather. I hope to see you there!

#### **\*\* Awards and Elections \*\***

Later this month, we have our annual awards and elections meeting, which will be held at City Hall Café at 1421 Sam Houston Ave. in Huntsville on Thursday, Jan. 30. We will discuss the past year, make plans for the upcoming year, elect our 2025 slate of officers and present awards to deserving recipients. While most officers are willing to continue in their current positions, we will have an opening at Vice President, as current VP David Keithley has relocated to Houston. If you are interested in serving in this or any officer position, I'd be happy to talk to you.

We'll order food and eat starting at 6 pm, and the meeting itself will start afterwards, around 6:30 pm. You do not need to order food and are welcome to show up around 6:30 just for the meeting part if you

wish. While our club has made some forward strides in the past year, there is much more to be done and your input is valued.

### **\*\* Memberships and Renewals \*\***

We welcome our newest member, Stephen Monks of The Woodlands.

Most club memberships run on an annual basis and expired at the end of 2024. Several of you have already renewed; if not, now would be a good time to do so.

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 at RunSignup, link 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, please reach out to our club registrar, Lisa Sawka, at [lisasawka91@gmail.com](mailto:lisasawka91@gmail.com). Lisa is updating our records and will be sending e-mails to a few of you to check on your membership status.

### **\*\* 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](mailto:1941runner@sbcglobal.net).

Jan. 18: Frost Your Fanny 5K & 1-Mile Run/Walk, Huntsville. A Seven Hills Club Run.

Feb. 1: Rocky Raccoon 100 Trail Race, Huntsville State Park. 100 Mile, 100K, and Youth 1 Mile.

Feb. 2: Texas 10 Series, Sienna, 10 Mile, 5 Mile, and 5K.

Feb. 8: Rocky Raccoon Part 2, Huntsville State Park. 50 Mile, 50K, 13.1 Mile, and Youth 1-Mile.

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.

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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