



San Antonio RoadRunners

NEWSLETTER

November 2014 Edition

A Note From the President

By: Jerry Negrete

Inside this issue:

President's Address	1
On the Run	2
Birds of a Feather - Pics	7
A Bit of History	8
Meet Your New Editors	9

Hello RoadRunners, Hope you were able to join us for the Birds of A Feather, a unique and fun event, and a slightly different spin on the standard team effort. Instead of a relay, winning times are based on the combined efforts of a two-person team that run simultaneously.

November ushers in the start of the Holiday Season, and what better way to do that then with the Turkey Trot on Thanksgiving day! This year, we are trying out a new venue, Lifetime Fitness, at 18510 US 281 North. We are hoping the new venue will eliminate the need of waiting for busses to get to and from the event, and we can all start the race together!

Best wishes to our training teams, who have been busy preparing for the SA RnR Marathon, scheduled for Dec. 7. We will give you a few weeks to recover, and hope you will join us for the Comanche 5 & 10 Miler on Dec. 20, at Comanche Park #2, located at 2600 Rigsby, where we will run along the beautiful Salado Creek Greenway Trails.

In every issue of the news-

letter, I always try to remember to thank our volunteers. Without them, we would not be able to present safe, enjoyable events. But it takes the efforts of many more people to not only staff the events, but behind the scenes to keep other club activities moving forward. With that, I would like to welcome Wilson Garis, Diana McCurtain and



Lincoln Miller to the Leadership team. Wilson will be assuming the role of website maintenance, while Diana and Lincoln will collaborate on the newsletter.

And in the spirit of Thanksgiving, something I have been wanting to do for sometime now is to give a big shout out to our sponsors. Several of

our events have at least one major sponsor who helps SARR present AFFORDABLE events, whether it is in the form of donated refreshments, or financial support, or both. So what better time than Thanksgiving to say "Thank You" to all of our sponsors. Their logos are on our event shirts and flyers. Please take note, and be sure to pay them a visit to show our support for them as well. A couple of our biggest sponsors are Academy Sports and Outdoors, the Official Sporting Goods Retailer of the San Antonio RoadRunners, and HEB, who has been our partner for many years in so many of our events, especially at the Women's Run and the Turkey Trot.

Best Wishes for a Happy Thanksgiving.

Sincerely,



Official Sporting Goods
Retailer of SARR

On the Run: Marathons and More

By Don Smith, with Richard Teitz

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.

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.

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.

[In the interview Richard admitted that competition has its attraction, as well. To finish a race of any challenging distance is a personal triumph in itself, of course, but there is also satisfaction in finishing at the front of your class.]

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.

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.]

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.

Any ultra-distance races?

Several 50 ks and four 50 milers.

[Whew! There's another pair of running shoes.]

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.]

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. 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.]

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.]

Most gratifying one?

Houston 2007, sub 3:30 at age 65. A nice surprise.

[That time would be a nice surprise for many at age 25.]

Strange things that have happened during a marathon (or/and other races/runs)?

Running with Olympian Tom Flemming in the New York Marathon, with him dressed in suit, porkpie hat, as Elroy from The Blues Brothers.

The 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.]

How many Boston Marathons? 15

Were you there last year? Yes

[There is the memorable, and there is the unforgettable; they are not always the same. The Boston Marathon of 2013 is no treasured memory for anyone, but it remains searingly unforgettable, whether you were there or not. Richard was nearing the end when the bombs went off between him and the finish line. His daughter was there, too, waiting for him. In the prevailing chaos they could not reach each other even by cell phone. Thankfully both were okay—as so many were not. Richard mentioned one of those little details that don't make the news but are meaningful to runners. He was able to retrieve his bag with dry clothes just before the authorities stopped the practice, fearing that more bombs might be concealed among the bags. So, later runners, exhausted, wet, and no doubt beginning to chill as body temperature dropped, had that discomfort to endure, however minor it must have seemed under the circumstances.]

Favorite distance?

I like running 10k races.

[Now this response may seem itself a bit strange coming from a guy who has run so many marathons, but Richard noted that in a 10k you can set your pace and maintain it for the whole distance—and the race doesn't leave you wiped out for days. I didn't ask him how many 10ks he has run. You can (if you want to be intimidated).]

Any family members that also do or have done distance running or other distance events?

