



San Antonio RoadRunners

LOCATION: SAN ANTONIO, TX US 78212

SARR Members,

Spring is coming. So are several SARR races and training programs. Go buy some new shoes (*your partner called and said it was okay*) and let's get moving.

Graduation Day. Congrats to all our members who just completed the SARR Winter training program and crossed the finish line in their graduation race. That was a well-earned medal! Thanks also to all our coaches and volunteers for helping make it possible.

Trash Day. Our next cleanup day as part of the SA Parks Adopt-A-Trail program is Sunday, March 18th. I ran along our one-mile section last week and it is still looking pretty good, even after all that rain. So, all our hard work is paying off. We could still use all the help we can get. If you can spare an hour or two, we would love to have you join us. More info [HERE](#).

Spirit Night. SARR is having our first ever [Spirit Night](#) at Willie's (NW Military @ 1604) on Tuesday, March 13th, from 4-8pm. Drop by to say hi. If you order any food or drinks just tell them you are with SARR and they will donate a portion to the club. Eat. Drink. Give. We will also be conducting our monthly Board meeting there that night if you want to see what goes on behind the scenes of your club.

Training Day(s). Want to improve your running? We can help! Registration is now open for our SARR Spring training programs and we have something for all ages and abilities. Choose from

the award-winning [Walk2Run5K](#) Program, the [SARR Kids' Training](#) Program (for children 5-12 years old), and our popular [Pick Up The Pace](#) Program.

Race Season. Spring is a favorite time to race in San Antonio, not too hot (*usually*) and not too cold (*usually*). Here's our line-up for the next few months.

[Prickly Pear](#) – March 10 - 5K/10M/50K Trail Run

[Fiesta Mission](#) – April 22 - 5K/10K/Kids 1K

[Fiesta Fandango](#) – April 28 – 2.6 miles (the most unique race in San Antonio)

[May the 4th Be With You](#) – May 4 – 4 miler

Raise Your Hand. With all the events we have going on, we are looking for some more volunteers (*help!*) Check out our [Volunteer Page](#) to see the list of opportunities. We appreciate all that our amazing volunteers do for the club and we want to reward those efforts. Our [Volunteer Guidelines](#) will explain how you can help SARR and get rewarded.

Election Time. Our annual election is coming up in June. The Board positions that are up for election are: Secretary, Treasurer, Executive VP, and Director of Training. Nominations will be accepted through May 1, 2018. SARR Members may submit the names and qualifications of eligible individuals to be candidates by filling out the [SARR Nomination Form](#). If you have any questions about the election process, please contact Laretta at membership@saroadrunners.com.

Dog Tired. The best runner I have ever had the privilege of running with has only won a few awards. He is modest. I don't think he even knows how good he is. During our long run he never said a word, never whined, didn't mention his latest injuries or latest workouts. I really don't know what he was thinking the entire time but he appeared to enjoy running more than anything else in the world. And though he had a distinct advantage in having four legs to my two, I still think he was a better natural runner than me.

I met a group of runners a few weeks before a marathon last spring. It was going to be our last long run before the taper. Some people were training for shorter races so the planned distances that morning differed from runner to runner. Most were doing about 10 miles. I showed up to do 18.

At the start of the run I spotted one of my running buddies who I haven't seen in about a year and decided to run a few miles with him. He brought his dog, Duke. Off we went at a fairly fast clip with Duke leading the way. He was attached to his owner by a short leash which fastened around the owner's waist and the dog's back. We set the pace and Duke stayed right with us.

I figured my friend was just doing 10 miles today so at about the 5-mile point, I thanked my friend for running with me and said I was going to keep going. He laughed, "*I'm doing 22 today*". So we kept going. It took about a quarter-mile for this to sink in then I inquired, "*What about your dog?*" I was already impressed the dog had made it this far; no way it makes 22. He laughed again, "*Duke is going with me, he loves to run.*" Being the smart-ass that I am, I stared at the dog and quipped, "*Duke, if you can go 22 miles then I'll go 22 miles.*"

I should have kept my mouth shut. This dog was a beast. Duke never looked tired. In fact, he looked almost bored with our pace. Mile after mile, no wavering. At one point a rabbit darted across the trail and Duke took a few sideways steps in that direction but thought the better of it and got back in line. Duke was there to run with us, the rabbit would have to wait.

We stopped about every 5 miles or so to give Duke (and ourselves) a drink a water. His owner would break off a piece of a ClifBar and Duke would chomp it down in seconds. Then off we would go again.

At about the 18-mile point, my buddy and I were beat. I was beyond ready to stop. But a promise is a promise. We kept going and finally got back to the trailhead after 22 miles and collapsed. Duke glanced back with a “*what’s wrong, why did we stop*” look. He pulled on the leash. He wanted more. “*Sorry Duke, not today*”, I said as I stretched out on the grass, “*this dog needs a nap.*”

Scott Peacock

President, SARR

San Antonio RoadRunners

San Antonio, TX

Contact Club