



San Antonio RoadRunners NEWSLETTER

February 2015 Edition

A Note From the President

By: Jerry Negrete

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Hello RoadRunners,

Thanks to all participants who rang in the New Year with us at the Cobweb Chaser, and then helped close out January with the Endurathon.

Our January Monthly Fun Run also marked the kick off for the training program, with a completion date of Feb. 22, at the Alamo Run Fest, which promises a great experience with part of the route running through Ft. Sam, and finishing inside the Alamodome.

As I mentioned in my article last month, 2015 will be a year of change and challenges. In March, be sure to join us for the Prickly Pear at its new venue, the Land Heritage Institute, at 1349 Neal Rd., SATX, 78264, with new Race Director, Erik Burciaga. For the 50K we are planning two, 15 mile loops, with beautiful, less technical trails than our previous course.

In April, the Fiesta 10K will be held at 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!

Other events we anticipate moving to new venues include Carrabba's, and Birds of a Feather, so keep an eye out for race flyers and on the on-line events calendar.

Later in the year at the annual club picnic in June, we will hold officer elections. This year, positions up for a vote are President, and Vice-President of Membership. Anyone interested in either position, let me or any of the club officers know.

As always, we are in need of several volunteers. First of all, we are in the process of forming an advisory committee, and are in need of club members willing to help advise the club officers regarding club business and aid in the decision making process. Anyone interested in serving on this committee, please let us know. Also, we are looking for volunteers to help with race directing. Specifically, we are asking for help with the Labor Day Whine Run and the Cobweb Chaser. But it would be great to get a co-director for each event, so if you have an interest in helping us organize SARR events, give me a call or send me an email.

It is our volunteers who help make our events safe, affordable, and enjoyable. As we begin our 42nd year, I want to thank all of you for helping us serve the San Antonio running community.

Sincerely,

Jerry Negrete

Run for Fun!



Official Sporting Goods Retailer of SARR

2015 Coweb Chaser

Well, I guess it was bound to happen. After 10 years of directing this race, 2015 was the first time it actually rained! It has threatened once or twice before, but it had never actually rained, until this year. Maybe it's a sign. There is a possibility that next year's Cobweb will have to move to a new venue, depending on construction schedules at McAllister Park.

Despite the weather, over 200 runners braved the elements to help us ring in the new year.

First Place Overall Male was Omar Trevino, with a time of 16:32.

First Place Overall Female was Emily Dunn, with a time of 20:17. Some of you may recall that Emily's sister, Janessa was the Cobweb First Place Overall Female four years in a row, from 2008 to 2011. You could say 1st Place at the Cobweb "runs" in the family!

The Cobweb is a great way to start the new year, and one of my biggest pleasures is welcoming the many out of town guests who are here for the holidays, visiting family and friends, and we are grateful to have them join us.

I would like to thank our friends at the Black Eyed Pea for sponsoring the terrific breakfast casseroles, and Joan B. for providing the traditional, delicious black-eyed peas.

Also, thanks to Academy Sports, the Official Sporting Goods Retailer of the San Antonio RoadRunners, who made the great door prizes possible.

Of course, we couldn't do it without all the volunteers, who this year had to stand in the cold rain to help direct runners, and distribute water and Gatorade to participants..

And now, a toast to the New Year: To 2015:

Because Life should be a pattern

Of experiences to savor,

Not to endure

Learn to recognize and appreciate

Those moments now

For tomorrow is not guaranteed

Have a Blessed 2015.

Jerry Negrete

Cobweb Chaser

Race Director





On The Run: When Your Child Outruns You

By: Don Smith

You who are parents remember when they were mere red-faced little squallers with cardio-vascular systems still struggling hard to adapt to a radically new oxygen supply and a bewildering new sensory apparatus called sight. You remember, too, when they took their first steps--and thereafter were never still. Some of you may remember when they became curious about your running and, being natural-born imitators, took it up themselves.

Some of you may also remember the mixed feelings that came when they first demonstrated they could outrun you. Mixed not because your kid could now beat you (you both could be proud of that) but because you both knew that as time's moving finger traced the shared trajectories of your lives on that graph Scott alludes to below, one line was still going up while the other was inevitably going down. And you both knew that the intersection you had now passed would not come again.

In keeping with the season in which we look both backward and forward, here are a couple of memories of when, on the run, the old gives way to the new. The first is an experience Scott Peacock shared with runners participating in SARR's fall training program. The next is about my own lesson in the graphology of time—but with the son of a running buddy rather than my own. DS

There Comes a Day

By Scott Peacock

There's a point on the graph of every father/son relationship when the boy's skills finally surpass the old man's. Mine happened while running. I started encouraging my son, Chase, to participate in local races with me when he was about 12. He struggled to finish the events but I kept encouraging him and signing him up for the next race. My son didn't give up, didn't complain, just kept working at it. Somehow he knew the day would come. And it finally did at a race in Austin when Chase was 15 and I was forty-something.

