

SARR Members,

Ho Ho Hold Everything! We have some exciting news to share this month. Read on to find out what is happening in SARR-land.

**Of Course, We Won.** The San Antonio RoadRunners won the Rock-n-Roll contest for most members on a team registered for the RnR SA race. Not only that but we were informed that SARR was the biggest RnR team *in the entire nation!* Woo-Hoo!!

**Find Us at the Expo.** As part of winning the contest, SARR gets a booth at the RnR Expo. If you go to the Expo, please drop by to say Hi and take a picture with the SARR RoadRunner mascot. We will also have SARR gear for sale. The SARR Booth will be in the back section next to the RnR Series booth.

**More Prizes.** Also, as part of winning the contest, each of our members who participated in the contest will get an extra beer ticket for the post-race party. SARR gets an extra big spot at the finish line (*near the beer tent!*) so be sure to drop by before and after the race to greet your fellow team members.

**The Big Finish.** SARR Fall Training officially ends this Saturday and Sunday with the RnR 5K, 10K, Half, and Full Marathon races. Our teams will be out in force the entire weekend. Thanks to everyone who helped put on a great fall season and now lets put all that training to work and go kick some asphalt on race day.

**Marathon Advice.** Here are a few [tips](#) for you marathoners.

**We Appreciate YOU.** Please join us for our annual **SARR Member & Volunteer Appreciation Event** on Sunday, December 15th. We will do a 5K Fun Run on the River followed by breakfast tacos, games, and prizes. We will also be inducting a few more members into the SARR Hall-of-Fame. Help us say thanks to *You* and the rest of the SARR family. Please register [HERE](#).

**What's Next? SARR Winter Training** is right around the corner. Our Walk2Run 5K, 10K/Half, and Off-RoadRunners programs all start in January. Registration is already open. More info [HERE](#).

**New Course.** For those of you who will be participating in the Rock-n-Roll San Antonio half or full marathon, I have a few notes I would like to share with you. I recently ran the now-famous SARR Preview Run to get a feel for the new half-marathon course. It was a doozy.

First, let me tell you what you won't find on the course. Remember the Alamo? Well forget it. For the first year ever, we won't be running by our famous landmark. We will also bypass the King William neighborhood, Trinity University, and that long straightaway down Broadway that we have done in past years.

Something else that may be missing: spectators. Much of this course is through quiet neighborhoods. While I'm sure some residents will come out to wave or shout a few words of encouragement, I think the bulk of the crowds will be downtown or by the Pearl in the very first part of the race. So, make a plan for some self-motivation.

On the new course this year there will be more of Brackenridge Park (*that's good*), a section by the Botanical Gardens (*that's new*), a jaunt through the Pearl (*that's fun*), and some big-ass hills (*that's bad*). Some of these are leg-burning, soul-crushing hills. If you skipped hill workouts during the training season, you are going to regret it. If you did the hill workouts, then quietly snicker while you pass all those other runners. Just keep telling yourself while you climb these mountains that whatever goes up must come down; you will eventually be rewarded with a long downhill section.

I don't think the race director did this as a joke but there is a section near the end that runs by a cemetery. At this point in the race I'm sure many will feel like death is near (*I usually do*). I'm not sure if that will give runners motivation to keep moving or if they will think their time has come and how convenient that they can be

buried right here.

The full and half marathoners will run the first 11 miles or so together. Then, the full marathoners are on their own. If you are a marathoner, I pray for your safe return. On the map, it appears you are running to Corpus Christi and back but I'm sure they measured the course accurately (*right?*).

Overall, I wouldn't say the course is very scenic, but it is interesting. There are over 50 turns on the half course so keep your head up to see where you're going. Probably the best thing about the new course is that it will finish near the Tower of Americas. That should be a fun place for the post-party. After I'm done with the Half, maybe I'll go up in the Tower to see if I can spot any of those marathoners coming back from the coast. Have a great race!

-Scott  
President, SARR