

Hello SARR Members,

February has several unique days of celebration. All are good excuses to run. Here are a few of my favorite:

**Feb 2** – *Groundhog Day*. When you finish your run just turn around and do it again.

**Feb 5** – *National Weatherman's Day*. Ignore the forecast (usually wrong anyway) and go run.

**Feb 11** – *Make a Friend Day*. Find a new running buddy.

**Feb 17** – *Random Acts of Kindness Day*. Sign a friend up for a race.

**Feb 20** – *National Love Your Pet Day*. Take your pet turtle out for a run.

**Feb 26** – *Tell a Fairy Tale Day*. Once upon a time, there was this runner...

**Hot in Winter**. The SARR Winter Training is off to a hot start. We have record number of participants in all programs. Yay! Thanks to all our coaches and volunteers for making that happen. Speaking of coaches, we are having another RRCA Coach Certification class this month. It filled up in less than a week. We will announce all our new coaches next month.

**Prickly Pear**. Get off the road and try some dirt. The **SARR Prickly Pear** offers a 5K, 15K, and the longest SARR run of the year, a 50K option. Started in 2001, the Prickly Pear is the longest running ultra-distance trail race in San Antonio. Fun race! More info [HERE](#).

**It's Good to Be a Member**. The San Antonio running community loves SARR members. We often receive discounts to local, non-SARR races for our members. We will send out an email at least once a month listing all these discounts and special registration codes. Just using a few of these discounts will more than pay for your SARR membership. Another benefit of being a member!

**Running Tips**. *Outside Magazine* published their 27 best tips, tricks, and ideas they've ever shared about running. I like #2 but I'm not a fan of #17. You can find the article [HERE](#).

**Tiny Habits**. Are you still working on your New Year's resolutions? A new book called *Tiny Habits* encourages people to take small steps to make big changes. "Habits may be the smallest units of transformation, but they're also the most fundamental. They are the first concentric circles of change that will spiral out. Think about it. One person starts one habit that builds to two habits that builds to three habits that changes an identity that inspires a loved one who influences their peer group and changes their mindset, which spreads like wildfire. By starting small with yourself and your family, you set off a chain reaction that creates an explosion of change."

**Truthiness**. I was running with a group the other day and returning to base camp after a long slog. It wasn't a particularly good run for me; just wasn't feeling it that day. As I finished there was a gaggle of runners standing around and they all politely clapped and yelled "good job", "way to go", "nice run". I guess that's what you have to say to other runners. It would have been more truthful if they had said "not your day, huh", or "are you injured?" or "you don't look so good".

It's like when your girlfriend comes home from getting her hair cut. There really is only one valid, safe response: "that looks great!". If you cock your head and say "that's an interesting look" or say "is that what you asked for" or basically anything else but "looks great" then you can plan on sleeping on the couch. (This may or may not have happened to me.)

I've been known to give out my own false accolades to other runners. When I see a runner finishing up and it's clear that he looks just a little better than death, I still greet him with a "good job" and a high-five. Though at that moment he would rather punch me in the face, once he recovers he will appreciate the encouragement I gave him (I think).

As a coach I should probably be more honest in my assessment of a fellow runner. But, running can be hard and we've all been there when the workout isn't going the way we want it to. So, I appreciate the "great run, Scott"

comments, even when that's a long way from the truth.

-Scott  
President, SARR