



# San Antonio RoadRunners NEWSLETTER

December 2014 Edition

A Note From the President

By: Jerry Negrete

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Hello RoadRunners,

Season's Greetings! We started the holiday running season on Saturday, Nov. 1<sup>st</sup> with the Monthly Fun Run, and followed it up on Sunday, Nov. 2<sup>nd</sup>, with another day of gorgeous weather for the 2<sup>nd</sup> Annual Members Appreciation Run. What a great venue and a terrific opportunity to spend time with club members! Congratulations and thank you to first time Race Directors, Tina and Neil O'Mahoney for a fantastic job of organizing this event.

December also promises to be busy, with the Monthly Fun Run on Dec. 6<sup>th</sup>, and the RnR Marathon and Half Marathon the very next day on Dec. 7<sup>th</sup>. Congratulations to the Training Teams participating in the RnR Marathon and Half Marathon, and thanks to all the coaches and mentors who helped prepare the runners to compete and complete their respective distances.

We close out the year on Dec. 20<sup>th</sup>, with the Comanche 5 & 10 Miler. The new name of this event is in commemoration of the new venue, Comanche Park at 2600 Rigsby Ave. I hope you can join us as we run along the

beautiful Salado Creek Greenway. From Comanche Park, we first head south to South Side Lions Park, where I grew up running in what was then known as Pecan Valley Park. We will make a loop around the lake, and then hit the greenway and head north, where the 5-Milers will finish back at Comanche, and the 10-milers continue north, to the back entrance of the Wheatly Heights Sports Complex, where we will have



the water stop and turn-around, and by the way, is the new venue for the 2015 Fiesta 10K. If you have not had the opportunity to run on this part of the Greenway, please make an effort to join us.

Looking forward to 2015, first up is the Cobweb Chaser on Jan. 1<sup>st</sup>. This will be my

10<sup>th</sup> year of directing this event, and look forward to celebrating it with you.

Later in the month, we present the 36<sup>th</sup> Annual Endurathon 25K and 2 Person Relay in Bulverde, with new Race Director Julie Olsen at the helm.

Thanks to all volunteers and club members for making it possible for SARR to present another year of safe, affordable, and enjoyable events.

Best Wishes for a Merry Christmas, and a Happy New Year!

Sincerely,

Jerry Negrete

*Run for Fun!*



Official Sporting Goods Retailer  
of SARR

## CHANGING ON THE RUN: Recap of 2014 Wednesday Night Zoo Run

By: Sally Rios

The 2014 SARR Wednesday Night Zoo Run season came to a close on October 29 with the annual End-of-Season Pot Luck meal. This year's Zoo Run started and ended with changes.

To start off with, the event had a new coordinator. After many years of directing the Zoo Run, Joan Bobrukiewicz decided to step down. Accepting the challenge of taking the reins from Joan, was James Vavrina. James was also elected by the SARR membership as the new secretary to the SARR. Having come from Florida and being involved with a running club there, James was ready, willing, and able to handle the Zoo Run. James took over the duties of marking the course, starting the event, calling times at the finish, and handling the awards. His pronunciation of the Spanish names was a bit difficult at first but improved as the season progressed.

With James handling the start/finish line times and awards, Sally #1 (Rios) moved to being the course marshal at Mile 1. She continued to setup the sign-up table, with SARR and other race flyers, and provided the water and Gatorade.

The changes continued....because of medical concerns, Sam Idrogo was unable to continue as course marshal at the intersection of Brackenridge and Avenue B. Mario Valencia moved from course marshal at Mile 1 to "Sam's Corner." Then Michele Darling arrived with her bike, assisted as lead bike, and eventually took over as course marshal at Mile 1.

This left Sally #1 to be a "floater," subbing where necessary and/or just preparing the cups at the finish line.



John Cantu, who had served as the lead bike for the Zoo Run for many years, also stepped down. Jerry Negrete, President of SARR, assumed the duties of lead bike as well as the duties of setting out the orange cones and "runner on the road" signs. He did all this driving from his home/work location in New Braunfels each Wednesday.



Other volunteers, who proved dedicated and flexible moving from one location to another were: Laura Guerrero; Sally #2 (Seeker); Whitney Lawrence and his critters; and the guardian of our table, Edie Ratliff. There were other volunteers that helped throughout the season, so many that it would take an extra page to list them. Our deepest thanks go out to all persons that helped during the season.

