



# San Antonio RoadRunners

## NEWSLETTER

### September 2015 Edition

#### On the Run

Don Smith

After Joe DiNuovo was elected SARR president at the annual July meeting, I asked whether he would share some thoughts about upcoming challenges and goals, as well as how the club might go about addressing them. I also asked about what got him into running and what got him interested in, as well as prepared for, taking on the leadership role of president. His responses follow.



My previous experience is based on nearly 30 years of military service. In my final position before my retirement, I oversaw the organization, training, and equipping of more than 19,000 Airmen supporting missions around the world. I also hold a Master's Degree in Organizational Management.

Originally, I became interested in running in the late 1970s. My father was a high school coach, and I played numerous sports through high school and college. My dad got interested in running a marathon with some of the teachers at the school where he taught and coached. They were all reading James Fixx's "The Complete Book on Running." Up until this point, I only ran to help get in shape for the sports I was playing. I borrowed the book from my Dad and fell in love with the concept of running. When I was 17 years old, I imagined one day running a marathon. It wasn't until many years later, after my retirement from the Air Force, that I finally ran my first marathon here in San Antonio, Texas. On my first assignment to Germany in the mid-1980s, I completed three "Volksmarch" marathon distance events, but I don't really count those since they were not timed events.

What I really love about running is the time I get to spend by myself when I am training and the feeling I get after successfully completing a good workout. I have really grown to enjoy distance/endurance running so much that this year I took the leap and started running and training for ultramarathon events. I guess I now have the running bug, and I hope to never lose it. I also enjoy helping others experience the joy of running—which is why I have been volunteering with the SARR training program for the last four years. I actually got more satisfaction last year from watching people who had trained with us for 16 weeks and ran their first marathon than from my own PR race.



Official Sporting Goods Retailer of SARR

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Older runners (and runners they of course remain, whether they still run or now walk, bike, or perhaps just rock) may note as I did, Joe's reference to James Fixx's classic work. That brought to mind some of the other early gurus of the running movement—like George Sheehan, Kenneth Cooper, David Costill, Joe Henderson, Gabe Mirkin, Hal Higdon, and a number of others. Owing to their work and the work of clubs like SARR, endurance running as a sport and fitness activity has itself endured. Leadership, as always, has been a very important part of that. --DS

#### Looking Ahead By Joe DiNuovo, SARR President

To start with, a vision for the San Antonio Road Runners over the next couple of years is to be ranked in the top RRCA clubs of America by increasing our community involvement, expanding the participation of both members and non-members in SARR sponsored races, and expanding the scope of the existing training programs.

One of the biggest challenges is that our club has almost doubled in membership in the past couple of years. This is a good thing, since it means that we are reaching out to more areas of the running community in San Antonio and meeting some of their needs. On the less than positive side, we may have grown faster than our support structure. To improve the infrastructure, we are looking to develop additional committees so that the members will have a greater voice in how the club operates, to revamp the club's by-laws, and to develop a formal organizational structure to support the club and its membership.

We are looking to provide a more up-to-date web site that will also host meeting minutes, the newsletters, and other important business of the club. The intent is to make the web page "one-stop shopping" for our members. We have a good start with the current web page but are looking for ideas for improvement and volunteers with webpage skills.

One of the major issues this year is to generate additional revenue for the club. The additional revenue can then be used for capital investment—such as replacing and/or purchasing new equipment to help develop better race venues; expanding the training programs; and building on and expanding our community outreach programs.



## SARR Women's 5k Run

By Sally Seeker

On July 18, 2015, 691 women celebrated women's running at the 36<sup>th</sup> Annual SARR Women's 5K, the second highest number of participants. After a pre-race stretch, led by Southtown Yoga Loft, and the presentation of the colors by the female members of the 433<sup>rd</sup> Airlift Wing Honor Guard and Marisa Flores (singing), female runners and walkers took to the streets (and HILLS) of Alamo Heights, with the support of over 140 male volunteers. This year's registered participants included ladies from 6 to 84 years old.



