

Hey there runners,

We haven't had a club run since I last wrote, but that doesn't mean we haven't been busy. The club has been getting ready for our biggest event of the year: the Haunted Hustle. There's been lots of prepping and planning behind the scenes—especially from our race committee of Delma Estrada, Monica Lopez, and Breana Wooley, who have done great work.

It all comes together this Saturday morning. Here's the details!

**** The Haunted Hustle ****

The Haunted Hustle takes place this Saturday morning, Oct. 11, at the SAAFE House parking lot right across Ave. M from Sipsy's Coffee at the intersection of 15th St. and Ave. M. This year, the Haunted Hustle isn't one event—it's three.

It's a competitive 5K. Our competitive 5K starts at our usual time: 8 am. The course is the same beautiful run through the Avenues that we did in March. We'll do our usual awards about 8:50 am, with ribbons three deep in standard age groups.

It's a special kids' one mile run. At 9 am, we have our kids' mile and costume contest. This is our special, family-oriented part of the Haunted Hustle. You are welcome to walk or run the mile or wait at the finish line to cheer in the little ghouls and goblins.

It's the club's 40th anniversary celebration. We are celebrating the club's 40th birthday with a cake, some pictures and mementos from the past, and a brief presentation on the club's history. This will begin about 9:15 am, right after the kids' mile, and end by 10 am.

Despite these changes, entry remains \$5 per person, with a maximum of \$15 per family, just like last year. We will have beautiful, healthy, haunted post-run treats, a craft table with little pumpkins for the kids to color and decorate, and six--count 'em, six--trophies in the costume contest. In addition, Peter Pan and Tinker Bell are planning to come out—I've been told they wouldn't miss it for anything.

To register online, you can use the QR code at right or text 2025HUSTLE to 234-324-3332 for a link. Or register on race day for no extra charge. It promises to be a great time and I hope to see you there!



**** Promoting The Haunted Hustle ****

Whether or not you are coming to the Haunted Hustle, please invite someone to come out and join us—family, friends, co-workers. This run is a great way to introduce them to the joys of running.

You can do this using our Facebook event, here: <https://www.facebook.com/events/786556080973023>. At the event, there is a link where you can invite your friends. We also still have some of the Get Mooovin' cards that you can pick up at a club run and give to friends to tell them about future club runs. Help us spread the word about our growing club!

**** Sponsors ****

We have four, count 'em, four sponsors of the Haunted Hustle. Club member Maria Wicker, your Texas Marathon Real Estate Agent; local optometrists Drs. Stephen and Grant Means; Snap Fitness; and Ward Furniture. We are very grateful for their support, which covers all costs for the Haunted Hustle, allowing us to really go big on decorations, post-race treats, trophies for the costume contest, and more.



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.

Maria finished her 80th marathon a month ago in Sydney, Australia—a real milestone. You can read about her achievement, and those of other members, at the Club Celebrations page on our web site: <https://7hills.us/club-celebrations>. 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.

**** Memberships and Renewals ****

We have another new member this month: Iain Wallace. Welcome!

You can 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>. However you renew, membership is \$7 for an individual and \$10 for a family, just as when the club was formed in 1985. We prorate fees throughout the year so that all memberships end in December. 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: non-competitive 5K leaving from Sam's Table in downtown Huntsville. See posts on our club Facebook page for more information.

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.

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

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

Nov. 1: A Time 2 Read 6th Annual Storybook Character 5K and Family Fun Run, Huntsville.

Nov. 8: Rowdy Inman 5K, SHSU Campus, Huntsville.

Nov. 29: Leftover Turkey 10K, 5K, and 1-Mile Run/Walk, Huntsville. 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 bridgettcollins@att.net! Happy Running!

Darren Grant

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