I'm the designated runner in the family.

How have you avoided injuries or dealt with them?

Richard responded that he had been fortunate, though he had gone through some hamstring issues. Basically, he thought his remaining largely free of serious injuries could probably be attributed to sound biomechanics, favorable genetics, and good luck.

Advice for runners who would like to do marathons?

Respect the race but don't fear it. Start slower than planned and be surprised that you have gas in the tank at the end.



UNDER NEW MANAGEMENT SARR BOUTIQUE

JIM HOLBACH, MANAGER

Effective October 18, 2014

For those that wonder what the "SARR Boutique" is, it is the "store" where past race items are made available to members and non-members. Some of the items included are past SARR race shirts; canvas and draw-string bags; Carrabba's hats; towels from the Women's 5K; vests; tyvec jackets; etc. Not all sizes are available. Items are available for a small donation. Donations from the SARR Boutique are added to the SARR Scholarship Fund. Since January, 2014, approximately \$1,500 in donations has been received. The Boutique has been made available at most of the SARR races. Jim Holbach, SARR Treasurer, is the new SARR Boutique Manager.

Inquiries can be sent to : treasurer@saroadrunners.com.

On the Run: The allure of Las Vegas—even for ascetics who run for their fun

By Don Smith, with Mike Tuncap

A city with a reputation for catering to dissipation may seem like an odd venue for an endurance competition that demands self-discipline rather than self-indulgence. Nevertheless, the annual marathon and half marathon races in Las Vegas are among the most popular in the world and seem to have a special allure for San Antonio runners. SARR member Mike Tuncap, who ran the half marathon last year and plans to do it again this year, agreed to respond to questions about the race and what makes it attractive.

Promoted as both an athletic and entertainment event, the race weekend features primarily the Rock 'n' Roll Marathon and Half Marathon, both scheduled to start in front of the Mirage on the Las Vegas strip at 4:30 PM on Sunday, November 16. But it also includes a "½ of the Half" starting at 3:30 PM on Sunday and a 5K scheduled for 6:00 PM on Saturday, the 15th. The Half Marathon and ½ of the Half appear to be the most popular of the options, since the event website indicates both are currently sold out.

According to the *Running USA Annual Half Marathon Report* (April 6, 2014), the Las Vegas Half Marathon is the 10th largest in world with 20,665 finishers in 2013. The San Antonio Rock "n" Roll Half comes in at number 22 in the world with 14,427 finishers. Citing the same source, Scott Peacock noted in a recent email to current runners-in-training that the Las Vegas Half is 6th in the USA and that the San Antonio Half is the biggest one in Texas. In case you are wondering, number 1 is the *Göteborgsvarvet* in Göteborg (or Gothenburg), Sweden, with more than 45,000 finishers and over 60,000 entries. cursory web research turned up no striking reasons for its popularity—though complimentary coffee and massages are available after the race.

The questions for Mike and his answers—with any comments in brackets:

When did you first run the Las Vegas half?

The first time I ran the Las Vegas Rock 'n Roll Half-Marathon was in 2012.

How many times have you run it since?

I ran the Las Vegas event last year and scheduled to run it again this year. I plan to keep the Las Vegas event on my schedule for many years to come!

What are the particular features that distinguish this race and set it apart from all the others?

The most unique feature of this event is running the course at night. The race begins at sundown and the runners spend most of the time on the Las Vegas strip. According to the officials, they only shut down the Las Vegas strip twice a year: for New Year's Eve and for the Las Vegas Rock 'n Roll event.

What attracted you first time?

When I heard that Las Vegas had a Rock 'n Roll Half-Marathon event, I thought it would be fun to run in Vegas on the strip at night.

What continues to attract you?

This event continues to attract me because of the party atmosphere of the city and the excitement of all the lights and spectators on the strip at night.

What may be attractions to other runners that are not necessarily appealing to you?

Some runners may be attracted to all of the weird costumes, pre-event parties, and social events after the race. There are also live music events and the Health and Fitness Expo.

What incidents or appearances have seemed unusually interesting, surprising, or strange?

During both of the events I have participated in, I thought it was strange that runners dressed as "Elvis Presley" were running the same race with me. Another interesting aspect of the race is that some couples running the event can stop at a specific location and get married and then continue with their run.

