



San Antonio RoadRunners

NEWSLETTER

November 2015 Edition

A Note from the President

By: Joe DiNuovo

Thanks to all who participated and volunteered to support the third annual membership run. We had over 300 runners who participated in either the 5K, 12 mile, or 22 mile races. The weather was fantastic and it really is a very scenic course to run. It is probably one of my favorite road race locations here in the local area. This is a busy time of year for the club with the Turkey Trot, Comanche Buffalo Hump, Cob Web Chaser and the Endurathon races all quickly approaching.

Good luck to all members of the training team who are planning on running the San Antonio Rock and Roll races, the Bryan College Station races and the Dallas races in early December. We had a record participation for the fall training program this year with about 450 members. Our club by far has the largest training group here in San Antonio for these races. Again, another thank you to the volunteers who support the training groups year round. The key to our success has been our members and volunteers for all of our races and training programs.

As we approach the Holiday Season, I hope everyone has the opportunity to be able to spend time with friends and family. A special thanks to both Wilson and Joan who have done a fantastic job with volunteering their time in the Web Master and the Public Relations positions. Both have decided after many years of service to the organization to step down from their positions.



Again, thank you both for your hard work and dedication to the club for numerous years.

Keep on running, be safe, and enjoy the cooler weather.

Save the Date!

December 19

SARR Buffalo Hump Run 5 & 10 Miler

January 1

SARR Cobweb Chaser 5K Run/Walk

January 23

SARR Endurathon 25K and 2 Person 25K Relay



Official Sporting Goods Retailer of SARR

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Profiles in Coaching

by Don Smith with Coach Dawn Mathis

This is the second profile in a series on running coaches who have earned their credentials and bring their expertise to SARR's training programs. Dawn Mathis is currently head coach for runners training for the full marathon—with the San Antonio Rock 'n' Roll as a target. My questions and any comments are in italics.

How long have you been a runner, and what got you into it?

I've been running for about 25 years. I ran cross country and track in high school, after realizing in my youth that coordination was not my forte. Like many kids, I had tried various sports: ballet, soccer, softball, you name it. None of them called to me or came easy. My father was (is) a runner and started inviting me to run with him when I was about 12. I clearly remember thinking that running came more naturally, and my lack of coordination and understanding the rules of a sport no longer mattered.

What got you into road races and especially into running marathons?

I ran my first half marathon, the La Jolla Half, when I was 19. I was in college, and my dad was running marathons; so I had him as an example. On the weekends, he would be going for his long run and would say to me, "I need to run 15 miles. Can you drive me down the coast and drop me off?" Which I would do, and he would run home. In Southern California everyone was running; so it was no big deal. After I started having my children, I always turned to running to lose the baby-weight I had gained, to enjoy the fresh air, and to get release from the cabin fever of being a stay-at-home mother. In 2008, the inaugural year of the San Antonio Rock 'n' Roll, a group of girlfriends said, "Let's run the half marathon!" I was regularly running about seven miles and had months to train; so I was in! That summer I discovered I was pregnant with my fourth child, but everything was going smoothly enough that I ran the 2008 race five-months pregnant. In January 2010 I ran my first marathon with my friend, Kim's, prompting, and the rest is history.

Do you have a favorite running distance?

My favorite distance is the marathon. I love the long run. I love it with others. I love it alone. I love the challenge, the ability to zone out, the opportunity to be alone in my head or to be running with someone and learn more about them. You never know what you will learn about someone or the stories they will tell you when you are side by side for 3+ hours. Though I am equally full of anxiety and enjoyment on marathon race day, especially if my training has gone well, I believe I keep running marathons because it means I get to/have to train for them.

Is there a running experience, or more than one, that you especially like to remember?

