



SAN ANTONIO ROADRUNNERS

NEWSLETTER !

AUGUST 2014 EDITION

2014 Marathon & Half Marathon Training Is Finally Here!

After a successful 2013 training season, SARR's Training Team is back in full force. Orientation for the 2014 season is scheduled for Sunday, August 17th, at Lady Bird Johnson Park at 7 a.m.

What to Expect at Orientation?

At orientation, you will be introduced to SARR's coaches, whom will review this year's training plan, and introduce to you to pace groups and pace leaders! Also, there is a scheduled group run afterwards, so make sure you are ready to hit some asphalt!

"I'm looking forward to the Half Marathon Training ahead. Being a pace group mentor keeps me accountable. Accountable to my pace group and to my own training. I love encouraging people to reach their running goals."

- Michel Darling



2014 Coaches, Pace Leaders, and Mentors



Freedom to Run

Recap of Freedom Day 4-Miler

The 39th Annual SARR Freedom Day 4-Miler was held on July 4, 2014, at the S.T.A.R.S. Soccer Fields/Toyota Field SA Scorpions location. This was the second year that this venue has been used for this race.

The race director, **DAVID SANCHEZ**, decided to run the course backwards because of traffic concerns. "Backwards" meant the runners would run the only hill on this course at the start of this race as opposed to the end. It appears the decision was a good one, contrary to what runners say, with regard to the traffic concerns.

This course is run through the parking lots around Hero's Stadium. So, thirty (30) volunteers were used as course marshals. Three water stops along the route had at least ten volunteers each. Parking assistance was provided by Troop 52 of the Boy Scouts of America. Troop 52 is sponsored by the Divine Redeemer Presbyterian Church. One of their scouts participated in the event. He didn't place in his age group but was excited to have finished. The scouts also served as course marshals and formed a chute at the finish line.

Remembering the sun from last year, all volunteers out on the course were advised to wear appropriate clothing and to be prepared for a lot of sun and heat. Race morning, and all during the race, the sky was cloudy keeping the temperature cooler than expected.

There were fewer runners than last year but there was plenty of hot dogs, watermelon, and cool refreshing drinks. Finishers received a cold, wet towel as they crossed the finish line. Registered participants received a t-shirt and a draw-string backpack. Because there was a surplus of red 2014 Carrabba's shirts, many runners, to their surprise, also received a Carrabba's shirt.

A few of us "old timers" had a slight heart attack when we learned that one of the gates leading to the soccer fields was locked. We had visions of a locked gate from ye-a-r-s gone by at a race at SeaWorld. That gate was unlocked after the race started with a few runners choosing to climb the fence. Rumor had it that one runner caught their clothing as they scaled the fence, falling and hitting their head on the ground. Fortunately, the soccer field gate was unlocked before the Freedom Day Four-Miler. No scaling took place! But a note was placed in the file to "check the gate!" next year. Whew!!!!

Thanks to H-E-B and Academy Sports and Outdoors for providing refreshments and door prizes. Also thanks to the administration of the S.T.A.R.S. Soccer Fields/Toyota Field SA Scorpions for allowing use their grounds to hold this event and for allowing us access to their ice machine.

Next year will be the 40th Anniversary of this event. Preliminary information is that it will be held at this same location. There is a rumor that maybe, just maybe, the route will go inside Toyota Field. You'll just have to register for next year's event to find out if it does. So mark your calendar: July 4, 2015, a Saturday, for the SARR Freedom Day Four Miler.

Women's 5K Distinguished Sponsors:

H-E-B, H-E-B #43 Lincoln Heights, The Shops at Lincoln Heights, Academy Sports, Southtown Yoga Loft, Huarache Turbo, Koko Fit Club at the Shops at Lincoln Heights, Green Dog Kennels, Order Up, Dave & Busters, Road ID, Shave Secret, San Antonio Moms RUN This Town, Sushi Zushi, I Speak for You! Radio and Events, B.I.S.H. Foundation, Komen San Antonio, Institute for Women's Health, RAM Racing Series Frozen Chocolate 5K/10K, Street 2 Feet, and Girls on the Run of Bexar County.

