

SHRC Newsletter, April 2018

Dear Friends and Runners,

Spring has sprung and our race calendars are full of local races

First I want to mention that our Spring Fling 5k & 1-mile run/walk was rescheduled to Saturday April 28th so that we would not be in conflict with the Five-O 5k. One of our club's original goals was and is to promote running and fitness in our community. We felt that moving our club run would help to do that. We don't want to have to choose between supporting another local running event and our running event if it can be helped. And this one is for a good cause. Now I will mention these races in chronological order because it seemed like a good way to do it.

On Tuesday **April 10th** at 8pm is the Ready, Set, Glow 5k at SHSU at the Coliseum. This is not a club affiliated run but it's local so we wanted to spread the word. <https://www.facebook.com/events/177339073044577/>

On Saturday **April 14th** is the Blue Bell Fun Run 5k, 10k, and Half Marathon in Brenham. This is a club favorite. If you decide to sign up, we encourage you to put that you are a member of team "Seven Hills Running Club". It adds a little excitement and who knows, the team could win. Whether you're slow or fast, it's not a team if we don't have at least 5 participants on the team for a particular distance and it does not hurt to have extras. <https://bluebellfunrun.com/>

On Saturday **April 21st** at 9am at 125 Medical Park Ln in Huntsville is the aforementioned Five-O 5K Color Run. Good local fun run and the proceeds will go to assist the family of Sgt. Valles who was diagnosed with cancer. Race Day registration starts at 8am. <https://www.facebook.com/events/877797462401549/>

On Saturday **April 28th** at 8am is our Annual Spring Fling 5k & 1-mile run/walk in the Elkins Lake Sub-division in Huntsville. We will start and finish in the usual spot which is in the parking log between the swimming pool and the club house. Registration will be at the Start/Finish area. \$1 for SHRC Club members and \$2 for non-members. Restrooms will be available and there will be a drawing for two \$25 Academy gift cards after the race.

On Sunday **April 29th** at 7am in Missouri City is Texas 10 Sienna. Part of the Texas Ten Series our club has placed in and won money from every year. The money we have won is what pays for the gift cards that we give away at club runs. So, if you sign up please put that you are part of team Seven Hills Running Club.

Also on Sunday **April 29th** at 9am at the Huntsville State Park is the XTERRA Gator Bait Trail Run 5k, 15k, and 21k. A lot of our runners enjoy the trails at the state park. Now you can race in your own back yard, so to speak. <http://www.terrafirmaracing.com/upcoming-events/xterra-gator-bait-trail-run/>

How's that for a full Race Schedule. There plenty of ways to get your run on this month. Hope to see you out there.

On Thursday **May 10th** at 6pm we will have a General Membership Meeting to discuss club business including but not limited to the Huntsville Half Marathon at the City Hall Café. So come participate and socialize.

Also, a reminder that club memberships expire at the end of each calendar year. If you are not sure if you are paid up you can check our website at <http://www.7hills.us/members.htm> and see when your membership expires. Please let us know if we do not have the right information, sometimes we make mistakes. If you need to renew your membership, you can do so at the club run, or by sending a check for the appropriate amount (\$5 students, \$7 individual, \$10 family) to SHRC, P.O. Box 6804, Huntsville, TX 77342-6804. Also, you can pay your membership dues when you register for...

The 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>

Thank you to April Russell who is heading up our Sponsorship Committee. If you know a local business who would be interested in sponsoring and advertising with their logo on the back of our race shirts. Let us know. It could be a win\win situation.

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> . We enjoy seeing how our members are doing out there. It helps inspire us.

If you have any questions, comments, or concerns, please feel free to contact me or one of our officers via e-mail or Facebook.

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Thanks,

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