

SARR Members,

My New Year's resolution is to keep you informed about all the happenings with SARR. Hopefully, I'm off to a good start.

Cold Start. Thanks to all of you who made it out to the Commitment Day Run on January 1st. I was amazed at how many people showed up to run under such miserable conditions. There was sleet/snow falling during the kids run. Glad to see we are teaching them while they are young – runners run in all types of weather.

Clear Path. SARR has adopted part of the Salado Creek trail that is about a mile section leading south from Walker Ranch Park. If we get a minimum of 50 volunteer hours doing clean up, SARR gets a sign announcing that SARR has adopted that trail. On Sunday January 21st, SARR will hold our second Adopt-A-Trail clean-up event (the first was last November and it was a great first start to adopting that trail). If you can spare a few hours, we would love the help. More info [HERE](#).

Road Kill. Have you ever been hit by a car while running or had a near-miss? A local TV reporter has reached out to us to participate in a story about runner-car incidents. This is to promote safety awareness (asking drivers to be more wary of runners). Do you have a story to tell? If so, please contact me at president@saroadrunners.com.

New Site. We have completed our move to a new website. I think you will find it easier to navigate and sign-up for SARR races. You can check out the new site [HERE](#) and if you have any feedback or questions about the site, you can contact website@saroadrunners.com.

Last Chance. The kickoff for our winter training programs is this weekend. This is your last chance to register. If you have race goals for 2018, we can help you. More info can be found on the SARR website.

Race Volunteer Coordinator. Our VP of Membership, Laretta Bateman, has graciously agreed to be our Race Volunteer Coordinator (for now). Thank you Laretta! I'm sure she will be reaching out to some of you as we prepare for our upcoming races.

Hot Spots. Do you have a favorite running spot in San Antonio? Check out this [Heat Map](#) by Strava that shows where the most popular running places are in town. It's not hard to spot the greenway trails and parks but I did find a few hot spots I wasn't aware of.

The struggle is real. I have a bumper sticker on my truck that proclaims "*Runner Dude*". I need to get a Sharpie and write "*Former*" in front of that. I haven't been able to put together a good week of running in 9 months. *Aarrgghh!!*

I've been to the doctor (actually a few) but I'm the worst patient ever. I don't want to do physical therapy. I don't want to ice my foot or wear a night splint or stretch for an hour a day. I just want to be healed, *NOW*.

But, just like with a marathon, there is no shortcut to the finish line. Progress is made a little bit at a time. You will still find me at the SARR events but I'll probably be on my bike. (*And for those of you who say that biking is just as good as running, that's like saying McDonald's is just as good as Whataburger.*)

I know this too shall pass but it can't pass soon enough for me. But, even if I can't run, I still like to be around runners. We are a strange bunch and I like the company I keep.

Scott Peacock

President, SARR