

Hey there runners,

We had a nice club run on Memorial Day, with fifty people in attendance. What seemed like a storm blew up halfway through the run, but it turned out to be nothing more than a welcome blast of cool air to shoo the runners home. Waverly Walk did a great job singing the national anthem beforehand and Marilyn Johnson, Cathy Bickford and friends served a great breakfast afterwards. The results are posted on our club Facebook page and our new, modernized website.



Runners Take Off at the Start of the Memorial Day 5K

The web site remains at our old URL, <https://7hills.us>, where there is now a tab for “Race Results.” Being newly updated, it is bound to have occasional errors. If you notice any, please inform our webmaster, Bridgette Collins, at bridgettelcollins@att.net.

Also, we are gaining followers on our new club Instagram, found by clicking [here](#). Chris Hemsworth still has not reciprocated our follow, but as we grow I’m sure he’ll get on board :)

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

Our next club run is coming up sooner than you expect. The June Bug 5K & 1-Mile Run/Walk begins at 8 a.m. this Saturday morning, June 14, at the Fire Station at 1987 Veterans Memorial Parkway. 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.

**** Ten Gallon Cup ****

Ever since the Texas 10 Series kicked off over a decade ago, the Seven Hills Running Club has taken part. It’s a classy series of 5 and 10 mile races in the Houston area (and earlier, all over Texas). Some of our runners do a couple each season, and some do the whole thing.

As a result, we’ve always done well in the “Ten Gallon Cup” team competition, which awards points based on the number of attendees at each race. In fact, we’ve been in second place almost every year—to different first place winners. This year we achieved a first—in more ways than one!—winning the Ten Gallon Cup competition outright, as seen in the final scoreboard below.

CLUB - GROUP	CYPRESS	KATY	CONROE	BRIDGELAND	SIENNA	TOTAL
Seven Hills Running Club	11	10	11	11	12	55
Kneen Machines	10	11	10	10	10	51
Volte Endurance	9	7	12	12	7	47
Awesome Blossom	10	10	7	8	9	44
Champions Running Association	8	8	7	8	8	39
Gotham City Run Club	8	8	7	7	7	37

A big thank you to everyone who participated this season, especially Steve Allen, who was very diligent in making sure all of our runners got credit for their participation (and who placed in the “Armadillo Cup” individual competition). The club will receive a nice check next weekend as our reward.

**** Race Clock ****

Our race clock, "Gertrude," has expired. It gave us fourteen years of faithful service since being purchased in 2011. Gertrude, we will miss you. The officers will be meeting soon to green-light the purchase of a new clock. That will cost money, but with \$5000 in the bank and our finances stabilized, we are in a position to absorb the cost.

We will hold a very brief memorial service for Gertrude after Saturday's club run. We will still track times using our "Chrominex" and make them available after the run.

**** Memberships and Renewals ****

A warm welcome to our newest member: Eric Gomez of Huntsville. Eric came out to the Memorial Day 5K and I think the breakfast burritos won him over. 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.

Our online renewal process has changed. We have moved to a new system, Cheddar Up, that is simpler and has lower fees. To renew online, go 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. However, we prorate fees throughout the year so that all memberships end in December. If you have questions, e-mail our club registrar, Lisa Sawka, at lisasawka91@gmail.com.

With the new registration system, we will be creating a new membership list and adding that to the web site soon. Our old system, RunSignup, had become unworkable for this. I appreciate the work Lisa has put in updating all of this.

**** 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.

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.

July 4: Stu's Country Mile 5K and 1 Mile, Centerville. A club favorite.

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. To report a race result or if you have any questions or feedback, please contact our webmaster, Bridgette Collins, at bridgettelcollins@att.net. Happy Running!

Darren Grant

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