



# San Antonio RoadRunners NEWSLETTER

January 2015 Edition

A Note From the President

By: Jerry Negrete

Inside this issue:

|                       |   |
|-----------------------|---|
| President's Address   | 1 |
| A Runner's Story      | 2 |
| 2015 Training Program | 3 |
| On the Run            | 4 |
| Rock n Roll Update    | 6 |

Hello RoadRunners,

We hit the ground running in 2015 with the Cobweb Chaser on Thursday, Jan. 1<sup>st</sup>, and picked up the pace two days later on Saturday, Jan. 3<sup>rd</sup>, with the Monthly Fun Run and the kick off of the next slate of training programs.

We close out January with the 36<sup>th</sup> Annual Endurathon 25K and 2 Person Relay in Bulverde. This year we welcome new Race Director Julie Olsen. Please join us for this winter favorite.

In February, be sure to add the Alamo Run Fest to your schedule. This year, the event will be held on the 22<sup>nd</sup>. SARR and all area running stores are helping to promote this series, which this year will offer a return to a familiar venue that many of us have not experienced in a while, running through Ft. Sam. Keep an eye out for emails regarding discounts for SARR members.

2015 promises many new challenges, primarily in venues for upcoming events. Due to conflicts in scheduling and construction, our old favorite venue, McAllister Park will not be available for some of our classic events. In March the Prickly Pear will move to the Land Heritage Institute, at 1349 Neal Rd., SATX, 78264, and will also have a new Race Director, Erik Burciaga.

In April, the Fiesta 10K will move to the Wheatly Heights Sports Complex, at 200 Noblewood, SATX, 78220.

Both of those venues are new for SARR events, and promise a more enjoyable running experience, as we avoid public streets and traffic!

Later in the year, check the SARR website for the venue for the Carrabba's Classic Half Marathon.

And in October, the Birds of a Feather may land in a new venue as well.

As we begin our 42<sup>nd</sup> year of service to the San Antonio Running community, I would like to offer a few words of thanks to Sally Rios, who retired at the end of 2014 from many years of service to SARR. Over the years, Sally served this club in many capacities, and wore many different hats. Her diligence and attention to detail will be greatly missed.

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

Happy New Year!

Sincerely,

Jerry Negrete

*Run for Fun!*



Official Sporting Goods Retailer of SARR

## A Runner's Story: Deepthi Bommera



Like most people I kept making excuses to exercise saying I'm too busy and don't have time. I never ran before but my co-worker and friend Rupinder kept pushing and encouraging me to start walking and then running. Finally, one day I decided to sign up and do the SARR Walk to Run 5K Training Program at Brackenridge Park to begin the challenge of running. The first day of walking/jogging I was out of breath and was so ready to quit, but my friend Rupinder encouraged me to continue and give it another try.

I began this regiment on January 20, 2014 and today I am still going strong. After six weeks of training I did my first 5k run and enjoyed it with my daughter cheering me on. I'm also walking 2-3 miles a day during lunch which takes 30 to 45 minutes. My routine

is very busy and time is something I want to use wisely. Running is a part of my weekly routine and to think I never did it before but I made myself do it regularly. Running is one of the most efficient exercises which doesn't require a lot of time. I've built strength, flexibility and stamina - things I know are really great for you.

Be consistent. Move your body regularly, even when you're not having a powerhouse day. But, take advantage of your "strong" days and don't be afraid to push a little harder. Now I know I'm better off doing what I can, even if it's a lighter workout than planned.

There are many apps available for running, counting calories, counting number of miles, and heart rate monitors. Having some of the apps helped me to remain motivated while exercising. Using the apps showed me how many miles I ran or calories I have burned each time I exercised and gave me a great feeling of accomplishment.

My best advice would be to envision yourself exercising and set your goals so you too can accomplish your dream. You can do it! If you chose to run then I recommend you must have a good pair of running shoes.

