

SARR Members,

This has been quite the year for SARR. We added a new race, trained more people than ever, adopted a mile of trailway, donated to local run-focused charities, and brought many new runners into the SARR family. Of course, none of this is possible without you, our members, and all our volunteers who make SARR the best running club in America. The year isn't over yet. Here's the latest:

Turkey Delight. Thanks to all of you who ran or volunteered in the **SARR Turkey Trot**, the biggest Thanksgiving race in town. Over 2,000 people strutted their stuff along the course and 200 little ones participated in the kids race. We also raised over \$3,000 in donations for Girls on the Run and Street 2 Feet. Great event!

Rock This City. I'm inviting all SARR members who are running the **Rock-n-Roll San Antonio** Half or Full Marathon to drop by our finish line tent to tell us how your race went. I'm estimating we will have at least 500 SARR members in the race. If you are not participating in the race but would like to help cheer on the runners, you can ring some cowbells at the SARR cheer section we will have along the course, just let me know if you are interested and I'll send you the details.

Cheers. SARR is hosting a post-RnR celebration and Spirit Night at **RoadMap Brewing Company** ([723 N. Alamo](#)) on Wednesday, December 5th, from 6-8pm. Help us congratulate our fellow runners for crossing the finish line and, while you are at it, check out the newest brewery in town. (*I highly recommend their Saison*).

We Appreciate YOU. Come join us on Dec 16th for our 2018 **SARR Member & Volunteer Appreciation Breakfast & 5K** "Ugly Sweater/Crazy Christmas Outfit" Fun Run/Walk. We'll start with a 5k fun run/walk, then we'll socialize and partake in a light breakfast while we recognize some of our outstanding members and volunteers that have really made significant contributions throughout the year to make our SARR races and training programs a huge success! Please register for the event [HERE](#).

Trail Running Festival. SARR is co-hosting the **Trail Running Film Fest** in San Antonio on December 4th at 6:30pm, at the Alamo Drafthouse. The two hours of film "takes the audience on a virtual run through forests, up mountains, beyond emotional obstacles, and across the finish line". Ticket info can be found [HERE](#).

Runner Resources. We have added a new page to our website called *Runner Resources*. There you will find several videos written, directed, and starring SARR coaches on a variety of topics. We also have numerous links to runner tips and techniques. Check it out [HERE](#).

Pop Quiz. In the annual RunningUSA survey, which of these factors did runners list as having the highest impact on event participation: a) *Entry fee* b) *Chip timed* c) *Race location is convenient* d) *Age-group awards* e) *Quality t-shirt?*

The answer is **C**. (The factors from most important to least: C, B, A, E, D.)

Adopt-a-Trail. Our next **Trail Clean-Up** event will be Saturday, December 15th from 9-11am at Walker Ranch Park. We provide all the supplies, you provide your time. Join us if you can.

The Big Apple. Well, I survived the NYC Marathon. I would like to say that it was all my meticulous training that got me through 26.2 miles, but that's not true. There were two other reasons that were more helpful. The first was damn near perfect weather, low 50s, no humidity, no sun. (*Thank you running gods!*) The second reason was my pace leader, the guy who carried the 3:30 sign the entire race. Do you know what it's like running a marathon with 50,000 other people? Exactly how you think it would be...crowded. I mean it was can't-really-move-left-or-right level of crowded. I had to run the pace of the people right in front and behind me or I would get trampled. And this happened to others along the way. The guy who just abruptly stopped at Mile 20 in the middle of the road because he was tired got steamrolled (*and a few choice words sent his way*) by his fellow runners. The gal who decided at the last minute to hit the water stop by veering across 4 lanes of runners was helped along her journey by a few sharp elbows. Runners are normally a friendly bunch, but you cut someone off when they are already exhausted and delirious, they're going to be a little sensitive. (*Side note: though I saw very few smiles from runners during the race, most everyone was extremely happy at the finish line because, well, they were finished, and they reverted to their normal, pleasant selves. I don't think that's just a New York thing.*)

Luckily, for me, I just followed the 3:30 sign guy along with about 8 other runners. He nailed the same pace, mile after mile. He let us know when we were about to reach a hill. He yelled when water stops were coming up. He pointed out a few landmarks. He reminded us to relax our shoulders and eat our gels and keep our cadence. He was, in retrospect, the perfect running buddy. Until Mile 23.

Mr. 3:30 decided at Mile 23 that he couldn't go on. *What?! You're the pace leader; you can't quit!* Turns out that even pace leaders have bad days and Mr. 3:30 had a IT Band problem that wouldn't let him go on. So, the last 3 miles were on me. I would like to say that I just grabbed the sign out of his hand and ran the final miles in triumphant, speedy glory. But what really happened is I lost my mojo and slowed way down and crossed at 3:31.

The RnR SA race is coming up and I know many of you will be out there figuring out your own way to the finish line. You may be a leader, a follower, or a make-it-up-as-you-go type of runner, but if you can make it to the finish line standing, you have my full respect.

Scott Peacock

President, SARR