On the drive up to Austin I kept telling him to not worry if I was too far ahead. "Just keep running and I'll meet you at the end; don't get discouraged," I preached. "If you need to walk or stop to rest for a while that's okay." When we got to the starting line Chase leaned over and said, "I think I'll try to hang with you for a while." "Okay", I replied, "but don't overdo it and be sure to slow down when you get too tired."

A few miles into the race we were running step for step. I was definitely breathing harder than he was. "Dad, I'm going to speed up a little." And off he went. I shook my head. He's going out too fast. He's going to hit the wall. A few more miles into the race and I could no longer see him. I started to worry. Maybe he got sick or twisted an ankle. Surely, I will catch up to him soon. But I never did.

I approached the finish line and there he stood, just smiling. "Did you catch a ride?" I joked. We compared watches. He beat me by several minutes – the baton had been passed. He didn't rub it in and was gracious in victory. "You probably just weren't feeling well today," he said. He was wrong. I had never felt better.

We are all at different paces at different times of our lives. Maybe you are the person being passed now and your turn to be the passer is coming soon. Maybe you will never run the same way you did when you were 17 and maybe one day you will run even better. I don't think it really matters as long as we enjoy the journey.

Time's moving finger and the hand of God

By Don Smith

My own son and I run together when we get a chance and have done a number of races together, but I recall no definite point at which our paces changed places. But of course they did, years ago, and now his son can outrun me, as well. But I'll share an experience somewhat similar to Scott's that involved the son of an old running buddy. I was then in my forties and still competitive enough to delude myself that perhaps I was not yet subject to the incessant scribbling of time.

My buddy Ken, his son Mark, and I signed up for a local race of a few miles distance that started mid-town and wound downhill for a mile or so, across a creek, and then steeply up the other side. Since Ken intended to run at a slower pace, Mark and I lined up together at the start and set off strongly near the front of the pack. Mark was then a varsity soccer player in college – young, fit, and fast. All was well as we stayed together exchanging small talk till we crossed the creek and started up the other side. Then, as I told his father afterwards, it was as if God had put one hand at Mark's back and the other against my chest. Mark did not slack off the pace; I could not maintain it on that steep incline. I remember his looking back quizzically, as if to ask whether something was wrong. Something was—age. Wrong yet right. The ultimate ruler had set me straight that I was no exception to the rule.

And so with a mixture of gladness and a little sadness, we all come to accept that on the run, as elsewhere, the famous line from the *Rubaiyat* inevitably applies: "The moving finger writes, and having writ, moves on."

SARR Members,

We are launching our newest training program this month, the **SARR Off-Road Runners Trail Training Program!** Ever thought about trying trail running? Tired of running on the pavement or concrete? Need to mix up your running a little? Then this program is for you!

Why trail run?

Getting off the road and onto the trails is one of the best things you can do to for your running. Whether you're new to trail running, want to build strength or run faster times on the road, trail running can be an enjoyable and relaxing addition to your running program.

Why now?

This brand new SARR trail training team will get you ready for the SARR Prickly Pear 10-Miler in March. Trade in sounds of traffic, trains and city life for the sounds of rustling leaves, song birds and the soothing sounds of nature as we train for this race.

When does it start?

This short 6-week program will be focused on runners who may be new to trail running and/or looking to enhance their current running repertoire. Participants must be able to run 3 miles. The training program will start Sunday, February 1st and end on Saturday, March 14th with the SARR Prickly Pear Trail Run, which takes place this year at the Land Heritage Institute. Our long trail runs will be on Sunday mornings at area parks and natural areas in San Antonio. RRCA Certified Running Coaches Kimberly Aubuchon and Steve Fish will lead the group.

What's the cost?

Here's the best news...it's FREE for SARR members! If you want to register to participate in this inaugural program or volunteer to assist, please fill out this [REGISTRATION PAGE](#).

Important: Since this is our first class for this program we are limiting the number of participants to *only the first 35* people to register. Sign-up today if you are interested in participating.

Running and Walking - Rules of the Road Walkers and runners must always practice safety first when training near traffic!
The first four of these are Texas laws.

1. Please always walk/run facing oncoming traffic.
2. Always stay on the sidewalk when one is available.
3. If there is no sidewalk, always stay near the left side of the road in single file.
4. Do not cross intersections opposing street lights.
5. Always watch for traffic in all directions - vehicles are bigger and danger is ever present.
6. Light colored clothing is always recommended.
7. On cloudy days or at night, wear/use reflective gear - front and back.
8. It is recommended you run/walk with a training partner or a group.
9. If you use an MP3 player, remember you need to be able to hear traffic, angry animals, etc.
10. First and foremost - Safety First! It could save your life.

San Antonio RoadRunners : Monthly Meeting November 11, 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, J Jim Murray, and Rick Colett

Members/Guests Present: Veronica Salinas, Sally Rios, Michele Darling, Joan Bobrukiewicz, Tom Lake, Tina O'Mahoney, Neil O'Mahoney, Carl Owens, Debra Acosta, Phil Gaddy, Bob Ratilff, .

I know others may have been present but I lost the sign in sheet if you were at the last meeting let me know and I will fix this thanks and sorry.

