

SARR Members,

Guess what season it is? Running Season! October and November are two of the best months to run in San Antonio, right between the 8 months of summer and 2 months of winter. So, get out and run!

Siclovía. SARR will be out at the [Siclovía](#) event on Sunday, September 30th. We'll set up a 150-yard course and finish line at Lion's Field (Mulberry @ Broadway) from 10am to 4pm and put on kids' runs every 30 minutes. Every child under 10 will receive a finisher's medal. Feel free to drop by to support this great community outreach project.

Monthly Fun Run. Want to get family members involved in running? Bring them to one of our free, monthly fun runs. Held the first Saturday of every month at Brackenridge park, pavilion #1, at 8:30am. More info [HERE](#).

Endurathon. There's a reason it's called **Endurathon**. Challenge yourself by taking on the hilly 30K or 15K. Or, you can grab a friend and do the two-person relay (*hint: one leg is much less hilly than the other so pick first.*) There is also a 5K option if you want to participate then watch other people suffer (*great spectator sport*). More info [HERE](#).

A Party Named Willie. We have scheduled the next **SARR Spirit Night** and you are invited. Join us at Willie's on 281 (15801 San Pedro Ave.) on October 24th, from 5-8pm. We will have happy hour pricing on the Endurathon (*valid only on 10/24*). Also, mention you are dining in support of SARR and Willie's will donate 15% of your check to the club.

World Record. I'm sure you heard that Eliud Kipchoge broke the world record for the marathon with a time of 2:01:39. What's so incredible is that he averaged 4:38 per mile. How is that possible?? Kipchoge said "*It's not about the legs; it's about the heart and the mind.*" Well, his legs must be pretty darn good too.

Turkey Trot. As I mentioned last month, we are moving the **Turkey Trot** to the Alamo Brewery downtown and making it a **FREE** event for the first 1,000 participants. Well, we already hit 1,000 registrants in the first 2 weeks. So, we have decided to just keep it growing. Let's make this the biggest Turkey Trot ever. Free registration is still open! Register [HERE](#).

Get My Miles In. If any of you are on a training schedule, you know how hard it has been to get in your prescribed miles each week. With the record heat followed by the record rain, there have been very few good days to run. So, like most of you, I sometimes just run when I can, not necessarily when I want to.

My most used phone app is not Facebook or Instagram; it's the Weather app. Every night I check it to see if there is a sliver of chance, a small window of opportunity, for me to run without fear of lightening or heat stroke. It's not easy. I have gotten out of bed as early as 4am just to get a few miles in before the rain hit. I've ran hours after sunset to avoid the soul-draining heat. I've taken a long lunch at work just to get in my tempo run for the week. But most times I just get up and run, rain or shine, weather be damned. Because my schedule says I need to get my miles in and I never want to disappoint my schedule.

When I do have a choice of when I run, here is my order of preference: **1.** 6am, **2.** 7pm, **3.** Anytime humidity below 50%, **4.** Noon - provided I'm not having TexMex or Pizza for lunch, **5.** During Aggies game so I don't have to watch, **99.** Anytime on treadmill.

I really shouldn't complain though. In San Antonio, out of 365 days a year, probably 362 are run-able. They all aren't good days but we're not Alaska or Death Valley either. So I run when I can; my schedule demands it.

Scott Peacock

President, SARR