

SARR Members,

Runners gonna run. Even in this heat. Stay hydrated and take breaks on your runs. Cooler weather is only 6 months away.

SARR Picnic and Annual Election. Please join us at the SARR Annual Picnic, Elections, and 5K Fun Run on June 23rd at Mission County Park #2. This event is free for members and you are highly encouraged to attend. We will have breakfast, announcements, “state of the club”, voting for certain board positions, and a Q&A session. Plus, we will have discounted pricing for upcoming races (must sign-up in person). The 5K starts at 8am followed by breakfast and the annual meeting. Non-members can also attend for \$5. Please RSVP [HERE](#) so we can get a good headcount.

Changes to By-Laws. We have made changes to the SARR By-Laws to add clarity to certain areas and to include new sections at the recommendation of RRCA. The revised By-Laws can be viewed [HERE](#) and the changed areas are highlighted in yellow. The membership will be voting on these revisions at the Annual SARR Picnic.

Shirt Off My Back. As part of the SARR Picnic, we are doing a Race T-Shirt Drive to provide clothing to local, charity organizations. If you have gently worn race shirts you would like to donate, please bring them to the SARR Picnic. You will receive a drawing ticket for every shirt you donate for some great prizes we will be giving away.

Race Ambassadors. We are off to a great start on our new Race Ambassador program. Do you have a SARR race you love and think more people should be participating? Now you can be an official SARR Race Ambassador and share your enthusiasm with others. Ambassadors get free entry to the race and an awesome SARR hat. Interested? Contact [Lauretta](#) if you have questions about the program.

Mayor’s Fitness Council. The SARR [Monthly Fun Run](#) has received the Mayor’s Fitness Council 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, which fits nicely with our goals too. Our next Fun Run is tomorrow morning at McAllister Park!

Global Running Day. Join the millions of runners around the world who will be taking part in Global Running Day on June 6th. SARR will be celebrating the day at the [Zoo Run](#) at Brackenridge

Park at 6:30pm. Come join us! Lots of door prizes. The race director for the San Antonio Rock-n-Roll race will also be there to answer questions about their event.

Training Discount. Registration for [Fall Training](#) is open. We are offering a \$10 discount in the month of June by using code **BORN2RUN** at registration. The SARR training program is geared towards *ALL PACES*. If you have never run with the SARR Training team, give it a try - you will love it!

Thumbs Up. Our online social engagement continues to grow and we just surpassed 6,000 “likes” on the SARR Facebook Page. (*It's nice to be liked!*) However, we have less than 20 reviews. Can you take a quick minute and give us a [review](#) on our FB page? Let everyone know what you like about SARR. Thanks!

For the Love of Running. I'm in a new relationship with running. Or maybe I should say the relationship has changed. Running and I have dated for a long time and I thought we had a great thing going. You know, the normal give-and-take of a relationship, more highs than lows, jitters and butterflies, a few frustrations, an occasional short-term break-up, but always happy to be together. Now, it has changed. We used to go out all the time, at all hours of the day. We would try out several different places, often going back to our favorite trails. But running changed. Or maybe I did. You never know who is at fault in these sorts of things.

I think it was selfishness more than anything else. I simply wanted more from running than it could give. I wanted to run for hours at a time. I wanted to go fast. I wanted that runners' high every time we were together. But life got in the way and it was easier to make excuses than make amends. Instead of long runs through the park, I started to settle for a few laps around the track. I started going out with my bike on the side. I even tried, I'm embarrassed to say, the treadmill a few times. (*Weak moment.*)

I still want whatever running is willing to give me. But, with this injury I have, it can't give much. Maybe this relationship can be repaired, maybe everything will be back to normal once I'm healed. I don't know though. Once the spark is gone it can be hard to get it back.

But I'm going to try. We have a date in November for a big race. I'll keep my fingers crossed.

Keep Running!

Scott Peacock

President, SARR