**My Motto: If you take care of your body in the long run it will take care of you.**

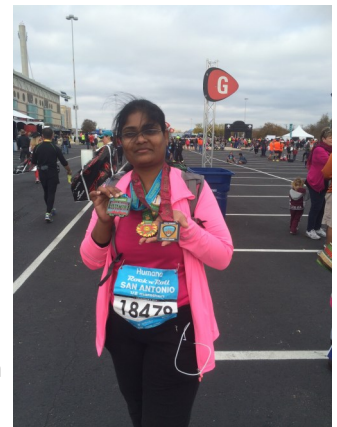
**Just get out the door and transform a new healthier you through exercise and moderate eating!**



**UPDATE:** Good Morning Jim,

I am attaching few pictures from the run. You saw me graduate my first ever 5K. And I signed up to do a half marathon not sure how I will pull it off. With the amazing group runs and very helpful coaches made me ALIVE at the FINISH LINE. I could not make it up to all the group runs, with the few that I could make up were so informative and helpful that I survived and enjoyed the 10k and 1/2 Marathon without any injuries or melt downs... infact I was so happy throughout the course and very confident... Cant thank you all (SARR) for bringing what I had in which I never thought was in ME... Thank you so very much...

Have a great day and hope to see you all in the evening...





# **The San Antonio RoadRunners**

## **2015 Winter Training**

**Begins January 3<sup>rd</sup> at McAllister Park**

**3 Great Programs to Fit Your Needs**

### **“Walk to Run” 5K Program**

- 7-Week Starter Program
- Walk/Run Approach
- Slowly Builds Endurance

### **“Pick Up the Pace” 5K/10K Program**

- Train for a Faster 5K or 10K
- Improve your pace
- Focus is on speed, form, strategy



### **“Let’s Run 13.1” Half-marathon Program**

- Designed for runners who just completed a fall half-marathon
- Focus is on bridge workouts to keep you in shape between races

### **Award-Winning Programs - Supervised by CERTIFIED COACHES**

- Each Program is Specifically Designed and Managed Separately
- Choose the Plan for You and Succeed!
- Weekly Group Run Every Saturday Morning
- Optional Mid-week Group Runs Available
- Weekly Workout Schedules Provided
- Team Shirts and Training Tips Provided
- All programs lead into the Alamo Run Fest on February 22
- Minimum age is 14

REGISTRATION AND MORE INFO AT: [www.sarrtraining.com](http://www.sarrtraining.com)

## On The Run: The Youngest Among Us and Why they Run

By Don Smith, with Ashi D and Wyland H

The youngest amongst us and why they run

By Don Smith – with Ashi D. and Wyland H.

To complete a three-month training program and then a 13.2-mile race is an impressive accomplishment at any age. For young runners still on the cusp of their teens, it is even more so. Ashi D. and Wyland H. joined SARR's fall training program this year and stuck with it—turning up for the 6:30 AM weekend runs as the months passed, the weather grew cold, and light changed to darkness.

Since I also showed up, usually without enthusiasm, for those early runs, I know there must have been weekends when Ashi and Wyland would have preferred to sleep in and then lounge away the morning in their pajamas. But they demonstrated the same disciplined commitment as the older, more experienced runners in the program, accepting the grueling preparation for the grueling challenge to come.

Ashi is 12 and in the 6<sup>th</sup> grade; Wyland is 13 and in the 8<sup>th</sup>. On December 7 both finished the Rock'n'Roll Half Marathon they'd been training for, Ashi in 2:36 and Wyland in 1:53. Mission accomplished.

Since I thought others would find their experience interesting, even inspiring, I asked whether they'd mind sharing it, and they graciously agree to respond to my questions.

How you got started running?

- Ashi: When I was 9, I wanted a puppy. My parents said I could have one if I ran a half marathon. In the middle of my training I decided to get a fish instead because a puppy would be too much work. That's how I started. I kept going because I enjoy running. I don't really know why I committed to doing this last half marathon. I just thought, "What the heck?"

Wyland: I got started running after my mom and little brother did, because I wanted to spend some time with them.

How long ago?

- Wyland: Last year.  
Ashi: Three years ago.

How often a week typically?

- Ashi: One to three times a week while I'm training; otherwise, not much, unless I join a school track club or something.  
Wyland: I usually run one to two times, but they are long distances. I only run that amount because of school getting in the way.

About how many miles each time?

- Wyland: They are usually long runs; so six miles or more.  
Ashi: Midweek runs are like one to three miles, and my long runs are long. I add a mile each week.

Total miles for the week?

- Ashi: Depends where I am in my training.  
Wyland: Each week is more than the last.

*[Comment: In the fall training program the distances for the long runs normally increased each week. DS]*

Races run previously?