My most memorable race is the first marathon in which I qualified for the Boston Marathon, the San Diego R 'n' R in 2011. Not only because I BQ'd, but it was the first marathon I ran very well, followed my pacing plan to a T, and knew I could achieve my goal if I ran smart. Having all of those things come to fruition in one race felt awesome. Also very special for me was running the Pike's Peak Ascent (half marathon) for the first time in 2014. Completing such a physically challenging race and enjoying the view at the summit was quite a high!

Are there any running experiences that you'd rather forget?

For the most part, no. I believe even my worst races have taught me something about myself as a runner—where my limitations are, where I'm overconfident to a fault. Looking back at these after some time has passed helps me grow as a runner. There have been times when I wanted to forget my experiences at the 2013 Boston Marathon, being so close to that tragedy, worrying about my and my friends' safety. I think that event united runners everywhere in many ways, but it also left many who were there sad and dumbfounded. It still hits me in the gut when a news story or article pops up somewhere about the tragedies that occurred by the hands of humans there, when I'm not expecting it. I just don't want to hear about it and think about it.



(Some readers may recall from a piece published last year the brief reflections of another SARR marathoner who was there on that sad day. Tough as they are, not a subject runners care to talk about.)

Why did you decide to add running coach to your credentials and to assist with SARR's training program?

I found that after running about ten marathons over a few years and countless shorter races, I was finding as much, or more, joy hearing other runners talk about their goals and accomplishments as I was in reaching my own goals. I had never been much of a "group" runner, hesitating to join a formal training group, since my father had helped coach me and I was reaching most of my goals on my own. In 2013, I accidentally fell into a weekend running group due to a chance meeting with another runner. Many of these runners have become close, trusted friends and even though they did not encourage me to become a running coach, joining the BTNR group in some ways gave me the confidence to pursue the RRCA certification. I was happy to start volunteering with SARR because their motto, "A Place For Every Pace" is true. We have very fast, experienced runners, and ones just starting their journey. I love that.



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

We runners usually know when something is off. When an ache persists a little too long. Yet we usually choose to ignore it until it becomes a full-blown injury. When you know something is wrong, take a few days off. A week. You will not lose fitness. This is hard to do, since as runners we tend to be an "all-or-none" type. Of course, see a medical professional, too. It's better than self-diagnosing! The mental effects are harder, especially since many runners' social relationships are tied to our other running friends. It is important to find a way to expend that physical energy when we can't run—cross train, focus on a house project, remember that running is just running. We love it, but there are other facets to our lives and relationships.

Besides running are there other sports and fitness activities that you participate in?

Seriously? No. I'm a runner! Well . . . I DO enjoy hiking (err . . . trail running. Still running, I guess?), walking my dogs, hiking with my family. I love exploring my city and other cities on foot.

How do you balance your commitment to running and coaching and all the other obligations you must have?

I think I'm still figuring this out. To be honest, I feel like I have a baseline level of guilt that I'm always cheating something. I love running, being with other runners (they "get" me), and the challenge and peace that come from this great sport. To give the amount of time to it that I would like would cheat my family and my role as a mother, wife, friend. To not give myself to it enough leaves me more unhappy and frustrated in my other roles in life. Add in the fact that I've recently started working again after many years of not doing so, which creates more of a challenge. My best answer is that I try to give my very best in what I am doing, when I am doing it. Being the best coach when I am with runners. Being the best mother when I'm with my kids. Of course I fall short sometimes, but we try for better next time. Right?

(When I posed this question, I didn't know how appropriate it was going to be. If leading by example is the finest kind of coaching, Coach Dawn is indeed demonstrating that, big a commitment as training for a marathon is, even very busy people can make time for it.)

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

I've had two injuries—a hip injury and a stress fracture—in the last 1.5 years that took me out of goal races and sidelined my training. I would like to run a good marathon again, hopefully this December or next January. I would also love to run a fast enough half in the next couple years that will qualify me for the New York Marathon. Ideally before they tighten their standards again!

Any advice to other runners, especially beginners, about setting goals and trying to realize them?