First to cross the finish line was Faith Barlow, in a time of 18:35. Other overall winners were Tanya Clark (19:34) as the Master (40+) winner, Melanie Hennis (21:48) as the Supermaster (50+) winner, and Karen Wohlrabe (24:49) as the Grandmaster (60+) winner. The event always involves many personal and wonderful stories, but one story involved a final finisher, who was celebrating her 74<sup>th</sup> birthday by completing her first 5k! Once again, Randy Beamer, of News 4 WOAI, joined us to take photos and present the awards. Beamer ran the story on the WOAI evening news, and he posted his photos to his Facebook page.

Originally titled the Women's Distance Festival, the SARR Women's event was part of a nationwide movement to celebrate women's running and to publicize the fact that women did not have the same distance events as men in the Olympics. SARR has produced a women's run since 1980, when 40 women participated in the event.

This event is only possible with the support of our volunteers, the SARR board and leadership team, the City of Alamo Heights, and our sponsors. Please give your support to the sponsors of the 36<sup>th</sup> Annual SARR Women's 5K: H-E-B, H-E-B #43 Lincoln Heights, Law Office of Bertha Gutierrez, P.C., The Shops at Lincoln Heights, Academy Sports, Southtown Yoga Loft, Huarache Turbo, Koko Fit Club at the Shops at Lincoln Heights, Order Up, Road ID, I Speak for You! Radio and Events, B.I.S.H. Foundation, Komen San Antonio, Mechie's Frozen Yogurt Lincoln Heights, DoubleTree by Hilton-S.A. Airport, Street 2 Feet, and Girls on the Run of Bexar County.

It has been a highly rewarding experience to direct this race for the past several years, and I am happy to announce that I pass the title of Race Director to Kristine Burciaga's capable hands.









# SARR RUNCATIONS

By: Edie Kenney-Perez and Lisa Anderson

**Where did the term “Runcation” come from?**

**Edie:** I thought I created a new word and realized it was also used in Runners World Magazine. You can imagine my sadness.

**What (or who) inspired you to go on a “Runcation”?**

**Edie:** Rob and I had been going on Runcations for a few years while running the RnR in New Orleans (going on year 6). We’ve since then, added locations and our favorite running friends.

**Where’s your favorite out of town race destination been so far?**

**Edie:** I will always love New Orleans for the awesome food, the history, ambiance and mystery of New Orleans. Nashville was surprisingly enjoyable.

**What do you like most and like least about out of town races?**

**Edie:** I love sharing my experience with my running friends. We love to try the different restaurants, signature drinks, discuss the likes/dislikes of the course and sight-seeing. I dislike the short time we have to experience the city.



LAS VEGAS, NV ROCK N ROLL, DEC 2014

## NEW ORLEANS ROCK N ROLL FEBRUARY 2015



**What advice would you give someone who is interested in a change of scenery?**

**Edie:** If you REALLY love that medal, go for it. It's all about the medal in the long run after all isn't it? Regardless if this is a location you will/will not return to, enjoy your experience. Being in an unfamiliar place takes more planning. Making decisions as a group has worked out for those of us that take runcations often. You can imagine the group text messaging going on between us all, this is another reason we have to create a facebook event page. If you are my friend on FB, you can see all the great things we have experienced. (Did I mention we met George Jones' widow in Nashville?)

**What's the funniest thing that has happened on a “Runcation”?**

**Edie:** We have had many “this stays here” moments to say the least. A Vegas experience was one that we can never forget. I can't go into detail since I took a scouts honor.

**Where is your dream Runcation and why?**

**Edie:** Regardless of what my husband might say, I'm not too high maintenance. My dream Runcation is running in Jamaica. I love Bob Marley's music and love talking to Jamaicans....listening to their accent is dreamy.

**Have Runcations improved your running (pace, endurance, etc)?**

**Edie:** I have definitely seen improvement in my endurance. When I have a new location with new surroundings to look forward too, I tend to train a little harder. Runcation group training is also a plus. We push each other till the day we cross that finish line in our AWESOME SARR shirt.

