



# San Antonio RoadRunners NEWSLETTER

February - March 2016 Edition

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## A Note from the President

By: Joe DiNuovo

An interesting topic keeps coming up every couple of months concerning our status as a not for profit organization. The San Antonio Road Runners does not have a 501(c)3 status. We are the local chapter of the Road Runners Club of America (RRCA). As such, the not for profit status resides with RRCA and as the local chapter, we fall under their not for profit status.

RRCA was founded in 1958 and is the oldest and largest national association of running clubs, with runners dedicated to promoting running as a competitive sport and as healthy exercise. The mission of the RRCA is to promote the sport of running through the development and growth of running clubs and running events throughout the country. RRCA's Vision is to have organized and active running clubs and events in every community.

The RRCA strives to provide quality programming that can be replicated by member clubs from small towns to large cities. These programs promote and support running and runners at all stages in life.

### RRCA has 10 value statements:

- 1 Running, runners, and the promotion of running as a healthy lifestyle choice
- 2 The strength and support of its networks of grass-roots members and volunteers, and as such, strive to maintain positive relations with all their members
- 3 Diversity in its members clubs and encourages all clubs to maintain an enjoyable atmosphere for all members
- 4 Running as a competitive sport, and support for the Zero Tolerance Policy developed by the USA Track & Field for the use of performance enhancing drugs in sport



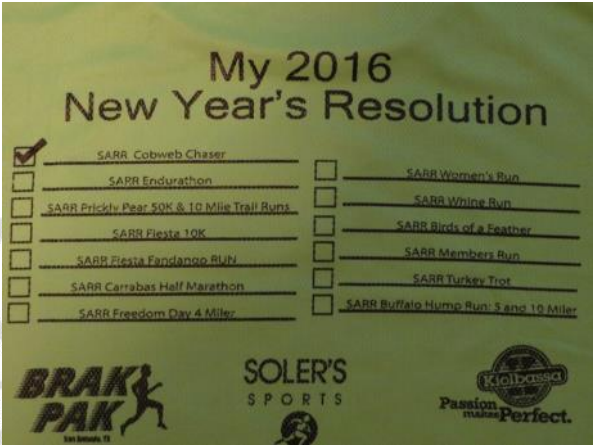
- 5 The promotion of safety for all runners and the development and enforcement of laws and infrastructure that protects runners' safety
- 6 The participation of people who support the sport of running
- 7 The financial contributions and support of members, sponsors, volunteers, and donors to the organization
- 8 Good communication with its members and the running community as a whole
- 9 Prudent financial management that enables the organization to achieve its mission while ensuring adequate cash reserves
- 10 Strong relationships with nation and local media that cover the sport of running and running as a healthy lifestyle choice

I just wanted to pass on to our local members some of the information contained in RRCA's strategic plan. Hopefully, this will help our members understand how our local chapter's mission fits into the goals of RRCA. As always, run safe, have fun and I will see you out on the road and trails.



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### Profiles in Coaching

This is the fourth in the *Newsletter's* series on coaches who have earned their credentials and are now helping other runners to reach their goals and improve their performance. The familiar proverb attributed to Lao-Tze that "a journey of a thousand miles begins with one step" certainly applies to Coach

Thomas—except that her journey has been many thousands of miles over the ten years that she has been a committed runner. It is curious how an activity so seemingly simple as running can be transforming—of body, mind, will, and spirit—but Kelli's account of her journey reassures us that it really can be.

### **Journey to an Insane Life-Changing Experience!** **by Kelli Thomas**

My journey actually started when I decided to run at age 45 after going through a major life-changing event. One morning in March 2006 I was so sad and crying I decided to go for a walk/jog so that my children wouldn't see me cry. Was I crazy? I had never really RUN before and I had no idea what I was doing! That run cleared my head and gave me a whole new outlook on my life. I haven't stopped running since! It's like *Forrest Gump*, but slower! I have a lot of amazing friends and family that encourage me with every step I take. I have completed eight marathons, multiple half marathons (my favorite distance), and more than I can count of 5K/10K's. My biggest accomplishment was completing an Ironman in 2011! Hearing them say, "Kelli Thomas, you are an Ironman," was my proudest running moment! I don't think I've ever really had a disappointing moment in running. I've had some good races and some not-so-good races, but I feel every time I get out and try, even if I don't meet my goal, it's an accomplishment!

In 2012 I trained a small group of 11 first time runners to complete the San Antonio Rock & Roll Half Marathon. I promised all of them I would not cross the finish line until all of them crossed. As I brought each one up to the finish line, I turned back for the next one. Over four hours later and 18.5 miles, I finished the half with my last runner. I found that to be a very rewarding experience and knew I wanted to continue helping others reach their goals. I started with SARR a few years ago as a mentor/pace leader and I have enjoyed every moment of my time with this wonderful organization. I've not only helped runners accomplish their goals, I've made a lot of great friends in the process. My biggest joy is watching new runners cross the finish line for the first time. The great thing about SARR is you're on a team with all the support that comes with being on a sports team, but you have an individual goal!

I received my coaching certification a couple of years ago because I felt it would help me understand better how to encourage, guide, and train runners at any level to accomplish their goals. There's so much more to running than just moving your legs. There's hydration, nutrition, form, injuries, and the mental aspect of running that I needed to learn more about.

