



San Antonio RoadRunners

NEWSLETTER

October 2015 Edition

A Note from the President

By: Joe DiNuovo

First off, I want to thank all of the volunteers for all of the hours and hard work they generously donate to support our running club. Without our volunteers, we would not be a successful organization. As most of our membership knows, it takes numerous volunteers to successfully put on our races, fun runs, training programs, and club administration.

I would ask our membership that if you know someone that would like to volunteer to support our running, please encourage them to do so. We have numerous positions throughout the club that are one person deep and they could use some help. Some of our positions only require a couple of hours per week while others require more of a commitment. No matter what time you might have available, we can always use your help and suggestions to continue make the club better. The sense of accomplishment and the satisfaction of giving back, not only to the running club, but also to the local community is a great feeling.

On a different note, as temperatures are getting cooler, we are also losing daylight and many runners will be out



running and training in the dark. Please remember to always run toward on-coming traffic on open roads and stay to the right on marked trails. At a minimum, consider wearing reflective belts, vests, and lights during periods of darkness. Always assume that drivers cannot see you and let them have the right of way even if you are in marked crosswalks. Simple rules of physics dictate that a runner will lose to a motor vehicle every time even if the runner is in the right. Safety is always a key concern and our number one rule.

I hope everyone can get out and start to enjoy the cooler weather with their runs. Whether you are running for fun, to get in better shape or training for an upcoming race, this is a great time of year to be outside in San Antonio. Take advantage of the numerous paved greenways, the trails at the parks, or just run the roads in your neighborhood. I look forward to seeing everyone out on their runs.



Official Sporting Goods Retailer of SARR

Inside this issue:

President's Note	1
Coach Spotlight	2
Whine Run Results	4
SARR Meetups	7
Cobb Web Chaser	8
Turkey Trot	9
Endurathon	10
SARR Contact Information	11
San Antonio Running Events	12



Profiles in Coaching

By Don Smith with Merrianna Ramirez

This is the first profile in a projected series that editor Dawn Carreon has envisioned on runners who have earned coaching credentials and so bring an enhanced, documented level of expertise to the club's training programs. First up is Merrianna Ramirez, because . . . because she was asked and said okay.

Also because Merrianna is Head Coach for SARR's half-marathon training program this fall and is, moreover, a Certified Personal Trainer, having earned that credential from the American College of Sports Medicine. Since she was Co-Race Director for the annual and ever-popular Labor Day Whine Run, she is more than paying her \$15 dues.

The intention is to work through the coaches involved in the current fall training program, assuming they are willing, and then see how things go. If the series should run its course, so to speak, before we've run out of coaches, I hope no one will feel slighted. If so, say so, and we'll find some way to recognize your commendable accomplishment and contribution.

Merrianna was kind enough to respond to a number of questions. I've given her responses and have thrown in a few comments where those seemed appropriate.

Q. How long have you been a runner?

A. I started running in 2008 after I had lost quite a bit of weight. All through my adult years, I had been really overweight and weighed over 200 pounds most of my adult life. That year I made drastic changes in my diet and began exercising regularly.

Now, anyone who has seen Merrianna in full stride or just at ease, as in the photograph provided, may be surprised by that confession—as well as impressed by what a disciplined commitment to fitness can accomplish—in both capability and appearance.

Q. What got you into road racing as a focus for distance running?

A. While I was at the gym, I saw a flyer for the inaugural Rock 'n' Roll San Antonio Half Marathon. It was August and the race was in November that year. I had just started running and wasn't running very far, three miles at the most, but I decided I wanted to try to finish a half marathon. I hadn't even done a 5k or 10k yet. Needless to say, I lacked a good training plan and developed bad shin splints that first race—but I did finish and I have been hooked ever since.

Q. Why did you decide to add running coach to your credentials as a fitness trainer?

A. I had already started mentoring for the walk-to-5k program in 2014 and really enjoyed mentoring. I wanted to learn more so that I could continue helping SARR in the training programs.

Perhaps it was also that painful, though nonetheless successful, experience in her first half marathon that led to Merrianna's wanting to help other beginning or developing runners, so that they might share similar success but be spared needless pain. The guidance of a good coach can certainly make a difference with that, of course, especially in the case of over-eager runners tempted to run too hard, too often, too far, too soon. Scheduled rest, a coach will teach them, is part of the training, not a break from it.