2015 Marine Corps Marathon

by Gina Noland

Every runner has a run on their bucket list that they would give anything to participate in. Most will say it's Boston, New York, or even Chicago. Mine? Well mine happened to be the Marine Corps Marathon. And it happened by chance that I was able to obtain one of the coveted lottery bibs for the 40th Annual Marine Corps Marathon held on October 25, 2015.

MARINE CORPS MARATHON

The San Antonio RoadRunners Training Team had several runners representing at the Marine Corps Marathon. Lisa Anderson, Paula Chaves, Mae Choi, Silvia Maldonado, Dan Martinez, Dee Martinez, & I trained week after week and ran hundreds of miles getting ready for this epic race and we were ready. What we weren't ready for was the emotional roller coaster that this race would put us through. I was already upset as I knew I wouldn't be running my usual pace due to an injury but I was determined to push through this race. I was okay with that as I was just thrilled to be a part of this race.

I ran with an amazing group called Wear Blue: Run to Remember. This is a running community that honors the service and sacrifice of the American military. It's for the fallen, for those still fighting and for the families of the soldiers. Since I was running in the heart of America, I decided to run proudly carrying the American flag. At the top of my flag, there was a long black flowing ribbon embroidered with the name of a fallen soldier. The soldier that I decided to honor was Army Staff Sgt Christopher Morningstar. Many runners may recognize his name as he is the soldier that the 3,400 foot boardwalk on the south end of Lady Bird Johnson trailhead is named for. This trail is my favorite place to run. While I didn't have the pleasure of knowing him, I oftentimes felt like I did. With every run I'd see his face staring at me at each end of the boardwalk and often wondered about his story, his family, and his sacrifice. So I decided to honor his memory by running the streets of our nation's capital proudly carrying the flag bearing his name.

Before the start of the race, team Wear Blue gathers in what is called a Circle of Remembrance. Wear Blue runners call out the names of those for whom they personally run – their husbands, wives, parents, siblings, battle buddies, neighbors and/or friends. When we formed our circle, I knew I'd have trouble saying SSG Morningstar's name and sure enough I did. The tears began even before the race started!

Once the race began I had to worm my way, along with 30,000 other runners, through this beautifully scenic course. I can attest that running with the flag completely changed the experience of the run. I could feel the weight of pride, sacrifice & celebration of this great country each and every step I took. As runners ran past me they would thank me for carrying the flag. Some said nothing but gave me a thumbs up. Most couldn't believe I was running with it for 26.2 miles. Pedestrians along the route cheered me as I ran past them as well and then I noticed the most amazing thing. There were young marines out on the course, everywhere I looked. At water stops and aid stations, as course marshals, as security and crowd control. As I ran by, I noticed they stopped what they were doing, stood tall and saluted me as I ran by. For a moment I was looking around to see what was going on, and then I realized they were saluting the flag. First I noticed one marine doing it, then two, and then just about every marine I passed did it. This was amazing! I felt a lump in my throat and my eyes started welling with pride. As I ran by each one, I tried my hardest not to make eye contact. I knew if I did, I would lose it.



That was hard enough but then came Mile 12, which was the Wear Blue mile. My husband Randy & daughter Megan volunteered with team Wear Blue to hold flags during the Blue Mile. This was a mile long tribute that honors the service & sacrifice of the military. The first half mile is lined with posters with faces of the fallen. Each photograph has their name listed, age and date they were killed in action. It humanizes the ultimate sacrifice made by these American heroes. The second half mile was lined by hundreds of American flags draped with a black ribbon bearing the name of fallen soldiers making it a true living memorial. It was so inspiring, heart wrenching & humbling, to say the least. It was like no other. Voices hushed & tears flowed freely. It can never really be explained. It can only be felt and seen. It was just so beautiful.

