

SARR Members,

There's an old country song with the line, "if you're gonna play in Texas, you gotta have a fiddle in the band". My version of that is, "if you're gonna run in Texas, you gotta have a bottle in your hand". Water bottle, that is. It's hot out there. Drink up before, during, and after your run. Here are some good excuses to keep running:

A Planet of Runners. SARR will be hosting two **Global Running Day** events on Wednesday, June 5th. Join us at the Wednesday Night [Zoo Run](#) at Brackenridge Park or at The [Big Run](#) at Mission County Park. Both events are free.

Post-Race Carb Loading. This is one of the few races in the nation where pasta is served *after* the race instead of before. Join us on June 15 at our annual **Carrabba's** 5K, Half Marathon, and 4-Person Half Marathon Relay at McAllister Park. Finisher medals for all. The relay is a blast! More details [HERE](#).

Summer Picnic. The San Antonio RoadRunners Annual **Membership Meeting** and 5K Fun Run will be on June 22 at LBJ Park. We will have a 5K, breakfast, annual elections, and some special awards. This event is free to members but please register [HERE](#) if you will be attending so that we have an accurate count for food.

Red, White, Blue, and YOU. Probably our hottest race of the year (in more ways than one), the **SARR Freedom Day** race. Kickoff your Independence Day celebration with a run through San Antonio's historic Mission County Park. This race features a chip-timed 4-Miler, a 2-Mile Family Fun Run, and a Kids 1/2 Mile Fun Run because nothing is more patriotic than running 4 miles on July 4th in one of America's most patriotic cities. Dress for the holiday - red / white / blue! More info [HERE](#).

Summer Time is Kid Time. Last call to sign-up for the **Kids Run SARR** Summer program. Children ages 7-12 are welcome to register for this unique and fun twice a week group training that fosters physical fitness, healthy habits, respect, goal-setting, and running knowledge all in a safe, fun environment. Kickoff is June 9th. \$20 fee includes tech-shirt, free 2M race & picnic on July 4th and free 5K race & graduation party on Aug 3rd. More info [HERE](#).

As Temperatures Rise, So Do Prices. Last day to register before price increase for Fall **10K/Half/Full Training** Program is this Friday, May 31. If you are going to train with us this fall you might as well register now and save a few bucks. Do it! Summer Base Builder program included free for early registrants. More info [HERE](#).

Will Run for Pasta. My first encounter with SARR many, many years ago was at the Carrabba's Relay race. I was new to running but already thought I had more talent than I actually did (*still true today!*) The relay race requires a 4-person team and back then there was an award category for "Family". So, I went searching for 3 semi-related people (*this was before DNA testing*) to join my team.

I didn't ask my son, just signed him up (*Dad know best!*). My brother had recently started running to lose weight, so I hit him up to join us. I told him his relay leg would be the shortest one (*not true, they were all the same*), that we would run in the cool of the morning (*if by cool you mean 90 degrees*), and there was beer and pasta after the race (*that part was true.*) I think he only heard the last part and agreed to join us.

I needed one more so enlisted my 10-year old nephew. He was in no way ready for this. I didn't care.

I bought us matching t-shirts (*Birds of a Feather or something stupid like that*) and told the team we were in it to win it. I ran the 1st leg and did okay. My son took the second leg and did better than I did. I started thinking we might actually place in this race and earn a spot in the Peacock family scrapbook. My nephew was Leg #3 and shot off like a rocket. Thirty minutes later we were waiting for that rocket to return. Then forty minutes. We finally saw him rounding the corner after 42 minutes. Walking. A few dried-up tears. My brother took the handoff and said, "guess there's no need to be in a hurry now."

We didn't place. We didn't make the scrapbook. But we did eat plenty of pasta. My family has always been good at that.

Scott Peacock
President, SARR