There are times because of my work schedule that I don't get to run as much as I want to, but I believe the reason I stay sane in my job and my life is because I run. I travel a lot with work, and so I have to be creative to get my miles done. I believe it's the positive-attitude vibes I get from other runners that keeps me motivated.

I like to set yearly goals for myself. For example, one year my goal was to do a race every month. It didn't matter the distance, I just wanted to complete at least 12 races that year and I did. One year my goal was to do at least six Rock & Roll races around the US and I did. I believe goals are important whether you set them for the year, the month, the week, the day or just one run!

Running has been the most selfish thing I've done for ME. As a mother, grandmother, healthcare professional and retired Military member, my whole life had been about taking care of and giving to others. Running for me has been about taking care of and giving something back to myself. I need to be the best I can be so that I can be there for others, and running is what helps me be my best self!





# FIESTA MISSION

April 17, 2016

8:00 a.m



**Wheatley Heights Sports Complex**  
**200 Noblewood Drive**  
**San Antonio, Texas 78220**

## CHIPPED TIME

Chip timed...chips are attached to your bibs..timing by



Race Director: Sherri Purnell  
 spurnell@athleteguild.com

**Fee:** \$25.00 through April 5 SARR members + Military \$20!!!,  
 \$30.00 April 6-15 everyone / Race Day: \$40, (70+ Run For Free)  
 Children's Fun Run with Tee shirt: \$10.00 (6-7, 8-9, 10-11, 12-13 5k only)  
 Overall male/female, Overall masters male/female, Age groups top 3 male/female

New Running Age Groups	6 - 7	8 - 9	10 - 11	12 - 13	14 - 15	16 - 19	20 - 24	25 - 29	30-34
	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59	60 - 64	65 - 69	70 - 74	75 +

Packet Pick Up FRIDAY, April 15th: Fleet Feet Alamo Heights from 11:00 a.m. to 6:30 p.m.

Race time is at 8:00 am, registration begins at 6:30 am. For more information check out our race on [www.saroadrunners.com](http://www.saroadrunners.com)

## RUNNER GENERAL INFORMATION

Name: \_\_\_\_\_ BIRTHDAY: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
 Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Email Address: \_\_\_\_\_  
 Check One: Fiesta 5K ☐ Fiesta 10K ☐ Kids Run ☐ Gender: ☐ Male ☐ Female Age: \_\_\_\_\_

**RELEASE OF LIABILITY AGREEMENT:** I know that running a road race is potentially a hazardous activity that could cause injury or death. I should never enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation, for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race, and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the San Antonio Road Runners, Athlete Guild, City of San Antonio, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Parent's Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 (required if participant is under 18)  
 Contact in case of emergency: \_\_\_\_\_ Phone: \_\_\_\_\_

### T-Shirt Information (circle one)

KIDS	MEN	WOMEN
YS	MS	WS
YM	MM	WM
YL	ML	WL
	MXL	WXL

Race Total \$ \_\_\_\_\_

T-Shirt Total \$ \_\_\_\_\_

Total Enclosed \$ \_\_\_\_\_

Make checks payable to:  
 SARR

Mail to: Fiesta 10k  
 3334 ORTH Ave  
 SCHERTZ, TX 78108



<https://www.athleteguild.com/running/san-antonio-tx/2016-fiesta-mission-10k-run-5k-runwalk>











*Presented By The  
San Antonio Road Runners*

**SATURDAY**

*July 16th*

*The San Antonio Road Runners Invites women of all ages to join us in the annual all women 5k Race of 2016. Come Participate in our yearly tradition to showcase your athleticism and enjoy a female empowering event. We strive to provide women of all ages an unforgettable experience. No matter who they are they can be strong, beautiful and that is something to celebrate.*

*Mothers, Sisters, Grandmothers, Daughters  
Come Run With us.*

**37th annual**

**SARR WOMEN'S 5K**

**2016**



2016 MEDALS

**RACE LOCATION**

**HEB ALAMO HEIGHTS**

**999 E BASSE RD, SAN ANTONIO, TX 78209**

**H-E-B**



**GET MORE INFO & REGISTER TODAY**

**WWW.ACTIVE.COM OR SAROADRUNNERS.COM**



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San Antonio, Texas 78212

**Race Results & Photos:**

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



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# Have you Thanked a Volunteer Lately?

## Thank You!



## Thank You!

**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

April 2	SARR Monthly Fun Runs (Free and Open to the Public)
April 6	SARR Wednesday Night Zoo Run Kickoff
April 17	SARR Fiesta Mission 10k Run & 5k Run/Walk
April 23	SARR Fiesta Fandango Run
April 23	SARR Pick Up the Pace Training Program Starts
April 30	SARR Walk to Run Training Program Starts
May 7	SARR Monthly Fun Runs (Free and Open to the Public)
June 4	SARR Monthly Fun Runs (Free and Open to the Public)
June 18	SARR Carraba's Relay & Half Marathon
June 25	SARR Annual Membership Meeting
July 2	SARR Monthly Fun Runs (Free and Open to the Public)
July 4	SARR Freedom 4 Miler
July 16	SARR Women's 5k
August 6	SARR Monthly Fun Runs (Free and Open to the Public)



For more information about upcoming races, go to [saroadrunners.com](http://saroadrunners.com)



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

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