The participation in this year's Wednesday Night Zoo Run seemed to grow. Part of the growth was due to the SARR Training Team participating in the event at the beginning of the season. Several cross-country teams also came out: Incarnate Word, Holy Cross, Alamo Heights, and St. Anthony. Coach John "J.G." Gonzalez has brought his St. Anthony team to the Wednesday Night Zoo Run for as long as this writer can remember. Coach J.G. is retiring this year after 30 plus years at St. Anthony. One of the Coach's "products" is Gary Guerrero, a regular participant of the Zoo Run who generally finishes in the top three. Congratulations, Coach! Thanks for bringing your runners out each Wednesday!



October proved to be a Birthday Month. Birthday celebrations started out with Gary Guerrero's 40-something; then Sebastian Flores' 10<sup>th</sup>, and ended with Sid Sablow's 77<sup>th</sup> birthday celebration. All three birthday celebrations were special but Sid's topped the list. His nephew printed special birthday

shirts for the occasion and Sid paid for a clown who did balloon caricatures for the young and not-so-young runners. We all look forward to Sid's 78<sup>th</sup> birthday.

The end-of-season brought out the runners as usual. SARR provided the meat/chicken; Anthony from Kiolbassa donated some sausage; Joe Sepulveda did the grilling; Bob Ratliff provided quail; and everyone else provided side dishes and desserts. I considered Sid's party as a practice run for the end-of-season party and the end-of-season party as a practice run for Thanksgiving! Thanks to all the provided food and helped setup/take down the party area.

No records were set this season. However, a few runners came close to breaking 10 minutes. There were no serious injuries although a few runners suffered heat problems in August. All recovered nicely.

The last change was that Sally #1 announced she would be stepping down from her Zoo Run responsibilities and asked for replacements. If three or four volunteers step forward, the work load will be a lot easier and volunteers may be able to also participate. Volunteers are needed to assist with the sign-in area; coordinate the volunteers; and setup/take down the water/Gatorade. Contact Sally at [sarios1949@att.net](mailto:sarios1949@att.net) if you are interested in helping out and for more info.

The 2014 Zoo Run Season brought new leadership, new faces, some dance lessons, birthday parties, and new/renewed friendships. The 2015 Zoo Run Season runs from April 1 thru October 28, 2015.

So, see you April 1, 2015 --- No Fooling!!!



## **2014 Birds of a Feather 5K**

### **By: Veronica Salinas, Race Director**

This year the "Birds Run" was moved to October from February hoping that the number of participants would increase. Unfortunately, that was not the case. This year, the number of runners/walkers dropped to an all time low of 134. In spite of the low turnout, the run itself went off without a hitch and everyone enjoyed the beautiful weather and a good workout. Actually, some folks were pleased about the turnout because it allowed them a chance to go home with a medal which is always gratifying.

As always, I'd like to thank the incredible SARR leadership team and volunteers that make directing a race so much easier. Special thanks also to our sponsors: Soler Sports, Picante Grill on Broadway across from the Witte Museum, and MoMak's Burgers and Malts on Jones Maltsberger, adjacent to McAllister Park.

If anyone out there has any suggestions on how to pump up the numbers, please let me know, especially in the 16 and under division where there were no participants. I know you kids are out there! Come on out for the 2015 Birds of a Feather 5K.

## **The Genetics of Running:**

### **By: Lincoln Miller**

Have you ever gotten asked the question “Will all the running you are doing wear your knees out?” because I sure have. Fortunately for me, I work in an office with good pain management doctors as well as a great podiatrist and an outstanding physical therapist who I pose questions like this and many others with issues related to injury treatment and prevention that I and many other runners have faced. In this column, I’d like to share the insights that I have gleaned as a biochemist and from working in a pain management medical facility.

