

Dear Friends and Runners,

Summer is definitely here along with some dust to help us train for the fall running season. Make sure you hydrate and use caution not to get burned out ;) but the runs you get in during the Dog Days of Summer will make the miles seem so much easier in the fall. So come out and join us in the sun for a club run. It could be fun.

On Saturday **July 21st** at **8am** is our annual **Dog Days 5k & 1 mile** run\walk in the Elkins Lake subdivision. This club run will start and finish in the parking lot between the pool and the club house. Registration will be at the start\finish line. \$1 for club members and \$2 for non-members. Restrooms will be available. Refreshments will be provided. After the race we will give away two \$25 gift cards to Academy.

On Saturday **August 18th** at **8am** is our annual **Heatwave 5k & 1 mile** run/walk in the Waterwood Subdivision east of Huntsville at 62 Waterwood Parkway Huntsville, TX 77320. Registration will be here at the Start\Finish line \$1 for club members and \$2 for non-members. Restrooms will be available, Refreshments will be provided, and after the race will be a drawing for two \$25 gift cards from Academy.

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/>

Also, a reminder that club memberships expire at the end of each calendar year. If you are not sure if you are paid up you can check our website at <http://www.7hills.us/members.htm> and see when your membership expires. Please let us know if we do not have the right information, sometimes we make mistakes. If you need to renew your membership, you can do so at a club run, or by sending a check for the appropriate amount (\$5 students, \$7 individual, \$10 family) to SHRC, P.O. Box 6804, Huntsville, TX 77342-6804. Also, you can pay your membership dues when you register for...

The 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 [Huntsville Half Marathon, Quarter Marathon, & 5K](#)

ALERT early entry deadline for the Huntsville Half is August 31st

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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Thanks,

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