35th Annual SARR Women's 5K

By: Sally Seeker, Race Director

On July 19, 2014, over 600 women celebrated women's running at the 35th Annual SARR Women's 5K, with some of the 'coolest' weather we have enjoyed in years (for July!). After a pre-race stretch, led by Southtown Yoga Loft, and the presentation of the colors by the female members of the 433rd Airlift Wing Honor Guard, female runners (including Bexar County Sheriff Susan Parmeleau) and walkers took to the streets (and HILLS) of Alamo Heights, with the support of over 140 male volunteers. This year's registered participants included ladies from 4 to 82 years old.

First to cross the finish line was Kaitlynn Warren, in a time of 19:07. Other overall winners were Janice Reina-Cerda (20:37) as the Master (40+) winner, Melanie Hennis (22:21) as the Supermaster (50+) winner, and Celia Cabella (27:53) as the Grandmaster (60+) winner. Once again, Randy Beamer, of News 4 WOAI, joined us to take photos and present the awards. Beamer ran the story on the WOAI evening news, and he posted his photos to his Facebook page.

Originally titled the Women's Distance Festival, the SARR Women's event was part of a nationwide movement to celebrate women's running and to publicize the fact that women did not have the same distance events as men in the Olympics. SARR has produced a women's run since 1980, when 40 women participated in the event.

This event is only possible with the support of our volunteers, the SARR board and leadership team, the City of Alamo Heights, and our sponsors. Please give your support to the sponsors! Thanks to all of the participants and volunteers for coming out to celebrate women's running! Save the date for next year – July 18, 2015.

Sally#2 Seeker, Race Director



On the Run: Marathons and More

By Don Smith with Richard Teitz—Part 1

Since we are now approaching marathon season in the hotter climes and SARR's training program is getting underway, the story of one SARR member's remarkable marathon career may prove motivational and even inspirational for those with that distance on their minds. Intimidating, too, perhaps, but in a good way—bearing in mind his advice, which I'll repeat at the end: "Respect the race but don't fear it." A marathon is, after all, one's own journey and one's own chosen challenge, whether taken on once or one hundred times (or more).

If you have participated in local races or the weekly Zoo Run, you have probably seen Richard T., striding along with such efficiency that you don't realize how much ground he is actually covering. And if you have ever been out on the streets of Moscow in the dead of the Russian winter, you might have seen him running there, too. He has indeed covered a lot of ground.

Richard was kind enough to answer a number of questions by email and share in person some of his extensive running experiences. I've included below the questions and responses and have interspersed some bracketed comments of my own.

1. **How did you get into running?** I was in my mid-thirties and feeling a lot of pressure from work, family life, and wanted an outlet for stress. I played a lot of net games (squash, tennis, and racquetball) and fenced, but they were hardly relief from stress. A friend suggested running and thus it began.
2. **What keeps you going?** I like the way it makes me feel fit, athletic, empowered. I like being responsible for my performance, not dependent on a team, and not affected by style points. If you're in front, you're in front.
3. **What's your running schedule for the week, typically?** Up until this winter I ran about 45 miles a week, five days solo for an hour or so early in the morning, and a long run with friends on Sunday. I rarely run on a treadmill, only when I am traveling. I've cut back to three days a week and a shorter long run since being diagnosed with mild knee arthritis.
4. **Total number of marathons run?** 170 since 1978 *[For those without a calculator handy, that's 4,454 miles, a distance from Boston to Los Angeles and halfway back. It is enough to wear out about ten pairs of running shoes. It is more foot strikes than my little calculator wishes to display.]*
5. **How many marathons a year on average?** After years of doing six or eight a year, I'm comfortable with doing a marathon twice a year. It's hard training and hard recovering.
6. **Any ultra-distance races?** Several 50 ks and four 50 milers *[Whew! There's another pair of running shoes.]*
7. **How many countries? States? Cities?** Maybe a dozen countries, including Thailand, Denmark, Switzerland, Italy, South Africa, Canada. I think I tallied 21 states, having run the same race many times (Boston, NY, Dallas, Houston, San Antonio, Duke City, San Francisco).