During my Master’s Degree studies, I had almost unlimited access to biochemical, nutrition, and medical journals and during my free time, I read a lot of articles. One such article that caught my eye in NCBI PubMed (one of the resources for looking up journal articles when you want to stay current). The field that will answer many of medically-oriented questions can be answered in the growing field of Exercise Epigenomics. The article that caught my eye was an early article in that field that showed gene expression in octogenarians (80 year olds) and in that article they had a control group of normal sedentary individuals, the test group of sedentary 80 year olds who they put on a regiment of daily active exercise (weight lifting and walking), and another control group of active 20-somethings. They took biopsied muscle tissue from at the beginning of the study as well as at the end of the study some months later. What they were measuring was mRNA which is the thing that is measured which tells which of your genes is being activated and to what level they are activated. That measure is an epigenetic profile. What I found fascinating was at the beginning of the study all the 80-somethings (control and test) were similar in the set of gene products they were looking at but were different that the active 20-somethings, then at the end of the study the results showed that the epigenetic mRNA profile of the 80-somethings that were active were much more like the 20-somethings epigenetic mRNA profile than that of the sedentary 80-somethings. To someone who loves geek out on such things, that was such a “WOW” moment for me.

In the most recent Prevention magazine “Your Muscles, Your Life”, there was also an article mentioned from PNAS (Proceeding of the National Academy of Sciences, [www.pnas.org](http://www.pnas.org)) which was similar to that. The pictures were amazing and showed lean dense muscles for those who were active and for those who weren’t, the muscle tissue was laced with sometimes a lot of adipose (fat) tissue in the muscle tissue. The most amazing slides to me were the set that showed the MRI of the 40 year old male triathlete, the 70 year old male triathlete, and the 74 year old sedentary man. The first two were very similar and very different from the sedentary man.

What the upshot of these and many other studies is that whether you walk or run, consistent exercise is an amazingly simple way to keep your body strong but also young. If you want to run test scenarios on how exercise regiments as well as other life choices affects you, check out [www.realage.com](http://www.realage.com) which is a test put on the web that was developed by Dr. Mehmet Oz and Dr. Michael Roizen.

Another important thing to keep in mind in the genetics of exercise is that things like Arthritis are genetic in nature just as there is certainly a genetic component to being able to run a sub 4 minute mile. Just as someone who may have the genetic potential to run a mile in under 4 minutes but never trains in such a way to achieve that, someone with the genetic potential for that autoimmune disease may get that early or late if at all may be determined by epigenetics or in other non-technical language – what you eat, drink, and how you exercise. According to the prevention magazine article, at the least – walk 3 to 5 days a week, do weight training (to that I would add core/abdominal exercises), eat protein with every meal, and get your vitamin D. I’d certainly agree with the protein statement and the D is not a bad idea since most people don’t get enough. The idea being is that you want to make the most of your genetic potential using good diet and plenty of exercise.



The answer to the question I posed at the beginning, in light of the information in this article, is that if I have a genetic predisposition to knee problems then I will have knee problems whether I run or not and the epigenetics of how I live (keeping a healthy weight, eating right, weight bearing and aerobic exercise, and regular medical/dental checkups, as well as my running mechanics) will be a strong determining factor on the how and when and sometimes if, of that genetic predisposition

## Member's Appreciation Run Photos



## **San Antonio Road Runners : Monthly Meeting October 14, 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, and Jim Holbach

**Members/Guests Present:** Veronica Salinas, Sally Rios, Michele Darling, Joan Bobrukiewicz, Tom Lake, Tina O'Mahoney, Neil O'Mahoney, Carl Owens, Al Becken, Phil Gaddy, Bob Ratilff, Diana McCurtain, Wilson Garis, Lincoln Miller, Kimberly Aubuchon, Robert Beyer, Deb Beyer, Scott Peacock, Paul Baltutis

**President's Statement:** The President thanked everyone for attending the meeting. He also thanked the newsletter collaborators.

**Introductions/Guest Items:** The President introduced Lincoln Miller, and Diana McCurtain and Wilson Garis.

**Approval of Minutes:** September's minutes were approved as revised. A motion was made and passed.

**Race Directors:**

**Whine Run:** The race went well. Medical incidents were minimal with one injury treated by the medical team. There were 818 finishers. There were approximately 300 comped entry fees. There were many positive comments about the race. It was profitable. Due to construction, the course may change next year. Participants loved the video finish. The race director thanked all the volunteers.

**Birds of a Feather:** The race director reported that preparations are being finalized. The t-shirts have been designed and the awards are finished.

**Member's Race:** As of today's date, there are 292 registrants. T-shirts have been ordered.

**Turkey Trot:** The race director reported there is a new course. The race has moved to Lifetime Fitness. Registration is open and t-shirts have been designed. The children's run will begin before the main run.

