



San Antonio RoadRunners NEWSLETTER

July 2015 Edition

A Note From the President

By: Jerry Negrete

Inside this issue:

President's Address	1
Boston Marathon	2
SARR Annual Picnic and Fun	4
SARR Scholarship Winners	6
Carrabba's Race Results	8
Freedom 4 Miler- Race Results	10
Shiner's Story	12
Fall Training	13
San Antonio Running Events	16

Hello RoadRunners,

It has been a busy summer! This edition of the newsletter brings announcements of many exciting changes that will benefit the club.

First of all, I would like to welcome Dawn Carreon as our new editor of the newsletter.

Also, the newsletter will now be published every other month.

I would like to congratulate and welcome our new Club Officers: New SARR President, Joe DiNuovo, and New Vice-President of Membership, Debra Acosta-Beyer. I would also like to thank Julie Olsen and Julie Sargent for participating in the election process, and their continuing support of SARR, and Jim Murray, out-going VP of Membership, who did a great job for the club.

Thanks goes out to the good people at Two Brothers BBQ for the delicious food at the picnic, and to Tina and Neil O'Mahoney for organizing the Graduation 5K Fun Run.

We also hosted our two great summer events, Carrabba's, and the Freedom 4-Miler. Hats off to Race Directors, Bob Ratliff, David Sanchez, and Erik Burciaga for a job well done.

As always, I want 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.

Finally, I would like to say thank you to the membership of the San Antonio RoadRunners. It has been my honor to have served as your President for the past four years. Best wishes to you all and to the club for continued success.

Sincerely,
Jerry Negrete
Run for Fun!



Official Sporting Goods Retailer of SARR



On the Run

Here is another contribution to this year's Boston Marathon series. Scott Peacock provides an account of his recent return to the famous venue. I asked him for a photo to go with the story, especially if there were one of him in mid stride holding up the drooping shorts he describes. Sure enough he came up with one (lots of cameras rolling at Boston). Note that even at this late stage of the race he has enough alertness and coordination to keep a thumb hooked in the offending shorts, protecting his modesty against a possible wardrobe malfunction. And this feat is the more

surprising because he does have that intensely focused look on his face that comes only toward the longed-for end of a long, long race, when body and mind, or what remains unspent of them, are exclusively locked in on the single purpose of crossing that finish line. —don smith

Boston Marathon in Spring 2015

By Scott Peacock

Like most nervous racers, I had been watching the weather report for days prior to the start of the Boston Marathon. The forecast for race day was perfect running weather. *Thanks, Mother Nature!* I should have known better. Two days before the race the forecast changed. It was going to be cold and rainy. Oh, and 20 mph winds too. My confidence began to falter. The last time I ran Boston the weather was terrible with high temps and even higher humidity—and I bonked. *Why am I cursed?*

The day before the race was ideal running weather (*of course!*). I spent hours walking through historic Boston and eating pasta at little Italian restaurants tucked between all the Revolutionary statues. Just trying to keep my mind off the race through food therapy.

But it was next to impossible. Boston was filled with runners and friends of runners and people who wanted to be runners. Boston becomes the Running Mecca for this weekend. Everyone going to the Race Expo buys the souvenir race jacket, a brightly-colored, striped wind-breaker. It is sort of a pre-race trophy for everyone who qualified. Thousands of jackets roamed the streets all day, sheltering their nervous runners . . . from the beautiful, spring day.

On race morning I wasn't sure what to wear. *Should I wear clothes for warmth or for rain protection?* I decided I would rather be dry so grabbed a rain jacket and a hat. Lucky choice on my part. The forecast of "scattered" showers turned out to be constant rain during the race. Some runners decided to go with no protection at all. Bad choice. There's only so much cold rain the body can take before it starts to shut down, and I saw many runners stop at medical tents just to warm up.

