



San Antonio RoadRunners NEWSLETTER

March 2015 Edition

A Note From the President

By: Jerry Negrete

Inside this issue:

President's Address

1

2

On The Run

4

November Minutes

8

7

8

9

10

Hello RoadRunners,

March has arrived, and Spring is right around the corner. Be sure to join us for the Monthly Fun Run on the 7th. And Sunday, March 8th, don't forget to set your clocks ahead one hour for Daylights Saving Time.

One week later on the 14th, look 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. This promises to be a great event, so be sure to join us.

Looking forward, April promises to be busy, with the first Zoo Run of the season on the 1st (no fooling), and then celebrate the weekend with the Fun Run on the 7th. Then, it's on our way to the Fiesta events: the Fiesta 10K on April 18th, this year to be held at a new venue for us, the Wheatly Heights Sports Complex, at 200 Noblewood, SATX, 78220, and the Fandango on the 25th. We finish April with the next round of training programs, scheduled to begin April 29.

Speaking of the Wheatly Heights Sports Complex, due to construction in McAllister Park, this year we are moving our Carrabba's Half Marathon to this great venue on June 20th.

June 27th is the date of the annual club picnic, at a location yet to be determined. Be sure to keep an eye out in the newsletter and on the website for the location. As you know, the picnic is also the annual membership meeting, at which officer elections and other club business is conducted. 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.

Last month, I mentioned the club is seeking volunteers for 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 Carrabba's, 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.

As always, it is our volunteers who help make our events safe, affordable, and enjoyable. 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



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 \$60 through 3/13/15 \$70 on race day
 50K \$70 through 3/13/15 and \$80 on race day

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

8-B 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: <input type="text"/>					
Emergency Contact Name <input type="text"/> Phone Number <input type="text"/>					
MEN SHIRT SIZE: <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> XXL (Add \$2.00) WOMEN SHIRT SIZE: <input type="checkbox"/> XS <input type="checkbox"/> S <input type="checkbox"/> M <input type="checkbox"/> L <input type="checkbox"/> XL <input type="checkbox"/> 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: _____



Course Map



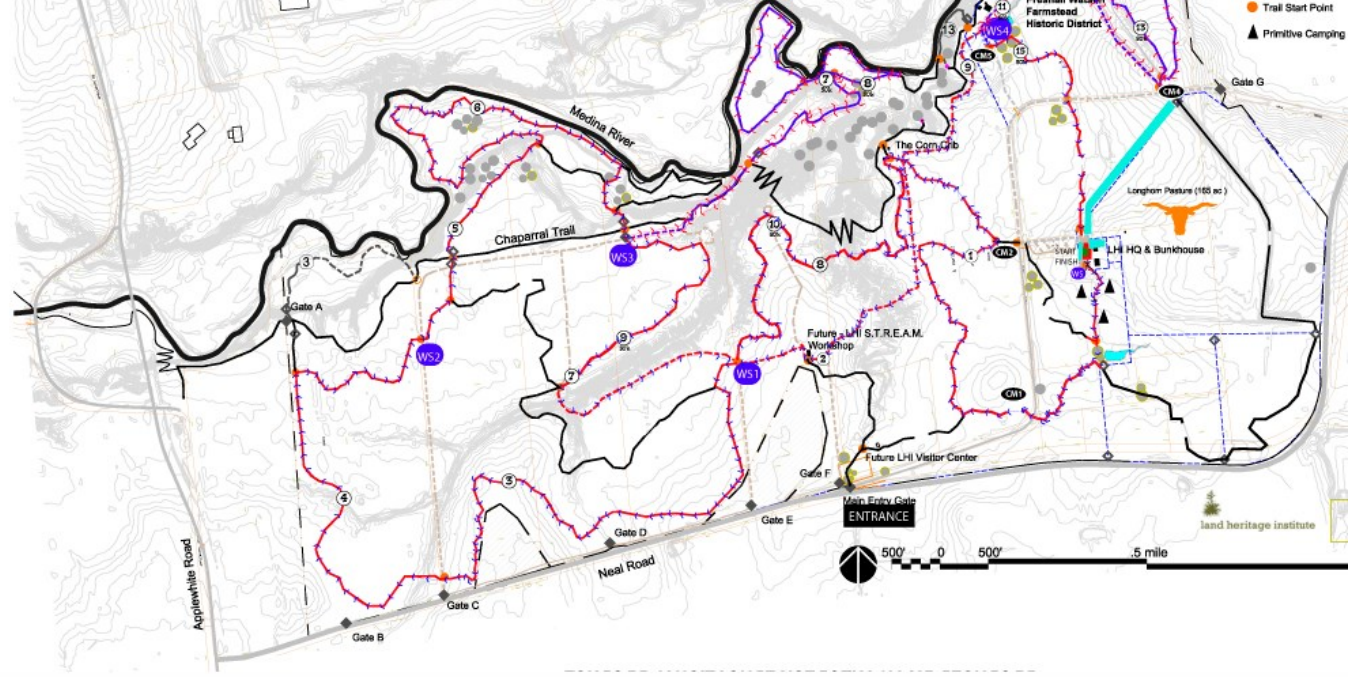
EMERGENCY PHONE NUMBER:
 ROBERT BUYER- 210-410-3486
 OTHER (NEED CUPS, WATER, CM QUESTIONS)
 JERRY - 210-887-4260 ERIK - 210-454-7000