[Richard also mentioned running in Russia, New Zealand, and other places around the world. Opportunities to run in different places has helped to keep running fresh for him, he said, enabling him to see sights, meet people, and have experiences beyond the reach of most visitors.]

8. Favorite marathon? St. George Utah. A net drop of 2,500 feet and fantastic views of limestone cliffs that change color as the sun hits them.

9. Most memorable one? Davos, Switzerland, Run the Alps, sponsored by the Swiss Postal Service. A tough trail run over boulders, glaciers, snow fields, up and down two 3,000 meter Alpine passes.

[At close to a mile in elevation, Davos is said to be the highest city in the Alps, accounting in part for the magnificent views. And Richard noted that Swiss hospitality is equal to the scenery. My own cursory research indicates the unemployment rate in Davos is less than 1 percent. So, if you are without a job or tired of the one you have, you might want to grab a passport and hurry over.]

10. Most challenging one? Seabrook, New Hampshire in sleet and freezing rain in February to qualify for Boston Marathon in sub 2:50 time. I was so cold at the end I couldn't unzip my jacket.

[During that period, Boston had strict qualifying times that had to be met in an authorized marathon run earlier within a year. Sub 2:50 was and is a formidable challenge even for accomplished distance runners. Now the race accommodates a broader, more numerous field.]

11. Most gratifying one? Houston 2007, sub 3:30 at age 65. A nice surprise.

[Continued on next page.]

[On the Run Cont.]

12. Strange things that have happened during a marathon (or/and other races/runs)? Running with Olympian Tom Fleming in the New York Marathon, with him dressed in suit, porkpie hat, as Elroy from The Blues Brothers.

13. he first one Plodders Marathon in Attleboro, MA, a town near Boston.

[Richard's account of this first endeavor may be comforting to novices aspiring to run a marathon but doubtful of their preparation and knowledge base. Richard said he entered the race without knowing anything about how to run a marathon. He did it in cut-off jeans. He found himself out front in the first few miles—not a good thing, he would come to realize, as he eventually wore down and others passed him by. But he finished and obviously found the experience worth repeating.]

Part 2 of Richard's Interview will be featured in the next issue. Stay tuned!

President's Note

By: Jerry Negrete

The dog days of summer are upon us! Although we do not have any official events requiring paid registration on the calendar, club members and officers will be busy. We started the month off with the monthly Fun Run on the 1st Saturday, and we have the Wednesday Night Zoo Run at Brackenridge Park, at 6:30p.m., across the parking lot from the Lambert Beach baseball field.

On August 9th and 10th, SARR hosted the first ever RRCA Certified Coaches Class in San Antonio. In case you are not familiar with this topic, RRCA conducts a certification class around the country, and these classes usually fill up very quickly. Our Certified Coaches have helped make our Training Programs a successful, nationally recognized award-winning program. Thanks to Rick Collett for getting this class organized, and all the volunteers who helped with providing the participants with a memorable training class. Special thanks to the South Texas Blood and Tissue Center for allowing us the use of their beautiful facility.

Speaking of training, this August marks our fourth annual training program. On August 23, Scott Peacock and the coaches and mentors will once again begin preparing SARR members for the RnR Half and Full Marathon, this year to be held on Dec. 7, a date that will live in infamy for all you first timers.

Looking forward to September, the ever-popular Whine Run is coming up on Labor Day. This year the course will be a little different. We wouldn't want anyone to get bored with the same old, gently rolling hills.

