



San Antonio RoadRunners NEWSLETTER

March 2015 Edition

A Note From the President

By: Jerry Negrete

Inside this issue:

President's Address	1
The Power of Group Exercise	2
On The Run	6
In Memorium	10

Hello RoadRunners,

With March now a memory, I hope you were able to join us for the 2015 Prickly Pear. It was a beautiful venue, and new race director Erik Burciaga did a fantastic job of organizing this event. As an added benefit, and totally out of character, this year we actually had gorgeous weather! And a BIG THANK YOU to our friends at IAAP, who were instrumental in helping us get the venue and map out the routes.



April will be busy for us, beginning on the very first day of April, with the start of Zoo Run season. Due to construction (I know, it's hard to believe) in Brackenridge Park and the surrounding area, we will have a new route this year. On April 4th, be sure to come out to McAllister Park for our monthly fun run.

Of course, April in San Antonio means one thing: Fiesta! This year, our Fiesta 10K is moving to the Wheatly Heights Sports Complex on April 18th. Some of you will remember our turn-around for the Comanche 10-Miler was at the back gates of the complex. This will be our first event in the stadium, with the route on the Salado Creek Greenway Trails.

One week later, on the 25th is the ever-popular Fiesta Fandango, which follows the night parade route, and gives us the opportunity to have thousands of spectators cheering on the runners.

Speaking of the Wheatly Heights Sports Complex, due to construction (notice a pattern here?) in McAllister Park, this year the Carrabba's Half Marathon will also move to this great venue on June 20th. For a preview of Carrabba's, join us for the Fiesta 10k.

Be sure to mark your calendars for the annual club picnic on June 27th. The details for location, menu and activities are currently being finalized. 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. You can send us a letter or email us. The deadline for submissions is May 1st.

I always make it a point to thank all of our volunteers who help make our events safe, affordable, and enjoyable, and for helping us serve the San Antonio running community. In the past couple of months, I've mentioned the need for volunteers to serve in various capacities, either on a committee, or as co-race directors. I would also like to mention other areas where we could use help: at our races, pre-race set up, post race clean up, and one of our main forms of communication, the newsletter.



Official Sporting Goods Retailer of

(continued on page 3)

The Power of Group Exercise

By: Jim Murray

I was always a runner, but I never took the sport seriously until after retirement. Although a better-than-average speed runner as a kid, I didn't run in high school or college, or much as an adult for that matter. Career, family responsibilities and life in general always came first.

But with retirement at age 55, I suddenly had loads of free time on my hands. The question was what should I do with all that extra time? One day my adult daughter, who was training for a marathon, suggested that I go on a short run with her. I said, "Sure, why not?"

The short story is: I ran, I wheezed, I ran some more, and I got scared! The realization hit me that maintaining my approximate college weight and making the occasional guest appearance at a gym didn't equate to physical fitness.

So I embarked on a regimen to get moving—jogging at first and then did more serious running. The wheezing eventually ceased and I found that I liked the sport. I decided to register for a 5K (3.1 mile) race. I trained for six weeks before euphorically crossing that finish line . . . and I was hooked on running!

I signed up for more 5K races, then 10K (6.2 mile) races and moved on to half marathons (13.1 mile). After that, I ran a couple of full marathons, finishing the second one faster than the first. Many more half marathons followed, but I started to burn out. It was more of a mental exhaustion than physical. I usually trained alone and viewed running as a solitary sport, but I started to have trouble motivating myself.

So I took a year off. I wanted to get back to running but those solitary runs didn't look appealing. That's when I went online and found the San Antonio RoadRunners.

The SA RoadRunners Club (SARR for short) is a non-profit local running organization dedicated to promoting running as a sport, and to provide health and fitness opportunities in San Antonio through races, group training and fun run events throughout the year.

The "group training" part got my attention. I researched the organization and found that they'd been around since 1973 and were the local arm of the national running organization (Road Runners Club of America). I also discovered that they fund scholarships for deserving high school runners heading into college running programs.