But, as bad as the runners had it, the volunteers had it worse. There were 9,000 support staff braving the conditions to make sure the runners had what they needed along the course. Additionally, there were a million or so spectators cheering on the runners. They certainly could have stayed by the fireplace that morning instead of sloshing through the muck to come encourage thousands of runners they didn't even know. I'm so glad they were there.

The rain and wind took turns beating on me for most of the race, but I made it through okay until about Mile 25. I was running low on energy and trying to stay focused on getting to the end. Then, I noticed my shorts had slipped halfway down my thigh. All that rain made my shorts too heavy to stay up. The finish line is packed with thousands of people. I was afraid of mooning the crowd as I tried to make my way down the homestretch. So, my last mile was spent with my hands holding up my shorts. I'm sure I looked ridiculous.

As soon as I crossed the finish line, I wrung out my shorts, grabbed my medal and looked for shelter. I was freezing. As I made my way down the chute, I noticed a few runners standing around in a circle. There was steam coming up from a manhole cover. I went over and immediately felt better as the steam felt like a sauna with blasts of hot air surrounding my body. I got just warm enough to make it to gear check to pick up a fresh set of clothes. It was nice to be out of the weather. It was nice to be finished with the race. It was nice to feel the warmth of the finishers' medal in my hand.



About the Editor

My name is Dawn Carreon. I am the new San Antonio Road Runner Newsletter Editor. This issue represents my first edition with SARR. I have been a runner since 2013. Like many of you I never thought I would like running and never gave it a second thought. I'm also pretty confident that like me, most of you were influenced by a "crazy running friend" to give it a shot, only to find out that not only could you do it but you really enjoyed it. It didn't take long before I was addicted to running, looking for my next fix, I mean race. Joining SARR Training was probably the best thing I could do as a runner. I have met so many dedicated, motivated and amazing runners who have been more than happy to share their knowledge and expertise. Since 2013, I have completed two half marathons. In 2016, I will train for my first full marathon. I am blessed to have a supportive husband who has also developed a new found respect for the sport of running. I look forward to seeing you on the trails. Happy trails to you....until we meet again!



Annual Picnic, Fun Run & Meeting

June 27, 2015
Walker Ranch Trailhead





Congratulations!



2015 San Antonio RoadRunners Scholarship Awards



By Veronica Salinas, Scholarship Committee Chairperson

I am greatly pleased to present to our membership the recipients of our 2015 SARR scholarships. These students were chosen from 17 applicants and eight will receive the **John Delgado Memorial Scholarship** which this year was increased an additional \$225 due to proceeds from the SARR boutique for a total of \$1,225. In addition, SARR has awarded a one time only scholarship in the amount of \$1,665 in honor of Ralph Branchizio, a long time SARR friend, running coach, and mentor who passed away in 2014. Funds for this scholarship were donated by family and friends of Coach Branchizio.

I'd like to thank the other members of the scholarship committee for their continued dedication and service: Jerry Negrete and Julie Olsen. Our scholarships are funded through the proceeds of SARR runs and the SARR boutique and are awarded to high school graduates who have participated in track and/or cross country. It is another way in which SARR gives back to the community by helping these outstanding youth to reach their goal of achieving a higher education.

All of these students excel in many areas: academic, extra-curricular involvement, volunteerism, and several held jobs to save up for college expenses. What follows is a small "snapshot" of their accomplishments and plans for their future. On behalf of the San Antonio Road Runners, the scholarship committee congratulates these exemplary graduates and wishes them a successful journey in the pursuit of their dreams. It is with great pleasure and pride that we were able to be a part of that journey.

Cleranie Beauvil Providence High School

Cleranie is a native of Haiti and plans to attend Texas Southern University. She has participated in track since 7th grade at Scobee Middle School. She entered Providence High School in her junior year and was a member of Varsity Track for two years becoming a leader for her team. She finished 6th place at the Regional meet in 2014 and was the anchor on both sprint relays in 2015. Among many volunteer activities, Cleranie has helped in the Special Olympics for the past three years by being an athlete "buddy."

