



San Antonio RoadRunners

NEWSLETTER

July 2014 Edition

A Note From the President

By: Jerry Negrete

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Hello RoadRunners,

With the annual picnic now a fond memory, I would like to thank Two Brothers Bar-B-Q for allowing us to host the picnic at their facility. We had a great time with the fun run before the event and worked up an appetite for the delicious meal at noon. A big thank you goes out to Coker United Methodist Church for allowing us to use their parking space.

Of course, the picnic is also our annual membership meeting, at which we hold officer elections. I would like to congratulate and welcome our newest club officer, James Vavrina, who was elected Secretary. James will be pulling double duty, in that this year he has taken on the role of the Wednesday Night Zoo Run Race Director. Best Wishes to Veronica Salinas, who served as Secretary for six years! Thank you Ronnie!

Also, Rick Collett was re-elected as Executive Vice-President, and Jim Holbach was re-elected as Treasurer. Thanks to all the candidates who have shown an

interest in getting more involved with SARR. It is through the involvement of all our volunteers that we are able to continue into our 41st year of promoting running as a healthy lifestyle in San Antonio.

I hope you all had a Happy 4th of July and were able to join us at the Freedom 4-Miler. We would like to thank the S.T.A.R. Soccer Complex, the NEISD He-



roes Stadium, and the San Antonio Scorpions for allowing us to use this great venue, and Race Director David Sanchez for an outstanding job. Special thanks to the Bexar County Constables for their help in traffic control.

The very next day, July 5th, we held our Graduation 5K for our training program. Congratulations to all participants; we look forward to seeing you at future

events, and possibly in future training programs.

As you may be aware, it is becoming increasingly difficult to find suitable venues that allow us to present fun, safe, and affordable events. If anyone has recommendations for new places to run, please let me or any of the club officers know of your suggestions. A few key attributes to keep in mind when searching for new venues include a covered pavilion or shelter, adequate parking, running water, and electricity.

Next up is the Women's 5K, which for some reason never has any problems attracting volunteers. It really is heartwarming to see the true spirit of volunteerism among our club members for this event.

Sincerely,
Jerry Negrete
Run for Fun!

2014 Volunteer of the Year

By: Sally Rios

If you were at the Annual SARR Election/Party on June 28, you can skip this article and continue reading the rest of the *News/letter*. As I stated at the Election/Party, I need to start with a commercial:

SARR sponsors 12 distance events for which I, as Volunteer Coordinator, need to recruit/secure volunteers. These are folks that are either non-runners but enjoy volunteering and/or are runners that for some reason have decided not to participate in a particular race. Each SARR race takes between 50 and 150 volunteers both running and non-running. Volunteers do not have to be members of SARR but should be at least 10 years of age. Business organizations such as Wells Fargo, which provided 19 volunteers for Carrabba's, scouts that assisted at the Freedom Day 4-Miler, friends, and family are invited to volunteer.

All volunteers receive a Volunteer Participation Card, which can be used to join or renew membership in SARR; a shirt or whatever the race director has for them; access to refreshments; possible eligibility for door prizes; and, upon request, Community Service/Volunteer Hour Documentation.

Persons interested in volunteering should respond to "Call for Volunteers" email that is sent to general membership two to three weeks before race.

Now, back to my assignment. . . .

Before announcing the Volunteer of the Year, I would like to take this opportunity to thank all, members and non-members, that have volunteered in one way or another during this past year. Without the volunteers, SARR would be in a mell of a hess!!!

I have the difficult task each year of trying to select a Volunteer of the Year.

This year I have chosen **KATHY DINUOVO** as the **2014 Volunteer of the Year**.

Kathy not only volunteers at the SARR races but she coordinates the volunteers/mentors of the training teams. She "volunteers" her husband, Joe, to assist as SARR races, which he does willingly (?). Both she and Joe participate in non-SARR events, which I think is good as she sees how other races are handled and, more importantly, people see her.

Kathy always accepts whatever assignment she is given. She is pleasant, trustworthy, willing to learn, takes instruction/direction well . . . guess you could say she plays well with everyone.



Thanks, Kathy, for all that you do.