It was a no-brainer for me. Group running with an organization that had the interest of the runner and the community as its focus was right where I needed to be. I became a member and joined the organization's Rock-n-Roll half marathon training group. I found support and advice on proper training for a long race. More importantly, I found friendship from other runners struggling with the same training issues I had.

Eventually I volunteered to help with course set-up for the club's weekly long runs. I was a happy volunteer and now hooked on group exercise. It was a win-win situation. Not only could I train for the sport I loved, but also I had the support of other runners. When I got tired, they pushed and encouraged. When they got tired, I pushed and encouraged. The group-training format made me a better runner, and ultimately a better person. Every time I volunteered at a race that SARR sponsored or helped with one of their training programs, I made more friends and gained valuable running knowledge.

I've continued to become more deeply involved in this fine organization. I now sit on the board of directors. I even became a certified running coach so that, when I volunteer my time and expertise, it's more meaningful to my fellow runners.

Currently, the San Antonio RoadRunners has about 1500 members. It's the premier running organization in the San Antonio area. Last fall the organization trained over 375 runners for the SA Rock-n-Roll half/full marathon and was the





largest training group involved in the race. The club even won a national award in 2014 for its training program.

This past winter SARR trained over 200 runners for the Alamo Run Fest and was designated as an official training program for the race. With 13 club-sponsored races scheduled for 2015, multiple training opportunities throughout the year for experienced racers as well as beginning runners, and multiple weekly fun runs that often end in social gatherings, the San Antonio RoadRunners lives up to its mission of promoting health and fitness in the San Antonio area through the sport of running. And I'm very thankful to be part of that process.

The SARR Spring training program is about to kick off and I find myself getting excited all over again!

* * * * *

(continued from page 1) A Note From the President

.If any club member has a story that they believe to be appropriate, please do not hesitate to send it in, we certainly would like to share in the experiences of our members.

With the start of Zoo Run season, as much enjoyment as it brings to many of us, it is with a sad note that I mention how much we will miss our very dear friend, Mario Valencia. I am sure Mario is now calling split times in a much more beautiful venue, that is not under construction.

Sincerely,

Jerry Negrete

Run for Fun!

San Antonio RoadRunners

A Place for Every Pace

Announcing Spring Training
Programs at Brackenridge Park

Begins April 29, 2015 at 6PM



Walk to 5K

- No running experience necessary
- Complete your 1st 5K in just 8 weeks
- Walk-Run approach to slowly build endurance
- Nationally Recognized Award Winning Program
- Certified Coaches and running mentors
- Weekly group runs every Wednesday evening and Saturday morning
- Includes a Graduation 5K



Pick Up the Pace

- Designed for runners who want to run a faster 5K or relay
- Focused on preparing for Carabba's Relay on June 20, 2015 and Freedom 4 Miler on July 4, 2015
- Tips on surviving the relay chaos and improving speed and pace
- Weekly group runs every Wednesday evening
- Optional group runs available and workout schedules provided

More info and to register:
www.sarrtraining.com



San Antonio RoadRunners is a Non-Profit Organization

The San Antonio RoadRunners Board of Directors announces that the terms of office for the board positions of President and Vice-President Membership will expire at the next annual meeting to be held in June 2015. These positions will be available, and submission of names to fill these positions will be accepted until May 1st, 2015.

To be considered for nomination to these board positions, a candidate must be a SARR member in good standing, at least eighteen years of age, and must have been a SARR member for at least six months prior to nomination.