10 Miler & 50K Course
 50K only Course

- Parking
- Water Stop
- COURSE MARSHALS

LEGEND

- High Difficulty
- Normal Difficulty
- Paved Trail
- Gravel Road
- Jeep Trail
- Paved Road
- Heritage Live Oak
- Locked Gate
- Interior Gate
- Trail Start Point
- Primitive Camping



On The Run: When Your Child Outruns You

By: Don Smith

Since the Boston Marathon is coming up before long, I'm soliciting stories from those who have run it, whether recently or, like me, a few decades ago. If you have a story, send it to the *Newsletter*, referencing "On the Run," or to my own address: donsmith37@sbcglobal.net.

Boston is the oldest and probably the best known of all marathons, going back to 1897, the year after the first modern Olympic Games—though the current 26.2-mile distance wasn't established till the London Olympics of 1908. Until then the distance was only 24.5—wouldn't you know!

The namesake event itself of course goes much further back. You probably know the story—of how Pheidippides ran from Marathon to Athens to announce that the Greeks had won a great victory. And you may know the rest of the story, true or not—of how he immediately collapsed and died after delivering the news. This unfortunate consequence may account for why a race of such distance did not become popular for another 2.5 millennia. And it is now more often popular only in prospect or retrospect, never when you are still two aching miles from the #^**
new finish line.

If you have a story about Boston, please send it. As pump primers, here are some recollections. One is from Eva Esquivel, whose pen must be even quicker than her feet, since she got it to me in time to make the March issue deadline. Another is from John Orsborn, fleet of foot and pen also, who is getting to be a Boston regular. The last is one of my own—from a time when Boston, with perhaps misplaced pride in its long amateur tradition, had not yet begun to provide organized water stops or aid stations. Any refreshments runners got, including encouraging words, the caring spectators provided.

My Boston Marathon Impressions

By Eva Esquivel

The first time I walked into the Boston Marathon Expo I was overcome with a sense that I did not belong there. Everywhere I looked I saw what I deemed to be elite runners-- "super skinny fasties" that I could not possibly be one of. Couple that with the famous runners I had only seen on TV, and I could only remind myself to be grateful that I had a chance in my lifetime to be with them at the same event. The Runner Passport and famous blue-and-gold shirt told me I was a Boston Marathon runner and this was all real.

The organization of the participants, the bus ride to Hopkinton, and the wave starts were not stressful at all. Everything flowed wonderfully. I started with 9,000 runners; so the beginning of the course on the narrow streets was a challenge. The crowds that lined the street were a gift. Everyone cheered, yelling "thank-you," "go," "you can do it" all along the way. The best part of the course was the frat house that chanted my name over and over until I could not help but laugh. I had worn my name on my shirt so that I could get inspiration from the crowd, and I got it tenfold. Turning onto Boylston is my favorite memory of the run. I had a straight shot to a finish line that I never in my wildest dreams thought I would ever cross as a person, much less a marathoner. I ran with all my might and ran a PR to my surprise. I thought the hills had done me in for a personal best, and since I lost my watch signal at mile 4, I had to run on my body and breath.

There are no least favorite memories, unless you count the times I had to walk because the course was so challenging. It is hard to dislike even that part for long though, since I still did a personal best. Upon my return to San Antonio, I sent a Thank-you note to every City Administrator along the course thanking them for the encouragement of their citizens and hospitality to the runners. Two of those City Administrators told me they would read my comments at their town meetings. I only wish I could thank every single person along the way personally. I will do my best to do so upon my return in April 2015.



Boston by the Decade

By John Orsborn

The one thing that I am most proud of is that I have attempted to qualify for Boston three times and was able to do it all three times. I was able to qualify in my 40's, 50's and again in my 60's. Who knows I may attempt it again when I reach 70 in a few years. All three times I qualified at the SA Marathon. The other important thing about qualifying for Boston is that I was able to go and run Boston all three times.