[This one can't go without comment: that a just-married couple would simply continue with their run seems strange indeed, at least to the more senior among us, who remember when newlyweds were in a hurry to get to the finish line—but not in the company of other people!]

The course is described as "flat and fast." How would you rate the difficulty of the course, considering the number of runners, turns, and other variables that can affect pace?

The last two years, the course layout has been very comfortable. Like all races of this size, the water stops tend to get crowded, but I usually carry my own hydration and bypass the crowds at the water stops.

How many runners are expected? How many from San Antonio?

I believe there are over 20,000 runners expected at the event. Based on the last count, there are approximately 20 runners and their families from San Antonio expected to attend the event.

Do you think many marathon and half-marathon finishers will be up to a Las Vegas style night of entertainment—scheduled or unscheduled?

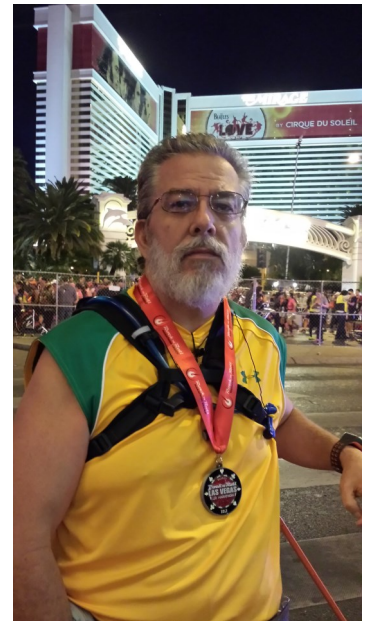
I would have to say that with the excellent training being provided by SARR, most runners will be physically able to participate in events after their run is completed. Since the event is held after sundown, heat has not been a problem the past two years. I expect a lot of happy but tired runners participating in events through the night.

[Sounds like another good reason to get in shape.]

What advice would you have for other SARR runners who may be interested in running this race?

The best advice I could give would be to prepare yourself through the training provided by SARR and then just enjoy the sights and sounds and events in Las Vegas. Also, one of the ladies of SARR, Edie Perez, has a Facebook page for runners going to the Las Vegas event. There is lots of information shared about hotels, transportation, etc.

[Good tip for all those interested. Thanks, Mike, and thanks to Edie, as well.]



October Minutes

Minutes for October not received

SARR Birds of a Feather 2 Person 5K





A Bit of History.... The Mission 10 Miler

Thank you to Ernie Oaks for the Historical look back and to Sally Rios for her story .

March 13, 1976 – Heritage '76 10 Mile Run – Mission County Park. Listed in the description “This is your first chance to run the Mission Trail”.

October 2, 1976 – Horizons '76 10 Mile Run – Mission County Park

December 11, 1976 – “Remember the Alamo” 20K – Mission County Park

March 12, 1977 – Pony Express 10 Mile – Mission County Park – “this is your opportunity to become familiar with the route that will be used for the Fiesta Mission Run, April 23rd.”

October 1, 1977 – Mission Trails 10 Mile Run – Mission County Park

November 5, 1977 – Mavericks Mini-marathon 13.5 Miles – Mission County Park

December 10, 1977 – Branding Iron 10 Kilo Run – Mission County Park “For more information: ERNIE OAKES”, yep I directed that one.

December 9, 1978 – 10K (6.2 mile) Run “SCHLITZE LITE” EVENT – Mission County Park

December 8, 1979 – SARRC Annual 10 Mile Run – Mission County Park – SHOULD BE THE FIRST of the current continuing Mission 10 Milers, note the “Annual” in the title.

December 13 , 1980 – Mission Trails 10 Mile Event – Mission County Park

Interestingly the Mission Trails 10 Mile Run held on December 11, 1982 was followed by the Dannon 20K Run on December 18, 1982 with both being SARR events and the 20K of course funded by Dannon Yogurt.

Thoughts from Sally Rios:

I remember doing the Dannon 20K. It may have been one of my first long runs. I ran with my friend, Val Escobedo, who worked at SAC and was probably the impetus to getting me into running. She and I were newbies at running. We were probably the last runners. I remember that all marshals and water stop personnel were gone. Val's husband somehow knew which way we were going; would drive to the next turn; and point us in the right direction. At one point, we ran along the river (probably near Mission County Park 1). I had never been on that route and asked Val, “Are you sure we are still in San Antonio?” We finished but I don't remember anything about the finish area.

