

SHRC Newsletter, September 2017

Dear Friends and Runners,

Let us all pray for those effected by Hurricane Harvey and let us be lead to give any assistance that we can to help support those in need. If you yourself are in need, please let us know, and we will do what we can to help you get the help that you need.

On Monday September 4th we have our annual Labor Day 10k, 5k, and 1 mile at 8 am in the Spring Lake Sub-division. We will start and finish at the Fire Station that is at 1987 Veterans Memorial Parkway. There will be restrooms available at the Fire Station. Entry fee will be \$1 for club members and \$2 for everyone else. We will have a drawing to give away three \$25 gift cards to Academy after the race. There will also be chopped brisket sandwiches and veggie burgers with chips and refreshment provided after the race. Any proceeds from this event will be donated to help victims of the recent flooding. So come on out and enjoy. Even if you are just coming for the food, you won't find a better deal.

Also, starting Labor Day we are offering 10% off of the Huntsville Half when registering online using the promotion code "laborday". This discount code will be good for 1 week.

We are looking for Sponsors for the 39th Annual Huntsville Half Marathon, Quarter Marathon, & 5k on Saturday October 28th 2017 at 8am. If you have a business, work for a business, or know a business that would be interested in sponsoring, please have them contact Cindy Pate (cindy_pate@yahoo.com), Janet Bouchard (janetbouchard2009@gmail.com), or one of the officers. To encourage participation, sponsorships are available for only \$150. Contributing sponsors will have their logos printed on the back of the race shirts and will be announced as sponsors on race day. Also, they may include promotional material that is given out to the runners on at packet pick up and on race day. Lead sponsorships are also available. All sponsorships will need to be in by September 15th so that we will have time to get your logo on the race shirt. These contributions help us keep our prices low and all proceeds are donated to charity.

To register on line as a participant, we have online registration at <http://www.active.com/huntsville-tx/running/distance-running-races/huntsville-half-marathon-quarter-marathon-and-5k-2017> and you can also check out the latest race news for the Huntsville Half at <https://www.facebook.com/HuntsvilleHalfTexas/> Also, this year when you register for the Huntsville Half, you can renew your SHRC membership for this year, sign up as a new member, and/or pay for next year's membership if you like.

To help you get prepared for the Huntsville Half you may want to try this run out. On Sunday September the 24th at 7am is Texas 10 Series Huntsville. They have a 10 mile, a 5 mile, a 5k, and a 1 mile run. If you or anyone you know register for this race, make sure you put that you are a member of Seven Hills Running Club or on our team. This helps our club to get more points in the Armadillo Cup. The last few years our club scored enough points through the year to win money. We usually score the most points on this race. The last couple of years we took the winnings from this to pay for our \$25 gift cards that we give away. This is so that we can

give it back to the runners and promote running. So sign up or just come out and cheer us on. You can find more information about this race at <http://texas10series.com/races/about-huntsville/> or you can register for it at https://events.com/r/en_US/registration/2017-5th-annual-huntsville-10---presented-by-houston-methodist-huntsville-september-25191 Also, this is a great warm up race for the Huntsville Half. I ran this one last year and it was tough but, when I ran the Huntsville Half, I set a personal record and set other personal bests in other races after that. The hills are tough, but they are a good work out. Use the checkout code "TOUGH10" for 15% off. I am not sure how long that is good for but, I just got that code today so it is good for at least today and I would give it a try even if you signed up next week.

We need volunteers to help with the upcoming Huntsville Half. Please contact an officer to see how you can help out today!

I know our members like to know about local running events. The Muddy Kat 5k (3.5 mile) will be held on October 14th at 9:30am at the Sam Houston University Camp. This run is not a SHRC sponsored event but it is reasonably priced and local. For more information, check out their website. https://events.shsu.edu/event/inaugural_muddykat_5k_trail_run#.WZIGZNFOnAQ

If you have any questions, comments, or concerns, please feel free to contact me or one of our other officers via e-mail or Facebook.

Vice President Darren Grant, dpgrant06@yahoo.com,
Treasurer Ken Johnson, 1941runner@sbcglobal.net,
Registrar Dana Formon, shrc.registrar@gmail.com, or
Secretary Melissa Gillespie, meljohn25@gmail.com

Thanks,

Steve Allen
President, Seven Hills Running Club
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