

SARR Members,

I know 2019 just started but there are only 363 running days left in the year. What will this year be for you? New personal records? A new race distance? Less running and more eating? (*That's what I did that last year.*) Whatever it is, I hope SARR is part of your plan. Here's how we are kicking off the year:

**Winter (Training) is Coming.** We have several Winter Training Programs and they all kick off this Saturday, January 5th. As I see it, you have two options. Option 1 is to sign-up for one of our programs to help get you going on those cold and bleak mornings over the next few months. Option 2 is to stay warm snuggled in your bed as your running friends brave the elements. I know, Option 2 sounds way better. But, you are a RUNNER, and RUNNERS RUN. Remember, you promised yourself that you were going to kick butt this year. So, register already ([HERE](#)).

**Street 2 Feet.** SARR is proud to once again be a Gold Sponsor for the **Street 2 Feet 5K Run/Walk** in February. Street2Feet is a great organization that promotes health in mind, body, and spirit with individuals experiencing homelessness in San Antonio, using running as medicine. More info about the organization and info about the race can be found [HERE](#).

**Good Timing.** SARR has contracted with IAAP to be our official timer for all our timed races this year. We have used IAAP for many of our races over the last several years. We are excited to continue working with IAAP to ensure we provide quality timing services to our runners.

**New Year, New Gear.** Not thrilled with the sweater your aunt bought you for Christmas? Pick out your own clothes. We have a great line up of SARR gear. Check it out [HERE](#).

**Resolutions.** I usually spend many hours thinking of my resolutions for the new year. What do I need to do to make an improved version of me? What can I do better (*or more of or differently*) than last year? I prefer resolutions that I keep to myself because there is a lot less embarrassment and regret when I break it (*usually by March*). But this year, I'm going public with my New Year's resolution. No backing out now.

So, I hereby announce that my 2019 resolution will be to: **Run A Mile for Every Beer I Drink.**  
*LOL. Just kidding. I could never run that far.*

My actual 2019 resolution is to: **Run a 5K in all 50 States.** *Wait, what? North Dakota is really a state? Okay, scratch that. I'm not going there.*

I hereby declare that my official 2019 resolution is to: **Run as many different race distances as I can in one year.** The 5K, 10K, and Half Marathon should be easy. Then, I can do the SARR Freedom Day 4-Miler, the Fiesta Fandango 2.6 Miler (probably the only one of that distance in the country), and the

Endurathon, which is 15 point something miles. So, that's 6 distances right there.

I suppose I should make a few rules for myself.

- Rule #1: It must be an actual race to count. It can't be me running a 5.7 mile loop around the neighborhood.
- Rule #2: I must use the official race distance, not what my Garmin says I ran. Otherwise, I could just keep running Half Marathons, which my Garmin will say are 13.45 miles, then 13.20, then maybe a 13.66 (but somehow never exactly a 13.1).
- Rule #3: Trail races count! But, let me be clear, I will not be signing up for any 50K Trail Race. I've seen what people look like after those races; it's not pretty.
- Rule #4: I can cancel my resolution at any time. Okay, that's not really a rule, just more of a probability. If I can make it to June, then I would consider that success. Don't judge me.

Okay, I'm ready for 2019. Guess how many races I have already signed up for? *Zero*. Maybe I should make one more resolution: Don't procrastinate.

Scott Peacock

President, SARR