If you joined us at the Women's Run, hopefully you noticed our efforts at recycling. SARR is trying to become more environmentally conscious. Please help us get green! At each of our events, there will be separate, special containers for recyclables. Please use these containers for cans and water bottles, and don't throw your trash in these bins.

And a Big Thank You to all the volunteers who help make our events safe and enjoyable. We couldn't do it without you!

Sincerely,
Jerry Negrete
Run for Fun!

San Antonio Road Runners
Monthly Meeting
July 8, 2014

The meeting was called to order at 7:00 pm at Academy Sports and Outdoors at 4071 N. Loop 1604.

Officers Present: Jerry Negrete, James Vavrina, Jim Holbach, Jim Murray, and Rick Colett

Members/Guests Present: Sally Rios, Sally Seeker, Joan Bobrukiewiez, Tom Lake, Debra Acosta, Al Becken, Robert Beyer, Don Smith, David Sanchez, Bob Ratilff, Robert Beyer

President's Statement: Jerry welcomed all to the meeting and congratulated the officers elected at the Annual Meeting. These were Treasurer (re-elected): Jim Holbach; Executive Vice President: Rick Collett; and Secretary: James Vavrina.

Introductions/Guest Items: Jerry introduced Don Smith who is acting editor of the SARR Newsletter until Dulce Bares completes her preparation to take the bar exam.

Approval of Minutes: June's minutes were approved as read by Jerry Negrete.

Race Directors:

Carrabba's Relay: Bob reported there were 916 registered. There was one protest regarding the No Headphones rule. A recommendation was made to send the Carrabba's shirt design to RRCA for Shirt of the Year.

Freedom 4 Miler: Dave reported that parking was good, as well as running on the street. The volunteers did a great job and there was no report of any medical issues. Final count was approximately 472. Please send any suggestions or comments to Dave.

Women's 5K: Sally Seeker provided the schedule of events. Our first international runner registered for the race. Shirts were in. Randy Beamer will be presenting awards.

Officer/Staff Reports:

Executive Vice President: Training classes begin soon. Coach certification class is August 9th and 10th.

Vice President Membership: Jim M. reported 1487 active members, an increase of 49 from May 2014. The Meet-Up site has 1195 current members, a 64 member increase from May 2014.

Treasurer/Website: Jim H. reported amounts on deposit in savings and in checking.

Volunteer Coordinator: Sally reported there are many course marshals and she will need more vests. Jerry proposed that the vests have the new logo and possibly have Event Staff printed on them. Sally is looking for lead bike back-up volunteers. Three or four stand-by volunteers are needed for each race.

Newsletter Report: Don reported that the newsletter was nearly finished.

Fun Run Report: Debra reported the Fun Run had a good turnout with many kids. James reported that the Zoo Run is consistently having a good turnout.

Training Program: Scott was not present. Jim M. reported the 15-week training programs will be capped at 100 for the 5K and 200 for the Half Marathon classes. He suspects both will fill. Race training organization will be changed to a committee format. This will help to keep programs moving forward by providing structure and keeping people running. There are three races included in the training program. Sally R. asked for updates on when the training classes will be doing the zoo run so that appropriate supplies and personnel can be arranged.

Action Items/Follow Up: None

New Business:

Members Only Run: Jerry reported that the tentative location is the same as last year. The date is TBA. There will be co-directors for this race. Neil and Tina MaHoney will be co-directors

Wednesday Night Fun Run: Jim H. proposed a name change to the SARR Wednesday Night Fun Run. In addition, Jim H. proposed no collection of donations for the zoo at this run. He also suggested to cease donations provided to the Zoo. This motion was tabled to give Board Members and guests time to consider this change. Discussion at the next Board meeting was planned.

Recycling: Veronica will lead the program. She proposed that we add that we are an Environmentally Friendly Organization to the Newsletter.

