

Hey there runners,

Last month, the club held our Haunted Hustle 5K and Kids' Mile, followed by the club's 40th anniversary celebration. There was a competitive 5K through the Avenues and a one mile run with lots of children. All runners got adorable handmade finisher medals courtesy of our club's very own artist-in-residence, Monica Lopez.

Following that we celebrated the club's 40th birthday with a cake—quickly swamped by the kids—and a toast with "Gatorade Champagne." Delma Estrada and Osvaldo Diaz brought out a TV and computer to show pictures from as long as twenty years ago, and Ken Johnson brought out some newsletters that were even older. There was a brief presentation on the club's history and some former officers were in attendance. It was really nice and a proper celebration of our club's forty years.



Clockwise from top left: Several members of the Huntsville Steppers participated in The Kids' Mile; costumes included Peter Pan, a White-Tailed Deer, a Pachyderm, a Bumblebee, and—unpictured but not to be missed—a Traffic Cone; every participant got handmade medals designed by Monica Lopez; a (Gatorade) toast to the club's 40th birthday, including former officers Jan Parks and Donna Fabian and longtime members Shellie Geer and Heidi Morse.

I've been at this for a while, so believe me when I say that virtually every running club in Texas is located in a city or a suburb. They are not common in small towns like ours and they rarely last long. Our club's longevity is testament to the hard work put in many people over the years.

All costs for this year's Haunted Hustle were covered by our generous sponsors: Maria Wicker (your Texas Marathon Real Estate Agent), Dr. Stephen Means and Associates, Snap Fitness, and Ward Furniture. They all deserve our appreciation. So does everyone who organized this event or helped put it on: Delma Estrada, Monica Lopez, Cindy Pate, Breana and Alina Wooley, along with all the club officers and Dirk Daniel and Marsie Grant, who stepped in for some last minute traffic control.

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

Our next club run takes place on the Saturday after Thanksgiving. The Leftover Turkey 1 mile, 5K, and 10K will start at 9 a.m. on Saturday, Nov. 29, at Physical Therapy Associates behind the hospital at 127 Medical Park Lane in Huntsville. Entry is \$2 for club members and \$4 for everyone else, and you can register on-site or ahead of time using our Cheddar Up link [here](#). There will be awards in the usual age categories and restrooms will be available.

I want to express continued gratitude to Physical Therapy Associates for supporting this run—someone has to come out to open up and close the facility. We usually have good attendance for this run and I hope to see you there!

**** Club Celebrations ****

As part of Bridgette Collins' redesign of our website, she has introduced a new page, "Club Celebrations." You can find it under the "Other" tab or go to it right here: <https://7hills.us/club-celebrations>. It's a really nice way to celebrate our members' running achievements. Please give it a look and submit your own race results to her at bridgettelcollins@att.net.

**** Awards Committee ****

Every year about this time we assemble a small committee to determine the recipients of our club's end-of-year awards, which will be distributed this year in our Awards and Elections Meeting on Jan. 30. If you are interested in serving on this committee, please let me know.

**** Memberships and Renewals ****

We have another new member this month: Zoe McDonald. Welcome!

Pretty soon it will be time to renew for 2026. Membership remains \$5 for students, \$7 for an individual, and \$10 for a family, just as when the club was formed in 1985. To renew by mail, send your name and a check to our treasurer, Ken Johnson, at 114 Timberwilde Dr., Huntsville, TX 77320.

To renew online, use our new system, Cheddar Up, here: <https://my.cheddarup.com/c/booster-club-membership-temp-17978>. Note that currently Cheddar Up is set for new memberships, so the fee covers the rest of this year and 2026. However, on Dec. 1, it will be set to cover renewals at the rates listed above. You can go up anytime in December or after to renew.

Questions? Contact our club registrar, Lisa Sawka, at lisasawka91@gmail.com.

**** Upcoming Runs ****

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

Tuesday, Thursday evenings, 6 pm: non-competitive run leaving from Sam's Table in downtown Huntsville.

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.

Nov. 27: BCS Turkey Trot, 5K and 1 Mile, College Station.

Nov. 29: Leftover Turkey 10K, 5K, and 1 Mile Run/Walk, Huntsville. A Seven Hills Club Run.

Dec. 7: Texas 10 Series, 10M, 5M, and 5K, Conroe.

Jan. 1: New Year's Day Run, 10, 5K, and 1 Mile Run/Walk, Huntsville. A Seven Hills Club Run.

Jan. 4: Texas 10 Series, 10M, 5M, and 5K, Bridgeland.

Our web site, <https://7hills.us>, always has the latest race results from our members and much more. Bridgette Collins does great work keeping that site up to date, and she'd love to hear of your running achievements. E-mail her at bridgettcollins@att.net. Happy Running!

Darren Grant

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