

Dear Friends and Runners,

Well, summer doesn't officially start until the 21<sup>st</sup> but Summer Heat is here whether we like it or not. So let us respect the sun and hydrate, hydrate, hydrate. But, this is also the time of year when I try to make sure I get me some miles in because the miles that are tough today will be so much easier this fall when racing season starts. So, slow and steady with lots of water for me. And to help keep you motivated through these hot summer months check out some of these running events.

Beat the heat by running in the evening. On **Friday June 15<sup>th</sup> at 8pm** at Kate Barr Ross Memorial Park is the **Run with the Pack 5k/1 Mile Glow Run**. For online registration and more information go to <http://www.planetreg.com/E426143957217594>

Then get up the next morning and join us on **Saturday June 16<sup>th</sup> at 8am** for our **June Bug 5k & 1 mile run/walk**. This event will start and finish at the Fire Station at 1987 Veterans Memorial Parkway. This is a club run so... registration will be at the start/finish area \$1 for club members and \$2 for everyone else. After the race we will give away two \$25 gift cards to Academy. Restrooms will be available.

On **Saturday June 23<sup>rd</sup> at 8am** is the **2018 Polish Pickle 5k** in Bremond, TX. This race is a club favorite. Every year many of our club members can be found here and after the race enjoying the Festival. They have plenty of food after the race (at no additional charge) and a drawing for addition prizes. They also have cash awards, age group awards that include a very cool medal, and a jar of pickles. They even have a clydesdale/filly division. Still only \$20 for all this fun. I'll be there. For more info and to register go to [http://bremondtxas.org/pickle\\_run\\_2018.php](http://bremondtxas.org/pickle_run_2018.php)

On **Wednesday July 4<sup>th</sup> at 7:30am** is **Stu's Country Mile 5k** in Centerville, TX. This is another club favorite. Where club members traditionally have breakfast at the Town Café after the race and enjoy the other Funtier Days events by visiting the booths, watching the 4<sup>th</sup> of July parade, and visiting other local shops on the square. <https://raceroster.com/events/2018/17845/stus-country-mile>

On **Saturday July 7<sup>th</sup> at 9am** is the **Huntsville Diamonds 5k**. This is an untimed event with race day registration to raise money toward a backpack giveaway on July 21<sup>st</sup>.

And on Saturday **July 21<sup>st</sup> 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.

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 <https://www.active.com/huntsville-tx/running/distance-running/huntsville-half-marathon-quarter-marathon-and-5k-2018?cmp=23-126>

Thank you to James Spencer who is heading up our Awards Committee for the Huntsville Half for the second year in a row.

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> We enjoy seeing how our members are doing out there. You don't have to send a picture in with it but, it could be fun! If you have any questions, comments, or concerns, please feel free to contact me or one of our officers via e-mail or Facebook.

Vice President Janet Bouchard, [janetbouchard2009@gmail.com](mailto:janetbouchard2009@gmail.com) ,  
Treasurer Ken Johnson, [1941runner@sbcglobal.net](mailto:1941runner@sbcglobal.net) ,  
Registrar Jessica Twardeski, [shrc.registrar@gmail.com](mailto:shrc.registrar@gmail.com) , or  
Secretary Cindy Pate, [cindy\\_pate@yahoo.com](mailto:cindy_pate@yahoo.com)

Thanks,

Steve Allen  
President, Seven Hills Running Club  
[presshrc@yahoo.com](mailto:presshrc@yahoo.com)