

SARR Members,

How about a little contest to go with my monthly email? I'll start each tidbit of SARR news with a movie quote. The first 3 members to email me with the name of the movie and the year it came out for each quote will get a free race entry. Here we go:

Go ahead, make my day. Thank you, thank you, thank you to all our wonderful volunteers who keep this club running. When we say “we couldn't do it without you” what we really mean is “*we couldn't do it without you*”. Really. You make my day, everyday.

Say hello to my little friend. Do you think your kids might enjoy running, just like you? This is the last chance to register for the **Kids Run SARR** program for the youngsters ages 7-12. Only a few spots left. This 8-week course will train kids for the Rock-n-Roll event in December. More info [HERE](#).

I'm walking here! I'm walking here! Our fall **Walk 2 Run 5K** program starts October 12th. This is an excellent program for beginner runners, walkers, and anyone who desires physical accountability. Tell a friend about it. More info [HERE](#).

I'm king of the world! You will feel that way once you climb to the top of the hills during the scenic, challenging **40th Annual SARR Endurathon** race. Choose from 5K, 15K, or 30K. Wear red/white/blue to help celebrate Veterans Day weekend. More info [HERE](#).

Show me the money! As part of the **SARR Community Outreach Program**, we are encouraging donations to support local non-profits that strive to improve lives through fitness. This year's recipients included *Street2Feet, Friends of San Antonio Natural Areas, Brackenridge Park Conservancy, Friends of Government Canyon, and Friend of McAllister Park*. SARR will match total donations up to \$2000 for each recipient group as part of our Turkey Trot registration process. By the way, Turkey Trot registration is now open ([HERE](#)).

I feel the need – the need for speed! Have you seen the new Rock-n-Roll Half/Full Marathon courses this year? The first 4-5 miles are the same. After that...it's a whole new race. Check it out [HERE](#).

Greed, for lack of a better word, is good. We are currently leading the standings for the Rock-n-Roll Run Club, and I want to win! The winning team gets a booth at the Expo and that would be great for SARR. If you have already registered for the RnR SA race, you can still join our RnR Team. It is easy to do: Click [HERE](#), fill out a simple form, select **San Antonio RoadRunners** as your team. That's it.

After all, tomorrow is another day. Back in my coaching days, runners would come up to me to inquire about their various aches and pains. I would listen, remind them I'm not a doctor, then try to give the best advice I could based on my own experience. (*Unfortunately, I've had a lot of experience.*) Sometimes, the best I could do was just tell them that injuries

were part of running. Actually, injuries are part of being any athlete, or just being human for that matter. If you move around for long enough, something is bound to get tweaked or twisted or tangled.

I'm currently in the tweaked category. Something is going on with my calf that won't let me run more than about half a mile. It's fine for a few minutes then a giant spear is thrust into my lower leg, or so it seems. I can't find the spear, but the pain is real.

I know this is an over-use injury. That's what usually happens. During training season, I'm supposed to run as many miles as my body can handle right up to the point it will break. The problem is that the point it will break is a lot sooner than it used to be. So, though I can chalk this up to another over-use injury, it is really a just-getting-older injury.

The cure is rest (*I won't*) with a frequent application of ice (*only in my drinks*) and daily stretching exercises (*one toe-touch*). It's no wonder I never get fully healed. But, runners run. And hard-headed runners run even when they're not supposed to. See you at the next workout.

Scott Peacock

President, SARR