President's Statement: the president thanked all the veterans for there service

Introductions/Guest Items: mike villarreal who is running for mayor of san Antonio. Mr. villarreal wants input on what he could do to help us with regards to the city to make it easier for runners to put on events. he would also like to make S.A strong by improving infrastructure and basic city services and creating a more fit S.A.

Approval of Minutes: October minutes were approved as written.

Race Directors:

Members run: The race directors reported that we had 485 members register for the race this year , that is 187 more then last year. we had 341 finishers that's up 101 from last year. most people like the venue and the dog tags for the awards were a big hit . Almost all the feed back has been positive.

Birds of a Feather: The race director reported that the race went off well we had about 134 runners which was a all time low and is looking for ways to improve the race.

Turkey Trot: The race director reported that the permits have been approved and have signage in place and have the fruit and Gatorade. The course is all set to go as well as the marshals. the t-shirts are in. the kids run will be in the parking lot .

December 10 mile: The race director reported that the race is coming together well. has finalized the race design and the vendors are in place.

Officer/Staff Reports:

Executive Vice President: No report at meeting time.

Vice President Membership: Active members =1,544 (an increase of 26 members). We have 5 pending members. The SARR meetup site has 1,461 current members and added 40 new members in October . the site is promoting the turkey trot and Comanche 5& 10 mile race at this time.

Treasurer/Website: not present

Volunteer Coordinator: is working on finalizing the trifold and will be sending out the call for volunteers for the December 10 mile run.

Newsletter Report: would like to have anything that needs to be in the news letter as soon as possible due to the up coming holidays.

Fun Run Report: There was a small turnout with many new runners.

Training Program: Program Director reported the training is almost over some of the class is going to run the Vegas 1/2 and full marathon. is working on new training classes for 2015.

Action Items/Follow Up: The Alamo run fest proposal: a proposal was made to support the Alamo run fest. the motion was passed with a vote of 4 yes and 1 abstained due to not being present at the vote.

New Business: none at this time.

Round Table:

1. For more SARR members to get involved in the board process one suggestion was a advisory group to assist the board with getting membership input for the club.
2. Better support for out of town races so that maybe blocks of hotels or airfare can be purchased at group pricing.
3. An article in the news letter about the people who are going to be running the Vegas 1/2 and full marathon.

The meeting was adjourned at 9:05 pm.

Respectfully submitted,

James Vavrina

NEW COORDINATORS

By: Sally Rios

As most of you know, I am stepping down from my responsibilities with the SA RoadRunners. The following individuals have accepted the coordinator positions shown below.

EARLY PACKET PICKUP COORDINATOR – JULIE SARGENT

Some of you may know Julie as she has been the sag bike for the SARR training group. Julie will assist race directors with early packet pickup, which is usually held one to two days before race day. Julie has also agreed to manage the race bibs and safety pin supply for the SARR.

COURSE MARSHAL COORDINATOR – ERIK BURCIAGA

Most of you probably know Erik as the owner of the E-Dragon Productions and the race director for last summer's race that served turkey legs at the finish.

The course marshal coordinator is a new position. Erik will work with the SARR Board, Race Directors, and the Volunteer Coordinator in assigning course marshals at each event. For races that will have new venues, Erik will review the course for course marshal and water stop locations; will prepare necessary maps; and will distribute maps, vests, etc. as needed.

VOLUNTEER COORDINATOR – MARISSA HOWARD

As Volunteer Coordinator, Marissa will be recruiting and assigning volunteers for each of the SARR races and other events. She will work with the Race Directors to confirm volunteer needs. "Call for Volunteer" emails will be sent by Marissa. Marissa's first event will be the Prickly Pear.

All of three of the above coordinators will work together and with the SARR Board, Race Directors, and membership to continue putting on quality events that SARR is known for.