If interested or to nominate a member, please send written or email notice to:

The SARR Board of Directors

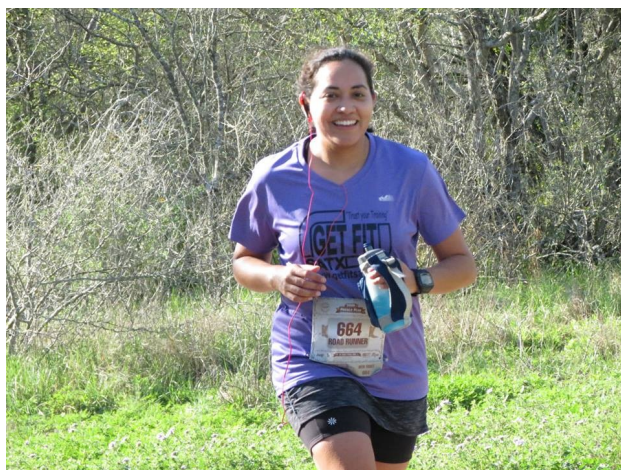
c/o President of Board

P.O. Box 12474

San Antonio, TX 78212

president@saroadrunners.com

Prickly Pear



On The Run:

By: Don Smith

This month's Boston Marathon installment features the re-run of an article by Veronica Salinas that first appeared in the *Newsletter* a quarter of a century ago. It has an interesting history in that a revised and condensed version of it became part of a book entitled *Boston, a Century of Running: Celebrating the 100th Anniversary of the Boston Athletic Association Marathon*. Edited by Hal Higdon, author of several books on running and legendary contributor to *Runner's World* magazine, this work is a collection of pieces by runners who had actually completed the race. Higdon had send out a request for contributions, and so Veronica revised her piece from the *Newsletter* and submitted it. It was accepted and included in a chapter called "Ordinary People," a title, as you shall see, picked up from the poster that Veronica refers to below.

A compelling aspect of Veronica's experience, as she recounts it, is the way she captures the generosity that runners so often extend to fellow runners, especially when help and encouragement are needed. Though tending to be competitive by nature, both with others and with their own expectations of themselves, runners can seem just as happy to assist the efforts of other runners and to celebrate their achievements as to find fulfillment in their own..

By the Grace of God and a Little Help from my Friends Or One Woman's Saga of Running Boston '89 By Veronica Salinas

The road to Boston had begun almost a year ago for me, and it had indeed been a long hard haul. Five months earlier, I had completed the San Antonio Marathon in 3:24. This was, at the time, a PR for me despite an inflamed iliotibial band that plagued me throughout the final weeks of training and provided a considerable amount of agony and desperation during the last ten miles of the race. A friend ran those tortuous miles with me, and I later referred to her as my "guardian angel" because without her help, I'm not sure I would have continued. Little did I know then, but this scenario would set the stage for Boston.

However, at the time it never occurred to me that I had qualified for Boston. For me to take part in such a prestigious event was too far-fetched. Anyway, I still had an injury to overcome. Eventually, after a few weeks of not running and cross training, I was actually able to run pain free! So encouraged was I by this that when friends would tell me that I had qualified for Boston I began seriously to entertain the idea. Before I realized it, I was once again training for another marathon and within eight weeks was once again injured. Once again I struggled through the last month of training, and once again I faced the intimidating start of a marathon injured and under-trained. Only this time it was the illustrious Boston Marathon! The Lord knew that I was going to need a lot more help than I did in San Antonio. So this time He sent me an "Archangel" named Pat Riordan.

As good fortune would have it, Pat, a fellow San Antonian, and I were seeded in the same area. I kept an easy pace for the first ten miles, not knowing when my injury would begin to menace me, and Pat stayed with me. He was running "for fun" and had even brought his camera to take pictures along the course. This remarkable man had completed five marathons in order to qualify for Boston. This, he said, was "icing on the cake." As we approached the half marathon mark, I was already in trouble. Pat asked me how I felt, but I could only shake my head and grimace. He asked if I needed to stop and stretch, but I wanted to wait until right before the infamous "hills."