Meet your New Editors

Diana McCurtain–Talbert

So, I've never been a runner. There was always an excuse, true as it might be. I can't run, I have flat feet, it hurts my joints, I'm sure you heard them all. In 2005, I was testing for my 1st degree Black Belt and instead of doing a run my Grand Master allowed me to do a bike test. Whew, squeaked by that one! In 2010, I was testing for my 2nd degree Black Belt with my then 15 year old son. I wanted to run! So, the training began. It was miserable and it hurt. I started out with interval training, that seemed to work for me and gave me the relief I needed when I needed it. It was a two mile run and the goal was under 24 minutes. My son finished in a brilliant 14 minutes and a few seconds. He was supposed to go to work after that, but instead of leaving he ran back, found me and ran me in somewhere in the neighborhood of 22 minutes. It was a proud day. Somewhere in that journey, I discovered I loved running. Maybe it was in the solitude of just me, the road and my music. Maybe it was my son believing I could finish... I was hooked. I have since run two half marathons and was planning on doing a full this year, but have had some injuries, so I am hoping to begin training for 2016. I still train and run using intervals. The pace is still very slow and steady but at the end I always feel good and proud of what I've done. Thank you for allowing me to be part of your organization, I hope to run into you soon!

Lincoln Miller—My path to running.

As a young man, I remember back when Frank Shorter won Olympic gold in the marathon. I know that dates me but it was interesting to me that the event got so much attention from an event that I had not even heard of before. When I asked my parents about marathon, their opinion was (and probably still is) that is not something that normal people do. It was not too much longer before I tried 10 and 20 mile runs (more of a run/walk however I digress), and when I had finished 20 miles, I thought "okay, now what". In those days in Nebraska, there were no big events, no training plans, and the only person who I had ever even met who had done a marathon was my Social Studies teacher who was also the assistant coach of the soccer team that I played on. I remember him pacing us in a training session (my first group run) and he was tough to keep up with.














Zooming forward 3 decades, after years of training and playing a lot of soccer and viewing running as a necessary evil that was required to keep my fitness up to a level that I could continue to play competitive soccer, I finally (almost) retired from playing soccer. In North Carolina, I met some friends of a niece who were Hash House Harriers who just so happen to run a group. Interesting concept, I thought. In any case, I moved to San Antonio in 2009 and found several running groups and SARR, I started training for this thing called San Antonio Rock and Roll Marathon and running with friends which made the whole running thing so much more nice. With lots of support from my new friends, some friendly competition, I have come to love running. After finishing a couple of marathons and a couple of ultramarathons, and more shorter races than I can remember. I try to pay it forward to less experienced runners who have a myriad of reasons for running and help where I can if just pacing or encouraging them to bring their best whatever that is on a given day.

It has been an interesting journey, and I have more goals to reach in running but I feel really lucky to have found a love for running. Thanks to SARR who continue to host many great races. I am looking forward to some more great SARR runs with the Turkey Trot, Comanche Park, and an old friend – the Endurathon. Here is to the friends that I have made through running and the friends I have yet to meet who have motivated me and those I have motivated, lace them up... let's go for a run.

Get Your Run....