Thank you for your assistance in the past and for your continued support



10K Running Times San Antonio, TX

Times Extracted from the San Antonio RoadRunners Newsletters

<u>Date</u>	<u>Event</u>	<u>Runner</u>	<u>Time</u>
Apr 20, 1974	Fiesta Mission 10K	Juan Garza	32:49
Apr 26, 1975	Fiesta Mission 10K	Jim Garza	33:58
Apr 24, 1976	Fiesta Mission 10K	Jim Ewing	32:32
Apr 23, 1977	Fiesta Mission 10K	Ernest Fischer	31:46
Apr 22, 1978	Fiesta Mission 10K	George Christopher	32:01
Apr 25, 1981	Fiesta Mission 10K	David Renneisen	30:47
Apr 23, 1983	Fiesta Mission 12K	Robert Yara	38:23
Apr 28, 1984	Fiesta Mission 12K	Robert Yara	38:56
Apr 27, 1985	Fiesta Mission 10K	Scott Brickerd	32:39
Apr 25, 1987	Fiesta Mission 10K	Jason Sheppers	31:16
Apr 16, 1988	Fiesta Mission 10K	Eloy Collazo	32:56
Apr 16, 1994	Fiesta Mission 10K	Robert Yara	33:20
Apr 22, 1995	Fiesta Mission 10K	Raul Gonzales	35:08
Apr 20, 1996	Fiesta Mission 10K	Steve Sission	32:06
Apr 19, 1997	Fiesta Mission 10K	Tony Every	34:55
Apr 18, 1998	Fiesta Mission 10K	Raul Gonzales	35:54
Apr 17, 1999	Fiesta Mission 10K	Israel Flores	35:25
Apr 20, 2000	Fiesta Mission 10K	Joshia Meza	34:15
Apr 21, 2001	Fiesta Mission 10K	Efran Velasques	33:26
Apr 20, 2002	Fiesta Mission 10K	Efran Velasquez	34:19
Apr 19, 2003	Fiesta Mission 10K	Joshia Meir	33:58
Apr 16, 2005	Fiesta Mission 10K	Victor Viesca	32:59
Apr 22, 2006	Fiesta Mission 10K	Barnaba Chirchir	31:46
Apr 21, 2007	Fiesta Mission 10K	Brant Lutz	32:??
Apr 18, 2009	Fiesta Mission 10K	Hernan Rosemberg	34:08
Apr 17, 2010	Fiesta Mission 10K	Dan Jess	33:38
Apr 09, 2011	Fiesta Mission 10K	Gabe Lucido	34:36
Apr 21, 2012	Fiesta Mission 10K	Jeremy Daum	32:12
Apr 20, 2013	Fiesta Mission 10K	Rick Carrillo	32:35
Apr 19, 2014	Fiesta Mission 10K (6.4 Miles)	Chris Serra	38:24
Oct 6, 1979	Lite Beer 10K	Shawn Flanagan	30:26
Oct 11, 1980	Lite Beer 10K	Robert Yara	30:42
May 8, 1983	Holy Cross Knight Festival 10K	Roger Soler	30:55
May 14, 1983	River City Run 10K	Roger Soler	30:38
Sep 10, 1983	SA 10K Championship	Randy Reina	30:14
Oct 1, 1983	Lite Beer 10K	Robert Yara	31:17
Oct 8, 1983	Datapoint 10K	Keith Lee	31:42
Mar 17, 1984	St. Pat's Day 10K	Robert Yara	31:05
May 5, 1984	Baptist Hosp. MicroMarathon	Keith Flashpoehler	32:37
May 12, 1984	River City Run 10K	Chad Bennion	31:30
Jun 5, 1984	Children's Hosp. 10K	Ruben Flores	31:44
Sep 8, 1984	SA 10K Championship	Robert Yara	31:18
Oct, 1984	Arts Run 10K	Robert Yara	30:37
Mar 10, 1985	Alamo City 10K	Robert Yara	30:45
Mar 16, 1985	St. Patrick's Day 10K	Robert Yara	31:59
Apr 14, 1985	Optimist Run for Youth	Augie Flores	31:26
Jul, 1985	Baptist Hosp. MicroMarathon	Robert Yara	30:52
Sep 29, 1985	Arts Run 10K	Roger Soler	30:48
Oct 4, 1986	City Championship 10K	Roger Soler	31:24
Feb 27, 1988	Hightailer 10K	Mike Polk	30:56

<u>Date</u>	<u>Event</u>	<u>Runner</u>	<u>Time</u>
<u>Female</u>			
Apr 25, 1987	Fiesta Mission 10K	Hope Fullwood	33:50
Apr 21, 2012	Fiesta Mission 10K	Emily Daum	35:22
May 14, 1983	River City Run 10K	Kathy Smith	35:50
Sep 10, 1983	SA 10K Championship	Kathy Smith	34:39
Oct 1984	Arts Run 10K	Cindy Cockroft	34:57

Notes:

In 1983/1984 the director opted to make it a 12K – Don't know the reasoning, but I believe Mr. McCurdy was the decision maker.

In one of the two missing years 79/80, the runners were led off course by the leading police car that had an incorrect course map. This added more than a mile to the course.

In 2007, the seconds portion of the result times were not recorded in the newsletter.

There would be long stretches where the newsletters were minimal and had no race results.

I know that for some non SARR races, big name out of town runners were imported. I recall Francie Larrieau Smith was here for a run and I seem to recall some male ran way under 30 mins, but I could not find any in the SARR newsletters.

I started out just looking for the fastest time, but decided to record all Fiesta Mission 10K times that I found and any woman under 36 mins.

So the fastest time that I found for a male was Randy Reina's 30:14 in 1983 and the fastest woman's time was Hope Fullwood in 1987.

***** REMEMBER THIS IS ONLY AS FOUND IN THE SARR NEWSLETTERS THAT I HAVE. I WOULD THINK THAT PUBLISHING THIS SOMEWHERE WOULD BRING OUT FOLKS WILL MORE AND POSSIBLY FASTER TIMES. IF SOMEONE SHOULD REPORT A FASTER TIME, I WOULD REQUIRE DOCUMENTATION. ALL OF THE TIMES LISTED HERE ARE BACKED UP BY TIMES REPORTED IN THE SARR NEWSLETTERS

In Memory Of

On Dec 29, 2014, Ernie Oakes received word that John Calvarese passed away during the night.

