

SARR Members,

If you're like me, I run a little better when I have music blasting in my ears. So, for this month we have a song contest. Name the artist of each of the songs in blue for your chance to win a free entry to the Mission 5K/10K race. Send your entry to [president@saroadrunners.com](mailto:president@saroadrunners.com) by noon on Friday, February 28. I'll draw from all the correct entries.

**Happy Trails to You.** Last chance to get registered for the **Prickly Pear**, the best trail race in town. If you are new to trails we even have a 5K option. Give it a try! More info [HERE](#).

**Help!** Our **SARR Volunteer Page** has been updated for our Spring volunteer opportunities. Earn points, get free races, help your fellow members. Our club runs on volunteers. Do it...[HERE](#).

**Eye of the Tiger.** Now that winter is almost behind us, let's get ready for spring. Another SARR Training season will be open soon for registration. We have programs for all ages and paces with the [Kids Run SARR](#), [Pick Up the Pace](#), and [Walk To Run 5K](#).

**Rocket Man.** Run at Night! Join us for the **May the 4th Be With You 4-Miler** (also a 2-Mile option). The race course has two options: the Dark Side or the Light Side. Choose wisely! More info [HERE](#).

**What's My Age Again?** We realize that there are financial barriers to some of our younger and older runners. So, we will be giving a 50% discount off most SARR races during early online registration (some restrictions apply) for runners age 24 or younger and age 70 and older. Contact [membership@saroadrunners.com](mailto:membership@saroadrunners.com) with any questions.

**Old Town Road.** Speaking of age, how would you like to participate in the oldest 10K in Texas? Join us for the **47th Annual Mission 5K/10K** on April 19th. All finishers receive a fiesta medal. Come out and celebrate with us. More info [HERE](#).

**You Need to Calm Down.** I'm in the middle of training for a marathon and my physical condition is better than my mental condition. There are stages I go through during the 4 months leading up to a marathon. I'm currently in Stage 2 and hoping Stage 5 gets here soon. Here are Scott's Stages of Marathon Training:

**Stage 1 – Excitement.** Also called *The Big Dream, Anything Is Possible, and If I Just Work Hard Enough* phase. This is the month leading up to the start of training. Everything is in front of me. My dreams consist of a perfect training season leading up to a perfect race and posting that perfect Tweet "I Did It!" This could also be called the *Delusional* phase.

**Stage 2 – Reality.** Also called *Outta Shape, I'll Never Make It, and Why Did I Do This* phase. This is the first month of training. I realize I'm not in as good of running shape as I thought, that running 6 days a week is nearly impossible, and that I don't really like marathon training. I cry myself to sleep most nights.

**Stage 3 – Hope.** Also called *Just Keep Going, Run-Drink-Sleep, and I Can't Remember What My Family Looks Like* phase. This is the 2-6 weeks prior to race day. My mileage is at its peak. I no longer see my family because I'm running at all hours of the day. My body is beat up. BUT I see light at the end of the tunnel; the race is near.

**Stage 4 – Binge.** Also called *All Carbs Are Good Carbs, What Am I Going To Wear, and the Weatherman* phase. This is the 2 weeks leading up to race day. I eat any carb that gets within 2 feet of my mouth. I stress about what to wear on race day and change my mind daily. I check the race day weather forecast 5-6 times a day.

**Stage 5 – Peace.** Also called *Toe the Line, Can't Do Anything More, and It Is What It Is* phase. This is the morning of the race. The hay in the barn and all I can do now is go see what my training season has produced.

Could be a bad day, could be a good day. All I know is that I'm at the start line and I'm going to give it everything I got (weather permitting). It's my favorite phase by far.

-Scott  
President, SARR