For this July issue of the Newsletter, Don Smith is substituting for Editor Dulce Bares. The "On the Run" feature is not appearing this month, but contributions to future ones are most welcome. Tell him or send him your story of wonderful, wacky, informative, or otherwise interesting things that happen on the run or to runners.

smithdon37@sbcglobal.net ; telephone 210-788-4521

Carrabba's ½ Marathon Relay and Individual Race Recap

By: Bob Ratliff, Race Director

As a prelude to starting this article, I watched Tom Lake's comprehensive photo show (go to www.saroadrunners.com), which is over 30 minutes long. Tom tries to catch the essence of all the SARR races, and the thing that caught my attention was everyone seemed to be having fun while seriously competing. That is what makes the work involved worth every minute. I am constantly asked where do the proceeds go, and I am pleased to respond, not only to the runners having affordable races but also to the Parks Department and to our scholarship recipients, who were announced at the annual party on June 28. A special thanks to the San Antonio Parks Department and Jesse Saberda, who spent many hours making sure your experience was enjoyable. We had a large contingent of volunteers from Wells Fargo, and thanks go to them and all our volunteers. As in the past Ronnie Teran and his Carrabba's crew served up a phenomenal meal for everyone. Holland Lawrence of Ranger Creek beer and DJ Fernando Estrada finished out the party atmosphere. Awards this year were Pilsner glasses with the race logo and bandanas.

The buses were on schedule, registration went well, Veronica got the Need A Team done, and at 8:00 the race started. One change this year was to put the timing chip on the baton. This made it easier at registration and runners still got every split. The Individual runners still used the shoe chip. With Chuck Frawley directing the exchange and Ernie Oaks making sure volunteers were in position, the race went very smoothly, and runners could concentrate on competing. A full listing of finishers is at www.saroadrunners.com and www.IAAPWEB.com. This year we had four teams and one Individual from the Fuego Running Club in Laredo. They left Laredo early in the morning to

race and took 2nd overall, 4th in Open Women, 1st and 2nd in 19& Under Men and 1st in the 20–29 individual categories. Congratulations to all of them and their supporters. They wish to return in 2015.

In the Individual race Moses Luevano (1:14:37) and Regan O'Brien (1:40:03) took the overall, while Von Jones (1:27:56) and Patricia McGlinchey (1:47:14) took the masters awards. All finishers were given a certificate, and we had a calligrapher, Lynn Hunt, to fill in the details. The racing action was strong with several divisions settled in the last mile.

There were a lot of competitive relay divisions with team Pothensridge leading the field in 1:13:15. This group consisted of Conrad Carbaugh, Jonus Rodriguez, Kaleb Vasquez, Patrick Torres. The local running stores were well represented and that made for even more competition for awards. There were very few issues with the chips on the baton, and it seemed to make the race go a little smoother at the exchange, since no chips had to be removed.

On the chip issue I get the question of disposable versus reusable chips. At this time the detection range, accuracy, and reliability of the reusable chip is better for the relay, particularly with the wide start and exchange. Our timing vendor, Chuck, is constantly looking at how to better time and will upgrade as systems come on the market.

I want to thank each of you as competitors, volunteers, spectators, suppliers for making the 2014 Carrabba's ½ Marathon Relay/Run a successful event and hope to see all of you again in 2015.

[Pictures follow—next two pages.]





SARR Annual Meeting Spiced Up with a 5K Run and a BBQ Picnic

By: Jim Murray,

The annual membership business meeting of the San Antonio RoadRunners kicked off at 11:00 AM on Saturday June 28, 2014 with a sea of smiling faces ripe with anticipation and enthusiasm as runners took off from Walker Ranch Park and ran down the paved trail of North Salado Creek Greenway for an out-and-back 5K Fun Run.

Hungry and thirsty from the run, the 127 fun-runners then joined SARR President Jerry Negrete as everyone headed across the street to Two Bros BBQ Market at noon for a delicious buffet lunch of assorted BBQ meats and side dishes. In all, 226 SARR members attended the lunch, which concluded with the cutting of a special SARR cake decorated to celebrate the 41 year history of the club. All festivities were free to the SARR membership.

After lunch, the attendees listened to club status reports from the President, the club's Volunteer Coordinator, and the SARR Training Program Director. Four of the club's race directors were then invited to the podium to give specific information on their upcoming races and fun runs.