**December 10 Mile/Comanche Run:** December 20<sup>th</sup> is the new date. The course and permits are finalized. Vendors are being organized. There are nice facilities at Comanche Park.

**Officer/Staff Reports:**

**Executive Vice President:** Not present.

**Vice President Membership:** The Membership VP was not present but sent an email with his notes. Active SARR members = 1,518. Pending members = 4. SARR Meet Up Site = 1,421 current member. The featured SARR race on the Meet Up site are Birds of a Feather, Turkey Trot, and the Comanche 5 and 10 miler.

**Treasurer:** There is \$18000 in checking and \$144000 in savings. Outstanding Whine Run bills continue to be paid.

**Website:** Directors are in the process of updating the website.

**Volunteer Coordinator:** The volunteer vests have arrived. Information for the tri-fold pamphlet is being reviewed and input is appreciated.

**Newsletter Report:** New director is preparing newsletters for publication

**Fun Run Report:** There were about 50 children and many new runners. There were no injuries. Additional volunteers are being sought. The Zoo Run turnout is still good with many new runners. The Zoo Run director thanked all of the volunteers.

**Training Program:** Program Director reported that training team will be at the Membership Run. Things are going well. A new course at Lion's Park was tested. The course was well received.

**Action Items/Follow Up:**

**Alamo Run Fest:** A proposal for SARR to collaborate with Alamo Run Fest Directors will be sent to the Board for review.

**New Business :** None

**Round Table:** None

The meeting was adjourned at 8:55 pm.

Respectfully submitted,  
James Vavrina  
Secretary

## On the Run: The Volunteers' Volunteer

By Don Smith, with Sally Rios

Dictionary definitions:

*sally* (intr.v.). To rush out or leap forth.

*rios* (n.). Rivers [*Spanish*]

This is surely an apt name for someone who has coordinated year after year rivers of volunteers sallying forth to ensure that SARR races and other club events take place as planned—all having to overcome the inertia of the early morning hours, the sometimes unfamiliar terrain, the often unfriendly weather, the uncertain, the unreliable, the unexpected, and all the other logistical variables and vicissitudes involved in staging races that put hundreds of feet on the ground for miles and even hours.

Sally has served SARR in several capacities, as she indicated in her earlier notification that she is stepping down at the end of December from the leadership roles she has performed. These roles have been and still are several and varied. In coordinating volunteers, packet pickup, Boutique sales, and in part the weekly Zoo Run, she became for many runners and volunteers alike the face of the club—or at least its most familiar face.

In an organization whose leadership has consistently demonstrated truly exceptional commitment, competence, and initiative, the professional approach she has taken to her own volunteer work is nonetheless remarkable. And work it is—even if for love rather than lucre.

So when I learned, to my regret, that she is stepping down soon, I wanted to ask her some questions and share her responses with readers of the *Newsletter*. Her answers follow the questions. My comments are bracketed in italics.

When did you become a runner?

I don't remember the exact date. I did my first marathon in 1984; so I use 1980 (figuring in months of training) as my start as a runner.

When did you join SARR?

Again, I don't remember the date. I went to the SARR membership info and it shows that I joined in 1997.

How long have you served as Volunteer Coordinator?

Same song, third verse. . . . I don't remember. Ten years is close enough.

*[I promised Sally I would not tease about her memory lapses, but it may puzzle readers that someone who can remember the names of several hundred volunteers and myriads of logistical and procedural detail should forget dates that most runners remember very well. I will simply (and perhaps charitably) note that memory is largely a function of one's priorities and that her priorities have been focused on the efforts of others.]*

What has interested you most about coordinating the work of other volunteers and related activities?

I saw a need and felt I could help. I guess some of my secretarial training came into play. I was taught the secretary was to make the boss look good. I guess I wanted to make the SARR races look good via the volunteers.

Related activities—early packet pickup coordinator—when I was working, I received calls from race directors asking me to assist with packet pickup. My standard answer was “I work until 5:00. Packet pickup closes at 6:00. I won't be of much help.” It was then I decided that when I retired I would volunteer my time to coordinating packet pickup for the SARR races. Having been a race director, I knew there were a lot of last minutes details that the race director had to attend to the day or days before the race. Plus, I thought “I'll be retired and have a lot of time on my hands.” I was so naïve!



What experiences prepared you to be so successful in this role?

I'm going to say my secretarial training—having to be organized; having to work well with people; having to prioritize.

