

SARR Members,

What's hotter than July in San Antonio? August in San Antonio. Stay cool. No SARR races this month but we have the city's best training program kicking off.

Bigger and Better than Ever. We have over 500 runners participating in the SARR Fall Training program, which kicks off on August 11. Having that many means that every participant will have at least a few others who run their exact same pace. That's the beauty of group training – shared pains, shared gains. Hope you are part of the team. It's not too late to sign up but it will be soon.

Help Wanted. I saw a great poster the other day: **Volunesia** {noun} – *that moment when you forget you're volunteering to help change lives because it's changing yours.* We have a big role that needs filling and it may even take more than one person to do it. SARR needs a Race Volunteer Coordinator. Like, now. Much of our race volunteer registration is automated now but we need a point person. Must be well organized, like working with people, and doesn't mind some occasional chaos. Your reward? Hundreds of virtual hugs and kisses. Interested? Send me an email and I'll tell you more about it.

You Better Run. Need some motivation to sign-up for your next race? Check out this great [video](#) to encourage runners to sign-up for the Reykjavik City Marathon. I was ready to sign-up until I found out the race was in Iceland.

Another Endorsement. We have received another endorsement. The mission of the Mayor's Fitness Council is to lead San Antonio to be one of the healthiest and most active communities in the nation. They recently announced their endorsement of the **SARR Wednesday Night Zoo Run**. Yay!

Earn Points. Run for Free. We've added a new page to our website so you can easily check your current volunteer point balance, ask a question, or request a discount coupon. The number of points required for a discount or free race/training is shown on the page as well. To find it:

- Go to our home page: <http://SARoadRunners.Org>
- Scroll down to the '*SARR Race and Training Schedule*' and click on the link that says:
- '*Click here to check your point balance, request a discount coupon, or ask a question*'

SARR Social Hour(s). Our next SARR Social will be at the Bombay Bicycle Club near Brackenridge Park on August 28th, from 5-8pm. We will have our popular happy hour pricing on upcoming races. Hope you can join us.

Good Advice. Do you have a friend who doesn't run but you think they should? You may want to mention this tidbit to them from Runners World. *Researchers examined more than 55,000 men and women between the ages of 18 and 100 and determined that regardless of how old you are, whether you're male or female, how much booze you drink, or whether you've ever exercised before, if you start running just one to two hours per week, you can slash your risk of heart-related death by 45-70% and your chances of dying from cancer drops by 30-50%.* Sounds like a good reason to start running.

Bakin' My Bacon. My mother called me while she was on vacation in Michigan to tell me that it was so cool there they had to wear sweaters after dark. I hung up on her. Is it just me or has the heat this year in San Antonio been extra hot, like we are in a human bake-off? I swear last summer I could go for a run any time before 8am or after 8pm and enjoy it. Seems like 4am is the only safe time now. This year the heat is a beast and the humidity is its ugly step-sister and together they are beating me senseless.

I went for an 8-mile speed run down Salado Creek trail this week. Didn't make it. The section running through Walker Ranch to 281 was fine. I kept to whichever side of the trail had shade, even if it was just a single branch darkening a foot or so of the trail. But that long stretch between 281 and McAllister Park did me in. Nowhere to hide. Got about halfway and turned back. Didn't make it back either. *(Note to author: doing speedwork when the temperature is above 90 is stupid and unproductive.)*

I had to sit on the curb in the shade of a lone light pole to rest and cool down a minute. I finally walked back to the park and only started to run again when I saw a kid from the playground heading for the water fountain. *(I beat him to it.)*

I do love Texas and I live here because I much prefer the heat to the cold. But a little less heat would be nice.

Keep Running!

Scott Peacock

President, SARR