Next, it was time to award the SARR John Delgado Scholarships that are given each year to deserving students from high school running programs as they head off to college. This year SARR awarded eight \$1,000 scholarships. Recipients are as follows: Michael Coley, Lauren Bartels, Thomas Fonseca, Patrick Kinser, Miguel Martinez, Alexandra Noal, Zhuang-Yao Daniel Wei and Tashonna Williams. The scholarship recipients in attendance were invited to the stage for receipt of their awards and for photographs.

At that point, it was time to address the tremendous efforts of the volunteers who work the club's races, training programs and other SARR events to make these the success that they are. Sally Rios, the club's Volunteer Coordinator, thanked all the volunteers for their support and then announced this year's Volunteer of The Year Award. This year's honoree was Kathy DiNuovo, who volunteers at SARR races as well as helps coordinate the various training programs that SARR offers throughout the year. Veronica Salinas was also recognized for her six years of volunteer service as Secretary of



the club.

Then it was time for the much-anticipated event—the election of officers. The SARR board is made up of five voting members that are elected for two-year terms. Three of the officers rotate out one year and the next year the other two offices come up for re-election. This year 113 ballots were cast for the three offices up for re-election. The results are as follows: Rick Collett was re-elected as Executive Vice President, Jim Holbach was re-elected as Treasurer, and James Vavrina was elected to the office of Secretary that was recently vacated by Veronica Salinas.

The meeting ended as President Negrete thanked everyone for a most successful year for SARR and gave the promise of another successful year to come.

[Pictures follow—next page.]

For more photographs of these events go to: <http://www.photoshow.com/watch/Sx2gk7Nl>





Veronica “Ronnie” Salinas—Out-Going

SARR Secretary

By: Sally Rios

I am not sure how many of you know that the SARR Board consists of five elected positions: President, Executive Vice President, Vice President of Membership, Treasurer, and Secretary. Each of these is a two-year term, with the positions rotating every two years. The rest of the Leadership Team consists of the Volunteer Coordinator, Newsletter Editor, Director of Public Relations, Director of Training Programs, Director of Monthly Fun Runs, Historian, and Website Manager. These are appointed positions that do not have a set term. All, including those elected, are volunteers, who receive no compensation.

It has long been the tradition in the SARR that when an elected officer who has served at least two years decides to step down, the SARR recognizes that person at the annual meeting. **Veronica Salinas** falls into this category. Ronnie, as she is known, has served three terms, six years, as secretary for the SARR. The responsibility of the secretary is to maintain records of what occurs at the monthly SARR meeting and transcribe the notes for printing in the *SARR Newsletter*. This means attending the SARR monthly meetings (second Tuesday of each month).

Recording and transcribing the minutes was a little challenging for Ronnie as she does not have a computer at home and, like many of us, had to do this at work. Ronnie missed a few of the monthly meetings, always notifying the President in advance that she would be absent. When that occurred, the secretarial responsibility usually fell to me as a former secretary. Plus I was the only one to volunteer.

When recognizing an outgoing officer, we like to give them something memorable. In discussing what to get Ronnie, the question was asked “What does Ronnie like?” BEER! WINE! So, she was given a six pack of beer! Along with that she was given gift certificates to Kohl’s and Spec’s (which *really* has food besides beer and wine).

Besides being club secretary, she is also the Race Director (RD) for the Birds of a Feather 5K. Although she is stepping down as secretary, she will continue as RD for the Birds. I started to say she was “going to the birds.”

Anyway, thanks, Ronnie for your devotion to the club over these past six years.



Scholarship Recipients Recognized

By: Don Smith

This year's John Delgado Memorial Scholarship recipients, written up in the June *Newsletter*, were also recognized at the annual meeting. The chair of the selection committee, Veronica Salinas, later shared the following thank-you note from one of the recipients that reflects the meaningfulness of these awards:

"Thank you so much for awarding me a SARR scholarship. I cannot express how grateful I am to have received the award! The fun run and picnic at Two Bros. BBQ was very nice, and I am so glad I could attend! Everything the SARR have done has been so generous and such a big help."

As Veronica pointed out, the funds raised by the club go not only to support races but also to provide meaningful assistance to worthy students who are themselves runners.