Allysha Davis Reagan High School

Allysha is a Summa Cum Laude graduate and plans to attend the University of Pennsylvania where she will major in Marketing/Management and continue her participation in track. Allysha holds the school record for the 100M Dash and is a member of the record holding 4x100M Relay. She is a State Qualifier in the 100M and has met National Elite Gold Standard in 100M and 200M. She is a winner of Reagan's Outstanding Female Runner award and is considered one of Reagan's most accomplished track athletes of all time.

HaLeigh Hunter-Galvan Brandeis High School

HaLeigh describes her running career as beginning "in utero" as her mother, Liza Hunter-Galvan, covered many miles. She ran her first 10K by accident at a SARR event when she and her sister missed the 5K turn around. She plans to continue her participation in track at Adams State where her major will be biology related with the goal of completing post graduate work to become a Physician's Assistant. As an 8th grader she won District Championships in 800M, 1,600M and Cross Country. She holds school records at both O'Connor and Brandeis in the 1,600M and 3,200M.

Camille Lunday Churchill High School

Camille will be attending Texas Tech University and major in Nursing. She plans to further obtain a masters degree in Nursing and become a Nurse Practitioner. As a junior she was accepted to take an EMT class at Churchill taught by UT Health Science Center and in June will be eligible to take the National EMT test. Although only participating in cross country in her senior year, through her dedication and enthusiasm Camilla progressed tremendously and was soon able to run 5K's and 10K's and completed her first half marathon last March. Camilla is a certified Life-guard and volunteers at nursing homes and hospitals.

Justice Medina Harlandale High School

Justice is hoping to attend Angelo State University and major in Communications. He was the president and Spirit Leader of the Student Council and Spirit Leader of the class of 2015, and a member of the track team for four years and cross country teams for two years. In cross country, his team made it to Regionals every year and in track he qualified for the Area Meet his junior year and was captain of his team the same year. His coach states, "His greatest contribution to our team is reaching out to teammates that are on a destructive path. Through his friendship and guidance, I have seen athletes turn away from dangerous distractions and grow in a manner that is productive and positive."

Alondra Morales South San Antonio High School

Alondra will be attending the University of Texas at Austin and pursue a degree in Nursing hoping to build a deeper connection with patients through compassion and understanding. Reluctantly, Alondra joined the cross country team her junior year through the advice of her soccer coach. At first, the long distance running was a painful struggle but through perseverance and determination she was able to adjust to the mileage and pace. She brought her 3 mile time down from 34 minutes to a personal best of 27 minutes at the District Meet. Because of her dedication, she earned the position of co-captain of her team.

Tevis Thomas Brackenridge High School

Tevis will be attending and running at McNeese State University in Lake Charles, Louisiana. Her intended major is Business with a focus on Marketing and a minor in Journalism. Tevis has been running since the 7th grade and was captain of her varsity track team all four years of high school. She was a four time District champion in the 200M and three time champion in the 100M. She has run AAU summer track with the San Antonio Blazers for the past five summers and has been a National Qualifier in the 100M and 4x100M relay every summer and National Champion in the 4x100M relay the past two summers.

Robert Qualia Reagan High School

Robert will graduate Summa Cum Laude and attend Texas A&M with the Blinn TEAM program. He plans to be a member of the Corps of Cadets and major in kinesiology with the goal of entering the military. If he does not choose the military as a career he wants to continue his education and become a physical therapist. Robert has been a SARR member since 2013 and a volunteer since 2012. He also trained with the SARR training group for his first Rock n Roll Half Marathon in 2013. He has been a member of his cross country team since his sophomore year and was a member of the varsity team at the District meet.