AUSTIN MARATHON FEBRUARY 2015

**Where is a good source for someone to get more information?**

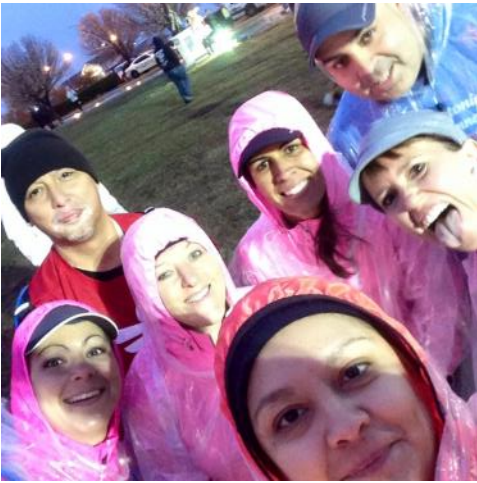
**Edie:** When signing up for a Runcation, I always request a pamphlet from the Visitors Bureau. Although time restricts me to get the most out of the city as possible, I try to cover as much as I can. I look on the local run club facebook page for advice and pointers. Also, simply mingle within the other SARR runners to get advice from anyone.

**Any other info you'd like to share?**

**Edie:** Gina orders our self-funded running shirts. She takes votes on color and we all get to choose our shirt type. We go through designs and make sure the San Antonio Road Runners will be noticed in every city we run. **Future runcations** we are already planning/training for are: Marine Corp marathon, Savannah RnR, La Porte Half, Las Vegas RnR, Oklahoma Route 66, Mississippi Blues, Dallas marathon, New Orleans RnR. Feel free to contact me and I can help steer you in the right direction.







ARMY MARATHON, KILLEEN, TX MARCH 2015

**Where did the term “Runcation” come from?**

**Lisa:** I'm not sure if it was created by the SARR Divas or is a wider-used term. Either way, we've adopted it. Some people take a vacation and a run happens, others use the run as an excuse for a vacation.

**What (or who) inspired you to go on a “Runcation”?**

**Lisa:** Peer Pressure, some really fun people, and some great locations. It becomes addicting and is a good excuse to use vacation days. Oh, and then there are the medals and jackets.

**Where's your favorite out of town race destination been so far?**

**Lisa:** I've enjoyed several. Chicago's my favorite town, but Vegas was a great experience and New Orleans was super fun – (never knew we had talented singers in our midst).

**What do you like most and like least about out of town races?**

**Lisa:** What I like best is going with friends to see new places and to experience things I may never have done on my own. What I like least is flying and having to plan all the stuff to pack (fuel, clothes, shoes, socks...). We need a SARR jet!

**What advice would you give someone who is interested in a change of scenery?**

**Lisa:** Just Do It. Start with your running buddy(ies) or just DIY. You have that running bond and you'll meet really interesting and fun people. Pick a place you've never been and/or look for a fun opportunity (mountains, running after dark, ocean front, Disney – multi-day/multi-race challenge). Oh, and then there are the medals, cool t-shirts and jackets – did I mention that?

**What's the funniest thing that has happened on a “Runcation”?**

**Lisa:** Um, what happens on Runcations stays on Runcations. There's a code. But there are some really good stories!



DIVA HALF MARATHON, GALVESTON, TX APRIL 2015

**Where is your dream Runcation and why?**

**Lisa:** Some of our SARR team ran the Great Wall of China this spring. I'd love to try that and then take the bullet train to Tibet. Australia and New Zealand??? There is the 50 state club (a marathon in every state) and one for a marathon on every continent. I'm not sure about Antarctica, but I think those would be great goals. Now, about that lotto ticket.

**Have Runcations improved your running (pace, endurance, etc)?**

**Lisa:** I have improved my time with each runcation (ok, a minute counts), but it's not about the speed. It is exciting to be in new places, and not know what hill or bridge is around the corner. You just take the challenge, laugh with friends and absorb all you can.

**Where is a good source for someone to get more information?**

**Lisa:** We've got great resources in our local SARR community. People have run everywhere in the US and overseas. I like to look at the runs in Runner's World. And, if you are going on business or a family trip, you can Google runs in the area. There's always a 5k or a half going on somewhere. Just reach out to any of us and we can point you in the right direction.

