

SHRC NEWSLETTER, March 2017

Hello Runners,

Spring is upon us and the weather is great for running. What better way to kick spring off than a casual social run at the local State Park.

On Sunday March the 19th at 2pm we will have our annual Run the Trails 3.5 mile Non-competitive run/walk at the Huntsville State Park. This event will start and end at the Nature Center which is on the right, just after you enter the park. There is a \$5 park entry fee to get into the park unless you have a Texas State Park Pass but, this race will be FREE. We will accept donations of up to \$3 per person if you would like to help support this particular event, but it will not be expected. ALL participants will receive a medal. Refreshments will be provided. After the race will be a drawing to give away three \$25 gift cards to Academy. Restrooms are available at the Nature Center.

Next, I want to go ahead and mention the Blue Bell Fun Run. If you are planning on doing the Blue Bell Fun Run on Saturday April 8th, we would like to invite you to check the box that you are part of a team and put "Seven Hills Running Club" as your team. I am not sure if anyone has started a 5k team but, I have started a 10k team and we could use more runners. If you have already signed up for the 10k and did not sign up for the team but would like to please let me know so I can get you added. Whether you feel you are fast or not you cannot hurt the team you can only help it. If our team does not have at least 5 finishers we are not counted as a finishing team, no matter how fast the other four are. So, if you're going to be there anyways, join the team. We would be glad to have you. <https://bluebellfunrun.com/>

Also in April, on the 22nd, we will be having our Spring Fling 5k & 1 mile Club Run. Starting at 8am in the Elkins Lake Sub-division in Huntsville. We will start and finish next to the swimming pool by the Club House. \$1 entry fee for Seven Hills Running Club members and \$2 for non-members. Registration will be at the starting point. Refreshments will be provided. Restrooms will be available. After the race will be a drawing to give away three \$25 gift cards to Academy.

For other local races make sure to check out our website at <http://www.7hills.us> There is all kinds of interesting information on there about our club and members, old newsletters, club scrapbook, member articles, latest news on our runners, upcoming club events, and other local races.

Also, a reminder that memberships expire at the end of each calendar year. 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.

If you have any questions, please feel free to contact me or one of our other officers:

Vice President Darren Grant, dpgrant06@yahoo.com,
Treasurer Ken Johnson, 1941runner@sbcglobal.net,
Secretary Melissa Gillespie Davis, meljohn25@gmail.com, or
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Thanks,

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