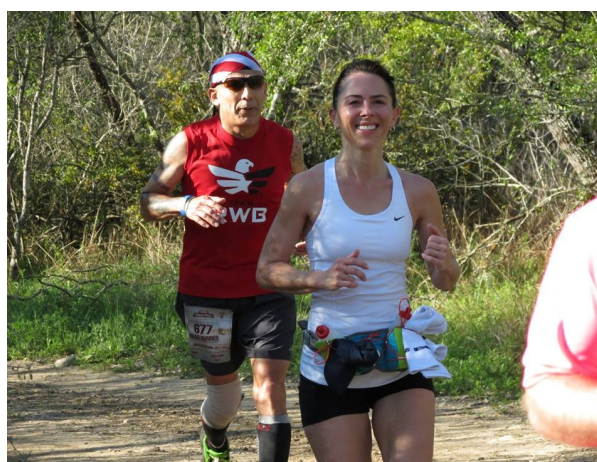
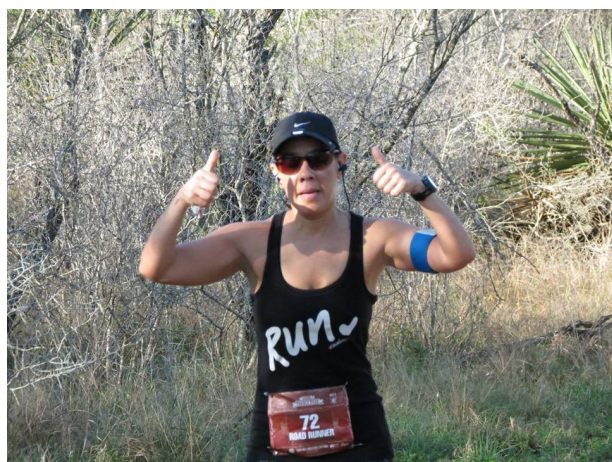
By the 15th mile I was in gross pain. Not only did my left hamstring and calf ache, but my quads on both legs had tightened up and felt as if they were being pinched in the grip of a merciless vice. We stopped and Pat took me over to the sidewalk, where he had me lie down. He methodically stretched my legs and massaged my calf, which carried within it a minor boulder. We started off again, and although the exuberant cheering of the spectators abated the pain for a few precious moments, after the first hill I needed to stop again.

Pat, as before, pulled off with me. At this point I told him to go on ahead and leave me behind. I didn't want to ruin his time or prevent him from receiving a coveted finisher's medal. He insisted that he was not going for any particular time and continued to stay by my side. He continued helping me stretch my exhausted and stiffened legs, walked with me when I could no longer stand the pain, and shuffled up each one of those perilous hills with me. He handed me water and orange slices when I no longer had the strength to reach out. He hovered over me like a protective angel until the delirious, glorious end—as our times, 4:10:30 and 4:10:31, clearly show.

And still he did not leave my side, walking me to receive that arduously won medal, wrapping me up in a space blanket, escorting me to the medical tent, retrieving our clothes bags and food packets, helping me hobble over to the YWCA two blocks away for a therapeutic massage, and finally back to the hotel for a cold beer and a delicious hot bubble bath (Pat did not help in this, however). A few weeks after our return to San Antonio, Pat gave me a poster that still hangs in my home. It pictures a woman running across a beach, and the caption reads: “Winners Are Ordinary People With Extraordinary Determination.”

Running Boston was an incredible ordeal that I will never forget, not only for the magnitude that is the Boston Marathon but as much for the magnitude that is the heart of Pat Riordan.

Prickly Pear



Get Your Run On...

