

# ress 5K Fun Run and ppy Parade

Submitted by Tracy Williams

Cypress and Houston area residents can strengthen their families,

fun family friendly event this fall. Cypress 5K Fun Run and Puppy Parade benefiting the Performing Arts Department at Spillane Middle School will take place Saturday, November 18th at 9:00 a.m. at Spillane Middle School, 13403 Spillane Woods Blvd.

The event is the school's fourth annual Fun Run, and will feature a timed run. You don't have to be a competitive runner to participate since the race also features a family run for those pushing strollers or wanting to walk, and a dog walking segment. The race will begin at Spillane Middle School, and go through the Coles Crossing neighborhood. Medals will be awarded in multiple age brackets, and to the first three dogs who cross the finish line.

While generating funds to support the school's awardwinning Performing Arts programs is one goal of this run, event organizers want to

community spirit and fitness. The race has become an annual their bodies, their neighborhood school, and their dogs at a very tradition for many, and provides the opportunity to run, walk, bond



with, and support family, friends, and neighbors. Last year's run had over 900 participants, and was a great success.

Early bird registration runs August 20 through October 28 for \$30 per individual or \$100 for a family of four, and includes a commemorative T-shirt. From Oct. 29 Nov. 11th registration increases to \$35 per individual or \$110 for a family of four, and a T-shirt is not guaranteed. Late registration, which continues until race day, is \$40 per individual or \$160 for a family of four, and does not include the shirt.

Returning this year will be the option to "Sleep in for the Arts." Pay the registration fee. Do not participate on Race Day. Get a t-shirt!

Runners who have preregistered can pick up their packets Thursday, November 16th at Spillane Middle School.

To register or for more information, visit the Cypress 5K

strengthen the school's ties to the community as well as encourage Fun Run & Puppy Parade website at https://thedriven.net/cypress5k.

## **IMPORTANT NUMBERS**

### **EMERGENCY NUMBERS**

EMERGENCY	911
Fire	
Ambulance	
Harris County Sheriff	713-221-6000
Cy-Fair Volunteer Fire Dept. Bus. Office	281-550-6663

### AREA HOSPITALS

Cy-Fair Medical Center	281-897-3300
North Cypress Medical Center	281-477-0830
Willowbrook Methodist	281-477-1000

### SCHOOLS

Cy-Fair ISD	
Warner Elementary School	
Spillane Middle School	
Cy Woods High School	
Cy Fair High School	
Cypress Ranch High School	

### PUBLIC SERVICES

Cypress Post Office	.281-373-9125
Drivers License Info.	
Harris County Tax	.713-224-1919

### UTILITIES

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## **INTRODUCING** "Get To Know Your Neighbors"

We are all very fortunate to call Blackhorse Ranch home. But, Blackhorse Ranch is more than just a place to live; it is a vibrant community brimming with familyfriendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes, we get so busy, we lose sight of how interesting and diverse we've become. We believe that getting to know the people who live nearby will help us create a sense of belonging and shared identity. We have created a column entitled, "Get to Know Your Neighbors" which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making Blackhorse Ranch a better place to live, please let us know. We would like to introduce them to your neighbors.



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## RANCH RECORD NORTHWEST HARRIS COUNTY AGGIE MOM'S CLUB

### www.nwhcaggiemoms.org



Calling all Aggie moms!!! Whether you are a mom of a past, current, or new Aggie, come check out the Northwest Harris County Aggie Mom's Club!! We meet the second Tuesday of every month (Aug-May), at the Houston Distributing Company, 7100 High Life Drive, Houston, Texas. Socializing starts at 6:30 pm, and the meeting starts at 7:00

pm. Each month, we have interesting speakers, and a chance to win a door prize, a fun money raffle, and a chance to enter the book award drawing! We have a lot of fun in our quest to support our Aggie students, and in awarding a number of student scholarships each year. The scholarship applications are due by early Feb, and are awarded in April.

On October 14th is our Hullabaloo Huddle football watch party at Swanny's Grill! Please refer to our website for details on our upcoming meetings and events. We hope you will join us!! Gig 'Em and God Bless!