I was the secretary to one of the Deans at SAC (San Antonio College) for 37 years and dealt with students, faculty, administrators, and all of their situations.

What principles have guided your volunteer work and the coordination of other volunteers?

Treat folks as I wanted to be treated as a runner. What did I, as a runner, expect from volunteers during any race? Also: appreciate the volunteers and not have them do anything I wouldn't do.

You mentioned once that you have a big data base of volunteers—about how many?

My database is primarily the membership of the SARR. Membership is now more than 1,500. And I do have a separate list of "Non-Member" volunteers. Every new volunteer is added to my list.

About how many volunteers do you coordinate for each race—ranging from small to large?

SARR sponsors 12 distance races per year. Those distances range from a 5K (3.1 miles) to a 50K (30 miles). The number of volunteers varies per race distance. Including running volunteers (volunteers that are registered to participate in the event) and "non-running" volunteers (volunteers that will not participate in the event), total volunteers per event ranges 50 – 150.

For how many races and other events during a typical year?

I think the answer to #8 above will do—12 races a year. "Other events" may include SARR clean-up day at McAllister Park and SARR Graduation Runs.

What have you liked best about coordinating volunteers?

Dealing with the volunteers—getting to know them; their running history; their personal stories.

What least?

Dealing with the volunteers—just teasing!

Making sure there are sufficient volunteers on race day can be a challenge and a worry. It gets a little tense at times when most of the volunteers want to run and there are not enough "non-running" volunteers.

Could you note some of the strangest, most surprising, most frustrating, most gratifying, and/or most interesting things that have happened during your work as coordinator?

There are never two race days that are the same. Just when you think you have considered every possible situation, something new pops up.

For example: the year the Fiesta Mission 10K was held in Alamo Heights. First challenge: 36 – 40 marshals needed due to the number of intersections/turns on the route. Fortunately, I had a very good military contact that provided all of those volunteers and coordinated with me. But then, about five minutes before race start, we were advised that there was a structure on fire on the race route and part of the race had to be re-routed. I was given the new route, threw everything out of my little Saturn, headed down Patterson Street picking up four marshals and their orange cones to reassign them along Torsedo. A few of the volunteers had folding chairs. How I got the volunteers, cones, chairs, etc. into my Saturn, I don't know. I just pulled up hollered, "Get in the car; gotta move you!!!" And, they got in.



The most recent experience was a last minute change in the race route. Now that I think about it, it dealt with the Fiesta Mission 10K again. This time the race was held at Brooks City, and the route was changed almost five minutes before the race at the request of the police. Fortunately, only a few course marshals were involved, and Jerry Negrete, Club President, was able to move them for me. He was also critical in helping me tell the lead bikes about the change in direction. *Thanks, Jerry!*

What are you most proud of?

The way the volunteers respond to my emails. I feel they trust me; that my emails are not junk.

I felt the same way when I was a secretary. Anytime I asked the custodial or maintenance personnel for something, they always came through. They knew I was not going to ask them for something trivial and that, if I had to do something to prepare for the work, I would do it.

What are you going to do with the extra time that will be at your disposal?

Everyone is asking me that question. I have so many projects that I said I was going to do when I retired—and that was 10 years ago—that I still have not done. Of course, I will now be able to participate in SARR events, which means I will be running/training more.

What impact might your retirement as Volunteer Coordinator have on your domestic life? E.g., might other occupants of your household benefit from (or perhaps in their view, suffer from) their becoming more nearly the sole focus of your organizational talent and energy?

All I have is pets. That is probably one reason that I have been able to devote so much time to SARR. No “other members of your household” to worry about. That may be the reason also that I’ve been married twice and still single :). I’ll get to walk my dog, Divine, more. My vet will be glad to hear that. My cats, I have four, could probably care less.

*[I asked this question because, as has been observed, people who retire or otherwise give up demanding work often have to learn that excess time on one’s hands can lead to excess of helpfulness. Well intended no doubt but still excess. Dogs may appreciate or at least endure it; cats will indeed ignore it; human companions will likely do none of those.]*

Will you continue to volunteer for SARR events?

Probably, but not right away. I don’t want to step on the new Volunteer Coordinator’s toes. I will be glad to advise if requested.

*[Well, that person will have big shoes to fill and so may have some toe room.]*

If so, how do you plan to keep calm when you see things not going as well as you know they could—and should?

