

Hey there runners,

It was so cold and windy on the morning of our February club run, the Sweetheart 5K and 1 Mile Run/Walk, I didn't think anyone would show up. To my pleasant surprise, we had eight—seven runners and new Vice President Bridgette Collins, whose sixth sense accurately predicted that help would be needed! It was a festive run and awards ceremony after, with our first ever team competition and adorable heart finisher medals that Monica Lopez made for all participants. There are enough medals for next year and the team competition was such a success that we plan to do it again later in the year.



Sweetheart 5K Participants with Their “Finisher Medals” and Team Trophies. From left: Dirk Daniel, Shellie Geer, Brytnie Miniell, Darren Grant, Ashley Smith, Whitney Bennett, Bridgette Collins, and Medal Designer Monica Lopez.

In other news, your club officers met recently and made plans for the next several months. For some time we have been working on several things to improve our online presence, and we are getting ready to roll these out within the next few months—stay tuned.

But one thing couldn't wait: bumper stickers! We still have many 10K, 13.1, and 26.2 stickers in our collection, but ran out of 5K stickers long ago. We have a tradition of giving a bumper sticker to anyone who finishes their first 5K, and after we ran out resorted to tearing a 10K sticker in half and giving away the halves. Desperate times called for desperate measures! Our new 5K stickers are here in time for our next club run. Their cost was covered by our earnings in the Ten Gallon Cup, the Texas 10 Series' annual team competition. While the final results have not yet been published—they will be soon—we are confident of a high place, which brings in a cash award that covers the bumper stickers.

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

Our next club run will be Saturday morning, Mar. 22, at 8 a.m. The brand new “Run the Avenues” will start and finish right near Sipsy's coffee at the corner of Ave. M and 15th St. in Huntsville. The SAAFE House is letting us park in their lot on the northeast corner of that intersection, across Ave. M from Sipsy's, so don't worry about their “do not park” signs as we have permission. Register at the starting point, \$2 for SHRC members and \$4 for all others.

“Run the Avenues” does two new things. First, it gives us a club run right in the center of town. Second, we’re right by Sipsy’s so anyone who wants can go over for coffee afterwards! Sipsy’s has outdoor seating if you are worried about being sweaty (and indoor seating as well). The weather should be great and I hope to see you there!

**** Memberships and Renewals ****

Three people joined the club at our February club run! A warm welcome to Whitney Bennett, Brytnie Miniel, and Ashley Smith.

Most club memberships expired at the end of 2024, so 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 here: <https://runsignup.com/Club/TX/Huntsville/SevenHillsRunningClub>. Please be sure to renew your existing membership, rather than creating a new membership, and note 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: non-competitive 5K / 10K run at Fass Brewery in downtown Conroe, free entry and a free beer afterwards. Contact Ken Johnson at 1941runner@sbcglobal.net for more info.

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.

Apr. 12: Pineapple Run, non-competitive 5K and 1 Mile, Huntsville.

Apr. 26: Spring Fling 5K & 1-Mile Run/Walk, Spring Lake in Huntsville. A Seven Hills Club Run.

May 3: Run With Your Imagination 5K Color Run, Huntsville. Your club president helped initiate this run four years ago and will be coordinating traffic control. One and two mile distances also possible.

May 3: Miles and Smiles 5K, Madisonville

May 26: Memorial Day 5K & 1-Mile Run/Walk, Timberwilde Subdivision in Huntsville. A Seven Hills Club Run with breakfast afterwards!

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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