The 40th Marine Corps Marathon was the best race I've ever participated in. After running through the Wear Blue Mile, I realized it wasn't about beating the runner in front of me, rather it was about completing my race and enjoying my journey. Even though my time was the worst in my history of runs, I wouldn't change a thing. From the beautiful, tree-lined roadways with amazingly vibrant fall colors, to the amazing sights atop the many bridges, to the awe-inspiring monuments and memorials, I soaked up every inch of this 26.2 mile journey. It was an amazing experience with memories to last a lifetime. At the end of the race I was completely drained. Not from running the 26.2 miles but from the tears that constantly flowed for the fallen, for the fighting, for the families.



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!

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





Train with RRCA Certified Coaches and top notch pacers and mentors for the SARR Prickly Pear 10 mile/50K Trail Run to be held at the Land Heritage Institute on March 19, 2016. The 10 mile program will benefit beginner/intermediate trail runners, and the 50K program will be a continuation of the SARR fall marathon training program. For more information and to sign up, visit www.saroadrunners.com

- 10 mile program (12 week program); starts December 13, 2015
- 50K program (10 week program); starts January 2, 2016
- Group Runs
- Weekly Schedule
- Training Tips
- Run in local/regional parks and natural areas
- Long sleeve tech shirt
- Cost \$25, SARR Members; \$40 Non-SARR Members (includes membership)



BUFFALO HUMP RUN 5&10 MILER

DECEMBER 19, 2015 8AM • COMANCHE PARK • 2618 RIGSBY RD • SAN ANTONIO



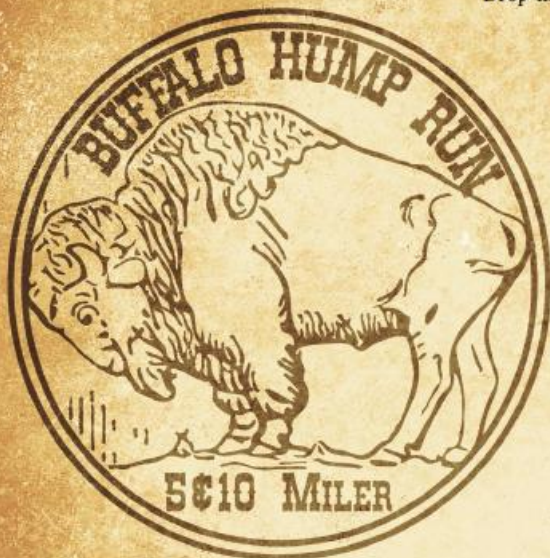
Come Run the Hump! This race is named after Comanche Chief Buffalo Hump!
One Hump (5 Miler) or Two (10 Miler)?

Website/Online Registration <http://www.saroadrunners.com>

Online closes - 6pm, Dec 17th

Drop-In Registrations: Soler Sports iRun Run Wild Sports Fleet Feet We Run San Antonio

Drop-in closes - COB Dec 16th.



***Fees:**

5 Miler: thru Dec 14th - SARR, Military, under 18 - \$20
Others - \$25

Dec 14th thru Race Day - \$30 for all

10 Miler: thru Dec 14th - SARR, Military, under 18 - \$30
Others - \$35

Dec 14th thru Race Day - \$40 for all

70+ FREE! * T-shirts for the first 300 * **No refunds**

***Packet Pickup and Registration Dec 18th *10am-6pm**

Soler's Sports * 5933 Broadway San Antonio, TX * 210-930-3148

***Race Day Registration**

Registration/Packet Pickup 6:45 - 7:45am

Comanche County Park 2618 Rigby Rd. SATX 78222

***5 & 10 Miler Awards:**

1st overall male/female, 1st masters male/female

1st, 2nd & 3rd 5 years increments 14 and under thru 80+



Certified Race Course
held entirely on
Salado Creek
Greenway



SOLER'S
SPORTS



Post Rock'n'Roll and
SARR Holiday Party with
Food/Refreshments and
Door Prizes!



