

Dear Friends and Runners,

The **40th Annual Huntsville Half and Quarter Marathon and 5K** will be held on Saturday **October 20th 2018** starting at the **Walker County Fairgrounds** at **8am**. The last day to register online is Thursday the 18th <https://www.active.com/huntsville-tx/running/distance-running/huntsville-half-marathon-quarter-marathon-and-5k-2018?cmp=23-126> If you miss the online registration, you can still register at Packet Pickup Friday evening at Academy from 5:30 pm to 7, or on race day at the Fairgrounds with cash or check only.

These are some of the best prices you will find for a Half Marathon anywhere. We have awesome finisher medals for every race distance, cool 40th Annual Huntsville Half Marathon T-Shirts, and trophies for the first three finishers in each age group. We have awesome volunteers and thoughtfully prepared food after the race. We have a beautiful course, great sponsors, and free race photos. Also, runners can take their bib by Iron Works Health Club and get a shower after the race. We hope you can join us whether you are running, cheering, or....

VOLUNTEERING! We could also use volunteers to help at the food tables, start\finish area, registration, awards, taking photos, or (if you have a multi-passenger vehicle) help distribute volunteers at water stations and along the course. If you're interested let one of us know or show up, volunteer, and cheer.

On October 27th there is a Walk & Run for Breast Cancer Awareness being put on by Huntsville Diamonds that starts at 8am at HMH Clinic 125 Medical Park Lane in Huntsville. All proceeds will benefit their Survivor Gala. If you are interested, for more information it says to call 936-355-9502.

On November 10th at 9am there is the Annual Color Run 5k in Trinity, TX which is being sponsored by the Haley Burk Memorial Foundation and the Trinity Police Department. For more information go to <https://local.nixle.com/alert/6867066/?fbclid=IwAR3gasuGdAjJQzqFAPZZdTdZ2P1TvFtaJP7qtBffDkbgigqPHLToA8oTpGs>

On November 24th at 9am is our Annual Leftover Turkey 10k, 5k, & 1-mile Club Run. This event will start\finish at Physical Therapy Associates located at 127 Medical Park Lane in Huntsville. That is behind the Hospital for those that are not familiar. As usual registration will be at the start\finish area \$1 for club members and \$2 for everyone else. Refreshments will be provided. After the race we will have a drawing to give away two \$25 Academy gift cards. Must be present to win. Restrooms will be available

For more local area runs check our web page at <http://www.7hills.us/schedule.htm> and to help connect with area runners, be sure to check out and\or join our Facebook page at <https://www.facebook.com/groups/55964470688/>

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>

Vice President Janet Bouchard, janetbouchard2009@gmail.com ,
Treasurer Ken Johnson, 1941runner@sbcglobal.net ,
Registrar Jessica Twardeski, shrc.registrar@gmail.com , or
Secretary Cindy Pate, cindy_pate@yahoo.com

Thanks,

Steve Allen
President, Seven Hills Running Club
presshrc@yahoo.com