Ernie remembered him with the following words: "He ran 160 marathons, mostly with Al Becken. John was a long time member of SARR and was still coming to the Turkey Trot and New Year's Run in the early part of this century. John was 94 and would have been 95 next month".

Rest In Peace John



San Antonio RoadRunners: Monthly Meeting December 9, 2014

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

Officers Present: Jerry Negrete, Jim Murray, Jim Holbach

Members/Guests Present: Kathy DiNuovo, Sally Rios, Neil O'Mahoney; Tina O'Mahoney, Thomas Lake, Wilson Garis, Michele Darling, James Sargent, Julie Sargent, Al Becken, Carl Owens, Viana Mora, Ron Mora, Paul Baltutis, Kristine Burciaga, Erik Burciaga, Debra Acosta, Scott Peacock

President's Statement: Jerry stated that the club secretary, James Vavrina, was unable to attend and asked for a volunteer to take the minutes. Sally Rios volunteered.

Introductions/Guest Items: Viana and Ron Mora introduced themselves. They are members wanting to become more involved with the club. Kristine and Erik Burciaga were also introduced. Erik is the new race director for the Prickly Pear. Kristine stated that she would be assisting with the Women's 5K Run.

Carl Owens, with the Alamo Run Fest (ARF), gave an update on the event. The half marathon will go through Ft. Sam Houston. This is the first time since 9/11 that a road race has been held on Ft. Sam grounds. Upcoming SARR events will be promoted thru the ARF facebook page. Carl also mentioned that SARR members would be given a 15% discount, via a discount code, on the entry fee. This code will change every 10 days. A process for getting this information to the total membership is being developed and will be disseminated to the membership as soon as possible. Alamo Run Fest is set for February 21 and 22.

Approval of Minutes: The November 2014 meeting minutes were not available. A motion was made and passed to have the November minutes read at the next monthly board meeting.

Race Directors:

Turkey Trot: Debra: Final count of participants is still pending but it is estimated that there were approximately 2,000 participants. A major concern was the traffic to and from the parking lot from Sonterra. New year, construction behind Life Time Fitness will be complete and should resolve traffic concerns.

Comanche 10 Miler: Paul Baltutis. Paul and Roger Soler are working on getting the course certified. Awards will be Indian/Buffalo Head nickels to coincide with the Comanche theme. Race setup will begin at 6 a.m. Sally prepared directions to Comanche Park to be placed on SARR Facebook page, website, and distributed at packet pickup.

Cobweb Chaser: Jerry. Shirts are ready and have a logo which he displayed on the first place plaques. Black Eyed Pea is again providing the breakfast casserole. Course will be the same as last year.

Endurathon: Julie Olsen was unable to attend but sent in a report. She has secured a DJ; two sponsors; shirts are on order; frito pie will be served; Chuck Campbell will handle results; and she plans to drive the course next week.

Julie received an email from Felicia Wilkerson who is participating in the "12 Races, 12 Months, 1200 Miles" race series. Felicia shared a story regarding Lt. Col. Bryan Forney who was severely injured (burns over 50% of his body; lost of left arm; severe damage to his legs) in Thailand. Col. Forney's goal is to run/walk the last portion, approximately 200 yards, of the Endurathon with Felicia. Felicia will run the entire distance. Permission was asked to allow them to do this; permission granted.

Officer/Staff Reports:

Executive Vice-President: Rick Collett. No present.

Vice President – Membership: James Murray. Active Members: 1,527; Meet-up Site: 1,488 current members. Site features upcoming SARR races. Renewal confirmed for both RRCA membership and liability insurance. Murray is working on getting an Additional Insured Certificate for the City of San Antonio for the 1/1/15 Cobweb Chaser and 4/25/15 Fiesta Fandango.

Treasurer's Report: Jim Holbach. \$133,000 in savings; \$19,000 in checking. Turkey Trot financials submitted to Jim at the meeting.

Website Coordinator: Wilson Garis. Everything is running smooth.

Volunteer Coordinator: Sally Rios. Sent out a "Personal Plea" email for someone to take over as Volunteer Coordinator. Seven responses were received; three for the Coordinator position; four for assistants. A meeting is scheduled for this Friday with the three. She also distributed a list of items that she handles, i.e., inventory/maintenance of bibs, safety pins; preparing newsletter for mailing; etc. These duties need to be taken over by someone on the Leadership Team. Sally will be stepping down from SARR responsibilities as soon as the Cobweb Chaser is over.

Newsletter Report: Diana McCurtain. No present but sent word that all articles for the next Newsletter were due by Dec. 13.

Fun Run: Debra Beyer. All went well at the December Fun Run. More runners than anticipated were in attendance. With it being Marathon Weekend, a low attendance at the Fun Run was expected. For 2015, it appears that the only "overlap" of Fun Run with an SARR event is July 4. That situation will be reviewed.

Training Program Coordinator: Scott Peacock. Good turnout at marathon events. Winter training schedule begins January 3, 2015, with a goal of participating in the Alamo Run Fest. Training will include: Couch to 5K; 5k to 10k; and half marathon.

