

Hey there runners,

It's been a busy month! We had a nice club run in April at Elkins Lake, hosted by long-time club member Steve Bickford, with twenty runners in attendance. Club member Shellie Geer represented our club at the Region 6 Educational Service Center Health Fair on May 15. Our new Instagram account is gaining followers. And now—our web site has been redesigned!

Vice President Bridgette Collins has worked on this for the past few months. The web address will eventually be the same. Right now, the old site is still at <https://7hills.us> and our new site is temporarily here: <https://sevenhillsrunningclub.godaddysites.com>. It still has race results, upcoming races, all your favorite stuff. But the site has been modernized, with a more appealing look and organization. We've needed this upgrade for a while and it's great to see it come into being. Soon the new site will be at our standard URL of <https://7hills.us>.

Big thanks for due to Bridgette for doing this, and also to our longtime webmaster Steve Allen, who has managed our existing site for about a decade. Take a look at "Latest News," which now stretches back about five years, and see how long it is, and you'll get a sense of the work involved. A break he has earned and a break he shall have!

Remember also that our new instagram account debuted last month, at this link or use the QR code below: [https://www.instagram.com/7hrc\\_huntsvilletx/](https://www.instagram.com/7hrc_huntsvilletx/). Follow us for awesome running content and feel free to share your running journey with us. We would love to share your stories, goals and accomplishments! The account continues to gain followers but to my knowledge Chris Hemsworth has not reciprocated our follow with a follow back :) A big thanks to the managers of our Instagram account: Bridgette Collins, Delma Estrada, Monica Lopez, and Lisa Sawka.

And—we are rolling out even more new stuff in June. Details in next month's newsletter!



*Left: Participants in our Spring Fling club run. Right: a QR code for the club's new Instagram account.*

### **\*\* Our Next Club Run \*\***

Our next club run is a big one. The Memorial Day 5K and 1 Mile Run/Walk will take place on Monday morning, Memorial Day, May 26 at 8 a.m. at Ken Johnson's house at 114 Timberwilde Dr. in Timberwilde subdivision west of town. The course is mostly a giant loop through the back part of Timberwilde. There is always a great turnout and we serve a nice breakfast afterwards. Come on out and bring your friends.

Register at the starting point, \$2 for club members and \$4 for everyone else. As always, restrooms are available and there will be post-race awards.

**\*\* Memberships and Renewals \*\***

If you need to renew your membership, you can do so 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. Online, go here:

<https://runsignup.com/Club/TX/Huntsville/SevenHillsRunningClub>. Please be sure to renew your existing membership, rather than creating a new membership, and note that RunSignup charges a small fee. Membership is \$7 for an individual and \$10 for a family, same as it was when the club was formed in 1985. If you have questions, e-mail our club registrar, Lisa Sawka, at [lisasawka91@gmail.com](mailto:lisasawka91@gmail.com).

**\*\* Upcoming Runs \*\***

Learn more about these and other runs here: <https://7hills.us/schedule.htm>, where you will usually find links to registration and/or the run's web site.

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

May 26: Memorial Day 5K & 1-Mile Run/Walk, Timberwilde Subdivision in Huntsville. A Seven Hills Club Run with breakfast afterwards!

June 14: June Bug 5K & 1-Mile Run/Walk, Spring Lake in Huntsville. A Seven Hills Club Run.

June 28: Polish Pickle 5K and 1K, Bremond. A club favorite.

Finally, our web site, <https://7hills.us>, has the latest race results from our members and much more. To report a race result or if you have any questions or feedback, please contact me. Happy Running!

Darren Grant

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