Kelly Kindla Roosevelt High School Design & Technology Academy

Kelly has been accepted to the College of Natural Science at the University of Texas in Austin. She will be majoring in Biology with the goal of becoming a Radiologist or an Oncologist. She has been involved in cross country since 5th grade and was on the varsity cross country team throughout high school and team Captain her senior year. She also participated in the Rock n Roll Half Marathon last December. Kelly served as secretary of the National Honor Society, has been a member of the UIL Academic Competitions, and has a number of leadership positions in youth activities at her church.

Carrabba's Classic Half Marathon Relay/Run

Race Director(s): Bob Ratliff, Marissa Howard, Lana Harris, Wilson Garis, Chuck Frawley, Patti McKeever

Number of registered runners: 980

Overall finishers (names and times): Top relay team, from the Masters Men division, was Huarache Turbo Master Team with a time of 1:00:48.4 (5:58 pace). Team members were Gary Guerrero, Greg Worley, John Fredland, Kevin Kimbell. In the closest race in memory another Masters Men team took second place only 1.4 seconds behind. This was the Soler Sports Men's Master team. The Individual honors went to Rick Carrillo in 1:01:21 (6:01 pace) and Leslie Lamacchia in 1:15:36 (7:25 pace).

There were many highly competitive division races and **for all results and photos go to saroadrunners.com**

Sponsors: Carrabba's Italian Grill, Soler's Sports, Asics, Ranger Creek Brewing, DoubleTree, The Social Being.

Weather: Cloudy and muggy with scattered sprinkles. Storms before and after the race.

Unexpected/unusual happenings: Severe rains the week before left the original course flooded with some creek crossings having rapids on Friday. This resulted in having to reroute from a half marathon to a 10.2 mile race. Other course options were looked at but would not have resulted in competitive race.

Next year's event: June 18, 2016 is the next running of this event and we all hope it can be the full half marathon.

Noteworthy:

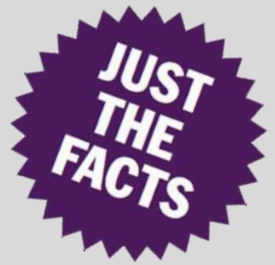
National Anthem was sung by Marisa Flores and the race starter was Chelsea Teran, Mrs. Texas Galaxy (wife of Carrabba's proprietor Ronnie)

The new venue was first class and allowed us to hold the race as an all weather route is available.

The caps given as awards were very well received and we look forward to selecting an award for 2016.

The number of half marathon individual entries (318) was a record and resulted in a few not receiving finisher's medals. More were ordered and will be delivered.

Many thanks to the runners for accepting the last minute changes, all the volunteers who made the race a success, and the sponsors! Many out of state and out of town runners participated and we hope you will return!



A History of the **SARR Freedom 4-Miler Run** 25th or 40th Annual??

By: Sally Rios

On July 4, 2015, the United States celebrated its 239 birthday. July 4th or Independence Day commemorates the adoption of the Declaration of Independence on July 4, 1776. This day, which is a national holiday, is celebrated with parades, barbeques, fireworks, etc. The San Antonio RoadRunners (SARR) join in the celebration by sponsoring the Freedom 4-Miler.

I was asked to put together a history of the Freedom 4-Miler. Unfortunately, the SARR forefathers and other SARR officers did not do a real good job of keeping records on the SARR races. With the help of ERNIE OAKES, his copies of the SARR Newsletter, and my memory, I did my best to put together a history. Ernie, who joined the club in 1974, has every copy of the SARR Newsletter that was printed up until the Newsletter went digital. These old Newsletters have been a great help in tracking SARR history.

The 2015 race was first thought to be the 40th Annual Running of the Freedom 4-Miler but now that is in question. For all you observant runners, you may remember that the 2014 Freedom 4-Miler claimed to be the 39th Annual. So, naturally this would be the 40th.

Like all of the SARR races, the name of the race may have changed over the years. In 1976, SARR sponsored two events that might have been held to celebrate the 4th. However, The "Spirit of '76 Fun Run" was held on July 17 and the "'76 Midnight Independence Run" was held on July 31. The "Independence Midnight Run," notice the name change, was held in 1978 and 1979. In 1981 and 1982, (name change again), the "Independence Moonlight Run" was held. All of these races were held on dates other than July 4.

