

August 2017

Hello Friends and Runners,

August, this is the sweet spot. If you are planning on running any races in September or October. It is time to start training, if you're not already. I know it's hot outside so take it easy, do what you can, run walk, or walk walk, but start moving now and it will get easier as Fall gets here. Don't overdo it and drink plenty of water. Also, come on out and join us for a club run.

On Saturday August 19th we have our annual Heat Wave 5k & 1 mile club run at 8am in the Waterwood sub-division. This starts and finishes at the Fire Station. This location is actually in San Jacinto County but, still has a Huntsville address. To get there you can take US-190 out of Huntsville for about 15 miles, turn left on Waterwood Parkway, go a little over 7 miles and right after you cross FM 980, look to the right for the Fire Station. Or you can take Hwy 19 out of Huntsville, turn right on FM 980 in Riverside at the stop light, go about 14 miles and make a left on Waterwood Parkway. If you use GPS, put in 2 Waterwood Parkway Huntsville, TX. In the past GPS directions for the Fire Station will take you to somewhere that is not even close, or so I am told, so I do not recommend them but when I looked it up on Google Maps today, the above address took me pretty close. This is really a beautiful place to run so, if you can make it, I recommend it. As usual it will be \$1 for club members and \$2 for everyone else. We will be giving away three \$25 gift cards to Academy.

On Monday September 4th we have our annual Labor Day 10k, 5k, and 1 mile at 8 am in the Spring Lake Sub-division. We will start and finish at the Fire Station that is at 1987 Veterans Memorial Parkway. There will be restrooms available at the Fire Station. Entry fee will be \$1 for club members and \$2 for everyone else. We will have a drawing to give away three \$25 gift cards to Academy after the race.

Also in September, on Sunday the 24th at 7am is Texas 10 Series Huntsville. They have a 10 mile, a 5 mile, a 5k, and a 1 mile run. If you or anyone you know register for this race, make sure you put that you are a member of Seven Hills Running Club or on our team. This helps our club to get more points in the Armadillo Cup. The last few years our club scored enough points through the year to win money. We usually score the most points on this race. The last couple of years we took the winnings from this to pay for our \$25 gift cards that we give away. This is so that we can give it back to the runners and promote running. So sign up or just come out and cheer us on. You can find more information about this race at <http://texas10series.com/races/about-huntsville/> or you can register for it at https://events.com/r/en_US/registration/2017-5th-annual-huntsville-10---presented-by-houston-methodist-huntsville-september-25191 Also, this is a great warm up race for the Huntsville Half. I ran this one last year and it was tough but, when I ran the Huntsville Half, I set a personal record and set other personal bests in other races after that after that. The hills are tough, but they are a good work out.

Registration is open for the 39th Annual Huntsville Half Marathon, Quarter Marathon, & 5k for Saturday October 28th 2017 at 8am. We have online registration at <http://www.active.com/huntsville-tx/running/distance-running-races/huntsville-half-marathon-quarter-marathon-and-5k-2017> and you can also check out the latest race news for the Huntsville

Half at <https://www.facebook.com/HuntsvilleHalfTexas/> Also, this year when you register for the Huntsville Half, you can renew your SHRC membership for this year, sign up as a new member, and/or pay for next year's membership if you like.

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

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Thanks,

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