San Antonio Road Runners Monthly Meeting June 8, 2014

The meeting was called to order at 7:01 p.m. at Academy Sports and Outdoors at 4071 N. Loop 1604.

Officers Present: Jerry Negrete, Veronica Salinas, Rick Colette, Jim Murray, and Jim Holbach

Members/Guests Present: Sally Rios, Al Becken, Tom Lake, Bob Ratliff, Sally Seeker, Patti McKeever, and David Sanchez

Introductions/Guest Items: None.

President's Statement: Jerry thanked out-going SARR secretary, Veronica Salinas, for her six years of service to the club.

Approval of Minutes: May minutes were approved as read.

Race Directors:

1. **Carrabba's:** Bob and Patti reported that there are currently has about 400 registered. Shuttle buses, refreshments, volunteer assignments, and other race logistics were discussed. There will be a packet stuffing with flyers for upcoming races at Bob's on Saturday, June 14th.
2. **Freedom 4 Miler:** David reported that all contracts and applications have been signed. The course has been redirected to proceed in the opposite direction from last year. He plans to increase the amount of food and beverages provided. The t-shirt will be a unisex sleeveless style.
3. **Women's Run:** Sally Seeker handed out a proposed race budget. The location and course will be the same. HEB will provide food and beverages. There will be an all-female color guard. Randy Beamer will announce award winners. Packet pick up will be Friday, July 18th at the HEB at Lincoln Heights from noon to 6:00 p.m. 81 have registered so far.

Officer/Staff Reports:

Secretary: As scholarship committee chairperson, Veronica reported that the committee had met and selected the SARR scholarship winners for 2014. They are as follows:

Michael Corey, Clark H.S.
Lauren Bartels, Reagan H.S.
Thomas Fonseca, South San Antonio H.S.
Patrick Kinser, Highlands H.S.
Miguel Martinez, Harlandale H.S.
Alexandra Noal, Antonian H.S.
Zhuang-Yao Daniel Wei, Reagan H.S.
Tashonna Williams, Sam Houston H.S.

Executive Vice President: Rick reported that a certified RRCA coach's class has been set up on August 9th and 10th at the Southwest Blood and Tissue Center.

Vice President/Membership: Jim Murray reported current active membership at 1,438, slightly lower from April (19). SARR Meet-Up site has 1,131 members, an increase of 51 from April. He has posted Carrabba's, the Freedom 4 Miler, and the Women's 5K.

Treasurer/Website Report: Jim reported that savings is \$154,000 and checking \$33,000.

Volunteer Coordinator: Sally reported that she is working on getting the all-male volunteers for the Women's Run. Abel will not be available for Carrabba's or the Freedom 4 Miler, and she is looking for someone to fill in for him.

Newsletter Report: Dulce was not present.

Fun Run Report: Debra was not present. Jerry reported that there was another race going on in the park and there was some competition for the roadway.

Zoo Run: James was not present.

Training Program: Scott was not present but sent in a report that included the following items:

1. The Walk-to-Run and Ready-to-Relay training programs will end at the Carrabba's Run, but there will also be a Graduation 5K on July 5th.
2. For the fall training season, he has 98 signed up for the half marathon and 63 for the full marathon. He is going to cut the numbers off at 200 for the half and 100 for the full.
3. There have been several sign-ups for the RnR as SARR members. We are halfway toward the goal of 100 sign-ups to get a finish-line tent at the RnR Marathon.
4. We currently have 134 members signed up for the SARR picnic. If anyone is unable to register online for the picnic, Scott will register them manually if their info is sent to him.

Action Items/Follow Up:

CPR Certified Instructors: Rick Colette and Jim Holbach have completed their training and are now certified CPR instructors. An Authorized Provider Agreement with the Red Cross was reviewed.

Boy Scout Troop Donation: Sally Rios made a motion to donate \$240 to Boy Scout Troop #52 in order to send a scout to summer camp. This troop has volunteered for the Freedom 4 Miler, and most of their members are in need of financial help to attend. The motion was seconded and passed unanimously.