Round Table:

1. Bob discussed a more user friendly results page for SARR races.
2. Bob discussed adding a power outlet to Pavilion #2 at McAllister Park to accommodate our races.
3. Jerry discussed finding new technology to mark courses.
4. Dave proposed having a co-director for the Freedom Four Miler race.

The meeting was adjourned at 8:45 pm.

Respectfully submitted,
James Vavrina
Secretary



PLACE

Dry Comal Creek Vineyards
TX Hwy 48 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 1/4-ish mile walk from the winery. **NO PARKING AT VINTAGE OAKS OR ON HIGHWAY 48**

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 6pm 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.**



Save the Date!

Turkey Trot 4 Miler When:
Thursday, 11/27/14
Location: T B D

San Antonio Road Runners Birds of a Feather 5K

October 18, 2014

McAllister Park

Pavilion #2

Start Time 8:00 a.m.

PRE-REGISTRATION

In person: Roger Solar Sports, all locations
until Oct. 11, 2014. After Oct. 11th at
Jackson Keller location only

By mail: Complete form and mail to:
Birds of a Feather 5K
c/o Veronica Salinas
13811 Chittim Meadow
San Antonio, TX 78232

Must be postmarked by Oct. 11, 2014

Online: Active.com or eerveerunners.com
online registration closes midnight Oct. 15th.



**Unique timing feature: Choose
a running partner (birds of a
feather) and finishing time will
be your combined times. All
runners begin at the same time.
*This is a two person event.
You must have a partner.***

PACKET PICKUP & REGISTRATION

Friday, October 17th, 11:00 am-4:00 pm

Roger Solar Sports

2680 Jackson Keller Rd. 78230

210-966-8701

Race Day packet pick up & registration:

6:30-7:00 am at race site

Information: Veronica Salinas (210) 496-5778

**Awards: First three places in the following divisions: Male, Female, & Mixed in
Junior (18 & under), Open (any age), Masters (40+), Super Masters (60+), Odds & Ends
(Running partners in a non-specific age division may choose Odds and Ends in place of Open)**

The San Antonio RoadRunners (SARR) is an all-volunteer, non-profit organization. Proceeds from SARR events help us present safe and enjoyable
events, fun runs, and benefit the SARR John DeGado Scholarship, the San Antonio Zoo, and other charitable organizations.

BIRDS OF A FEATHER 5K ENTRY FORM Mail to Birds of a Feather 5K, 13811 Chittim Meadow, SA, Tx. 78232

On or before Oct. 17th: (ENTRY FEE PER RUNNER) SARR members \$20.00, all others \$25.00. Race Day \$30.00 all

Bird #1: Name _____ Age _____ M _____ F _____ Shirt (S M L XL XXL) _____

Address _____ City, St., Zip _____ Phone _____

Bird #2: Name _____ Age _____ M _____ F _____ Shirt (S M L XL XXL) _____

Address _____ City, St., Zip _____ Phone _____

Division _____

I, _____, certify that I am in good health and am medically able to perform this event. I assume full and complete responsibility for any injury or accident which may occur during my
participation in this race or while on the premises of this event. I understand that tobacco, alcohol, drugs, and other substances are not allowed in the race and that I will abide by
these guidelines. I have read this waiver and I hereby agree to the San Antonio Road Runners, sponsors, and all other persons and entities associated with this event from any claims or liabilities and
I understand that my participation in this event does not constitute an admission of liability on the part of the person(s) named in this waiver.

Signature _____

Parent or Guardian if under 18 years of age

Signature _____

Parent or Guardian if under 18 years of age



YOU KNOW IT! YOU LOVE IT! YOU'LL RUN IT!

SARR MISSION 5/10 MILER

DECEMBER 20, 2014

@8:00am *LOCATION:TBD*

SAVE THE DATE!

www.saroadrunners.com

CONTACT US BY MAIL
SAN ANTONIO ROADRUNNERS
P.O Box 12474
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:



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.

San Antonio RoadRunners
P.O. Box 12474
San Antonio, TX 78212-0474