**Any other info you'd like to share?**

**Lisa:** Shout-outs to Edie and Gina – they are amazing! They keep us connected, entertained, and well dressed (we pay for our t-shirts, but they are awesome – we get recognition from the starters and runners at every run! The RNR guy asked us where we'd be next). I think that we have the map fairly well covered this season with runners visiting many locations from October to June (Chicago, Washington DC, Savannah, Las Vegas, Tulsa, Grand Canyon, Mississippi, CowTown/Dallas, Miami, Orlando, Austin, Bandera, New Orleans, San Diego, Portland, Seattle...). Pretty much, any vacation can become a runcation.



NASHVILLE ROCK N ROLL APRIL 2015

# Have You Tri'd?

By: James Sargent



San Diego Triathlon, August 2015 (James Sargent, far left)

## How long have you been a runner?

I ran a lot through HS and then became an avid runner during my time in the military. While in the Army, I probably ran 100 miles per week during peak and 50 miles per week when not doing anything special. I then stopped running for way too long and started back up about 3 years ago. It's as much fun now as it was then.

## What do you like and dislike most about running?

My favorite part of running is how I can forget everything and just enjoy running with friends. It's the perfect escape from the real world. I think my biggest dislike would be humidity and sore knees. Changing my stride and foot strike has helped my knees but the humidity remains a challenge!

## What inspired you to try a Tri?

I wanted to do a Tri from the first time I saw one on TV as a teen but I was a runner and cyclist and not much of a swimmer. Last year while training for the Las Vegas Marathon, I began to have persistent knee issues and started riding my bike as a replacement for some of my runs. That led to swimming lessons and well, here I am participating in Triathlons!

## What do you like and dislike about Triathlons?

I really like the cross training. It has helped my running significantly and honestly has been much easier on my body than just running. I can't recommend strongly enough adding biking in addition to running. It helps with cadence and can easily replace a few miles of running each week. I dislike the hours! My training schedule is generally 7 days a week with 2 workouts on 3-4 of those days. That translates into some early mornings and late evenings. Wednesday is an hour swim at 5am and often an hour run after work. When all is done for the day it's after 7:30pm and that makes for a long day...

## What is the difference between a Mini Triathlon and a Triathlon?

You would think this would be an easy question to answer, but not so much. I'll just put what USA Triathlon & International Triathlon Union recognizes as the main race distances

- Sprint Distance; 750-meter (0.47-mile) swim, 20-kilometer (12-mile) bike, 5-kilometer (3.1-mile) run
- Intermediate (or Standard) distance; commonly referred to as the "Olympic distance": 1.5-kilometer (0.93-mile) swim, 40-kilometer (25-mile) bike, 10-kilometer (6.2-mile) run



- Long Course; 1.9-kilometer (1.2-mile) swim, 90-kilometer (56-mile) bike, and a 21.1-kilometer (13.1-mile) run (half marathon)
- ITU Long Distance; 4-kilometer (2.5-mile) swim, 120-kilometer (75-mile) bike, and a 30-kilometer (19-mile) run
- Ultra Distance; commonly referred to as 140.6 (total distance in miles, equivalent to 226.2 km) or the 'Ironman'; 3.8-kilometer (2.4-mile) swim, 180.2-kilometer (112.0-mile) bike, and a 42.2-kilometer (26.2-mile) run (full marathon)

Sprints are the most common Triathlons and they come in all shapes and sizes, from a 200m swim, 5 mile bike ride, and a 1 mile run up to just short of the Olympic distances. For the most part, Olympic and longer are very consistent in their distances. They all have different challenges based on their length. A good example is that it takes me at least ½ mile to become comfortable running after the bike and if it's a 5K run that is a good part of the race.

### **What is the biggest challenge of a Triathlon?**

The biggest, I'm not sure as there are so many challenges that they all seem really big. Commitment and dedication are big issues because training takes up such a significant amount of time and life can easily get in the way and derail you. During racing, fueling and hydration are easily the biggest challenges, much like running. Poor hydration and nutrition can make for a very long day, even more so as the total distance increases. To put it in perspective, if you are doing a half ironman, you probably have been swimming and biking for close to 4 hours before you start your run. I personally find that switching from the bike to the run is very hard to do and all of my runs have been minutes per mile slower than my regular pace.