Ashi indicated that she had done "two half-marathons and a bunch of 5Ks and a 10K"; Wyland simply referred to the RnR Half.

Favorite distance and why?

- Wyland: I like six miles because it is not that long of a distance, but there is still a good workout available.  
Ashi: I like 5Ks because they're short, and I can do them quickly—helps me work on speed.

What you like best about running?

- Ashi: Well, I like that I can just leave my worries behind. It makes me feel happy, especially if I'm running with a group of people. When I run with a group, I feel like everyone around me is happy, and it makes me feel happy.

Wyland: It allows a lot of time to think.

*[Comment: Their responses seem intriguing at a time when many runners rely on their electronic devices for diversion along the way. DS]*

Running plans?

Ashi: I want to run some shorter distances and work on my speed.

Wyland: I plan to improve my race time for the half-marathon.

What keeps you running on days you'd rather skip it?

Wyland: I just have to choose whether I want to run or not.

Ashi: I guess just commitment. When I've committed to something, I have to get through it.

What your friends think of your being a runner?

- Ashi: They say, "Good job!" When someone asks about running half-marathons among a group of friends, sometimes the person who didn't ask the question and didn't know I run long distances will look like they feel uncomfortable for some reason. I don't know why.

Wyland: They are impressed and jealous.

Advice for others who may be thinking of starting to run?

- Wyland: My advice would be to start off slow and incrementally work your way up in distances.  
Ashi: Get out there and try it! If you like it, then set a goal, and commit to it.

Any interesting or amusing things you've experienced thus far as a runner—things you'll never forget or perhaps might like to forget?

- Ashi: I noticed that this time when I ran the San Antonio Rock'n'Roll Half-Marathon, I remembered specific things I saw or that happened in specific places along the course three years ago. I found that amusing because on any other day, for example when I go to school, I don't remember what was going on in that place three years ago. At the half-marathon, I noticed people older than me, especially teenage girls, would cheer for me a lot. Kids my age who weren't running looked kind of shy when they saw me. My favorite sign was "Find Your Happy Pace!"

Wyland: No. . . . Thankfully not yet.

Many thanks to Ashi and Wyland for sharing their running accomplishments. I found especially noteworthy their responses on what those accomplishments have required: making a choice and making a commitment. It does come down to that.

And I should note, finally, that they have set a very good example for their parents. Wyland's mother Lana and Ashi's father Paul also completed SARR's fall training program and finished the Rock'n'Roll Half Marathon, as well—in good form and at a good pace.

**San Antonio Road Runners : Monthly Meeting**  
**November Minutes were not available at the time of the December Meeting. The will be posted in February's issue**

## Rock and Roll Marathon Series: San Antonio

Congratulations to all those who ran in the Rock and Roll! This is a great accomplishment. Below are the times that have been reported for our SARR Runners.

Special Congratulations to Rick Goff—He qualified for the Boston Marathon! His time was 3:33:34 for his age group.

Half Marathon Results

|                     |                 | Time    | Pace    |
|---------------------|-----------------|---------|---------|
| Scott Peacock       | Helotes, TX     | 1:34:00 | 0:07:11 |
| Elbert Hargesheimer | San Antonio, TX | 1:48:23 | 0:08:16 |
| Julia Hargesheimer  | San Antonio, TX | 1:50:03 | 0:08:24 |
| Ralph Domas         | San Antonio, TX | 1:56:46 | 0:08:55 |
| Randy Ohman         | San Antonio, TX | 1:59:46 | 0:09:09 |
| Jim Murray          | San Antonio, TX | 2:09:19 | 0:09:52 |
| Meg Domas           | San Antonio, TX | 2:18:21 | 0:10:34 |
| Louis Mast          | San Antonio, TX | 2:20:04 | 0:10:42 |
| Wilson Garis        | San Antonio, TX | 2:26:20 | 0:11:10 |
| Rick Hopkins        | San Antonio, TX | 2:31:04 | 0:11:32 |
| Bernice Sepulveda   | La Vernia, TX   | 2:40:18 | 0:12:14 |
| Sally Seeker        | San Antonio, TX | 2:42:37 | 0:12:25 |
| Lena N Williams     | San Antonio, TX | 2:54:10 | 0:13:18 |