Action Items/Followup:

- Formation of an advisory committee comprised of SARR members to research and advise SARR board on club business/activities. Increase in the number of elected Board members with voting rights. This would require revision of the by-laws, which would require a vote of the membership at the annual club meeting in June.
- Eventual establishment of subcommittees such as: Finance/Budgeting; Marketing/Publicity; Sponsorship/Program Development; Race Management; Community Outreach; Social Committee
- Additional discussion is needed as to the types and makeup of committees. Jerry Negrete, James Sargent, and Kathy DiNuovo have agreed to develop an email ad to solicit volunteers for the advisory board. Jerry set a deadline for a draft of email by Tuesday, Dec. 16, 2014.

New Business/Round Table:

Jim Holbach: Use of IAAP/raceit.com for SARR race registrations. A couple of problems mentioned: (1) branding – it appears as though SARR races are IAAP races; (2) difficulty in getting necessary reports from raceit.com. SARR race registrations are handled through raceit.com or active.com. It is felt that the registration process for SARR should be standardized.

Because of construction scheduled for McAllister Park, the City of San Antonio has notified SARR that no races can be held in McAllister effective April, 2015. As a result new venues are needed for the Carrabba's Relay and Birds of a Feather. Columbus Park management is not under the jurisdiction of San Antonio Parks and Recreation but handled through the Downtown Operations, point of contact: Tonya Baum. Jerry will meet with Tonya.

Julie Sargeant: Has accepted the position of Early Packet Pickup Coordinator. She assisted at packet pickup for the Turkey Trot and will be assisting at packet pickup for the Comanche 5 & 10 Miler.

Eric Burciaga: Introduced himself as the new race director of Prickly Pear. Because of a scheduling conflict at McAllister Park with the Fest of Tails, the Prickly Pear will move to the Land Heritage Institute. The Pear will still be a 50K and a 10-miler. The route is not technical (mud, tree stumps, etc.) as the McAllister Park but it will be run through a wilderness area.

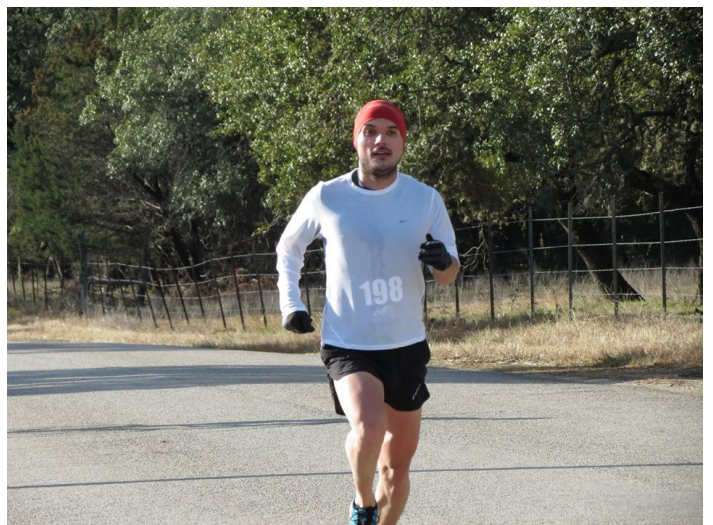
Sally Rios: Requested that an updated list, showing new venues, of 2015 SARR Race Calendar be distributed. Specifically, a copy should go to the Newsletter Editor for publication.

There being no further business, the meeting was adjourned at 9:07 p.m.

Respectfully submitted,

Sally Rios, Acting Secretary
Jerry Negrete, President

2015 Endurathon





» —————> **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



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Mayor's Fitness Council
City of San Antonio



Produced by



For more information and to register visit: alamorunfest.com

FOR IMMEDIATE RELEASE

Jan. 20, 2015

Contact: Kat Harris or Hannah White, (512) 472-9599

kharris@echristianpr.com or hwhite@echristianpr.com

Third Annual Army Marathon Celebrates U.S. Armed Forces and Others Who Serve

Central Texas Race Will Honor 50th Anniversary of Vietnam War

KILLEEN, Texas— The Army Marathon has announced its third annual marathon, half-marathon, and 5K races which will take place on March 1 in Bell County, Texas. The races will celebrate the armed forces and others who serve, including police, firefighters and other first responders. This year's marathon also commemorates the 50th anniversary of the Vietnam War, as well as the Texans who served in it. Approximately 500,000 Texans served in Vietnam, according to the Texas Capitol Veterans Monument Coalition.

"The Army Marathon was created to honor military veterans and their families and to raise awareness of our nation's heroes," Ed Bandas, president of The Army Marathon, said. "This year, we especially remember those who served in the Vietnam War. We thank and honor our veterans for their service and sacrifice on behalf of the United States, and we also thank their families."

The marathon, produced in partnership with [Baylor Scott & White Health](#) and [Central Texas College](#) as well as [other generous sponsors](#), has drawn over 2,000 runners. The course begins in Killeen—near Fort Hood, the largest active duty armored post in the United States military—and ends in the nearby city of Temple, following a 26.2-mile course through Central Texas. Runners have come from almost every state and several different countries to run in this annual event.

