

Hey there runners,

The weather was great! We had a new clock! And it worked! And lots of people showed up! It was a great Labor Day run out at Spring Lake. We've really been blessed with good weather lately.

The full results are listed on the race results section of our web site, <https://7hills.us/race-results>. Thank you to Delma Estrada and Steve Bickford for helping out. We managed OK without our old Chrominex, which is defunct. We ordered a new one to replace it and it arrived this week.

Meanwhile, we are busy planning ahead for the next big event—the Haunted Hustle. Here's the deets!



We had a great turnout for the Labor Day run!

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

Since the Huntsville Half Marathon expired a few years ago, the Haunted Hustle has been our signature club event, something seasonal and family-oriented. We tweak the details each year to try to get it just right. So a few things are different this year, plus there is a special addition.

To get closer to town, we are moving the event into the Avenues. We will start and finish in the SAAFE House parking lot right across Ave. M from Sipsy's Coffee.

For those of you that want to get in your regular, competitive 5K, that will begin at 8 am with awards about 8:50 am, as usual. The course, through the Avenues, is hilly but beautiful. Then, at 9 am, we will have our kids' 1 Mile run and costume contest. We hope some of you can stay after your 5K to cheer in the little ghouls and goblins.

Following that, from 9:30-10 am, we will have our club 40th anniversary celebration, with a cake, a presentation on the history of the club, lots of old photos, and a recognition of current and prior officers. We'll have folks in who served the club years and decades ago--it will be a chance to catch up.

Despite these changes, some things are remaining the same. Entry is only \$5 per person, with a maximum of \$15 per family. 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, I believe Peter Pan and Tinker Bell are planning to come out as before.

It promises to be a great time and I hope to see you there! Please join us and invite someone to come along—family, friends, co-workers. This is a great way to introduce them to the joys of running and to our growing club.

**** Sponsors ****

We express gratitude to Ward Furniture and Snap Fitness, which are both sponsoring the Haunted Hustle. We are grateful for their support and would love to have another sponsor or two. I've attached a sponsorship letter to this e-mail you can take to businesses and ask for their support.



snap fitness 24/7

Ward Furniture and Snap Fitness are sponsors of this year's Haunted Hustle.

**** Memberships and Renewals ****

We have a *lot* of new members this month! Kaitlin, Share, Ezra, and Ezekiel Mears, Elvis Michel, and Fiona Wang. Welcome to all of you! It's great to see so many people joining the club!

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.

With our new online payment system, "Cheddar Up," you can pay for club runs online, using the same link as for club membership. The link is given below, in the renewals section, and can also be found on the membership page of our website. There is a special option for the Haunted Hustle.

**** 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 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.

Sept. 20: HEARTS Veterans 5K Ruck March / Fun Run, Walker County Storm Shelter, Huntsville.

Oct. 4: Trinity Strong Run, Camp Cullen, Trinity. The first 5K in Trinity County in quite a while.

Oct. 11: Haunted Hustle 5K & Kids Mile, Huntsville. A 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. 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

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