

SARR Members,

What's your favorite part about February? A) Valentine's Day (*mounds of chocolate!*), B) Oscars (*just to see what the stars are wearing*), C) only 2 more months until Fiesta, or D) best running weather of the year. The answer is A, of course, but D is a close second. Yes, it's dark and dreary but those low temps and no humidity days are wonderful for long runs.

And the Nominations Are. Speaking of the Oscars, it is our nomination season too. SARR will be kicking off our annual election cycle this month and calling for nominations for the SARR Board positions of President, VP Membership, and Director of Racing, plus some non-board positions. You will receive an email later this month with the details.

Prickly Pear. Have you tried trail racing? It's like road racing, except there's dirt instead of pavement, rocks instead of curbs, and deer instead of cars. The **SARR Prickly Pear** is a great trail race for all levels of experience. Choose from 5K, 10M, or 50K (our longest SARR race). More info [HERE](#).

Street 2 Feet. Just a reminder that the **Street 2 Feet 5K** is on February 16th. SARR is proud to once again be a Gold Sponsor for this event. More info about the race can be found [HERE](#).

Kids Run SARR. Registration for the spring **Kids Run SARR** program is now open. Children ages 7-12 are welcome to register for this unique, twice-a-week group training that fosters physical fitness, healthy habits, respect, goal-setting, and running knowledge all in a safe, fun environment. Space is limited. More info [HERE](#).

Trail Clean-up. Our next **Adopt-a-Trail** clean-up event is Saturday, February 9th at Walker Ranch Park. If you have an hour or two to spare, we could use the help. More info [HERE](#).

Treadmill Class. Have you heard about the latest rage in group fitness in New York? Treadmill classes. These are 50-minute sessions led by an instructor who guides runners through a group, treadmill workout. Cost? *\$39 per session*. Wow! I feel really good about what we charge for our 8-16 week training classes.

Black Squirrel. I live a few blocks from a golf course. But, I don't golf. (*I own a set of golf clubs, but they belong in a museum; I think the drivers are all wood.*) I'm a runner, not a golfer. However, as I was running by the golf course the other night on a mid-week jaunt, it struck me that nobody golfs at night and that the golf course was full of beautiful, paved trails and that I could have those trails all to myself!

So, I veered across a fairway somewhere around Hole #2, found the cart path, and started running. The path weaved through big trees and trimmed shrubs and acres of perfectly cut grass. I passed Hole #3 (*a long Par 5*) then Hole #4 (*a Par 3 surrounded by sand*). This was fantastic. *Why hadn't I thought of running on a golf course before?* No traffic. No bikers. An occasional restroom and water fountain. A runner's paradise.

Then around Hole #5 (*easy Par 4*) something skittered across in front of me. It was already dark so I could see shapes but not much else. Must be a squirrel. Then another creature ran across the path. And a few yards later, another one. *Do squirrels come out at night?* I was almost at the next green

when one of these creatures ran in front of me and just stopped in the cart path about 10 feet away. *Wait, if that's a squirrel, that's the biggest damn tail I've ever seen on a ... oh crap.* Skunk! I froze. The skunk didn't move either. After a few seconds I glanced around and they were everywhere. I was literally surrounded by skunks. (*Who knew skunks like to golf?*)

I didn't know what to do. *Fight or flight?* Well, you can't fight a skunk so I started yelling and then running back in the direction from where I came, waving my hands as I went. They scattered and luckily I didn't scare the spray out of any of them (*though they about scared it out of me.*) I made it back to the real road with just my own odor on me. I think I'll leave the golf course to the golfers.

Scott Peacock

President, SARR