### **What advice would you give someone who was considering a Triathlon?**

Get a coach! In my opinion this is the best money you can spend hands down. I'm positive that just like SARR coaching helped me through my first half marathon in 2013, my Triathlon coach has gotten me through my events. You can do it on your own and there are tons of plans out there, but I don't think you get the same results. I believe that training with a team and a coach will give you the best result. Look at how well SARR members do at races. I would also say start small; there is no need to have your first race be an Ironman. Start with sprints and Olympics and work your way up. There is a lot to learn, races are expensive, and what you learn at the shorter distances (like how to transition from swimming to biking to running) is applicable.

### **Is there a training method or group you would recommend?**

I would recommend my coach Roland Moreno of E2Multisports. There is also a group on Facebook called Wet Willies which is a group of Triathletes who train and race together. It's a great group of people with a good number of SARR runners in it.

### **Are there any good resources to get more information?**

There are a number of good websites but probably the top two I've found are Beginner Triathlete (<http://www.beginnertriathlete.com/>) and the USA Triathlon (<http://www.usatriathlon.org>) which is the governing body in the US. You will need a membership from USAT for most races which is about \$12.00 or you can buy an annual membership for \$45.00.

### **Any other comments?**

I've been training and racing since the beginning of this year and I have been amazed at how much fun I have had. I've also been surprised by the results from training; I have become a much faster runner and feel much better without putting so many running miles in. If anyone is curious about doing a Triathlon just send me an email or find me out running and I'll be happy to talk your ear off and convince you that it is the most awesome thing ever.



# San Antonio Road Runners

## Birds of a Feather 5K

**October 17, 2015**

**Ladybird Johnson Park**  
**10700 Nacogdoches**  
**Start Time 8:00 a.m.**

### PRE-REGISTRATION

In person: **Roger Soler Sports**, all locations  
 until Oct. 10, 2015. After Oct. 10th at  
 Jackson Keller location only

By mail: Complete form and mail to:

Birds of a Feather 5K

c/o Veronica Salinas

13811 Chittim Meadow

San Antonio, TX 78232

**Must be postmarked by Oct. 10, 2015**

Online: [Active.com](http://Active.com)

online registration closes midnight Oct. 14th.



### THIS IS A TWO PERSON EVENT

Choose a running partner (birds of a feather) and finishing time will be your combined times.

**This is not a relay.** All runners begin at the same time.

Optional individual 5K run

Overall male and female only

### PACKET PICKUP & REGISTRATION

**Friday, Oct. 16th, 11:00 am-6:00 pm**

Roger Soler Sports

2589 Jackson Keller Rd. 78230

210-366-3701

Race Day packet pick up & registration:

6:30-7:45 am at race site

Information: Veronica Salinas (210) 496-5778

**Awards: First three places in the following divisions: Male, Female, & Mixed in Junior (16 & under), Open, Masters (40+), Super Masters (60+), Odds & Ends (Running partners in two different age divisions)**

The San Antonio Roadrunners (SARR) is an all-volunteer, non-profit organization. Proceeds from SARR events help us provide safe and enjoyable events, fun runs, and benefit the SARR John Delgado Memorial Scholarship

**BIRDS OF A FEATHER 5K ENTRY FORM** Mail to Birds of a Feather 5K, 13811 Chittim Meadow, SA, Tx. 78232

On or before Oct.16th: (ENTRY FEE PER RUNNER) SARR members \$20.00, all others \$25.00. Race Day \$30.00 all

**Bird #1:** Name \_\_\_\_\_ Age \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ Shirt ( S M L XL XXL )

Address \_\_\_\_\_ City, St., Zip \_\_\_\_\_ Phone \_\_\_\_\_

**Bird #2:** Name \_\_\_\_\_ Age \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ Shirt ( S M L XL XXL )

Address \_\_\_\_\_ City, St., Zip \_\_\_\_\_ Phone \_\_\_\_\_

Division \_\_\_\_\_

Release of Liability: I certify that I am in good health and am medically able to perform this event. 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. I understand that bicycles, skateboards, baby joggers, roller skates, animals, and headsets are not allowed in the race and I will abide by this guideline. I have read this waiver and I hereby release the San Antonio Road Runners, sponsors, and all other persons and entities associated with this event from any claims or liabilities of any kind arising from 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 or Guardian if under 18 years of age.