The half-marathon and 5K race will start and finish in Temple.

Bandas noted, "Our goal is to be the largest marathon in the country that directly honors the service and sacrifice of our country's armed forces."

Honorees will include veterans who fought in direct combat, were held as prisoners of war or listed as missing in action. The year 2015 marks the 50th anniversary of the official involvement of the United States in direct combat missions even though U.S.

troops were involved many years before 1965. It also commemorates the 40th anniversary of the end of the Vietnam War for the United States.

Spectators are welcome to cheer on runners at designated areas along the course as well as at the finish line in Temple. The Army Marathon will host an "after party" at the finish line with an awards presentation, live music from the 60s and 70s, and local vendors.

Runners who would like to register for the marathon, half-marathon or 5K can visit www.TheArmyMarathon.com. Participants must be at least 13 years of age to run in the 5K, 16 to run in the half-marathon, and 18 to run in the full marathon. Registration for each race is open until February 28.











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About The Army Marathon:

The Army Marathon is a 501(c)(3) charitable organization whose mission is to benefit our active duty and veteran service men and women and their families. The Army Marathon is not associated with the United States Army, and sponsorship of this event does not signify any endorsement by the Army, the Department of Defense, or the government of United States of America. More information about The Army Marathon can be found at www.TheArmyMarathon.com.

Get Your Run On...

Running Events in San Antonio—Month of February

<u>Event</u>	<u>Location</u>	<u>Date/Time</u>
<u>San Antonio Glo Run</u>	 San Antonio	Fri, Feb 6, 2015 at 7:15 PM
<u>1st Annual Holmes Husky Iditarod 5K</u>	 O.P. Schnabel Park	Sat, Feb 7, 2015 at 8:30 AM
<u>SMMA Gear Up 10 Mile Run</u>	 Tanger Outlet Center	Sun, Feb 8, 2015 at 7:00 AM
<u>Power Park Fitness 5K Obstacle Race</u>	 Power Park Fitness	Sat, Feb 21, 2015 at 8:00 AM
<u>3rd Annual Brahma Stampede 5K Fun Walk/Run</u>	 McAllister Park, Pavilion 2	Sat, Feb 21, 2015 at 8:00 AM
<u>2nd Annual Run Feed Love 5K Run/Walk</u>	 Gruene Methodist Church	Sat, Feb 21, 2015 at 8:30 AM
<u>HEB Alamo Run Fest</u>	 Alamodome	Sun, Feb 22, 2015 at 7:45 AM
<u>RED RUN® Spa Day & 5K Benefiting The American Heart Association</u>	 Eilan San Antonio,	Sat, Feb 28, 2015 at 8:00 AM
<u>Revenge Of The Nerds 5K Run / Walk</u>	 Northwest Vista College	Sat, Feb 28, 2015 at 8:00 AM
<u>5K Thrillseeker Experience</u>	 Nelson Wolff Stadium	Sat, Feb 28, 2015 at 8:00 AM

John Delgado Memorial Scholarship Program

The San Antonio RoadRunners are pleased to award up to eight \$1225.00 scholarships this year, with the potential for more scholarships as funding allows.

To be considered for eligibility, the student must have participated in Track/Cross Country during their high school years, and provide the following:

- A letter of application in which the student writes about the highlights of their high school career, their goals and aspirations, and financial need.
- A copy of their transcript, along with a copy of their ACT or SAT scores. The ACT or SAT scores are not always included in the transcript, so it is important that the student ensures it is included.
- Three letters of recommendation; one letter must be from the student's track/cross country coach.

This package should be postmarked before April 17, 2015 and mailed to:
Scholarship Committee 13811 Chittim Meadow San Antonio, TX 78232



2 0 1 5 PRICKLY PEAR

NEW LOCATION

Land Heritage Institute
1349 Neal Rd, San Antonio, TX 78264
Saturday, March 14, 2015

50K - 7:00AM • 10Mile - 8:30AM Cut off is 8 hours

COURSE: Prickly Pear Trail race has two events, a 50K, which starts at 7 AM and the 10 Miler which starts at 8:30 AM. The 50K is three 10 mile loops. The 10 miler is one 10 mile loop. Aid stations at approx miles 2, 4, 7 and finish. The 7 mile station is a drop bag station. All aid stations will be fully stocked

REGISTRATION: In Store Pre-Registration: Werun, iRun, Fleet Feet Sports, and Soler's Sports locations in San Antonio, Run Wild
CUT OFF: 03/12/15
By Mail: Make check payable to SARR
Mail to: Prickly Pear Trail Run
125 Tropicana Place
San Antonio, TX 78242
CUT OFF: 03/10/15

REGISTER ONLINE: **ONLINE ON IAAPWEB.COM Search SARR PRICKLY PEAR 2015**

ENTRY FEE: 10 miler 50K SARR MEMBERS & ACTIVE DUTY MILITARY
\$60 through 3/13/15 \$70 through 3/13/15 RECEIVE \$5 OFF REGISTRATION
\$70 on race day and \$80 on race day **NO REFUNDS**

INFORMATION: www.saroadrunners.com <http://www.pp1050.com/>

AWARDS: 10-MILE: 1st overall M/F and Masters winners awards. Age Group awards will be the top 3 finishers in 5 year increments starting with 19 and under thru 70 & up.
50K: 1st Overall M/F winners receive awards.
Age Group awards will be for top 3 finishers in each age group: 29 & under, 30-39, 40-49, 50-59, 60 & up

Packet Pick-up: You may pick up your race packet at WeRun San Antonio on Thurs., March 12 from 11a.m.-6 p.m. and Friday, March 13 from 11a.m.-6 p.m. or race day from 6-8a.m.