Of course the thing that stands out about Boston is the history, 119 years. That is amazing—especially because the run is in the historic and beautiful city of Boston. The other thing about going to Boston is that each year one or more of my family members was able to go with me and share the experience. We are a running family and we try to go to as many out-of-town events together as possible.

Finally, another thing that stands out about the Boston Marathon is the people. They line the whole course and cheer for everyone as they are running. It really motivated me and helped a lot.



The Weariness of the Long-distance Spectator

By Don Smith

Now long ago, entering Boston after twenty-odd miles on a cold, drizzly Patriots' Day, I found myself among a random clump of straggling runners who were, no doubt, all making that seldom-kept promise to ourselves that if we could just finish this one we would never do another one. We were silent and struggling, immersed individually in our own misery and doubt.

Cold, wet, weary, and dehydrated, we were unmotivated by occasional cheers from those remaining spectators robust enough to be still out on the route. It is simply that the time comes in a long, hard race when calls of "Attaboy!" or "Go-girl!" though no less appreciated no longer slow one's descent into that pitiless quicksand of physical and mental fatigue.

At such times reverse psychology can prove its worth. For suddenly as we plodded by, one jolly spectator yelled, "Would you guys please hurry up! I've been out here all morning, and I'm getting tired!" That made us all laugh through the pain, got the endorphins dancing again, and so we ran on to the finish.

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

Get Your Run On...

Running Events in San Antonio—Month of March

<u>Wienchik Walk For Life 5 K</u>	 Samuel Clemens High School	Sat, Mar 7, 2015 at 8:00 AM
<u>SARR Monthly Fun Runs (Free and Open to the Public)</u>	 McAllister Park Pavilion #1 (Al Becken Pavilion)	Sat, Mar 7, 2015 at 8:30 AM
<u>New Braunfels Kinderschuhe 5K Run/Walk</u>	 Gruene Hall	Sat, Mar 7, 2015 at 8:30 AM
<u>Stacy Bridges 5K Walk/Run</u>	 Walker Ranch Historic Park	Sat, Mar 7, 2015 at 10:00 AM
<u>Rehab 5K Run/Walk/Roll</u>	 Grand Hyatt San Antonio	Fri, Mar 13, 2015 at 6:30 AM
<u>Prickly Pear 10 Mile & 50K Trail Run</u>	 Land Heritage Institute	Sat, Mar 14, 2015 at 7:00 AM
<u>32Nd Annual Donovan's Run - 5K</u>	 University of the Incarnate Word	Sat, Mar 14, 2015 at 8:30 AM
<u>5KB Robot Run / Family Walk</u>	 OP Schnabel Park	Sun, Mar 15, 2015 at 8:00 AM
<u>Give A Hoot About Your Health</u>	 Woolls Intermediate School	Wed, Mar 18, 2015 at 5:30 PM
<u>Mission For Life - Half Marathon/5K</u>	 Mission County Park	Sat, Mar 21, 2015 at 7:30 AM
<u>13Th Annual Bearathon</u>	 McLane Stadium	Sat, Mar 21, 2015 at 8:00 AM
<u>4Th Annual Alamo 13.1 Half Marathon, Donut Dash 10K And 5K</u>	 The Alamo	Sun, Mar 22, 2015 at 7:45 AM
<u>5K Race For Rwanda</u>	 Tejas Rodeo	Sat, Mar 28, 2015 at 8:00 AM
<u>Get Your Rear In Gear® 5K Run/Walk</u>	 McAllister Park	Sat, Mar 28, 2015 at 8:30 AM
<u>Helotes Beer Garden Run</u>	 Old Town Helotes	Sat, Mar 28, 2015 at 9:00 AM
<u>Without Regrets - Austin 10/20</u>	 The Domain	Sun, Mar 29, 2015 at 8:00 AM



FIESTA MISSION

April 18, 2015
8:00 a.m



NEW LOCATION

Wheatley Heights Sports Complex
4098 East Houston
San Antonio, Texas 78220

CHIPPED TIME

Chip timed...chips are attached to your bibs..timing by



Fee: \$25.00 through April 6 SARR members + Military \$20!!!,
\$30.00 April 6-17 everyone / Race Day: \$35, (70+ Run For Free)

Children's Fun Run with Tee shirt: \$10.00

Overall male/female, Overall masters male/female, Age groups top 3 male/female

New Running Age Groups	6 - 7 35 - 39	8 - 9 40 - 44	10 - 11 45 - 49	12 - 13 50 - 54	14 - 15 55 - 59	16 - 19 60 - 64	20 - 24 65 - 69	25 - 29 70 - 74	30-34 75 +
------------------------	------------------	------------------	--------------------	--------------------	--------------------	--------------------	--------------------	--------------------	---------------

