

June 2017

Hello Runners, Walkers, and Run\Walkers,

Summer is here but don't fear we have running events all summer long. This is a busy month and we have lots to plan for. I know that the weather is not what most of us prefer to run it, but taking it slow and getting some mileage in while the weather is hot and humid will help to make you faster in the fall, so don't let that heat get you down. It is just an opportunity to help you get better.

On Thursday June 15th we have a General Membership Meeting. This is open to all members and the public. All members are encouraged to attend. It will be at McKenzie's BBQ in Huntsville at 6pm. We will be discussing upcoming events for the summer as well as setting up some committees for the Huntsville Half Marathon, Quarter Marathon, and 5k. If you have a subject that you would like for us to discuss please contact one of the officers so we can add it to the agenda.

This Saturday June 17<sup>th</sup> at 8am we have our June Bug 5k & 1 mile club run in the Spring Lake Subdivision. We will start and finish at the Fire Station at 1987 Veterans Memorial Parkway in Huntsville. \$1 for club members and \$2 for everyone else. Registration will be in the Fire Station Parking Lot. We will be giving away three \$25 gift cards to Academy to people registered for the race, after the race.

I must also mention the Gator Bait they are having an Adventure Race on Saturday June 17<sup>th</sup> and a Trail Run 5k, 15k, and 13.1 mile on Sunday June 18<sup>th</sup> at 8am. These are not club runs but, being at the Huntsville State Park, it is right in our backyard. You can find a link to their website on our website if you are interested. <http://www.7hills.us/schedule.htm>

On June 24th is the Polish Pickle 5k in Bremond, TX at 8am. I mention this race because we generally have at least 10-20 people from the Seven Hills Running Club that go to this race. It's fun to get out of town with some friends to go and enjoy this race. There is usually a big turn out and they have plenty of good food and drinks to enjoy after the race for no additional charge. Lots of fun! There is a link to their site on our website as well.

On July 4<sup>th</sup> is Stu's Country Mile & 5k in Centerville, TX at 7:30am. This is another club favorite that is sure to have a strong showing from the Seven Hills Running Club. There is a link to their site on our website as well. Are you sensing a theme here?

And on July 22<sup>nd</sup> we have our Dog Days 5k & 1 mile club run at 8am in the Elkins Lake Subdivision in Huntsville. We will start and finish in the parking lot between the swimming pool and the club house (the usual place). \$1 for club members and \$ for everyone else. We will be giving away three \$25 gift cards to Academy to people registered for the race, after the race.

Registration is open for the 39<sup>th</sup> Annual Huntsville Half Marathon, Quarter Marathon, & 5k for Saturday October 28<sup>th</sup> 2017 at 8am. 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. Could it be any easier? Sometime soon I will be sending out membership dues reminders, just for those that may have forgotten. If I keep saying it, one day I may actually remember to do it.

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.

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Thanks,

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