Q. Besides running what other sports and fitness activities do you participate in?

A. I have been strength training ever since 2008 as well. This year I have started a more intense body-building program to develop more muscle. My dream is to try to compete in some amateur competitions in a couple years.



RRCA
ROAD RUNNERS CLUB OF AMERICA
CERTIFIED
COACH

ACSM
CERTIFIED
PERSONAL TRAINER

Q. Do you have a favorite running distance?

A. I have done a couple of full marathons, but I prefer to run the half marathon. It is still challenging but requires much less recovery than a full.

Q. Are there any particular running experiences that you like to remember?

A. My best memory is of last year's Rock 'n' Roll race. I had not yet done a full marathon. I got injured in 2013 while training for the full, and so I decided to train for the half in 2014. I led the red team in the half-marathon training program. Without telling anyone I decided that if I felt good I would just go for it and run the full marathon. It was great weather, and I felt good; so I went for it. I surprised my red team, as they were all wondering why I didn't return at a decent time. They were all shocked when they found out I had run the full marathon.

Q. Are there any experiences that you'd rather forget?

A. As I mentioned previously, I had trained for the full in 2013, but I had a formidable hip injury that year. I showed up for the race and finished the half, though with a bad time. I was so embarrassed that I didn't even join the training team before or after the race. I know I shouldn't have felt that way, but I did.

Q. Since most runners sooner or later are likely to develop injuries, do you have any general advice on coping with both the physical and mental effects of them?

A. Yea, I would say to try to keep a positive attitude. It is frustrating and can even be embarrassing, but it happens to us all at one point or another. It's important to follow the advice of a doctor and not to worsen an injury by running while in pain. I have done that, too.

Q. What are your immediate running goals or ones you'd like to achieve in the next year or two?

A. Next year one of my running buddies and I have made a deal to do only one half marathon next year until we PR in a 5K. So I will be concentrating on speed next year to beat my PR from back in 2010.

Q. Any advice to other runners, especially beginners, about setting goals?

A. Get involved with a training team like SARR. We have training for runners who have never run before, as well as for runners who have been running for years and years. It's so rewarding to see runners that I mentored early on that are now completing half marathons—and some already have done full marathons. The coaches are available to answer any training questions and to offer you advice on your training. Getting involved with SARR training is the best thing I have ever done.

Many thanks to Merrianna for sharing her story and for her contributions to SARR and its training programs, including runners (and walkers) swift and slow, young and old. And good luck to her in setting that PR in the coming year. --ds





The 14th Annual SARR Labor Day Whine Run had a great turn out as usual. The Dry Comal Creek Vineyards do not disappoint by providing a beautiful scenic run for runners of all ages. The weather was 78 degrees at start, sunny and beautiful. Of course, without the rolling hills, we wouldn't have anything to whine about!

This year's Race Directors did an outstanding job. SARR member and SARR Training Team Coach, Merrianna Ramirez became Co-Race Director of the race and shared race director responsibilities with Race Director, Kimberly Aubuchon who has been directing the race since 2010. Merrianna will take over as Race Director in 2017.

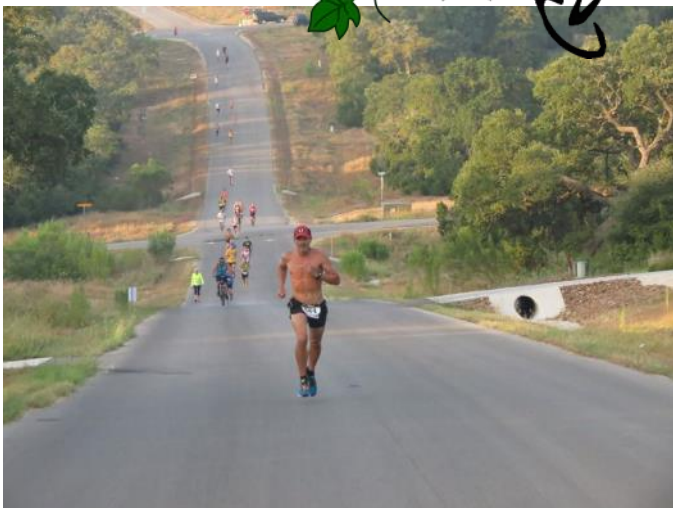
The total number of registered runners was 725 and 647 runners crossed the finish line. The overall finishers were:

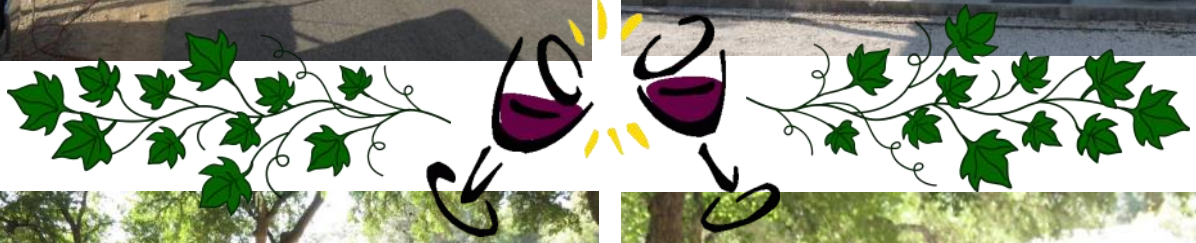
Male, Ariel Galvan 30:10; Female, Holly Stewart 34:46; Male Master, Brad Cavanaugh 31:59; Female Master, Melanie Hennis 35:55

We give many thanks to our Sponsors: Dry Comal Creek Vineyards & Winery, Bluebonnet Motors, Vintage Oaks, Fleet Feet Sports, Academy, Blue Star Ointment, MBS Fitness, Uncommon Fare, Road ID, The Springs Events, e-Dragon Productions

We introduced a new stemless wine glass this year that was well received by the whiners! Next year's event will be held on Monday, September 5, 2016 (Labor Day).







San Antonio Road Runners Free Meetups

Want to find other runners to run with? SARR has a Meet-Up page which is free and open to the public: <http://www.meetup.com/sarr-free-fun-runs>. There are runs available, almost every day of the week.

There are also amazingly fun, theme runs!

Some of our upcoming runs are :

SARR Haunted Downtown Ghost Run

Monday October 26, 2015

Join us for a run from the Luxury to the Alamo, where we will start our tour of the Haunted History of Downtown San Antonio. Includes a stop at the most haunted hotel in Texas. From Luxury to Alamo is about 3 miles the tour itself is short then you have the option of finishing your miles on the Riverwalk when we return to the Luxury. After the run bring refreshments to share. I will bring a cooler with some adult beverages.

SARR HALLOWEEN Costume Fun Run

Thursday, October 29, 2015

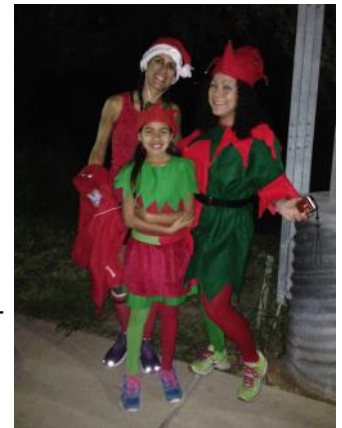
Join us for a fun HALLOWEEN costume run along the scenic San Antonio River, starting at Taco Land. We'll be running an easy pace as we run past the locals and tourists in our crazy Halloween costumes.



SARR Riverwalk Holiday Light Fun Run

Thursday, December 17, 2015

Dust off your jingle bells, Santa hats, glow sticks, reindeer antlers, crazy sweaters and whatever festive wear you can find to wear at the 3rd annual Riverwalk Holiday Light Fun Run. We will head to the Alamo for a group picture. After our awesome picture, we will head back to Taco Land. This fun run is filled with many picture taking opportunities.





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, 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

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

www.saroadrunners.com



SAN ANTONIO ROADRUNNERS PRESENT
40th ANNUAL THANKSGIVING DAY
TURKEY TROT 4 MILER & KIDS' RUN



80
Turkeys
to be
given
away!



8:45AM
COSTUME
CONTEST!!
Pumpkin pies for
winners!



LOCATION: Lifetime Fitness (281 & 1604) 18510 HWY 281

COURSE!!!! Beautiful scenic route and paved roads. Entire course is CLOSED!