Round Table/New Business

1. Jim Holbach proposed asking HEB to sponsor the meals for the coaches' training class. Sally Seeker said that all sponsorship requests from HEB need to be made online using their request for donations form.
2. Al announced that the 2015 RRCA National Convention will be in Des Moines, Iowa, April 22-26.
3. Jim Murray said that there would be 27 new coaches at the end of the training class. He and Scott are discussing how to best utilize them within the organization.

The meeting was adjourned at 8:45 p.m.

Veronica Salinas, Secretary

35th ANNUAL WOMEN'S 5K RUN/WALK JULY 19, 2014, 7:30 A.M.



Online: www.saroadrunners.com www.active.com (closes at midnight on Wednesday, July 16)

In Store*: Fleet Feet, Run Wild Sports, iRun, Soler's Sports, and We Run San Antonio (through Wednesday, July 16)

Mail in*: SARR, c/o 601 W. Lullwood Ave., San Antonio, TX 78212 (must be postmarked by July 14)

Packet pickup/registration: (July 18, 2014) – Noon – 6:00 P.M. at HEB #43, Lincoln Heights, 999 E. Basse Rd.

*cash or check (payable to S.A.R.R.) only

QUESTIONS? Email SARRwomenrun@gmail.com

RACE DAY – HEB #43, Lincoln Heights, 999 E. Basse Rd., San Antonio, TX 78209

6:30-7:15 A.M. Packet pickup/timing chip pickup/registration

7:00 A.M. Warm up stretch with Southtown Yoga Loft, pre-race announcements, National Anthem in the HEB lot

7:30 A.M. Race start *5k chip-timed course on the roads of Alamo Heights*

Awards (no duplicate awards)

Overall, Masters(40+), Supermasters(50+), and Grandmasters (60+), based on gun time

RUN: Top 5 finishers in each 5-year age group: 9 & under to 80+, based on chip time

WALK: Top 2 finishers in each 5-year age group: 9 & under to 80+, based on chip time

MALE VOLUNTEERS ARE NEEDED! Email sarios1949@att.net

Proceeds from SARR events support safe and enjoyable events, fun runs, John Delgado scholarships, the San Antonio Zoo, and charitable organizations. SARR is a 501(c)3 organization.

"Sisters helping sisters" ~ Help your fellow sister by donating new or gently used running clothing/gear/shoes on race day.

1. NAME _____ DOB ____/____/____ Age on race day ____ SARR # _____

Street Address _____ City/State _____ ZIP _____

Phone _____ Email _____

2. T-Shirt Size (Huarache Turbo Women's Fitted Cut – circle one): S M L XL XXL *****NO REFUNDS*****

3. **ENTRY FEE** _____ \$22 SARR member through midnight 7/12/14

_____ \$25 others through midnight 7/12/14

Checks payable _____ \$30 EVERYONE 7/13/14-7/18/14

to SARR _____ \$35 EVERYONE race day

_____ Ladies 70+ FREE (paper entry only-no online registration)

4. **Check one:**

_____ Run

_____ Walk (can **NOT** run during the event)

I know that running a road race is a potentially hazardous activity that could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official. I assume all risks associated with running in this event, including high heat, humidity, traffic, and the conditions of the road. In consideration the acceptance of my entry, I and anyone entitled to act on my behalf waive and release the San Antonio Road Runners, the City of San Antonio, the City of Alamo Heights, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

5. SIGNATURE _____ Date _____

Parent's Signature (if child is under 18) _____ Date _____



PLACE

Dry Comal Creek Vineyards
TX Hwy 46 New Braunfels, TX

START TIMES

7:30 am – Race begins
9:30 am – Awards Ceremony

RACE DAY PARKING

Park near winery, nose in please. Arrive 60 min. early to park and get to starting line. The start is approximately a ¼-ish mile walk from the winery. **NO PARKING AT VINTAGE OAKS OR ON HIGHWAY 46**

REGISTRATION AND FEES

Register on line at www.saroadrunners.com thru midnight **August 30th**. You can register in-person at local San Antonio running stores (cash or check only) thru **August 24th**. Register in-person at Fleet Feet Sports San Antonio thru 8pm **August 30th**. Mail-in the registration form below postmarked by **August 22nd**.