Marathon Results

|                   |                  |         |         |
|-------------------|------------------|---------|---------|
| David Fuller      | San Antonio, TX  | 4:11:19 | 0:09:36 |
| Jean Perez        | San Antonio, TX  | 4:36:23 | 0:10:33 |
| Gwendolyn Fuller  | Converse, TX     | 5:53:53 | 0:13:30 |
| Jesse Villarreal_ | San Antonio, TX  | 6:18:02 | 0:14:26 |
| James Holbach     | San Antonio, TX  | 6:44:35 | 0:15:27 |
| Sunny Collett     | Garden Ridge, TX | 6:55:08 | 0:15:51 |



For Change, For Health, For Life



Activewear that works as hard as  
YOU.



Our mission at Daughters On The Run is to provide quality workout gear and accessories to our customers that reflects who they are and why they train. You train hard to meet your goals and deserve comfortable gear that portrays your personality and attitude.

**Let Daughters On The Run go the distance with  
YOU**

### **StrongHeart Apparel**

StrongHeart Apparel has a more feminine feel mixed with a little edge. For those that don't have the strongest stature but still like to kick a little butt.

### **StrongWill Apparel**

StrongWill Apparel has a more masculine feel for those that never yield to the forces that destroy the average man.

### **DotRUN Revolution**

We would love to hear your story of how physical activities has impacted your life. Share your story, inspire and be inspired by others that have traveled down the same road for change, health, and life!

Email: [daughtersontherun@gmail.com](mailto:daughtersontherun@gmail.com) Website: [daughtersontherun.com](http://daughtersontherun.com)  
Phone: 210-570-5405

»————→ **February 21 and 22, 2015** ←————«

**ALAMO HALF • ALAMO 10,000 • ALAMO 5K**  
**H-E-BUDDY KIDS CLASSIC • ALAMO HEALTH & FITNESS EXPO**

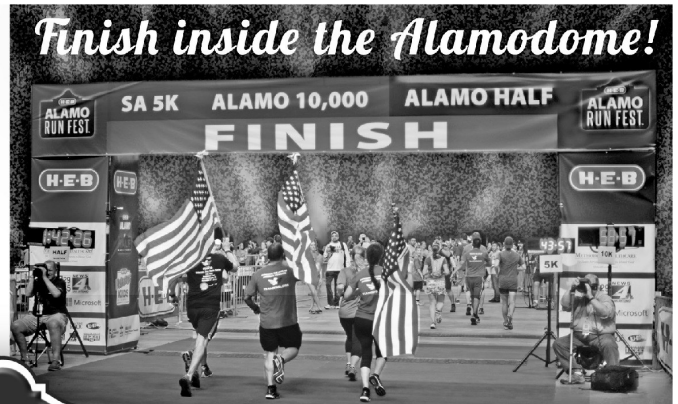


**Over four miles of the Alamo Half route will pass through Fort Sam Houston!**

*Start with a musket blast!*



*Finish inside the Alamodome!*



**GREAT RACE ROUTES, LIVE MUSIC, COOL FINISHER'S MEDALS, PASSIONATE VOLUNTEERS**

*Associate Beneficiaries:*



SARR members are eligible for  
a 15% discount on entries.

Contact your SARR training coordinator for details.

*Primary Beneficiary:*



**AMERICA'S  
FUND**

*Sponsored in Part By*



endorsed by



**Mayor's Fitness Council**  
City of San Antonio



*Produced by*



***For more information and to register visit: [alamorunfest.com](http://alamorunfest.com)***

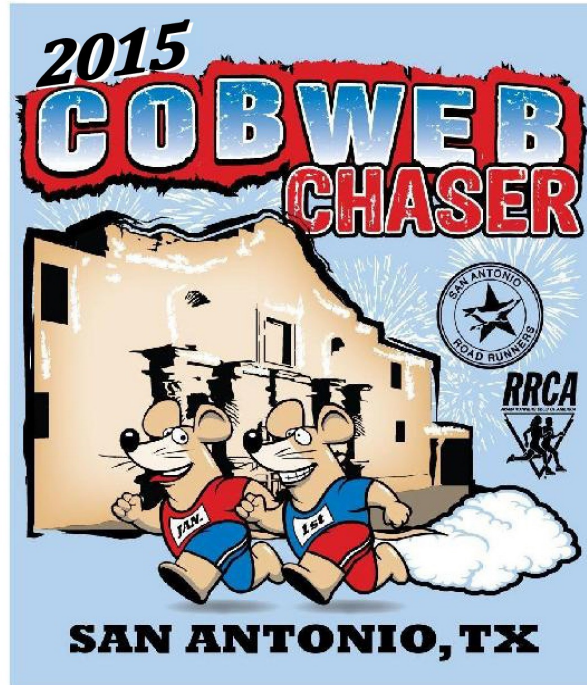


Thursday,  
Jan. 1, 2015  
10:00 a.m.