In 1990, there was an Independence 4-Mile Run on July 4 at Brackenridge Park but it was NOT a SARR event. Thought I'd point that out before some of you go racing for your old Newsletters. A SARR race celebrating the fourth, "Firecracker 4-Mile Run," held at Ft. Sam Houston, appears in 1991. The "SARR Freedom 4-Miler," as it is currently known, finally appears on July 3, 1993, at Kelly AFB (now Port San Antonio). The 1994 SARR Freedom 4-Miler was actually held on July 4 at Kelly.

Full disclosure here – copies of the 1991 and 1992 SARR Newsletters are missing. So until they are found or proof is provided, July 1991 is considered the first time the SARR Freedom 4-Miler was held. Whew!!!

The name changes were not the only changes to this race. There were changes in race directors as well as venues. Race directors included: John Delgado, Debra (Acosta) Beyer, Paul Baltutis, Scott Peacock, and, most recently, David Sanchez.

The venues included Ft. Sam Houston; Woodlawn Lake; Kelly AFB; OP Schnabel Park; the National Shooting Complex; and it is currently held at the S.T.A.R.S. Soccer/Toyota Fields SA Scorpions location. Each venue had unique qualities. Here is what I remember about some of them.

Woodlawn Lake – Held at this venue two or three times at the request of the City. The City wanted to have the four-mile run as part of their City celebration. Since the circumference of the lake is about one and a half miles, getting a four-mile route proved challenging. But the bigger challenge, was dealing with campers, vendors, and the parking. The most vivid memory was the year that the runners' cars were ticketed for parking in "no parking" zones. The problem was that the "no parking" signs went up after the cars were parked. The word spread quickly and runners sprinted off to move their vehicles before the vehicles were ticketed and/or towed. Needless to say, SARR changed the venue.

Kelly AFB – No parking problems here. No traffic to deal with; just asphalt, sun, and warehouses. The staging area was a nice small park with a big pavilion.

National Shooting Complex – held here twice. Perfect venue – plenty of parking; no traffic; sun/shade; nice pavilion; restrooms; and just enough inclines to make the race challenging.

O. P. Schnabel Park – held here twice. Shade, nice pavilion but, again, parking was a challenge. One year, the race was a point-to-point run. The run started at Mainland Drive, proceeded on Leon Creek Greenway, and finished at O. P. Schnabel. Runners were bussed from O.P. to the start.

S.T.A.R.S. Soccer/Toyota Fields SA Scorpions – Plenty of parking and an express way overpass provided sufficient shade. Course goes through the parking lots with one challenging hill.

So there you have it – the History of the SARR Freedom 4-Miler according to Ernie and Sally. If anyone has documented information about this event, either adding to it or correcting it, please forward it to me at sarios1949@att.net.

So if you participated in the July 4, 2015, SARR run, you celebrated the SILVER (25TH) Running of the SARR Freedom 4-Miler. Or, you celebrated our nation's 239th birthday. We know that date is correct! Either way, hope you had a great 4th!!!!

Freedom Run - 4 Miler

S.T.A.R.S Soccer Fields/Toyota Field SA Scorpions

July 4, 2015



The Annual Freedom Run, 4 Miler was hosted by Race Directors David Sanchez and Erik Burciaga. There were 589 registered runners.

The Top Male Finisher was Matt Williams, #2180 with a time of 19:58. The Top Female Finisher was Janessa Dunn, #3139 with a time of 26:00. The Top Male Master was Greg Wolery, #3379 with a time of 24:20 and the Top Female Master was Rochelle McClavaban, #2182 with a time of 27:26. Congratulations winners!

A huge thank you to our sponsors:

H.E.B. sponsored all of the food and drinks, plush Re-usable Reflective Runner wristbands!

