

SARR Members,

Though many local races and group events have been canceled this year, running seems to be as popular as ever. I can't remember seeing so many people running the streets of San Antonio. I want to thank the SARR running community for continuing to get outside and putting in the miles (*and thank you for doing it safely*).

SARR Races. We are still taking a wait-and-see approach to the races on our calendar. I'm not sure what races will look like when things open up again, but you can be assured that we will put the safety of runners first. Several national organizations, such as RRCA and RunningUSA, are putting together guidelines specifically for race events, which we will use in our planning. More to come.

Online PUP. Our popular spring training program, Pick Up the Pace, will start out virtual this year until we can meet in groups. Registration is now open and we are offering a \$5 discount by using the code **LOYALTY** at checkout. Program starts on May 16th. You can register [HERE](#).

May Board Meeting. We are going online again for our monthly SARR Board meeting in May. You are welcome to join us on this Zoom call. You can find details on our [HOME](#) page.

Shades of Togetherness. We are having a contest now through May 4th only for SARR members. