

September 2014

Good afternoon,

Its that time of year again 7 hillers!!! That's right time for the Huntsville Half Marathon. As you all know this race would not be possible without the help of our wonderful volunteers. We will need volunteers for setting up the course, food committee, aid stations, packet stuffing, packet pickup, race day packet pickup, start/finish line as well as people out on the course to help guide the runners. So if you would be interested in volunteering for any of these committees now is the time to let me know. Just send me an email indicating what you would like to do. I may be in contact with you, especially if you volunteered in the past years. Like I said this race would not be possible without our volunteers, so please sign up.

Next item of business is our monthly club run, 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.

Physical Therapy Associates (PTA) will provide all runners and walkers a special towel and will award the male and female winners in the 10K with a PTA T-shirt and a free entry to the Huntsville Half or Quarter Marathon (October 18).

Also, the PTA staff will be on hand to assist in pre-race stretching.

Also, if you have ordered a club tshirt in the first order, I will have those available at the club run this Saturday. I have placed the second order hopefully they will be ready by Saturday, I will send an email out if they are ready by then.

Hope to see you all Saturday,

Jill