Signature \_\_\_\_\_  
 Parent or Guardian if under 18 years of age.





## 5K Run/Walk January 1st, 2016 @ 10am NEW LOCATION!

**Soler's Tri Sports, Helotes, TX.**

**14405 Old Bandera Rd. Helotes, TX 78023**

### Location

The 5K Run/Walk will take place at Soler's Tri Sports, Helotes, TX.  
The scenic course through beautiful Helotes.  
14405 Old Bandera Rd. Helotes, TX 78023

### Awards

Overall Male/Female, Overall Master Male/Female  
Age group awards every 5 years for top 3 Male and Female starting at:  
14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49,  
50-54, 55-59, 60-64, 65-69, 70+

Age group awards will be based on chip time;  
overall winners and masters awards will be based on gun time.

### Event FEES - No Refunds!

Entrants 70 and over receive free race entry (registration must be mailed in or dropped off at any of the Soler's Sports locations).

Early Fees - \$25 until November 30th

Late Fees: \$30 Starting December 1st-December 31st.

\$40 on race day for everybody.

SARR members will get the early FEE until December 31st. 2015

### Register in person:

At all the Soler's Sports locations (cash or check) by Friday, December 18, 2015.

**Online:** Register online at [www.saroadrunners.com](http://www.saroadrunners.com), online registration will be closed December 22, 2015 at midnight.

**Packet pick-up: TBD** - Please check website for updates on packet pick-up: [www.saroadrunners.com](http://www.saroadrunners.com)

### NEW THIS YEAR: CHIP TIME, AGE GROUP AWARDS & TECH-SHIRT!

(Tech shirts guaranteed to first 300 registrants only)

Enjoy the after-party with door prizes, great food and drinks

*Please write legibly*

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

SARR Membership # \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ Shirt: WS WM WL WXL WXXL MS MM ML MXL MXX

Phone # \_\_\_\_\_ Email \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_

Age (at time of race): \_\_\_\_ DOB: Mo \_\_\_\_ Day \_\_\_\_ Yr \_\_\_\_

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, 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, City of Helotes, Soler's Sports, 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 \_\_\_\_\_ Date \_\_\_\_\_

If under 18, must be signed by parent or guardian. No entry accepted without signature.

### Make Checks To

SARR COBWEB CHASER

Attention: Tony Garcia

934 Willowbend

Adkins, TX 78101

Must be postmarked by December 20th.

**For more information contact the race director, Tony Garcia @ [Tonyg7951@gmail.com](mailto:Tonyg7951@gmail.com)**

**[www.saroadrunners.com](http://www.saroadrunners.com)**



**Saturday, January 23, 2016**  
**8:30am**

**Bulverde Community Center (BCC)**  
**1747 E. Ammann Rd.**  
**Bulverde, TX 78163**

### Race Directions

Take Hwy 281 North 9 miles north of Loop 1604. Turn left onto FM 1863/Bulverde Rd. Go through downtown Bulverde to Ammann Rd, turn left. BCC on right side of road.

### Awards for 25K Individual Run

Overall M&F Winners + M&F Masters  
5 Year Age Groups for first 3 M&F

### Awards for 25K Relay Run

Top three all-male, all-female, mixed, masters.

Age group awards will be based on chip time; overall winners and masters awards will be based on gun time.

### Event FEES - No Refunds

On or before Jan 15, 2015: \$40.00. Relays \$80.00/team.  
After Jan. 15th and race day: Individuals \$45.00 Relays \$90.00  
SARR members and military \$5 off until Jan. 22nd.  
70 + FREE (paper entry only - no online registration)

### Register in person

We Run San Antonio, Soler's Sports, FleetFeet Sports, Run Wild, iRun San Antonio locations (cash or check) by Friday January 15, 2016.

**Online:** <http://www.saroadrunners.com/endurathon>  
(online registration will close at midnight Wednesday, January 20th, 2016).