Running Events in San Antonio—Month of April

<u>Event</u>	<u>Location</u>	<u>Date/Time</u>
SARR Wednesday Night Zoo Run	 Brackenridge Park	Wed, Apr 1, 2015 at 6:15 PM
31st Annual UTSA Diploma Dash 5K	 University of Texas at San Antonio	Sat, Apr 4, 2015 at 8:00 AM
2015 Beethoven 5/10K	 Mission County Park	Sat, Apr 4, 2015 at 8:00 AM
SARR Monthly Fun Runs (Free and Open to the Public)	 McAllister Park Pavilion #1 (Al Becken Pavilion)	Sat, Apr 4, 2015 at 8:30 AM
SARR Wednesday Night Zoo Run	 Brackenridge Park	Wed, Apr 8, 2015 at 6:15 PM
Friends 4 Fisher House 5K Run/Walk	 Bluebonnet Palace	Sat, Apr 11, 2015 at 7:00 AM
Outlaw Half Marathon And 5K	 Luckenbach Texas	Sat, Apr 11, 2015 at 8:00 AM
5th Annual Muddy Mayhem	 Brehm Farms	Sat, Apr 11, 2015 at 10:00 AM
SARR Wednesday Night Zoo Run	 Brackenridge Park	Wed, Apr 15, 2015 at 6:15 PM
Any Baby Can'S Fiesta	 AT&T Center	Sat, Apr 18, 2015 at 7:00 AM
IAAP 10 & 20 Mile Trail Run	 Land Heritage Institute	Sat, Apr 18, 2015 at 7:30 AM
SARR Fiesta Mission 10K/5K	 Wheatley Heights Sports Complex	Sat, Apr 18, 2015 at 8:00 AM
SARR Wednesday Night Zoo Run	 Brackenridge Park	Wed, Apr 22, 2015 at 6:15 PM
SARR Fiesta Fandango	 Downtown San Antonio	Sat, Apr 25, 2015 at 6:20 PM
SARR Wednesday Night Zoo Run	 Brackenridge Park	Wed, Apr 29, 2015 at 6:15 PM



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	8 - 9	10 - 11	12 - 13	14 - 15	16 - 19	20 - 24	25 - 29	30-34
	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 - 74	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>.

Tech shirt, fiesta medal, backpack & towel to first 800

THEME: TV, Then & Now

THE SAN ANTONIO ROADRUNNERS PRESENT THE 33rd ANNUAL FIESTA FANDANGO 2.6 MILE FUN RUN



WHEN: Saturday April 25, 2015 - San Antonio, TX

START TIME: **6:20PM** (Just prior to the Night Parade Vanguard)

WHAT: A flat 2.6 mile along the route of the Night Parade, encouraged by thousands of cheering spectators. The run begins at Broadway & Grayson & ends at the corner of Santa Rosa & Martin. Post race festivities include music and refreshments at Columbus Park (corner of San Saba & Martin)

TRANSPORTATION: Sunken Gardens 4PM to 6PM. Buses will take runners to about 100 yards from the starting line (approx 1.5 miles). Last bus will leave at 6PM!

Buses will take runners from finish back to Sunken Gardens

AWARDS: Awards for the first place overall male & female.

COSTUMES: Costume judging at 4:30PM. Entries must check in by 4:20PM. Awards to 1st, 2nd, 3rd & honorable mention. The theme for this year's competition is "TV, Then & Now"!!

ON_LINE REGISTRATION: www.active.com. (closes Tuesday April 21st at Midnight)

PRE_REGISTRATION: Pre-register till April 17th at Soler Sports (all locations), Fleet Feet Sports, Run Wild Sports, iRun, & We Run San Antonio

REGISTER IN PERSON/PACKET PICK-UP: April 23rd at Run Wild Sports from Noon-6PM, and April 24th at Soler Sports (Broadway store only) from Noon-5PM.

RACE DAY REGISTRATION & PACKET PICK-UP: Sunken Gardens from 3:30PM till 6:00PM.

PRE-REGISTRATION FEES: \$25 FOR ALL NO SHIRT. WITH SHIRT \$25 for 14 & Under.

\$30 for SARR Members and Active Military, \$35 non-SARR members till 4.17. \$40 after 4/17 thru Raceday for everyone. *If you are using a volunteer card it does NOT include t-shirt.*

GROUP RATE (NEW) for 10 or more. *Exclusions apply.* Email or call for additional info.