Academy Sports + Outdoor sponsored all door prizes, over \$900 worth to include Gift cards, Running gear, Headphones, Water bottles, Ice chest(s), Folding chairs and GPS trackers!

S.A. Scorpions donated a team scarf and a very nice S.A. Scorpions Soccer ball.

Roger Soler's Sports provided a fully staffed water stop.

We Run provided a packet pickup location as well as an in store discount for all runners.

Although temperatures were in the mid 70's and humidity was high, our new course received big thumbs up! We eliminated the zigzag parking lots and added two grassy areas.

This was our first year in including a Kids Fun Run. We had over 40 kid runners! We also added Team Runs this year and lowered the race entry fee.

Thanks to E-Dragons, Erik Burciaga for presenting a very festive Start and Finish line. Many runners took advantage of the large event top and other smaller tents Erik provided and setup. The tents were a great addition for runners and volunteers to enjoy food, drinks and relaxation as reward for their hard work!

This will be the last Freedom Run 4 Miler co-organized by David Sanchez and Erik Burciaga. David will pass the baton to Erik Burciaga as the 2016 Race Director for Freedom Run 4 Miler scheduled on Monday, July 4, 2016.





Our Top Male Finisher, **Matt Williams**, (seen below) is also training for The Olympic Trials. He will be returning to Colorado to resume training for the Olympic Marathon. We were honored to have him at the Freedom Run 4 Miler. Best wishes to him and he mentioned that our thoughts and prayers are welcome!



Shiner's Story

By: Bob Ratliff

It was Feb of 2008 and we were driving to Don and Barbara Shey's house when Don called. He asked if we had a name yet. We were on our way to pick up a yellow lab puppy from their Take A Break Labradors kennel. This was after a several month search of rescue dogs and specialty kennels to find a match for my rather restrictive conditions. I wanted a hunting, jogging, fishing partner and companion for our family. We had decided on Don's kennel after a demo of the parents retrieving and social skills. Our son Scott replied Shiner to reflect the puppies color (and the beer). When we arrived Don had a booklet with the name Shiner on the cover. Right from the start we knew Shiner was a match for our expectations. After the required 12 weeks of isolation to prevent parvo he was introduced to the world. The summer was spent jogging, fishing, and training. We did include rattlesnake sensitivity training so the odds of a snake bite would be reduced. Shiner also received the rattlesnake vaccine twice a year. I recommend both for dogs that are outside. In September Shiner went on his first hunt and was very good at it. However in October he came down with and survived parvo (maybe a strain not in the vaccine) so don't take for granted the vaccine is 100%.



Shiner became a regular at McAllister Park and never met a human he didn't like. At 110 pounds not many dogs bothered him either. Once on the Lake Trail we spotted two coyotes who, after evaluating Shiner, decided to hightail it elsewhere. Door to door salesmen left in a hurry at just the sight of Shiner at the door not knowing he would have licked them to death. Over the next several years Shiner proved to be the best all around lab we ever had (we Field Tried labs for several years). Through the years Shiner became a great duck (one guide called him Big Red) and dove retriever along with being a wonderful family and fishing companion. We actually had to sneak out if we were going jogging, hunting or fishing without him. He really loved the boat, licking the fish, and swimming.

On September 19, 2014 we were at Dilley and went back to the truck after a quick limit of doves. Shiner drank (I carried water for him in the field) a little and then collapsed. I immediately called our vet Dr Mauldin (wife Martina was the SARR newsletter editor) and he gave us first aid instructions and called the Emergency Pet Clinic saying we would be there in 90 minutes. First aid was to help cool his body. However, the pads and panting are the primary sites of heat dissipation in canines. We got to the emergency clinic and Shiner spent the rest of the weekend in intensive care. After the weekend, Shiner went to the South Texas Veterinary Specialists under the care of Dr. Book. He was in very critical condition with a zero platelet count and concurrent heart, intestinal, liver, and kidney damage. Dr Book and his specialists worked with us for over a month during which Shiner came home on two occasions only to develop new complications. On October 26 after a valiant fight, Shiner succumbed to the long term implications of experiencing a heat stroke. He is now at a special spot in our home.