Running Events in San Antonio—Month of November

November, 2014

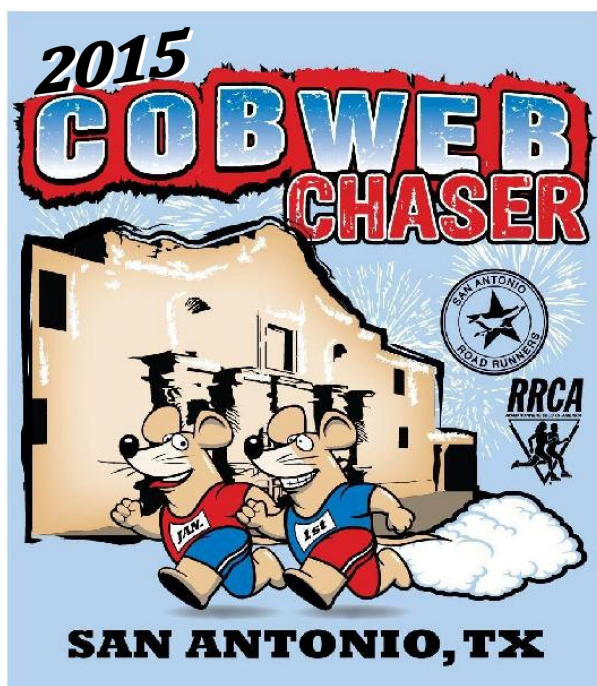
<u>Event</u>	<u>Location</u>	<u>Date/Time</u>
<u>San Antonio River Foundation River Relay</u>	 Confluence Park	Sat, Nov 1, 2014 at 7:30 AM
<u>Friends Of Government Canyon Recharge 8/K/15K Trail Run</u>	 Government Canyon State Natural Area	Sat, Nov 1, 2014 at 7:30 AM
<u>Lead The Way 5K/1Mile</u>	 Botanical Gardens	Sat, Nov 1, 2014 at 8:00 AM
<u>SARR Monthly Fun Runs (Free and Open to the Public)</u>	 McAllister Park Pavilion #1 (Al Becken Pavilion)	Sat, Nov 1, 2014 at 8:30 AM
<u>Annual Dia De Los Muertos Night Run, 5K</u>	 Northwest Vista College	Sat, Nov 1, 2014 at 6:00 PM
<u>San Antonio Roadrunners Member Appreciation Race</u>	 Rockin' R River Rides	Sun, Nov 2, 2014 at 8:00 AM
<u>UTSA Rowdy Rec Run 5K</u>	 SA Campus Recreation - Main Campus	Sat, Nov 8, 2014 at 6:00 AM
<u>Dare To Be Powerful 5K Run/Walk</u>	 Lockwood Park	Sat, Nov 8, 2014 at 8:00 AM
<u>Eden Hill Vineyards 1/2 Marathon & 10K</u>		Sat, Nov 8, 2014 at 8:30 AM
<u>7Th Annual Feast Of The Heart 5K Run/Walk</u>	 McAllister Park	Sat, Nov 8, 2014 at 8:30 AM
<u>GUSTO Push</u>	 TBA	Sat, Nov 15, 2014 at 8:00 AM
<u>Step Up For Epilepsy 5K Fun Run & Walk</u>	 Eisenhower Park	Sat, Nov 15, 2014 at 8:30 AM
<u>Beautiful Feet 5K</u>	 CityChurch Bandera Road Campus	Sat, Nov 15, 2014 at 7:15 PM
<u>Battle Of Leon Creek</u>		Sun, Nov 16, 2014 at 7:00 AM
<u>IAAP 15K & 5K Trail Run</u>	 Land Heritage Institute	Sun, Nov 23, 2014 at 8:00 AM
<u>SARR Thanksgiving Day Turkey Trot</u>	 Lifetime Fitness (281 & 1604)	Thu, Nov 27, 2014 at 9:00 AM
<u>Sixth Annual Lights Spectacular</u>	 LBJ National Park Settlement Trail	Sat, Nov 29, 2014 at 3:00 PM

Thursday,
Jan. 1, 2015
10:00 a.m.

Race Day
Registration

Commemorative
Shirts
Available

Post-Race
Refreshments



McAllister Park
13102 Jones Maltsberger
Pavilion #2

Awards: 1st Place
Overall
Male & Female

Proceeds benefit
The SARR
Scholarship Fund

Door Prizes!
Must be
Present



5K FUN RUN

Register at Fleet Feet, iRun, Run Wild and all San Antonio area Soler Sports stores until 12-27-14.
On-line registration until midnight 12-30-14: <http://register.iaapweb.com> * Race Day Registration Available

Snail Mail cut-off: 12-25-14 - Send entry and fee to: Cobweb Chaser 2015
1149 Woodall Circle, New Braunfels, TX 78130

Name: _____ Age: (On 01-01-2015) _____ Sex: M / F
(Please print legibly) (70+ Complimentary Entry)

Address: _____ Phone #: _____

City: _____ e-mail: _____

State: _____ Zip: _____ Emergency Contact #: _____

5K Registration: _____ \$10.00 Shirt: \$10 Size: S _____ M _____ L _____ XL _____ 2XL _____
(Sorry, no refunds)



Official Sporting Goods Retailer of SARR

Total Enclosed: _____

Release of Liability Agreement:

"I know that running a road race is potentially hazardous activity that could cause injury or death. By my signature, I certify that I am in good health, properly trained, and medically able to perform this event. I agree to abide by any decision of a race official to deny or suspend my participation in this event for whatever 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, traffic and road conditions, all such risks being known and appreciated by me. **I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and personal music players are not allowed in the race.** Having read this waiver and knowing these facts and in consideration of acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the San Antonio RoadRunners, the City of San Antonio, and all sponsors, their representatives 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. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose."

