

SARR Members,

No tricks, all treats in November with SARR. As we get ready for Halloween, ponder what your running will look like this coming month. Here are some ideas:

**Which (*witch*) way to the top?** Lots to see at the top of the hills during the **40th Annual SARR Endurathon** race. Very few spots left! This race will sell out. Race info [HERE](#).

**Turkey Gobbling (*goblin*).** Last call for a discount to the **SARR 44th Annual 4-mile Turkey Trot!** Registration is only \$15 with code **TURKEY44** thru 11/10 (no other discounts apply). Race info [HERE](#).

**The woods are haunted...with runners!** Congrats to the SARR Off-RoadRunners team for finishing another great season. If you are a little tired of running on roads and want to try something different, you're in luck. Registration for **Winter Off-RoadRunners Training** is now open. More info [HERE](#).

**Wizards wanted.** Help SARR Run! SARR is forming a team to help support and coordinate race volunteer activities. We already have a few great volunteers but could use a few more for this team. Please contact me at [president@saroadrunners.com](mailto:president@saroadrunners.com) for details.

**Lurking in the Shadows.** Help us clean up the debris hiding along our trails. Our next **Adopt-A-Trail CleanUp Day** is 11/17 at Walker Ranch Park. More info [HERE](#).

**Hallowine.** My first "job" with SARR several years ago was as the Race Director for the Freedom Day 4-Miler. I'm not sure why Joan, the SARR president at the time, thought I would be a good race director. (*It could have been that I just happened to be in the wrong place at the wrong time when they needed a new race director and I was naive enough to say yes.*) I had no idea what I was doing. But, luckily for me, SARR was full of race experts and they guided me every step of the way. (*I still managed to make mistakes, but no runners were seriously harmed in the process.*)

I haven't been a race director for SARR in years, but I still do some race directing on the side with Culinaria and last weekend we had our Hallowine race at La Cantera. I've been doing races for Culinaria for 8 years now so these events are almost on auto-pilot. That's not really because of me but because the Culinaria team is a well-oiled machine and takes care of all the hard stuff (marketing, registrations, sponsors, etc.) My job is to coordinate the actual race, which includes finding volunteers for race day.

Well, this year since all my SARR buddies were out doing SARR things (training, trail racing, etc.) I had to find some new volunteers. One of the race sponsors sent me several volunteers to help out wherever I needed. As a rule, I try to assign the positions with the highest priority first. In my books, that's the water stop. I can screw up a whole bunch of things as a race director but if I don't have a water stop (or if it runs out of water or cups) then runners will let me (and all their friends) hear about it, **LOUDLY**.

I grabbed the first 4 volunteers and drove them out to the water stop. I setup the table and laid the water jugs, ice, and a stack of cups on top. "Ok, here's your spot", I said as they were getting out of the truck. I started to drive off when one of the volunteers asked, "Hey Mister, what are we supposed to do?" I looked back blankly, "Hand out water." She stared back, "To who?" "To the runners", I replied. "When?", she asked. "When they run by!" She looked at the water jugs and asked, "Do we fill the cups for them?" "Umm, yes, I think they would like that", I replied.

It never occurred to me that my volunteers may have never participated in a race before and didn't know about water stops and were probably wondering why they were being dropped off in the middle of nowhere, far away from the post-party. So, I got out of the truck and held my first ever Water Stop Management 101 class right there on the spot. The topics included, *How Much Water to Put in Each Cup*, *How to Hold the Cup for Runners to Grab*, and *What to Say to a Runner who Throws Their Half-Empty Cup on Your Shoes*. Everyone passed the class and they did a phenomenal job during the race. Or at least I guess they did because not a single runner said anything about it to me.

This is a long way for me to say that I (and SARR and all runners) are extremely grateful to the volunteers who come out to help on race day, even the ones who have never done it before.

Scott Peacock  
President, SARR