☐ 5Miler ☐ 10Miler ☐ Male ☐ Female

RACE FEE: \$ _____ Official Use: Bib # _____

Adult T-shirt Size (check one): ☐ S ☐ M ☐ L ☐ XL

***Door Prizes:**

By drawing - must be present to win

***Contact Info:**

Paul Baltutis 210-232-2217
or pbaltutis@satx.rr.com
saroadrunners.com

***Mail Entries:**

SARR Comanche 5 & 10 Miler
5933 Broadway
San Antonio, TX 78209
Postmarked by Dec 14th

First Name _____	MI _____	Last Name _____
Birth date: MM/DD/YYYY _____	Age on Dec 19, 2015 _____	
Mailing Address _____	City, State, Zip _____	
Day Phone _____	Emergency Contact _____	

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and 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 conditions of the road, all such risks being known and appreciated by me. I understand 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 RoadRunners, the city of San Antonio, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature (if under 18, parent/guardian signature) _____

Date _____

Comanche County Park - 2618 Rigby Road, SATX, 78222



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 decisions 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



37th Annual ENDURATHON

25K & 2 Person 25K Relay

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)

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

Vice President (Membership)

Debra Medellin-Beyer
(membership@saroadrunners.com)

Secretary:

James Vavrina
(secretary@saroadrunners.com)

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(treasurer@saroadrunners.com)

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Website Manager:

James Sargent
(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

rac-

ble
at:

www.saroadrunners.com



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availa-
online

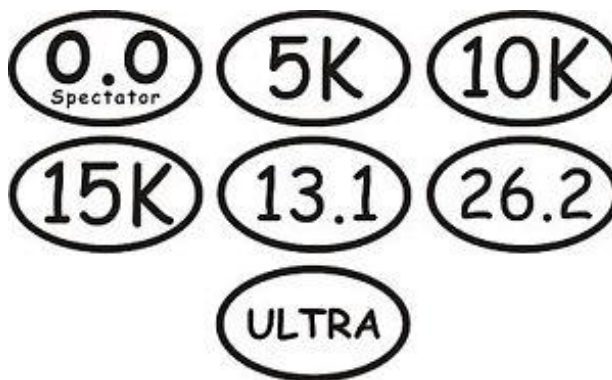
**Elevating the Future of Running**

Our host, the Dallas Running Club, invites you to join us for the 58th RRCA National Convention from March 17 - 19, 2016

The 58th RRCA National Convention, hosted by the Dallas Running Club, starts with the welcome reception on Thursday March 17 and concludes on Sunday March 20 with the featured race, Rock 'n' Roll Dallas Half Marathon (race registration is separate from the Convention registration). The Convention consists of educational workshops on best practices, the RRCA Annual Meeting of the Membership, the National Running Awards Banquet, and several social networking luncheons and events. Hundreds of runners, club leaders, event directors, and corporate supporters attend the RRCA Convention.



There are so many different themes, distances, locations and meaningful races. Which one is your favorite? We'd love to hear about it and why it is so special! Send us your stories and photos to 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

December 6	San Antonio Rock 'N' Roll Marathon and 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 Buffalo Hump Run 5 & 10 Miler
December 19	ILLUMINATIONS Night Time 5K & Half Marathon
January 1	SARR Cobbweb Chaser 5K Run/Walk
January 2	SARR Monthly Fun Runs (Free and Open to the Public)
January 17	Cocoa Women's 5K, 10K & Half Marathon
January 23	SARR Endurathon 25K and 2 Person 25K Relay
February 6	SARR Monthly Fun Runs (Free and Open to the Public)
February 13	Cupid's Chase 5K
February 21	H-E-B. Alamo Run fest 5K, 10k & Half Marathon
March 5	SARR Monthly Fun Runs (Free and Open to the Public)
March 19	Culinaria 5K Wine & Beer Run
March 20	Alamo 13.1 Half Marathon & Alamo 3.1 / 6.2 Donut Dash



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

