

SHRC Newsletter, September 2018

Dear Friends and Runners,

I want to announce that we **will** be having a 10k at our Labor Day run. Last year there was some confusion on the course and we did not want to do it if this year if there was not enough support. Then, I was contacted by Nicolas Hendricks with Boy Scout Troop 98 asking if we could use any volunteers for our race to help them earn a merit badge. We accepted and we hope that you can join us on Labor Day. I like this 10k and am glad we are doing it. I look at this 10k as a prep race for the Texas 10 at the end of the month and the Huntsville Half in October. We will have Breakfast Tacos and plenty of volunteers, so come on out for a challenging run on a beautiful course and don't forget to thank our volunteers. It's a great way to start your Labor Day.

On Monday **September 3rd** at **8am** is our annual **Labor Day 10k, 5k & 1 mile** run/walk in the Spring Lake Subdivision. Registration will be at the Start/Finish area at the Fire Station at 1987 Veterans Memorial Parkway in Huntsville. \$1 for club members and \$2 for everyone else. Refreshments will be provided. Restrooms will be available at the Start/Finish area. After the race will be a drawing for two \$25 gift cards for Academy.

On Sunday **September 30th** there are two local races.

First, we have the **Texas 10 Series Huntsville** at **7am** starting and finishing in front of the SHSU Football Stadium. <http://texas10series.com/races/about-huntsville/> They have a 5-mile, a 10-mile race and they even have the "Huntsville Lil Bearkat 1 Miler". The more people that sign up for any distance that register as being part of the Seven Hills Running Club, help us to get points in the Ten-Gallon Cup. Our club has won money every year. We take that money and buy the Academy gift cards that we give away. So make sure when you sign up that you put that you are one of us, even if you're not a member. We don't mind.

Second, is the **SHSU Greek Life Bearkat Bolt 5k** at **8:30am** starting and finishing at 819 15th Street by Parking Lot 62 on the SHSU campus. <http://www.shsu.edu/dept/dean-of-students/greeklife/2018-bearkat-bolt-5k-run>

These two races are so close together, I might just be tempted to do both. Then, I would definitely be ready for the always awesome...

40th Annual Huntsville Half Marathon, Quarter Marathon, and 5k. It will be on Saturday **October 20th** 2018 starting at the Walker County Fairgrounds at 8am. You can register on line at <https://www.active.com/huntsville-tx/running/distance-running/huntsville-half-marathon-quarter-marathon-and-5k-2018?cmp=23-126>

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>

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