Of course, I blamed myself for not seeing any warning symptoms. So I asked both Dr Mauldin and Dr Book what I had missed. They both told me any dog (no matter how fit) can collapse with little warning. In this case, Shiner was not running a lot as the birds were all close. However, it was in the low 90's with humidity. I asked if an infrared thermometer would have helped. They both noted a rectal reading as being the most accurate temperature for a dog. A temperature above 102.5 is the warning point and 105 mandates urgent care. Look at the temperature and humidity prior to exercise. If your loved one's temperature exceeds 105, begin external cooling with water but stop when they reach 103 degrees to prevent rebound hypothermia. If the heat index is above 91 or the sum of the temperature and relative humidity is greater than 130, strongly consider keeping your pet at home. A really good chart can be viewed at: <http://www.petprofessionalguild.com/Resources/Documents/Heat%20Index%20Guide.pdf>



San Antonio RoadRunners

Full and Half Marathon Training

Begins August 22, 2015



The Power of Group Training

Have you ever wanted to do a half or full marathon or are you trying to improve on your last race?

Let's Run 13.1 Half Marathon Training Program

*Focused on building endurance for
a 13.1 mile race*

You Can Do 26.2 Marathon Training Program

*Focused on runners who have
completed at least 1 half marathon*

Why Should YOU Train with SARR?

- ⇒ We are experienced. We are the largest training program in the city led by RRCA certified coaches and experienced mentors. Over 500 runners have trained with us in the last 3 years.
- ⇒ Training on strength, endurance, speed, form and strategy for running a full or half marathon.
- ⇒ Focused on preparing runners for the Rock-n-Roll San Antonio race on December 6, 2015.
- ⇒ Weekly team runs on Saturday morning; optional group runs during the week.
- ⇒ Tips and techniques on improving your running.
- ⇒ Different pace groups to support all levels of runners, including run/walkers.
- ⇒ Flexible weekly workout schedule.
- ⇒ Team training shirt.

Free Pre-Training Course

All registrants for the fall training program will have the option of participating in our Base Builder Program starting July 15. This free course is designed for registrants who have not been running consistently over the last few months or want to build in some extra miles prior to the start of fall training.

Starts August 22 at LBJ
Park (off Nacogdoches)



Register Now!!!!

This 16-week program will sell out as it has for the past 3 years. So register early if you want to guarantee your spot.

www.sarrtraining.com
for more information or to
register



PLACE

Dry Comal Creek Vineyards
TX Hwy 46 New Braunfels, TX

START TIMES

7:30 am – Race begins
9:30 am – Awards Ceremony

RACE DAY PARKING

Park near winery, nose in please. Arrive 60 min. early to park and get to starting line. The start is approximately a ¼ -ish mile walk from the winery. **NO PARKING AT VINTAGE OAKS OR ON HIGHWAY 46**

REGISTRATION AND FEES

Register on line at www.saroadrunners.com thru midnight September 5th. You can register in-person at Fleet Feet Sports San Antonio thru 6pm September 5th, or snail mail-in the registration form below postmarked by August 28th.

Entry Fee: *Entrants 70 and over receive free race entry (registration must be mailed in or dropped off at Fleet Feet)*
\$30 for SARR members and active military thru September 5th
\$35 for non-members thru July 31st
\$40 for non-members August 1st – September 5th
\$50 for all runners on race day

PACKET PICKUP

September 4th and 5th, Noon – 6pm at Fleet Feet Sports, 6408 N. New Braunfels Ave., San Antonio, TX (210) 805-0845
September 7th race day registration and packet pickup will be in the field between winery and starting line from 6:30am – 7:15am.

