

November 2014

Hello 7 Hillers,

Just wanted to give yall some updates since our last email.

First, the Huntsville Half Marathon was a huge success!!!!!! I want to give a huge THANK YOU to all of our volunteers, workers, club members and runners! It is because of ya'll that our half marathon is such a success. We are already planning for next year, which we are hoping will be even better. As club members we would welcome your input on how we can improve the half marathon.

Second, our monthly club run is this Saturday, November 29 - Leftover Turkey Run, 10K, 5K, 1-Mile, 9 a.m., Physical Therapy Associates, 127 Medical Park Lane (behind hospital). \$1 entry. Register at the starting point. Refreshments will be provided. Restrooms will be available starting at 8:30 a.m. Gotta run of all that turkey!!!! This is always one of our most successful club runs. Hope to see everyone there.

And last but not least, I hope everyone has a wonderful and happy Thanksgiving. I hope you enjoy the time you have with your loved ones, eat lots of food and watch some football. And of course run.

Jill