

SARR Members,

We are all in this together. For some, running is going to have to be put on hold for a while. For others, running is going to provide a necessary outlet during this crazy time. We are with you either way. Stay safe. Be smart. Wash your hands. Move your feet, if you are so inclined. Here is the latest SARR News:

SARR Events. We have sent out notices about all our events that have been put on hold for the time being, and I won't repeat them here. Just know that SARR is still open and our members are still running, just not in big groups. SARR is financially strong and we will get our events going again at the right time.

Call for Nominations. The following SARR Board positions are up for election in 2020 and nominations are now being accepted for: *Executive Vice President, Treasurer, Secretary, and Director of Training*. Nominations will also be accepted for the following SARR non-Board positions: *Director of Marketing, Director of Volunteers, and RoadRunner of the Year*. Nominations will be accepted through May 1, 2020. Detailed info on the nomination process can be found [HERE](#).

April Board Meeting. We are heeding the advice (order?) from the mayor and not conducting in-person meetings. So, SARR is going online for our monthly Board meeting in April. You are welcome to join us on this Zoom call. You can find details on our [HOME](#) page.

New Runners. As gyms and fitness centers close, many people are re-discovering running. To start, you just need some shoes, shorts, a 6-foot buffer, and that's about it. RRCA has put together a good [ARTICLE](#) on getting started with running. If you know someone who is looking for something to do to get out of the house, you may want to share this with them.

Virtual Races. There are many organizations now offering virtual races. It's a good way to race in isolation. A company called Run The Edge is offering free virtual races in April. More info [HERE](#).

Together. I'm going to close this month's newsletter with some recent thoughts I read from Olympic runner Alexi Pappas. "When we step outside to run during quarantine, we can visualize ourselves joining a community of runners, everyone taking their own routes but all sharing the same goal: to move our bodies outside and get through this challenging time together. That runner's nod or wave when you pass someone going in the opposite direction is a simple way to make a human connection. It can mean just as much as a high five or hug. It makes us feel like we're all teammates together, bonded by a shared goal. Which, in a way, we are. We're all just out here running, trying to get through the pandemic as safely and sanely and swiftly as possible."

Stay safe!

-Scott
President, SARR