INFORMATION: Deb Beyer, 240-8164. Email: fiesta-fandango@att.net or www.saroadrunners.com

REGISTRATION BY MAIL: Make checks payable to SARR, c/o Debra Beyer, 619 Barchester Dr., SAT 78216 (postmarked no later than 4/15)

FIESTA FANDANGO ENTRY FORM SARR# _____ AMOUNT ENCLOSED \$ _____
NAME _____ AGE _____ DOB ____/____/____ GENDER M ____ F ____
PHONE: _____ EMAIL: _____
ADDRESS: _____ CITY: _____ STATE _____ ZIP _____

T-Shirt Size (tech shirts):

CHILD: S M L

ADULT MALE: S M L XL XXL (\$1 extra)

ADULT FEMALE: S M L XL XXL (\$1 extra) *Limited quantities in female sizes*

I know that running a road race is potentially hazardous activity that could cause injury or death. I should not enter & run unless I am medically able & properly trained by my signature, I certify that I am medically able to perform this event, & am in good health & 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 & 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, & radio headsets are not allowed in the race, and I will abide by this guideline. Having read this waiver & knowing these facts and in consideration of your accepting my entry, I, for myself & anyone entitled to act on my behalf, waive and release the San Antonio Road Runners, city of San Antonio, San Antonio Fiesta Commission & all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE _____

DATE: _____

(Signature of parent or guardian if under 18)

Carrabba's Classic

4 runner half marathon relay &
Individual half marathon



Specialized training group for this race at sartraining.com

Come race and picnic with us!



TAKE YOUR PICK!

Four Person Relay

Your team of four runners will complete a total of 13.1 miles on the flat scenic, loop course on paved trails.

Don't have a team?

No sweat! Just select "Need a Team" when registering. We want folks to have FUN, so we will do our best to mix and match individuals who need team mates

OR

Individual Half Marathon

With paid entries, you can run both as a part of a team as well as individually to complete the half marathon course. Plenty of water and encouragement will be on hand.

NO RACE DAY REGISTRATION
NO PETS
NO STROLLERS
HEADPHONES DISCOURAGED



Saturday June 20, 2015
8:00 AM Start

Organized and hosted by the
San Antonio Roadrunners.
Proceeds benefit the SARR
Scholarship Fund

NEW LOCATION!

This year's event will be at
Wheatly Heights Sports Complex

Located at East Houston and Noblewood. Parking is ample
and FREE, so no shuttle buses will be used this year.

No Team? No problem!

We will fill in/create teams up to 7:30 AM. Just register
each runner individually, and indicate "Need a Team".

Goodies Galore

Door Prizes, post race entertainment by a DJ, great food, and
fun for ALL! **Door prizes include 4 pair of Asics shoes.**

All Individual half marathon finishers will receive a medal. All
participants will receive a technical shirt and a great meal,
prepared onsite by Carrabba's Italian Grill!

BRING ID for adult beverages

Entry fees are PER RUNNER. No refunds

Through June 15 June 16 to 19

SARR Members, 18 & Under, Active US Military, Fire, Police	\$40	\$45
70 and Over - mail or store entry ONLY	Free	Free
Others	\$45	\$50

Example: team with 1 SARR member (\$40), 1 military (\$40), 2 others (\$45 x 2), total early entry fee is \$170

Registration

Register online by going to Active.com UNTIL 6/17 10:00 PM CST

In person: Roger Soler's Sports, Fleet Feet, iRun Texas, We Run or Run Wild Sports locations

To register by mail, send your registration form to: SARR, 1518 Larkspur, San Antonio TX 78213

NO RACE DAY REGISTRATION.