Signature (Adult if under 18 years): _____ Date _____

www.saroadrunners.com Race Director: J. Negrete cobwebchaser@gmail.com



**NEW
COURSE!!**



**SAN ANTONIO ROADRUNNERS PRESENT
39TH ANNUAL THANKSGIVING DAY
TURKEY TROT 4 MILER & KIDS' RUN**

**80
Turkeys
to be
given
away!**



Page 7



**8:45AM
COSTUME
CONTEST!!
Pumpkin pies for
winners!**

*******NEW LOCATION: Lifetime Fitness (281 & 1604) 18510 HWY 281**

*****NEW COURSE!!!! Beautiful scenic route and paved roads**

8:15am Kids' Mashed Potato Run(Children 10 years and under)

9:00AM 4 Mile Fun Cost: Early registration - \$10/SARR Members/Military, Lifetime Members, all others \$12. Kids' run \$3 (All participating in kids' run will receive a medal) Early registration ends Tuesday 11/20/14.

BY MAIL: SARR Turkey Trot/Robert Beyer, 619 Barchester, SAT 78216 (Postmarked by 11/15)

On-line: www.saroadrunners.com www.iaapweb.com (closes at midnight Sunday November 22nd)

In-Store: Run Wild Sports (300 E Grayson, SAT 78215), Soler Sports (all locations); Fleet Feet Sports (6408 N New Braunfels, SAT 78209)

IN PERSON REGISTRATION

One day only Tuesday, November 25 at Run Wild Sports(300 E Grayson) from 1PM to 6PM

RACE DAY REGISTRATION IS \$15 FOR ALL! KIDS' RUN \$5

SPECIAL EDITION TURKEY TROT T-SHIRTS WILL BE SOLD ON RACE DAY!! \$15 /Kids' \$10. YOU CAN ALSO PURCHASE WITH ONLINE REGISTRATION OR IN PERSON REGISTRATION 11/25.

AWARDS TO OVERALL MALE AND FEMALE

There will be water stops on the course and refreshments & fruit at the finish.

Medical on course & at finish.

⑧ 4 Miler \$12 RACEDAY \$15		⑧ Mashed Potato Kids' Run \$3	
NAME _____	AGE _____	MALE _____	Female _____
ADDRESS _____		CITY/STATE/Zip _____	
PHONE NUMBER _____		EMAIL _____	
T-shirt (OPTIONAL & XTRA COST) Youth \$10, Adult \$15, \$3 extra for XXL. Womens' (LIMITED)			
YOUTH S__ M__ L__ ADULT S__ M__ L__ XL__ XXL__ FEMALE S__ M__ L__ XL__ XXL__			
I know that running a race is a potentially hazardous activity that could cause injury or death and I should no enter any run unless I am medically able and properly trained. By my signature I certify that I am medically able to perform this event & assume all risks associated with running this event. I agree to abide by the decision of a race official relative to any aspect of my participation in this event, including the right to deny or suspend my participation for any reason whatsoever. I understand that bicycles, skateboards, scooters and audio devices are not allowed in the race and will abide by the guidelines. Having read this waiver, knowing these rules and facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive, release and hold harmless the San Antonio RoadRunners, all members, the SARR Board, the City of San Antonio and all sponsors, their representatives and all successors from any and 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 _____		DATE _____	
Parent or guardian (if runner is under 18 years of age			

COMANCHE



5 & 10 MILER

DECEMBER 20, 2014 8AM • COMANCHE PARK • 2618 RIGSBY RD • SAN ANTONIO



*Certified Race Course
entirely on
Salado Creek Greenway*

*Post-Race Food &
Refreshments*



SOLER'S
SPORTS



★Drop-In Registrations

Soler Sports (All 4 locations), iRun (2 locations),
Run Wild Sports, and Fleet Feet.
Drop-in closes - COB Dec 17th.