Packet Pick Up is at Solers On Jackson Keller the 18th from 11-7

Race time is at 8:00 am, registration begins at 6:30 am. For more information check out our race on www.saroadrunners.com

RUNNER GENERAL INFORMATION

Name: _____ BIRTHDAY: ____ / ____ / ____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

Email Address: _____

Check One: Fiesta 5K ☐ Fiesta 10K ☐ Kids Run ☐ Gender: ☐ Male ☐ Female Age: _____

RELEASE OF LIABILITY AGREEMENT: I know that running a road race is potentially a hazardous activity that could cause injury or death. I should never enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation, for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race, and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the San Antonio Road Runners, Brooks City Base, 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

Participant's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____

(required if participant is under 18)

Contact in case of emergency: _____ Phone: _____

T-Shirt Information (circle one)

YS AS
YM AM
YL AL
AXL

Race Total \$ _____

T-Shirt Total \$ _____

Total Enclosed \$ _____

Make checks payable to:

SARR

Mail to:

5933 Broadway
San Antonio, TX 78209



Sign up online at <http://www.athleteguild.com/running/san-antonio-tx/2014-fiesta-mission-10k-5k-runwalk>.

San Antonio RoadRunners: Monthly Meeting January 13, 2015

The meeting was called to order at 7:04 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, Tom Lake, Al Becken, Bob Ratilff, Julie Sargent, Marissa Howard, Julie Oldson, Wilson Garis, Erik Burciaga, Kristine Burciaga, Paul Baltutis

President's Statement: None

Introductions/Guest Items: Marissa Howard was introduced as the new volunteer coordinator.

Approval of Minutes: November's and December's minutes were approved as read.

Race Directors:

Cobweb Chaser: It was a great race. 237 runners, down 181 runners from last year. This was likely due to the bad weather.

Comanche Run: The race director got great feedback. People liked the course and facilities at the park. There were close to 230 runners. A motion was made to have awards for all age groups. The motion passed 3-0 with 2 abstaining due to absence.

Endurathon: Expecting 300 runners. There are gloves for runners. Sponsors are in place. Port o lets are arranged. The course remains the same. There will be door prizes.

Officer/Staff Reports:

Executive Vice President: No report at meeting time.

Vice President Membership: There are 1577 current members. Fifty members were added in November, which is a 3.27% increase. The SARR 2015 Winter Training programs have added more members since the end of 2014. The current membership is 1607. The SARR Meet-Up Site has 1575 members. There are 87 more members than in November, a 5.5% increase. The SARR Winter Training programs are increasing activity on the Meet-Up site with current membership at 1638. There are 8 regularly scheduled SARR meet-ups per week. There was a record Meet-Up at Blue Star in December for the SARR River Walk Holiday Light Fun Run with 94 RSVPs. A social at LaTuna immediately followed the event. The Endurathon is the featured race on the Meet-Up site. The Prickly Pear Race will be featured before the end of February.

Treasurer/Website: There is \$18,000 in checking and \$143,000 in savings. Changes are being made to how races are put on the website.

Volunteer Coordinator: Postcards have been revised. The new tri-folds are in. Various coordinator positions may be filled. There is a new course marshal coordinator who will work with the volunteer coordinator. Someone is needed to take over the mailing of newsletters.

Newsletter Report: The newsletter deadline was December 17.

Fun Run Report: There were less than 20 people but still saw some new faces. There will not be a 4th of July fun run due to a conflict with another SARR race.

Training Program: 250 members in the training program. A trail training program will be implemented.

Action Items/Follow Up:

Advisory Committee: The formation of this committee is still in progress.

New Business : Eight scholarships of \$1225 will be awarded to graduating seniors from Bexar County high schools who have participated in track and/or cross country and need financial assistance to pursue higher education. In addition, a one time scholarship will be awarded. This award is in honor of Ralph Branchizio and is in the amount of \$1665. The funds for this scholarship were donated by family and friends of Coach Branchizio.

Round Table:

Working on establishing a policy for online race registration.

Establish a single point of contact for HEB sponsorships.

Equipment for CPR training will be coming in.

McAllister park renovations are on schedule.

Looking for new venues for Birds of a Feather.

Working on Fiesta Fandango.

Prickly Pear is on track.

The meeting was adjourned at 8:45 pm.

Respectfully submitted,

James Vavrina

Secretary



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

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

Director, Training Programs:

Scott Peacock
training@saroadrunners.com

Newsletter Editor:

Diana McCurtain-Talbert
(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:

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

