

Hey there runners,

The weather wasn't too bad for our June Bug run last month—not too warm, but still humid. Turnout was light but the vibe was good. The results are posted on our new, modernized website.

The web site remains at our old URL, <https://7hills.us>, and has been expanded even since last month—especially the “more” tab, which now has club celebrations and our marathon honor roll. Still, being newly updated, it is bound to have occasional errors. If you notice any, please inform our webmaster, club VP Bridgette Collins, at bridgettcollins@att.net.



“The course is like a figure eight on a stick,” club president Darren Grant is saying, while everyone else is wondering, “What’s a figure eight on a stick?”

Also, we are gaining followers on our new club Instagram, found by clicking [here](#). If you have stuff you’d like us to post, send it along to club secretary Delma Estrada at destrada1285@gmail.com. Also, our club Insta account will begin re-sharing of some followers’ posts if they are already set to “public.” If you have a concern about that, please write Delma.

**** Our Next Club Run ****

Our next club run is coming up soon. The run will begin at 8 a.m. on Saturday morning, July 19, at the clubhouse at Elkins Lake, near the intersection of Augusta Blvd. and Cherry Hills Dr. Register at the starting point. \$2 for club members and \$4 for everyone else. As always, restrooms and refreshments are available and there will be post-race awards.

In our move to a new online payment system, “Cheddar Up,” you can now pay for club runs online. It’s the same link as for club membership, located on our website here: <https://7hills.us/membership-1>.

**** Race Clock ****

As you know, our old race clock, “Gertrude,” expired in May. The officers recently green-lighted a new clock. We are in the process of reviewing our options for replacement. During the officers’ meeting on June 14, 2025, \$1,000 was authorized for the purchase of a new clock. In keeping with this proposed purchase amount and paying five years ahead for our website—and the helpful addition of Texas 10 Series prize money—our club treasury is down around \$4,000. This is lower than it’s been for some time, but it remains true that we are covering our regular operational expenses just fine. We don’t anticipate any other large special purchases in the immediate future, so club finances remain stable for now.

**** 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. 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 we have your expiration date wrong, please contact our club registrar, Lisa Sawka, at lisasawka91@gmail.com.

For online renewals, we have moved to a new system, Cheddar Up, that is simpler and has lower fees—going forward please use it instead of RunSignup, at this link: <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. However, we prorate fees throughout the year so that all memberships end in December.

**** 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 registration and/or 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.

July 19: Dog Days 5K & 1 Mile Run/Walk, Elkins Lake Sub-division in Huntsville. A Seven Hills Club Run.

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

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 bridgettellcollins@att.net! Happy Running!

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