

SARR Members,

We have two big races coming up in November. Plus, it's time to start thinking about your winter training plans. Here's the latest from SARR:

Meet us at Willie's. The next SARR Spirit Night is tonight! 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** and **Walk To Run 5K** program (*valid only on 10/24*). Mention you are dining in support of SARR and Willie's will donate 15% of your check to the club. More info [HERE](#).

Spooky Run. For all you witches, warlocks, and princesses out there, we have a great opportunity for you to try out your costume (*and your ability to run in a costume*) before Halloween. Join the Thursday night meetup for their **6th Annual Halloween Run**. More info [HERE](#).

Endurathon. Whatever big race you have circled on your calendar in December or January, the **Endurathon** is the perfect warm-up race to get you ready. You can choose from a 5K, 15K, 30K, or Relay. It's a great run in downtown Bulverde. More info [HERE](#).

Gobble Gobble. The SARR Turkey Trot is going to be huge! It's not even November yet and we already have 1,500 runners. We would love to have as many SARR members as possible at the event as we help bring the city together for this holiday race. Also, if you can help out before the run then I will be extra thankful. We are going to need some help with crowd control and costume judging and pointing people in the right direction. Whatever you can do to help would be appreciated. We are trying to make this the biggest Turkey Trot the city has ever had! The event is free but you still need to register. Sign up [HERE](#) for the race and [HERE](#) to volunteer.

Winter Cold Brings Out the Bold. I'm sure you know a few people who want to run but don't know how to get started or don't want to do it alone. Please encourage them to try out our award-winning Walk To Run 5K program. Registration for the Winter program opens today. Coach Kathy, Maxanne, and Leigh Ann are ready for another great season. More info [HERE](#).

Now I Remember. I told myself I would never run another marathon. I lied. Marathons are not my favorite race. In fact they barely make my top 5 (*5K, Half, 10K, 1mile, Marathon*). I swore during my last marathon that it would truly be my last. But next week in New York, I'll be doing it again.

Why am I doing another one? I'm not really sure. I think (*though I certainly have no personal knowledge*) that marathons are a little like childbirth. If women remembered how painful and uncomfortable it was to birth a child, they would never do it again. But something in nature makes women forget so they will consider having more children.

This is true of marathons. In the middle of a marathon I always think what the hell am I doing out here and who decided a marathon needed to be 26.2 miles. By the time I finish I have convinced myself that we won't be doing that again. But a few weeks go by and all I seem to remember about the event is waiting for the race to start, a silly sign I saw along the course, having the finisher medal put around my neck, and the delicious triple cheeseburger I had after I was done. Somehow all the pain and mental gymnastics I had to go through to get to that finish line no longer appear in my memory. So, I end up signing up for another one.

You may be wondering why I remember all that pain now, just a few weeks before the race, when it was all supposed to be purged from my memory? *Ah, good question.* The reason is that this horrible humidity and rain we've had this summer has led to multiple long runs that felt just like a marathon, along with all that suffering. I've had several moments of clarity this season remembering just what running a marathon is all about. I wish it was all about cheeseburgers but unfortunately there's a lot of work in between the start line and the finish line. I think I would be more enthusiastic if I didn't know what was coming. I sure wish they had some sort of epidural for marathons.

Scott Peacock

President, SARR