That is going to be tough. I’ll need to learn to just be a runner and only speak up or take action if the situation is dangerous. I participated in the Huevos Rancheros 5K in October. We were lined up at the start, same path that we would be finishing on. I looked down, saw a stack of bottled water, and thought someone could trip over the water. I said to the runners around me, “These need to be moved. . . . Oh, wait. I’m not the race director.”

*[Then I’d guess that you have too much tact to be providing any “excess of helpfulness.”]*

What advice might you have for the next coordinator of volunteers?

Know the race route; be flexible; be organized.  
Treat your volunteers well and they will give you 110%.

Thanks, Sally, for your responses and for the way you have served the running community. Happy trails! --DS



# 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](mailto: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**



# Get Your Run On....

## Running Events in San Antonio—Month of December

<u>Event</u>		<u>Location</u>	<u>Date/Time</u>
<u>Reindeer Dash Run/Walk</u>		Frank Arnold Athletic Complex next to D.W. Rutledge Stadium	Sat, Dec 6, 2014 at 8:00 AM
<u>Spicewood Vineyards ½ Marathon And 10K</u>		Spicewood Vineyards	Sat, Dec 6, 2014 at 8:30 AM
<u>SARR Monthly Fun Runs (Free and Open to the Public)</u>		McAllister Park Pavilion #1 (Al Becken Pavilion)	Sat, Dec 6, 2014 at 8:30 AM
<u>Austin Jingle Bell 5K</u>			Sun, Dec 14, 2014 at 8:00 AM
<u>3Rd Annual Holiday 5K Walk/Run Benefiting Wounded Warrior Project And Operation Comfort</u>		Eilan San Antonio	Sun, Dec 14, 2014 at 5:00 PM
<u>SARR Comanche 5 &amp; 10 Miler</u>		Comanche County Park	Sat, Dec 20, 2014 at 8:00 AM
<u>Illuminations Half-Marathon &amp; Relay</u>		JW Marriott Hill Country Resort	Sat, Dec 20, 2014 at 5:30 PM

## 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.

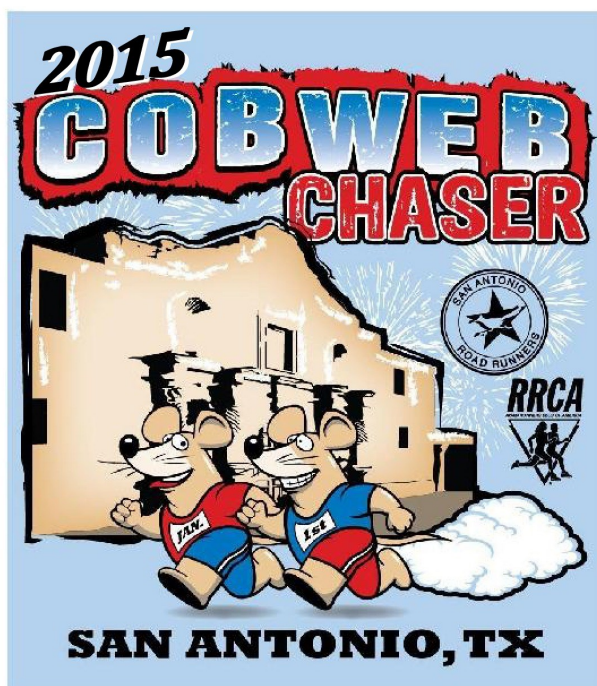
Inquiries can be sent to: [treasurer@saroadrunners.com](mailto:treasurer@saroadrunners.com).

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: 1<sup>st</sup> 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](http://www.saroadrunners.com) Race Director: J. Negrete [cobwebchaser@gmail.com](mailto:cobwebchaser@gmail.com)







# 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

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### 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](mailto:julie.olsen@mail.com)**

**[www.saroadrunners.com/endurathon](http://www.saroadrunners.com/endurathon)**

## **SARR LEADERSHIP TEAM**

### **President:**

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

### **Executive Vice President:**

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

### **Vice President (Membership):**

Jim Murray  
(membership@saroadrunners.com)

### **Secretary:**

James Vavrina  
(secretary@saroadrunners.com)

### **Treasurer:**

Jim Holbach  
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## **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:

## **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><b>Date</b></u>	<u><b>Race</b></u>	<u><b>Location</b></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**

