

Dear Friends and Runners,

On Saturday **August 18<sup>th</sup>** at **8am** is our annual **Heatwave 5k & 1 mile** run/walk in the Waterwood Subdivision east of Huntsville at 62 Waterwood Parkway Huntsville, TX 77320. Registration will be here at the Start/Finish line \$1 for club members and \$2 for non-members. Restrooms will be available, Refreshments will be provided, and after the race will be a drawing for two \$25 gift cards from Academy. Thank you to Donna and Danny Freeman for putting this run on every year. It's a beautiful course and for those that did not know, this is located in San Jacinto County (for those that this would matter to). So come on out and celebrate getting back to school with a 5k with your fellow running buddies. I know I'll be there.

On Monday **September 3<sup>rd</sup>** at **8am** is our annual **Labor Day 5k & 1 mile** run/walk in the Spring Lake Subdivision. Registration will be at the Start/Finish area at the Fire Station at 1987 Veterans Memorial Parkway in Huntsville. \$1 for club members and \$2 for everyone else. Refreshments will be provided. Restrooms will be available at the Start/Finish area. After the race will be a drawing for two \$25 gift cards for Academy.

On Sunday **September 30<sup>th</sup>** there are two local races.

First, we have the **Texas 10 Series Huntsville** at **7am** starting and finishing in front of the SHSU Football Stadium. <http://texas10series.com/races/about-huntsville/> They have a 5-mile and a 10-mile. The more people that sign up for any distance that register as being part of the Seven Hills Running Club, help us to get points in the Ten-Gallon Cup. Our club has won money every year. We take that money and buy the Academy gift cards that we give away. So make sure if you sign up, put that you are one of us, even if you're not a member. We don't mind.

Second, is the **SHSU Greek Life Bearkat Bolt 5k** at **8:30am** starting and finishing at 819 15<sup>th</sup> Street by Parking Lot 62 on the SHSU campus. <http://www.shsu.edu/dept/dean-of-students/greeklife/2018-bearkat-bolt-5k-run>

These two races are so close together, I might just be tempted to do both. Then, I would definitely be ready for the always awesome...

**40th Annual Huntsville Half Marathon, Quarter Marathon, and 5k.** It will be on Saturday **October 20th** 2018 starting at the Walker County Fairgrounds at 8am. You can register on line at <https://www.active.com/huntsville-tx/running/distance-running/huntsville-half-marathon-quarter-marathon-and-5k-2018?cmp=23-126>

**ALERT early entry deadline for the Huntsville Half is August 31<sup>st</sup>**

For more local area runs check our web page at <http://www.7hills.us/schedule.htm> and to help connect with area runners, be sure to check out and/or join our Facebook page at <https://www.facebook.com/groups/55964470688/>

Please send your Race Results to Ken Johnson either through Facebook or e-mail so he can put them on our website <http://www.7hills.us/latestnews.htm>

Vice President Janet Bouchard, [janetbouchard2009@gmail.com](mailto:janetbouchard2009@gmail.com) ,  
Treasurer Ken Johnson, [1941runner@sbcglobal.net](mailto:1941runner@sbcglobal.net) ,  
Registrar Jessica Twardeski, [shrc.registrar@gmail.com](mailto:shrc.registrar@gmail.com) , or  
Secretary Cindy Pate, [cindy\\_pate@yahoo.com](mailto:cindy_pate@yahoo.com)

Thanks,

Steve Allen  
President, Seven Hills Running Club  
[presshrc@yahoo.com](mailto:presshrc@yahoo.com)