

April 2014

Good evening everyone!!! Hope ya'll are having a great week!! Just wanted to remind everyone of a few things and give some updates on events.

Steve is still trying very diligently to get the design and cost down for our club tshirts. And I think he may have it figured out. So as soon as we get the final consensus and all the numbers drawn up we will be placing an order. I will be sure to let ya'll know when its time.

Here are a few things coming up:

April 26 - Spring Fling 5K & 1-Mile Run/Walk, 8 a.m., Elkins Lake Sub-division. Start and finish at the club house. \$1 entry. Register at the starting point. Refreshments will be provided. Restrooms will be available.

\*\*\*\*\* Steve Bickford will be needing volunteers for this race, I believe he sent out an email asking for volunteers. If you can assist with this race please contact Steve at tcbsteveb01@hotmail.com. Everyone please come enjoy this wonderful race!!!!

May 3- Saturday - Run Forest Run, 5K & 1-Mile Run/Walk, 9 a.m., Forest Glen Camp. Breakfast after the race. There will be a zip line for free and lots of good company.

May 10- Hogs Hunt Trail Run @ Huntsville State Park, the race director Paul Stone has asked Seven Hills to man an aid station in the back of the park. I will be out of town for this race so if there are any club members that would like to volunteer, please let me know ASAP, so I can let Paul know.

Please remember if your membership dues are expired to get them renewed. We have had a great turn out at our club runs and getting to meet new runners and their families. So everyone please come out and enjoy the fellowship.

Thank you and as always keep running!!!!

Jill