

SARR Members,

I think I'm done with summer and looking forward to some cooler days. My fall weekends can be summed up in about 4 words: *Run. Football. Beer. Sleep.* Good thing I make sure I do the running part first. Hope you are more productive than I am. Here's the latest happenings at SARR:

Whine Run was a Fine Run. This turned out to be one of our biggest races of the year with about 800 brave runners signing up to tackle the hills. The post-party was a good time, as always. Thanks to our race director, Merrianna, and all our volunteers for putting on a great event.

Kids Win. The Kids Run SARR program was selected to receive a 2018 *Kids Run the Nation* grant from the Road Runners Club of America! The SARR program was selected out of 300 applications. The grant money will be used to expand and improve our kids training program. Congratulations to Coach Merrianna and the rest of the Kids Run SARR team!

Stampede. I wonder what it must feel like to be running by yourself on a Saturday morning at sunrise and to see the SARR Training team coming towards you along the trail. Your first thought might be, "*Is this a parade?*" Then you think, "*There must be a race going on right now.*" After waves and waves of runners stream by you wearing SARR shirts you finally get it and probably wonder, "*Why am I running by myself?*" SARR Fall Training has started. Hope you are running with us but, if not, watch out for us on early Saturday mornings.

Free Range Turkey. How do you make one of our biggest races even bigger? First, you move it downtown to make it easier for everyone to attend. Next, you design a cool route to encourage people to participate. Then, to top it off, you make it **FREE!!** In celebration of San Antonio's 300th anniversary we are moving the Turkey Trot to the Alamo Brewery downtown and making it a FREE event for the first 1,000 participants. (*We already have 700 registrants!*) Be a part of the biggest turkey party in town. Register [HERE](#).

Help Wanted. Did I mention we need a Race Volunteer Coordinator? My plea from last month's email went unanswered. So, what would it take for you to volunteer for this position? Free races? SARR gear? Name a water cooler after you? Just let me know. Please. Anyone?

Clean Fun. Our next trail clean-up event will be on Sunday, September 23rd at Walker Ranch Park. Come help us with our *Adopt-a-Trail* program and take a selfie with our new park sign. More info [HERE](#).

What's My Pace Again? We have added a new feature to our website that lets you calculate your expected pace for a race by keying in a recent race pace at a different distance. Give it a try [HERE](#).

Old Race, New Date. The date for the beloved **Endurathon** race has moved from January to November. We also changed the distances and the route. (*The hills are still there, though*). Come join us for this Veteran's Day event. More info [HERE](#).

The Running Part. It occurred to me at about Mile 2 of the Whine Run when I was climbing one of those endless hills wondering if my legs or lungs would give out first, that I don't really like running. I mean, I'm not crazy about the actual running part. I love the build-up to a run - all the preparation, deciding exactly what to wear, eating just right, commiserating with other runners. After the run is great too. Bragging a little about my pace or thinking about the pancakes I just earned or sharing some cold Gatorade with my running mates or congratulating each other on surviving. Those are the good parts. That's what I love about running.

But I don't really love the running part. When I'm out there I feel like I can't wait to be done, or I remember how warm my bed was that morning, or that I could already be enjoying those pancakes if I wasn't on this stupid run. My teammates and I even stand around before the run to tell each other how bad it's going to be. *Damn, it's too hot to run today. I can't believe how far we are going. Not sure I'm going to make it back. I hope my foot holds out.* And on and on.

So, when I say I love running, I do. But what I really mean is I love the before and after parts. I love saying I'm a runner. I just wish I could figure out how to be a runner without actually having to run.

Scott Peacock

President, SARR