Host Hotel

Double Tree by Hilton, 37NE Loop 410 (at McCullough)

PH (210) 366-2424

Packet Pick up

Roger Soler's Sports

2589 Jackson Keller

210-366-3701

June 18th Noon to 7 PM

June 19 Noon to 6 PM

Race day packet pickup 6:45 to 7:45 AM

Visit our website at <http://CarrabbasHalfMarathon-Relay.com>

Carrabba's Relay/Individual Half Marathon - June 20, 2015



Circle ONE: **Relay** **Individual** **Need a Team**

Individual Divisions

- 1st overall in Open and Masters will be awarded. Top 3 places in Men and Women in 19 & younger, and in 10 year divisions 20 to 70+
- Medals to all finishers
- NO DUPLICATIONS

Relay Divisions — 4 person team

- 1st, 2nd, 3rd place awards will be given in the listed divisions
- "Split" category is a mixed team of 2 men and 2 women. "Mixed" is a mixed team of 3 of one gender and 1 of the opposite gender

Select ONE category below for your relay team:

Note: Divisions marked by "*" may be altered, and/or divisions marked by "**" may be created to make this event more fun

Open (any age)	Youth (15—19)	Masters (40+)	Super Masters (50+)	Service (Military, fire, police)	Mish -Mash
<input type="checkbox"/> Male	<input type="checkbox"/> Male	<input type="checkbox"/> Male	<input type="checkbox"/> Male	<input type="checkbox"/> Male	<input type="checkbox"/> MF (3 men, 1 woman)
<input type="checkbox"/> Female	<input type="checkbox"/> Female	<input type="checkbox"/> Female	<input type="checkbox"/> Female	<input type="checkbox"/> Female	<input type="checkbox"/> FM (3 women, 1 man)
<input type="checkbox"/> Split (2/2)	<input type="checkbox"/> Split (2/2)*	<input type="checkbox"/> Split (2/2)	<input type="checkbox"/> Split (2/2)*	<input type="checkbox"/> Split (2/2)*	<input type="checkbox"/> Child (14 and under)**
	Mixed (3/1)**		Mixed (3/1)**	Mixed (3/1)**	

Team name _____

	Age on race day	SARR, 18 & under, service	Phone	Shirt Size	Signature/date REQUIRED (see release below)
Captain/Individual	_____	M F <input type="checkbox"/>	_____	_____	_____
Captain/Individual email	_____				
			Captain/Individual address	_____	
Team member	_____	M F <input type="checkbox"/>	_____	_____	_____
Team member	_____	M F <input type="checkbox"/>	_____	_____	_____
Team member	_____	M F <input type="checkbox"/>	_____	_____	_____

NO PETS, STROLLERS ALLOWED DUE TO NARROW COURSE. HEADPHONES DISCOURAGED
No shirts or awards will be mailed. Shirt size not guaranteed. If not stated, Large will be chosen.
Running caps for awards. Individual Male & Female overall will receive a Carrabba's gift basket.

***WAIVER:** "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."



Race # _____ paid: \$ _____ cash \$ _____ CK# _____ location: _____

In Memorium

MARIO VALENCIA 1930 – 2015

When I came onto the running scene back in the early 80s, Mario was already there. I don't know when he joined the SARR, but he was part of the Kelly AFB (present day Port San Antonio) contingent which consisted of, to name a few, Sam Idrogo, Frances Ingle, and John Foster. At the races, you would always find Sam, Frances, and Mario enjoying a cold one after the race. Many thoughts came to mind upon learning of Mario's passing. Among them... the VW van that Mario drove. The van resembles the one that is currently being driven by Rogelio Aranda and Ceci Iniguez of Huarache Turbo. Maybe it is the same van???? I think of Mario each time I see it.



Ernie Oakes scanned some of the SARR 70s and early 80s Newsletters and found Mario participated in the following SARR runs: Mission Trails 10 miler; Alamo Derby; Dannon Mission 20K; Endurathon; and the Great Alamo Bike/Run. He completed the Houston Tenneco Marathon in 3:35:00 in 1982. Mario race directed the Winter Winds Endurathon when it was held at Kelly. He recognized Hugh Hamlyn at one of those races, designating a parking spot for Hugh, and presenting Hugh with a special plaque for having participated in all the Endurathons up through that time.