Race Goodies: Runners get 4 fully stocked aid station, Tech shirts, chip timing, post race party



MAKE CHECKS PAYABLE TO: SARR
mail to: Prickly Pear Trail Run
125 Tropicana Place
San Antonio, TX 78242

PRICKLY PEAR
Saturday, March 14, 2015

SB NUMBER

LAST NAME		FIRST NAME		MI.	SEX
<input type="text"/>		<input type="text"/>		<input type="text"/>	<input type="checkbox"/> M <input type="checkbox"/> F
STREET ADDRESS		CITY/TOWN		AGE	
<input type="text"/>		<input type="text"/>		<input type="text"/>	
STATE	ZIP CODE	PHONE NUMBER	DATE OF BIRTH		
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>		

E-MAIL ADDRESS:

Emergency Contact Name Phone Number

MEN SHIRT SIZE: ☐ S ☐ M ☐ L ☐ XL ☐ XXL (Add \$2.00) WOMEN SHIRT SIZE: ☐ XS ☐ S ☐ M ☐ L ☐ XL ☐ XXL (Add \$2.00)

PICK EVENT:
☐ 10 Mile Trail Run ☐ 50K TRAIL RUN

SARR MEMBERS & ACTIVE DUTY MILITARY
RECEIVE \$5 OFF REGISTRATION

IMPORTANT CHECK IF APPLIES
☐ SARR MEMBER ☐ ACTIVE MILITARY

I know that running a road race is potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation, for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race, and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the San Antonio Road Runners, 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.

ATHLETE (OR PARENT, IF UNDER 18) MUST SIGN: DATE:



run wild sports

Run Wild Sports Presents the 32nd Annual

Donovan's Run

Saturday, March 14, 2015 @ 8:30am

University of the Incarnate Word, 4301 Broadway, San Antonio, TX 78209



AWARDS

- 1st through 3rd, Male and Female, from ages 14 & under, and every 10 years to 65+
- Top Masters Male & Female
- Greenest Male, Female & Pet
- Ugly Kilt Contest!

FEATURES

- Bagpipe start
- Beethoven Dance Band
- Food and Irish Cheer
- Free Tech shirt to first 500 entries
- Chip Timing by IAAP

REGISTRATION

Online @ www.iaapweb.com

In person @ Run Wild Sports, Soler's Sports and Fleet

Feet Sports *Cash or check only for in person registration

PACKET PICK-UP

Friday, March 13 • 12 noon to 6pm; Run Wild Sports: 1900

Broadway 78215 (210) 223-WILD

RACE-DAY REGISTRATION

Saturday, March 14 • 6:30 am to 8:15 am at race site.

Your entry includes FREE ADMISSION to the 2015 South Texas Alamo Irish Festival. March 14th. @ UIW!

Name _____ Gender M ☐ F ☐ Date of Birth ____/____/____

Age on Race Day _____ Address _____

City _____ State _____ Zip _____ Phone _____ Email _____

How did you hear about the St. Patrick's Day 5K? _____

☐ 5K run and Fitness Walk \$25.00 - through 2/1/15, \$30.00 - through 3/12/15, \$35.00 - Race day & Packet pick-up

T-SHIRT SIZE S ☐ M ☐ L ☐ XL ☐ XXL ☐

In consideration of the acceptance of this registration entry, I assume full and complete responsibility for any injury or accident which may occur during my participation in this race or while on the premises of this event; and I hereby release and hold harmless the sponsors, promoters, and all other persons and entities associated with this event from any and all injury or damage, whether it be caused by negligence of the sponsors or promoters or other persons or entities associated with this event or their agents of employees or otherwise. I grant full permission to any and all of the foregoing to use my (and my child's) name, or photographs, videos, and other recordings of participation in this event, without obligation or liability to me (and my child). I have read this agreement carefully, and understand it, and certify my agreement by my signature below.

Signature _____ Date _____ Must be postmarked by March 7th, 2015
(Parent signature if under 18)

Make checks payable to:
St. Patrick's Day 5K

Mail to:
The Harp and Shamrock Society of Texas
PO Box 15306
San Antonio, TX 78212

For more information please send an e-mail to: tpeak@uiwtx.edu or log on to www.harpandshamrock.org

The ORIGINAL St. Patrick's Day 5K, Accept No Substitutes!

SARR LEADERSHIP TEAM

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

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(rcollett45@gmail.com)
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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:



2015 SARR Events

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	Freedom 4-Miler	Freedom 4-Miler
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

