

Hi everyone,

Our August club run had a wonderful turnout, almost fifty people! So don't forget out next club run, coming up this Saturday:

Saturday, September 24, 8 am: Fall Fun Run, 10K, 5K and 1-Mile Run/Walk, Veterans Memorial Parkway, Huntsville. Meet at the south end of the West Hill Mall parking lot. \$1 entry. Register at the starting point.

Just like last year, we will be doing this run in conjunction with the Ruck March, which begins in the same parking lot. (They march on the street, and we run on the sidewalk opposite. Our path will not be obstructed.)

To make sure it is easy to find us, we will be setting up our canopy with our club banner slightly *east* of our usual spot. Instead of being on the corner of Veterans Pkwy. and Col. Etheridge Dr., we will move down Col. Etheridge, away from Veterans, about 100 yards. There should be parking there, and it is still a short walk to the starting line. We will be taking an additional, voluntary collection during registration to help support the Ruck March.

**** Club News ****

We have had several new members join over the past three months, and I'd like to take a moment to publicly welcome them all. If you haven't had a chance to meet them, I hope you will soon.

Scott, Laura, and Aaron McDonald; Steven Wright; Jeremy, Denise, Codey, Christian, Joshua, Brogan, and Rylen Winston; Margie Wilkins; Jocelyn Shaw; Krista Morris; Michele, Michael, and Malachi Macias; Kasandra Kramer; Russell Jenkins; Becca Houts; Sharon Heald; Clayton, Hope, and Matthew Heald, Mason Thomas, Maddison Welborn, and Mehrisa Welborn; Judy Hufstetler; James and Jennifer Bruce; Robert Barnhill; Stacy Ulbig; and Brent and Susan Butler. Welcome!

With so many total members, Yahoo thinks I am a spammer if I try to send e-mail to all of you at once, so club-wide e-mails are now being sent out in batches.

Club member Lara McCain was featured in the most recent "Postcards from the Piney Woods." You can read her inspiring story--in which running appears prominently--by following the link at <http://www.postcardslive.com/>

We are gearing up for the Huntsville Half Marathon and 5K, to be held October 22. Most committees are assembled but we still need some additional helpers--please contact me if you are interested. During the next week I will be sending e-mails to each committee, and then I will e-mail the club separately about this early next week. This is the biggest thing we do all year, and we want it to be great!

Finally, remember to check out the Seven Hills web site, www.7hills.us, for the latest on everything. Ken's most recent "Running Shorts" column, if you missed it in the Item, is here: <http://7hills.us/RunningShorts.htm>. Recent race results for club members are here: <http://7hills.us/latestnews.htm>-- always up to date, and includes pictures. Please help our webmaster, Ken Johnson, keep up with your latest race times by e-mailing them to him at 1941runner@sbcglobal.net.

**** Runner of the Month ****

This month, the honor goes to one of our most senior runners, True Cousins. A charter member of the SHRC, True served as the Treasurer for many years, and he has consistently participated in club races and other races throughout East Texas. Even now, at age 77, he remains an active runner and walker, who has encouraged a lot of younger runners--one of them being his grandson, Keanu, who has accompanied him at many local runs.

True is but one of several active runners and walkers in our club who are in their 70s. I don't know about you, but I find that incredibly inspiring. Their stories, and True's, remind us that sometimes, just by doing what we love, we inspire and support others to do the same. Therefore, with the powers invested in me by Graphar, Roman God of Running, Quick-Set Cement, and Marigolds, I hereby declare True Cousins Seven Hills' RUNNER OF THE MONTH. Congratulations True!

**** Runs and Related Events ****

Steve Bickford and his son are hoping to run the White Rock Marathon Relay in Dallas on December 4. If you are interested in running a leg of the marathon with them, 5-6.5 miles, please contact him at tcbsteveb01@hotmail.com.

Don't forget the Speak Up for Kids CASA 5K, starting at Bowers Stadium here in Huntsville on Saturday, October 8. A link to register on active.com can be found on the club web site, under "race schedule."

And, finally, don't forget the club's biggest event of the year, the Huntsville Half Marathon and 5K. Early bird pricing ends October 8. You can find a printable entry form and a link to register online at <http://7hills.us/hvhalf.htm> . And if you won't be running, we would love to have your help!--e-mail me if you are interested.

Thank you everyone for helping make Seven Hills the "biggest little running club in Texas." If you have any questions, comments, or feedback, don't hesitate to contact me or any club officer. Happy Running!--Darren.

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