Mario signed up to participate in the Senior Olympics in the early 80s. They are now called "Senior Games." A person had to be at least 55 years of age to qualify. You paid one general fee to enter and then paid a fee, like \$3.00, for each event you wanted to compete in. As I remember, Mario signed up for the majority of track and field events. This included not only the road races but also shot put, javelin, etc. Mario was not trained in any of those events and, the story goes, had to be instructed in the various events, like how to throw a javelin. Mario placed in the majority of events he entered. We were all amazed, joked, and laughed at his experience in the Senior Olympics.

Marino DeLeon, who participated in marathons with Mario, says that Mario enjoyed scotch and water the night before a marathon. Mario enjoyed a can of beer, Schlitz being his favorite, after a marathon. It had to be a can as that is what Anita, Mario's wife, used in her artwork. I understand that Anita never lacked for cans and always had to remind Mario not to crush them.

Mario volunteered in several areas. He helped Sam Idrogo at a NIOSA food booth. Mario served as a course marshal at the Wednesday Night Zoo Runs. He would join the lead bikes at the start breaking off to get to Mile 1 to call time. Most recently, he handled the course marshaling duties at "Sam's Corner," near the intersection of Avenue B and Brackenridge Street of the Zoo Run. You could always find Mario working the finish line at both SARR and non-SARR races. He would assist Chuck Campbell with timing and producing the race results.

Ernie says, "Not sure when Mario became so involved in working at the runs, but for as long as I can recall, he was always there helping out."

Bob Persellin remembers, "Although we were in the same age group and he was a much better runner than I and almost always beat me in the runs, he was very good company and I considered him a good friend. His contributions to SARR were many and heartfelt."

Mario crossed the earthly finish line on March 3, 2015, winning his age division of 84. He is now part of the Heavenly Chapter of the San Antonio RoadRunners.

The Valencia family has requested in lieu of flowers that donations be made to the Mario Valencia Scholarship Fund via the SARR. Checks should be made payable to "San Antonio RoadRunners" with a notation of "Mario Valencia Scholarship" placed in the memo section of the check. Donations should be sent to SARR, PO Box 12474, SAT 78212-0474. Please be sure to include your name and address. A special scholarship will be awarded in June 2016 in Mario's memory.

2015 SARR Prickly Pear

No rain, no mud for the first time in a few years and that brought out most of the trail runners to enjoy this year's race. The new venue was more than perfect for what this race needed and we had plenty of room on the trails plus plenty of help from all the community. Our sponsors and our volunteers made this race what I envisioned it would be like. The runners were so happy with our amazing finisher medals, the age group mugs, the amazing food and the perfect weather that we were provided.

I was so impressed with how dedicated our runners were from the 1st 10 miler to the last 50 milers. Runners continue to impress me with the tenacity of accomplishing amazing task every day. We had so many people run their first trail run ever and I was very pleased to know that a lot of them told me that they would do the race again.

The 10 Milers enjoyed a nice 10 mile loop with 4 water stations on the route 1 which they hit twice. The trail was very nice with minor rolling hills and a big aid station with anything you can think of eating at about mile 6. They were very happy to know there was plenty of porta-potties on the course when they needed them.

The 50k runners had two loops on the course and they had a few more minor hills but it is nothing any trail runner has not experienced. They had two feast aid stations to gorge on and they enjoyed most of it. Most of them enjoyed the early start and would of preferred to delay an extra 15 minutes to avoid using a head light. However, the amount people super excited to finish their first 50k was staggering. Most of them said they would be more than happy to run it again next year.

Like to give a special thanks to the all the Leadership board that showed up without you guys this literally would not have happened. A big thanks for Jerry Negrete for all the hard work you put in and I promise I will make it easier for you next year. Thanks to all the volunteers and our sponsors you guys made it so much easier for us to be able to worry about the big things while you handled the important little things.

Erik Burciaga, Race Director

A Note from Mrs Mario Valencia:

Mario would have been so happy to see so many of his running friends. And so many wearing the Endurathon shirts!

What a great finish line . . .

Anita

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 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:

www.saroadrunners.com

Minutes from February 2015 Meeting not available at
time of publication



2015 SARR Events

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 Wine 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

