

July, 2014

Hello 7 Hillers,

I hope everyone's week has started off well. This weather is HOT!!!! Not too bad for July in Texas, hope everyone is staying hydrated and fueling properly. It is very important to make sure you stay hydrated during this time of the year. Just a little friendly advice. Well I wanted to update everyone on a few things.

First, our monthly club run is this Saturday, July 26 - Dog Days 5K & 1-Mile Run/Walk, 8 a.m., Huntsville, Iron Works (old Nautilus) Hwy. 30 & Normal Park. Course in Forest Hills Sub-division. \$1 entry. Register at the starting point. Restrooms will be available at 7:30 a.m. Refreshments will be provided.

Second, our club shirts are coming along. The order has been placed, however; the tanks were on back order, so I spoke with Ink Slingers and as soon as the tanks are in ya'll will have your shirts!!!! I am really excited!!!

Third, remember our 36th Annual Huntsville Half Marathon is just around the corner, October 18. It will be here before you know it, so if you haven't registered, go to our website <http://www.7hills.us/> and get registered while prices are still cheap. I will be sending out emails asking for volunteers as the it gets closer. Our volunteers are what make this race great and of course are prices. Also, we need to get our race information out there, so if you would like some of the flyers to pass out at your place of business or in your area, please please let me know and we will get them to you.

Upcoming races in Huntsville:

August 23 - Heat Wave 5K & 1-Mile Run/Walk, 8 a.m., Waterwood Sub-division Fire Station. \$1 entry. Register at the starting point. Refreshments will be provided. Restrooms will be available. Directions: From Huntsville, take Hwy. 19 to Riverside. Take a right on FM 980 and to 13.9 miles. Turn left on Waterwood Drive and the Fire Station will be a quarter mile on the right. GPS address is 24520 Pecan Tree Lane, Huntsville. Note: The normal route to Waterwood from Huntsville, out Hwy. 190, is not available due to construction on Waterwood Drive.

September 27 - Fall Fun Run, 10K, 5K, 1-Mile, 8 a.m. at Physical Therapy Associates, 127 Medical Park Lane, Huntsville (behind the hospital). \$1 entry. Register at the starting point. Refreshments will be provided. Restrooms will be available starting at 7:30 a.m.

Hope to see everyone this Saturday. Happy running!!!!

Jill