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

### 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:**

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:**

Needs to be Filled

### **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:**

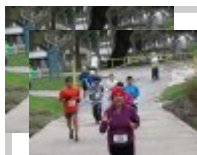
Debra Acosta  
(acostad@att.net)  
(Home) 210-822-2800

### **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:

## **SARR Comanche 5 and 10 Miler**



## 2015 SARR Events

| DATE                        | EVENT                                  | LOCATION  |
|-----------------------------|--|---|
| Jan 01 - Thur.              | Cobweb Chaser 5K Fun Run               | McAllister Park, Pavilion #2                              |
| Jan. 24 - Sat.              | 36th Annual Endurathon 25K & 2 Person  | Bulverde Community Center                                 |
| March 14 - Sat.             | 14th Annual Prickly Pear Trail Runs    | Land Heritage Institute, 1349 Neal Rd. SATX 78264         |
| April 18 - Sat.             | 42nd Annual Fiesta 10K                 | Wheatly Heights Sports Complex, 200 Noblewood, SATX 78220 |
| April 25 - Sat.             | 33rd Annual Fiesta Fandango            | Columbus Park - staging at Tuesday Musical Club           |
| Jun. 20 - Sat.              | Carrabba's Half Marathon Relay and Run | <i>See SARR Website</i>                                   |
| Jul 04 - Sat.               | 40th Annual Freedom 4 Miler            | STAR Soccer Complex / Morgan's Wonderland                 |
| July 18 - Sat.              | 36th Annual Women's 5K                 | Lincoln Heights   |
| Sep 7 - Mon.                | 14th Annual Labor Day Whine Run        | Dry Comal Creek Vineyards, New Braunfels, Tx              |
| Oct. 17 - Sat.              | 5th Annual Birds of a Feather 5K       | <i>See SARR Website</i>                                   |
| Nov. 14 - Sat.              | 3rd Annual Members Appreciation Run    | <i>See SARR Website</i>                                   |
| Nov 26 - Thurs.             | 39th Annual Turkey Trot 4 Miler        | Life Time Fitness, 18510 US 281 North                     |
| Dec. 19 - Sat.              | Comanche 5 & 10 Miler                  | Comanche Park #2, 2600 Rigsby                             |
| Jun. 27 - Sat.              | SARR Picnic                            |   |
| Jan. 3                      | 1st Saturday Fun Run                   | McAllister Park, Al Becken Pavilion#1; 8:30a.m.           |
| Feb. 7                      | " "                                    | " "   |
| March 7                     | " "                                    | " "   |
| April 4                     | " "                                    | " "   |
| May 2                       | " "                                    | " "   |
| June 6                      | " "                                    | " "   |
| July 4                      | <b>Freedom 4-Miler</b>                 | <b>Freedom 4-Miler</b>                                    |
| August 1                    | 1st Saturday Fun Run                   | McAllister Park, Al Becken Pavilion#1; 8:30a.m.           |
| September 5                 | " "                                    | " "   |
| October 3                   | " "                                    | " "   |
| November 7                  | " "                                    | " "   |
| December 5                  | " "                                    | " "   |
| April: 1, 8, 15, 22, 29     | Wednesday Night Zoo Run                | Brackenridge Park; 6:30p.m.                               |
| May: 6, 13, 20, 27          | " "                                    | " "   |
| June: 3, 10, 17, 24         | " "                                    | " "   |
| July: 1, 8, 15, 22, 29      | " "                                    | " "   |
| August: 5, 12, 19, 26       | " "                                    | " "   |
| September: 2, 9, 16, 23, 30 | " "                                    | " "   |
| October: 7, 14, 21, 28      | " "                                    | " "   |



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**