AWARDS AND PERKS

Tech shirt and wine glass guaranteed to the first 500 registered. This race is chip timed. Awards to Top M/F, Top M/F Masters, Top 3 M/F in age groups (14 & under, 15-19, 20-24...75+). Food, beverage, and Dry Comal Creek Vineyards wines served after the race. Race results and photos will be posted at www.saroadrunners.com

FOR INFORMATION CONTACT: M. Ramirez (210) 325-3415 SARRWhineRun@gmail.com

RRCA insurance does not allow for wheeled vehicles (strollers, bikes, roller blades, etc.) on course.

Send entry and fee postmarked by August 28th to SARR LABOR DAY 5-mile Whine Run, c/o M. Ramirez, 13318 Hampton Dale, San Antonio, TX 78249. Make check or money order payable to: SARR

NAME _____ MALE _____ FEMALE _____ D.O.B. _____
STREET _____ CITY _____ STATE _____ ZIP _____
PHONE _____ EMAIL _____ MILITARY _____ SARR Member # _____

Tech-Shirt Size (circle one) Women's Sizes: **WS WM WL WXL WXXL** Men's Sizes: **MS MM ML MXL MXXL**

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, Comal County, Dry Comal Creek Vineyards, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE _____ Parent's if participant is less than 18 years of age.

EMERGENCY CONTACT NAME/PHONE _____



SARR LEADERSHIP TEAM

President:

Joe DiNuovo
(president@saroadrunners.com)

Executive Vice President:

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

Vice President (Membership)

Debra Medellin-Beyer
(membership@saroadrunners.com)

Secretary:

James Vavrina
(secretary@saroadrunners.com)

Treasurer:

Jim Holbach
(treasurer@saroadrunners.com)

Volunteer Coordinator:

Marissa Howard
(makeadifference07@yahoo.com)

Director, Public Relations:

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

Director, Training Programs:

Scott Peacock
(training@saroadrunners.com)

Newsletter Editor:

Dawn Carreon
(newsletter@saroadrunners.com)

Directory, Monthly Fun Runs:

Debra Medellin-Beyer
(acostad@att.net)
(Cell) 210-240-8164

Historian & Photographer:

Tom Lake
(photographer@saroadrunners.com)

Website Manager:

Wilson Garis
(website@saroadrunners.com)



From left to right:

Joe DiNuovo—Newly elected President

Jim Holbach—Treasurer

Jim Murray—Out-going Vice President—
Membership

Jerry Negrete—Out-going President

Debra Medellin-Beyer—Newly elected
Vice President—Membership

Rick Collett—Executive Vice President

James Vavrina—Secretary

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

Running Events in San Antonio

August 1	SARR Monthly Fun Runs (Free and Open to the Public)
August 8	4th Annual Loteria Run: 5k Run/Walk (University of the Incarnate Word)
August 15	Corpus Christi Da\$h 4 Ca\$h Trail Run 5K/15K
September 5	SARR Monthly Fun Runs (Free and Open to the Public)
September 7	SARR Labor Day 5 Mile Whine Run
September 12	El Grito 5K Run
September 26	7Th Annual Weston Wright "Lighting The Way" 5K/10K Walk/Run
September 26	Gem Of The Hill Country 5K & 10K Run/Walk
October 3	SARR Monthly Fun Runs (Free and Open to the Public)
October 3	Fredericksburg Kraut Run 8K
October 17	Birds of a Feather 5K
October 31	Step Out: Walk to Stop Diabetes
October 31	MASQUERADE HALF Marathon
November 7	SARR Monthly Fun Runs (Free and Open to the Public)
November 26	Turkey Trot 5K
December 5	SARR Monthly Fun Runs (Free and Open to the Public)
December 6	Rock and Roll Full & Half Marathon
December 19	Comanche 5 & 10 Miler
December 19	ILLUMINATIONS HALF - Night Time 1/2 Marathon



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