### Packet pick-up: TBD

**TECH-SHIRT Long-sleeve guaranteed to first 400 registrants only!**  
**POST RACE Enjoy the festive Hill Country after-party with door prizes, great food and drink, and awards. All finishers will receive a small finisher tile!**

*Please write legibly*

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Military ( Y N )  
SARR Membership # \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_ Shirt: WS WM WL WXL WXXL MS MM ML MXL MXXL Day Phone # \_\_\_\_\_  
Night Phone # \_\_\_\_\_ Email \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_  
Age (at time of race): \_\_\_ DOB: Mo \_\_\_ Day \_\_\_ Yr \_\_\_

### Second relay member:

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Military ( Y N )  
SARR Membership # \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_  
Zip \_\_\_\_\_ Shirt \_\_\_\_\_  
Shirt: WS WM WL WXL WXXL MS MM ML MXL MXXL Day Phone # \_\_\_\_\_  
Night Phone # \_\_\_\_\_ Email \_\_\_\_\_ Sex: M \_\_\_ F \_\_\_  
Age (at time of race): \_\_\_ DOB: Mo \_\_\_ Day \_\_\_ Yr \_\_\_ Emergency Contact Phone \_\_\_\_\_  
How did you hear about this race? \_\_\_\_\_

### RELEASE OF LIABILITY AGREEMENT (both relay members must sign)

In consideration of being allowed to use the facilities of Bulverde Community Center, and for the acceptance of my entry, I do hereby agree to assume full responsibility for my own safety and to save and hold harmless the City of Bulverde, the San Antonio Road Runners, race directors and sponsors, all of their employees and agents, acting officially or otherwise from any manner predicated on loss or damage to the property or the injuries to, or death of any person which may occur resulting from my participation in the Endurathon and do hereby waive any demands or claims thereof. I have carefully read this agreement and fully understand its contents.

Signature (1st runner) \_\_\_\_\_ Date \_\_\_\_\_  
If under 18, must be signed by parent or guardian. No entry accepted without signature.

Signature (2nd runner) \_\_\_\_\_ Date \_\_\_\_\_  
If under 18, must be signed by parent or guardian. No entry accepted without signature.

### MAKE CHECKS PAYABLE TO SARR ENDURATHON

### Mail entries

Attention: Julie Olsen  
14926 Moss Pine  
San Antonio, TX 78232

**Must be postmarked by January 15, 2016**

**For more information contact the race director, Julie Olsen: 210.834.0244 • Email: [endurathon2016@gmail.com](mailto:endurathon2016@gmail.com)**  
**[www.saroadrunners.com/endurathon](http://www.saroadrunners.com/endurathon)**



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San Antonio Road Runners  
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**Race Results & Photos:**

Race results and photos from all SARR races are available online at:  
[www.saroadrunners.com](http://www.saroadrunners.com)



# 2015 SARR FALL RUNNING



Do you know Web Design? We are looking to update and improve the San Antonio Roadrunners website. If you are up to the challenge, please contact Joe DiNuovo at [president@saroadrunners.com](mailto:president@saroadrunners.com)



Do you have a funny story about a race you've run? Have you ever been out running and saw something so funny, cool or amazing that you just had to stop and take a photo? We want to see them! Send us your funny stories or photos and let us share them! Contact Dawn Carreon at [newsletter@saroadrunners.com](mailto:newsletter@saroadrunners.com).

**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: 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.**

## Running Events in San Antonio

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 5K, 10K & Half Marathon
November 7	SARR Monthly Fun Runs (Free and Open to the Public)
November 14	SARR Member's Appreciation Run
November 26	Turkey Trot 4 Mile Run/Walk
December 5	SARR Monthly Fun Runs (Free and Open to the Public)
December 6	Rock and Roll Full & Half Marathon
December 12	Jingle Bell Run/Walk 5K to benefit Arthritis Research
December 13	BCS Marathon - College Station, TX
December 19	Comanche 5 & 10 Miler
December 19	ILLUMINATIONS Night Time 5K & Half Marathon
January 1	SARR Cobbweb Chaser 5K Run/Walk
January 17	Cocoa Women's 5K, 10K & Half Marathon
January 23	SARR Endurathon 25K and 2 Person 25K Relay



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