Entry Fee: *Entrants 70 and over receive free race entry (registration must be mailed in or in person at local SA running stores)*
\$25 for SARR members and active military thru **August 30th**
\$30 for non-members thru **July 31st**
\$35 for non-members **August 1- 30th**
\$40 for all runners on race day

PACKET PICKUP

August 29 & 30, Noon – 6pm at Fleet Feet Sports, 6408 N. New Braunfels Ave., San Antonio, TX (210) 805-0845
September 1st race day registration and packet pickup will be in the field between winery and starting line from 6:30am – 7:15am.

AWARDS AND PERKS

Tech shirt and wine glass guaranteed to the first 750 registered. This race is chip timed. Awards to Top M/F, Top M/F Masters, Top 3 M/F in age groups (14 & under, 15-19, 20-24...75+). Food, beverage, and Dry Comal Creek Vineyards wines served after the race. Race results and photos will be posted at www.saroadrunners.com

FOR INFORMATION CONTACT: K. Aubuchon (312) 375-1871 SARRWhineRun@gmail.com

RRCA insurance does not allow for wheeled vehicles (strollers, bikes, roller blades, etc.) on course.

Send entry and fee postmarked by **August 22nd** to **SARR LABOR DAY 5-mile Whine Run, c/o K. Aubuchon, 402 Cedar Street, San Antonio, TX 78210.** Make check or money order payable to: **SARR**

NAME _____ MALE _____ FEMALE _____ D.O.B. _____
STREET _____ CITY _____ STATE _____ ZIP _____
PHONE _____ EMAIL _____ MILITARY _____ SARR Member # _____

Tech-Shirt Size (circle one) Women's Sizes: WS WM WL WXL WXXL Men's Sizes: MS MM ML MXL MXXL

RELEASE OF LIABILITY AGREEMENT: I know that running a road race is potentially a hazardous activity that could cause injury or death. I should never enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation, for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race, and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the San Antonio Road Runners, Comal County, Dry Comal Creek Vineyards, and all sponsors, their representative and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE _____ Parent's if participant is less than 18 years of age.



SARR LEADERSHIP TEAM

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Jerry Negrete
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(Cell) 210-887-4260

Vice President:

Richard Collett
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Secretary:

James Vavrina
(secretary@saroadrunners.com)

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SAN ANTONIO ROADRUNNERS

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San Antonio, Texas 78212

Advertising:

- * Page ads are available for a prepaid \$75.00 per page.
- * Please contact the Newsletter Editor for space/calendar availability.
- * Advertising flyer deadline is 10th of each month.
- * Make checks payable to: the San Antonio RoadRunners and send to SARR's PO Box, attention Newsletter Editor.
- * **NOTICE: SARR RESERVES THE RIGHT TO DECLINE PUBLICATION OF ANY MATERIAL, INCLUDING ADVERTISING.**

Newsletter Articles:

Because this newsletter is about our members for our members, we welcome all kinds of information and photographs about you and loved ones.

All materials must be submitted by 10th of the month prior to publication. You may send articles to our PO Box or email to the Editor at: newsletter@saroadrunners.com

Race Results & Photos:

Race results and photos from all SARR races are available online at:

www.saroadrunners.com

HAPPY RUNNING FROM SARR!



2014 Annual Picnic and Meeting

Smiling about another great year

SARR 2014 RACE CALENDAR!

<u>Date</u>	<u>Race</u>	<u>Location</u>
January	Cobweb Chaser5K	McAllister Park, Pavilion #2
January	Endurathon Half Marathon & Relay	Bulverde Community Center
Mar	Prickly Pear 10 mi/50K	McAllister Park, Pavilions #2 & #3
April	Fiesta Mission 10K	Brooks City Base
April	Fiesta Fandango	Downtown
June	Carrabba's 1/2 Marathon & Relay	McAllister Park, Pavilion #2
July	Freedom Day 4 Miler	Toyota Soccer Field
July	Women's 5K	Lincoln Heights H-E-B
September	Labor Day Whine Run	Dry Comal Creek Vineyards
October	Birds of a Feather	McAllister Park, Pavilion #2
November	Turkey Trot 4 Miler	McAllister Park, Pavilion #2
December	SARR Mission 5/10 Miler	TBA



If your address changes, please be sure to send your new address to SARR.

The Post Office will NOT deliver your SARR Newsletter unless the address is correct.

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