

SARR Members,

Spring is all about colors. Here are our colors for the month of May:

BLACK – May the 4th Be With You. The force is strong with this run. Registration closes May 1st. See race info [HERE](#).

GREEN – Save some \$\$\$. Members get 25% off SARR races when registering online during early registration! The early bird (*roadrunner*) gets the worm (*discount*).

BLUE – Don't Be Sad. Running can improve your mood and reduce stress. Here are 7 [ways](#) running helps your mind.

YELLOW – Don't Be Scared. The biggest and baddest (*in a good way*) training program in San Antonio (*and maybe all of Texas*) is starting in a few months. Ready for your best half-marathon? How about trying a full marathon? YOU CAN DO THIS! Make the commitment to yourself now. Sign Up [HERE](#). Price increases after April 30th. Also, it's not too late to sign up for our Pick Up the Pace training. Registration ends on Cinco de Mayo (*um, May 5th*). Sign up [HERE](#).

GOLD – I want 1st Place! SARR has signed up for the **Rock N Roll Run Club**. This is a contest in conjunction with the San Antonio Rock-n-Roll event. The more people we get to "Join Our Team" when they register for the [race](#), the more points we get. The more points we get, the more perks we get. The top team gets a booth at the Expo. So, I want to win! A runner can Join Our Team even if they have already registered for the race. Just fill out this online [FORM](#) and select *San Antonio RoadRunners* as your team. Thank you!

RED - Salsa. (*I guess this could have been Green too.*) After the **Wednesday Night Zoo Run** on May 15th, drop by the **Street2Feet Salsa Slam** at the Joske Pavilion in Brackenridge Park. Taste some amazing salsas and vote for your favorite. More info [HERE](#).

ORANGE - STRAVA. (*Because Strava's logo is orange.*) I'm looking for a Strava user who can help build and promote our club page through postings on Strava. We have many Strava runners out there and it would be great if they could connect in the app. Let me know if you are interested.

MY FIESTA NEEDS A SIESTA. Wow, what a month. SARR members were all over this town during Fiesta doing SARR things. Parades, costumes, medals, races. I think next year we are going to add another race in April. This one will be the day after Fiesta ends. It will be a .1K. We will just walk from the start line over to lounge chairs. No running, just napping. I love Fiesta, but I'm kinda glad it only comes once a year. Now, if you will excuse me, I need to go get this confetti out of my hair.

Scott Peacock
President, SARR