

July 2015

Good evening Just wanted to let yall know that our next club run is this Saturday, July 25 - Dog Days Run, 5K, 1-Mile, 8 a.m., Iron Works #2 (old Nautilus) in Huntsville. The entry fee is \$1 for SHRC members and \$2 for others. Register at the starting point. Refreshments will be provided. Restrooms will be available starting at 7:30 a.m.

Also wanted to let you guys know about The Galveston Daily News Press Run (10K, 5K) is offering Seven Hills Running Club members a \$10 discount. The race is in Galveston on Saturday, September 12. Sign up before September 6 and use discount code PR15RUND. Race link: <http://www.galvnews.com/pressrun/>

And last but not least, let us not forget about our own Huntsville Half Marathon on October 17!!!! Head on over to our website www.7hills.us to get registered. See everyone this Saturday!!!

Jill