★Website/Online Registration

<http://www.saroadrunners.com>
Online closes - 6pm, Dec 18th

★Mail Entries:

SARR Comanche 5 & 10 Miler
5933 Broadway
San Antonio, TX 78209
Postmarked by Dec 15th

★Fees:

5 Miler: thru Dec 15th - SARR, Military, under 18 - \$20
Others - \$25

Dec 15th thru Race Day - \$30 for all

10 Miler: thru Dec 15th - SARR, Military, under 18 - \$30
Others - \$35

Dec 15th thru Race Day - \$40 for all

70+ FREE! ★ T-shirts for the first 300 ★ **No refunds**

★Packet Pickup and Registration Dec 19th ★10am-6pm

Soler's Sports ★ 5933 Broadway San Antonio, TX ★ 210-930-3148

★Race Day Registration

Registration/Packet Pickup 6:45 - 7:45am

Comanche County Park 2618 Rigby Rd. SATX 78222

★Awards:

5 Miler: 1st overall male/female, 1st masters male/female

10 Miler: 1st overall male/female, 1st masters male/female

1st, 2nd & 3rd - 5 years increments 14 and under thru 80+

☐ 5Miler ☐ 10Miler RACE FEE: \$ _____ Official Use: Bib # _____
☐ Male ☐ Female Adult T-shirt Size (check one): ☐ S ☐ M ☐ L ☐ XL

First Name _____ MI _____ Last Name _____

Birth date: MM/DD/YYYY _____ Age on Dec 20, 2014 _____

Mailing Address _____ City, State, Zip _____

Day Phone _____ Emergency Contact _____

★Door Prizes:

By drawing - must be present to win

★Contact Info:

P. Baltutis 210-232-2217
pbaltutis@satx.rr.com

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and 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 conditions of the road, all such risks being known and appreciated by me. I understand 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 RoadRunners, the city of San Antonio, and all sponsors, their representatives 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 (If under 18, parent/guardian signature) _____

Date _____

Comanche County Park - 2618 Rigby Road, SATX, 78222



ENDURATHON

25K & 2 Person 25K Relay

Saturday January 24, 2015

8:30am

Bulverde Community Center (BCC)

1747 E. Ammann Rd.

Bulverde, TX 78163

Race Directions

Take Hwy 281 North 9 miles north of Loop 1604. Turn left onto FM 1863/Bulverde Rd. Go through downtown Bulverde to Ammann Rd, turn left. BCC on right side of road.

Awards for 25K Individual Run

Overall M&F Winners + M&F Masters

5 Year Age Groups for first 3 M&F

Page 7

Awards for 25K Relay Run

Top three all-male, all-female, mixed, masters.

Age group awards will be based on chip time; overall winners and masters awards will be based on gun time.

Event FEES - No Refunds

On or before Jan 15, 2015: \$35.00. Relays \$70.00/team.

After Jan. 15th and race day: Individuals \$40.00 Relays \$80.00

SARR members and military \$5 off until Jan. 23rd.

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

Register in person

We Run San Antonio, Soler's Sports, FleetFeet Sports, Run Wild, iRun San Antonio locations (cash or check) by Friday January 16, 2015.

Online: <http://www.saroadrunners.com/endurathon>

(online registration will close at midnight Wednesday, January 21st, 2015).

Packet pick-up: Soler's Sports on Broadway

Friday, January 23, 12:00-noon to 6pm.

5933 Broadway St. • San Antonio, TX 78209

210.930.3148

TECH-SHIRT Long-sleeve guaranteed to first 400 registrants only!
POST RACE Enjoy the festive Hill Country after-party with door prizes, great food and drink, and awards. All finishers will receive a small finisher tile!