8:15am Kids' Mashed Potato Run (Children 10 years and under)

9:00AM 4 Mile Fun Cost: Early registration - \$10/SARR Members/Military, Lifetime Members, all others \$12. Kids' run \$3 (All participating in kids' run will receive a medal) Early registration ends Thursday 11/19/15.

BY MAIL: SARR Turkey Trot/Robert Beyer, 619 Barchester, SAT 78216 (Postmarked by 11/16)

On-line: www.saroadrunners.com www.active.com (closes at midnight Sunday November 22nd)

In-Store: Run Wild Sports (300 E Grayson, SAT 78215), Soler Sports (all locations); Fleet Feet Sports (6408 N New Braunfels, SAT 78209). We Run San Antonio

INFO: sarr-turkeytrot@att.net Debs 210-240-8164 or Robert 210-410-3486

IN PERSON REGISTRATION: Run Wild Sports: Tuesday, 11/24(300 E Grayson) from 1PM to 6PM.

PACKET PICKUP AND REGISTRATION @LIFETIME FITNESS: Saturday 11/21/15. 10-3

RACE DAY REGISTRATION IS \$15 FOR ALL! KIDS' RUN \$5

SPECIAL EDITION TURKEY TROT T-SHIRTS WILL BE SOLD ON RACE DAY!! \$15.

Tshirts for Mashed Potato Run \$5.

YOU CAN ALSO PURCHASE WITH ONLINE REGISTRATION OR IN PERSON REGISTRATION 11/24.

AWARDS TO OVERALL MALE AND FEMALE

There will be water stops on the course and refreshments & fruit at the finish.

Medical on course & at finish.

⑧ 4 Miler \$12 AFTER 11/19, \$15

⑧ Mashed Potato Kids' Run \$3 AFTER 11/19 \$5

NAME _____ AGE _____ MALE _____ Female _____

ADDRESS _____ CITY/STATE/Zip _____

PHONE NUMBER _____ EMAIL _____

T-shirt (OPTIONAL & XTRA COST) \$15, \$2 extra for XXL. Womens' Sizes (LIMITED)

Kids' S__ M__ L__ ADULT S__ M__ L__ XL__ XXL__ FEMALE S__ M__ L__ XL__ XXL__

I know that running a race is a potentially hazardous activity that could cause injury or death and I should not enter any run unless I am medically able and properly trained. By my signature I certify that I am medically able to perform this event & assume all risks associated with running this event. I agree to abide by the decision of a race official relative to any aspect of my participation in this event, including the right to deny or suspend my participation for any reason whatsoever. I understand that bicycles, skateboards, scooters and audio devices are not allowed in the race and will abide by the guidelines. Having read this waiver, knowing these rules and facts and in consideration of the acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive, release and hold harmless the San Antonio RoadRunners, all members, the SARR Board, the City of San Antonio and all sponsors, their representatives and all successors from any and 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 _____

Parent or guardian (if runner is under 18 years of age)



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
www.saroadrunners.com/endurathon**

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)

Contact us by mail:

San Antonio Road Runners
P.O Box 12474
San Antonio, Texas 78212

Race Results & Photos:

Race results and photos from all SARR races are available online at:
www.saroadrunners.com



Ten Commandments of Running

1. *Thou shall not compare thyself to other runners. A mile is a mile.*
2. *Thou shall never say "I am not a runner." If you run, you are a runner.*
3. *Thou shall not skimp on sleep.*
4. *Remember the "rest day" and keep it holy.*
5. *Honor thy muscles and thy "aches and pains" and do not push through an injury. Runners are not invincible.*
6. *Thou shall not forget to hydrate.*
7. *Thou shall not commit the sin of wearing cotton; especially on race day.*
8. *Thou shall not ignore thy shoes. Get properly fitted and check for wear often.*
9. *Thou shall not get stuck in a "rut," but will vary thy running by switching up elevation, distance and pace.*
10. *Thou shall not covet thy neighbor's medals.*



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



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.

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

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 14	14Segs4vets Mobilizing America's Heroes 5K
November 21	Boerne Family YMCA 5K And 10K Turkey Trot
November 26	SARR 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 12	Texas Trails Endurance Run
December 13	BCS Marathon - College Station, TX
December 19	SARR 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