WWW.ALLTEX-PLUMBING.COM



Individual divisions by age and relay team entries (Men, Women and Youth) To Register https://endurancecui.active.com/event-reg/select-race?e=45006552 Swim, Bike & Transition Clinics available for \$15 each or all 3 clinics for \$40 Clinics Oct. 1, 8, & 15 at 2 pm; Certified coaches take your race to the next level! **RSVP for Clinics to reserve your spot!** 

To sponsor, volunteer or for information, FAIRFIELDTRIATHLON.ORG Email: mbvrne9961@aol.com or call (832)594-7656



Location: Fairfield Athletic Club, 16055 Mason Road, 290/Mason Check-In: 5:30 am; Race Starts: 7:15 am Awards/Prize Drawings 10:00am

Registration Fee-\$40 \$50 VIP (Registration limited to 1st 250) ister Early VIP Pricing Includes:

- Custom Socks
- VIP Hot Meal

• VIP Parking Register \$\$\$ • VIP Packet Pick-up					
	SWIM	BIKE	RUN		
5 – 6 yrs	25 meters	1 mile	½ mile		
7 — 11 yrs	50 meters	2 miles	¾ mile		
12 – 14 vrs	100 meters	3 miles	1 mile		

Calling all Kids! Come and enjoy a Fun Family Event supporting our charities: JDRF, OMS Life and Teddy Bear Drive, Phred's Place, Gulf Coast Lupus Foundation, and Team Tiara

> To Register or to view bike & run routes: Fairfieldtriathlon.org

https://endurancecui.active.com/event-reg/select-race?e=45006552



4 Ranch Record - September 2017

## **4th Annual Shots for Holly Flu Season Kickoff Party**

The Shots for Holly crew is gearing up for the 4th annual Flu Season Kickoff Party, set for Sept. 9 at The Shack, 12710 Telge Road in Cypress.

"We want to invite everyone out to join us," said Dr. Michelle Becker, founder and president of Shots for Holly. "We'll be there from 11 to 2. We'll have information about the flu, prevention and inoculations, as well as our infamous bus for picture-taking, raffle items and games.

"One of our clinic partners will be there to administer the flu shots. And, we're super excited to announce that the band Soul Shine will be with us that day, providing a backdrop of great music for our festivities."

Proceeds from the raffle items will fund ongoing educational programs.

"We will have several items up for grabs in our raffle. You don't need to be present to win," Becker said. "Check our Facebook page and website for details on how you can purchase tickets for a wagon loaded up with party supplies, as well as a grill, and other fun items."

Each year, approximately 50,000 people die of flu-related complications, according to the Center for Disease Control. Deaths among young people 29-45 are on the rise.

"Thanks to our supporters, in the last three years, we have raised more than \$70,000, facilitated over 700 flu shots, traveled over 4000 miles in our bus, and made over 50 appearances at medical facilities and health expos to raise flu awareness," Becker said.





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## THERE IS POWER IN EVERY GIRL!



In Girl Scouts, the next opportunity to stand up, speak up, and take the lead is never far away. With Girl Scouts, your daughter will discover the G.I.R.L. (Go-getter, Innovator, Risk-Taker, Leader)<sup>™</sup> within herself and you'll be able to watch her shine, again

and again. Girls discover all they can be and learn everything they can accomplish when they have the right tools and a safe space to work together to change the world.

Ready to unleash your inner G.I.R.L.? Throughout the Girl Scout Leadership Experience, girls can participate in a variety of fun and challenging activities, like earning badges, selling cookies, going on exciting trips, exploring the outdoors, and doing community service projects. In Girl Scouts, girls get to lead their own adventure (it's your world!), and work with other girls to pick and choose the exciting, hands-on activities they want to do. The idea is to learn by doing, and in Girl Scouts, girls do lots of it.

Girl Scout volunteers in the Cypress area are hosting the CyFair Girl Scout Expo on Saturday, September 9, 2017 at the Science Exhibition Center, 11206 Telge Road from 10 a.m. – 1 p.m. At this event, you'll be able to learn more about Girl Scouts, talk to volunteers, and register for Girl Scouts. Girl Scouts is open to girls in kindergarten to 12th grade. Membership is \$25 annually and financial assistance is available, if needed. For more information, please email Jo Anna Harris at jharris@sigs.org.



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All sessions will be held at Dynamic Indoor Soccer, 20212 Franz Road, Katy TX 77449 for nine weeks.

**Albion Hurricanes** 

Technical Development Indoor Soccer Program (TDIS) will be held on Monday evening's from 5:00 - 6:00 PM. The objective is to further the technical skills of each player through innovative drills,

AGE GROUP: (BOYS & GIRLS) U8 - U10

#### DATES Fall 2017 Option 1:

August 7, 14, 21, 28 September 4, 11, 18. 25 October 2

#### COST: \$200

For further information please contact Eliel Pierre: epierre@albionhurricanes.org

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