

Hey there runners,

It hasn't been exactly cool lately—but we've seen worse. Perhaps that helped generate a nice turnout for our Dog Days run last month, when I was out of town. We had low temperatures where I was too, in Canada, where it sometimes got into the 50s!

Things continue to move forward with the club. Bridgette Collins has been sprucing up our new, modernized web site, adding a Marathon Honor Roll and some other tabs, while we continue to gain followers on our new club Instagram, found by clicking [here](#). If you wish to report a race result for the web site, e-mail Bridgette at bridgettelcollins@att.net, and if you have stuff for us to post on Insta, send it along to club secretary Delma Estrada at destrada1285@gmail.com.



Steve Bickford Giving Pre-Race Instructions, Beginning with "Our Clock Is Still Broken"

**** Our Next Two Club Runs ****

Our next club run is coming up soon. The Heat Wave 5K and 1 Mile Run/Walk begins at 8 a.m. on Saturday morning, Aug. 16, at the Waterwood Fire Station near the intersection of Highway 980 and Waterwood Parkway. You can also get on Waterwood Parkway off of Hwy. 190 and take it north a few miles to get to the start. It's a great course and the Freemans always do a nice job putting it on.

Then, two weeks later, comes our Labor Day 5K & 1-Mile Run/Walk, which starts 8 a.m. on Monday morning, September 1, Labor Day, at the Fire Station at 1987 Veterans Memorial Parkway in Huntsville. It's a pretty, figure-eight course through Spring Lake. Restrooms and refreshments will be available at both club runs and we hope to see you there! Register at the starting point, \$2 for club members and \$4 for everyone else.

With our new online payment system, "Cheddar Up," you can pay for club runs online, using the same link as for club membership. The link is given below, in the renewals section, and can also be found on the membership page of our website.

**** Race Clock ****

As you know, our old race clock, "Gertrude," expired in May. A new clock has been ordered but won't arrive until sometime in September. In the meantime, we would use our Chrominex to keep time, but that is also old and not working too well either. One way or another, we'll have accurate times at all club runs. I appreciate the work Steve Allen, Steve Bickford, and Ken Johnson have put in dealing with issues with our timing equipment. This stuff gets old and we've used it a lot.

**** October Club Event ****

This October's club run on Oct. 11 will be special. We will have our Haunted Hustle, as we have the last few years, with a 5K starting at 8 am followed by a kids mile at 9 am. In addition, we will celebrate the club's 40th anniversary! Plans are just getting underway for that and I will have more information to share next month. In the meantime, if you or anyone you know is interested in sponsoring that event, please contact me or Bridgette Collins. We would love to have lots of sponsors!

**** Memberships and Renewals ****

We have a *lot* of new members this month! It's great to welcome Erick and Shawn Ceppi, Kenneth Scripa, Tonya Seitz, and Gaybriell, Ezekiel, and Anastasia VanZant to the club. It was exciting to return from vacation and see our membership had swelled like that!

You can always renew your membership by mail, online, or in person at a club run. To renew by mail, send your name and a check to our treasurer, Ken Johnson, at 114 Timberwilde Dr., Huntsville, TX 77320. For online renewals, use our new system, Cheddar Up, here: <https://my.cheddarup.com/c/booster-club-membership-temp-17978>. No matter how you renew, membership is \$7 for an individual and \$10 for a family, same as it was when the club was formed in 1985. We prorate fees throughout the year so that all memberships end in December.

On the "Membership" tab of our website, we have placed a list of club members with expiration dates (including recently-expired memberships). If you think something is inaccurate, please contact our club registrar, Lisa Sawka, at lisasawka91@gmail.com.

**** Upcoming Runs ****

Learn more about these and other runs at our new page, <https://7hills.us/upcoming-events>, where you will often find links to the run's web site.

Thursday evenings, Saturday mornings: non-competitive 5K / 10K run at Fass Brewery in Conroe, free entry and a free beer afterwards. Contact Ken Johnson at 1941runner@sbcglobal.net for more info.

August 16: Heat Wave 5K & 1 Mile Run/Walk, Waterwood Subdivision. A Seven Hills Club Run.

Sept. 1: Labor Day 5K & 1 Mile Run/Walk, Huntsville. A Seven Hills Club Run.

Sept. 20: HEARTS Veterans 5K Ruck March / Fun Run, Walker County Storm Shelter, Huntsville.

Oct. 11: Haunted Hustle 5K & Kids Mile, Huntsville. A Seven Hills Club Run and 40th Anniversary Celebration!

Oct. 18: Shiitake 5K Run & Kids Mile, Madisonville. Part of the Texas Mushroom Festival.

Our web site, <https://7hills.us>, always has the latest race results from our members and much more. Please report your race results to our webmaster, Bridgette Collins, at bridgettelcollins@att.net! Happy Running!

Darren Grant

President, Seven Hills Running Club / PresSHRC@yahoo.com / (817) 891-8127