Please write legibly

First Name _____ Last Name _____ Military (Y N)

SARR Membership # _____ Address _____ City _____ State _____

Zip _____ Shirt: WS WM WL WXL WXXL MS MM ML MXL MXXL Day Phone # _____

Night Phone # _____ Email _____ Sex: M ___ F ___

Age (at time of race): ___ DOB: Mo ___ Day ___ Yr ___

Second relay member:

First Name _____ Last Name _____ Military (Y N)

SARR Membership # _____ Address _____ City _____ State _____

Zip _____ Shirt

Shirt: WS WM WL WXL WXXL MS MM ML MXL MXXL Day Phone # _____

Night Phone # _____ Email _____ Sex: M ___ F ___

Age (at time of race): ___ DOB: Mo ___ Day ___ Yr ___ Emergency Contact Phone _____

How did you hear about this race? _____

RELEASE OF LIABILITY AGREEMENT (both relay members must sign)

In consideration of being allowed to use the facilities of Bulverde Community Center, and for the acceptance of my entry, I do hereby agree to assume full responsibility for my own safety and to save and hold harmless the City of Bulverde, the San Antonio Road Runners, race directors and sponsors, all of their employees and agents, acting officially or otherwise from any manner predicated on loss or damage to the property or the injuries to, or death of any person which may occur resulting from my participation in the Endurathon and do hereby waive any demands or claims thereof. I have carefully read this agreement and fully understand its contents.

Signature (1st runner) _____ Date _____

If under 18, must be signed by parent or guardian. No entry accepted without signature.

Signature (2nd runner) _____ Date _____

If under 18, must be signed by parent or guardian. No entry accepted without signature.

MAKE CHECKS PAYABLE TO

SARR ENDURATHON

Mail entries

Attention: Julie Olsen

P.O. Box 160783

San Antonio, TX 78280

Must be postmarked by January 16, 2015

For more information contact the race director, Julie Olsen: 210.834.0244 • Email: julie.olsen@mail.com

www.saroadrunners.com/endurathon

SARR LEADERSHIP TEAM

President:

Jerry Negrete
(president@saroadrunners.com)
(Cell) 210-887-4260

Executive Vice President:

Richard Collett
(rcollett45@gmail.com)
210-275-6926

Vice President (Membership):

Jim Murray
(membership@saroadrunners.com)

Secretary:

James Vavrina
(secretary@saroadrunners.com)

Treasurer:

Jim Holbach
(treasurer@saroadrunners.com)

Volunteer Coordinator:

Sally Rios
(volunteer@saroadrunners.com)
(Home) 210-735-8037

Director, Public Relations:

Joan Bobrukiewicz
(pr@saroadrunners.com)
(Cell) 210-286-6291

Director, Training Programs:

Scott Peacock
training@saroadrunners.com

Newsletter Co-Editors:

Diana McCurtain-Talbert
Lincoln Miller
(newsletter@saroadrunners.com)

Director, Monthly Fun Runs:

Debra Acosta
(acostad@att.net)
(Home) 210-822-2800

Historian & Photographer:

Tom Lake
(photographer@saroadrunners.com)

Website Manager:

Wilson Garis
(website@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:

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

www.saroadrunners.com

Request for Runners

We are looking for people to join us on the start line in January 9-11, 2015 at Disney's Marathon Weekend. We have 6 spots for Goofy's Challenge (run a half marathon on Saturday and full marathon on Sunday). We thought since you are based in Texas, it would be a fun trip for your team members and motivation to train over the winter.

We provide race kit, registration, 2 nights of accommodation and a fantastic team of support in exchange for fundraising for RODS. All the info and latest pricing can be seen here:

<http://rodsracing.org/rundisney/>

About us:

With the motivation of knowing that hundreds of orphans with Down syndrome were waiting for a family to find them, Racing for Orphans with Down Syndrome was launched. Our purpose is to create awareness for these special children and raise funding that will go towards making what seemed like a distant dream of having a family of their own become a reality, one child at a time.

We have over one hundred team members across America, Canada, and Europe. Whether it is a 5K, marathon, sprint triathlon, or a full Ironman, we race for the cause of helping these children find a home.

The seed for RODS Racing was planted in 2007 when founder Brady Murray had his newborn son placed in his arms. The doctors told him that his son has Down syndrome. What seemed like an overwhelming challenge has evolved into one of Brady's biggest blessings. Brady's son Nash has been the inspiration behind the creation of RODS Racing. The unconditional love that Nash shows to all and the desire to help these precious children is truly the driving force behind RODS Racing.

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	Lifetime Fitness (281 & 1604) 18510 HWY 281
December	SARR Comanche 5 & 10 Miler	Comanche Park



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

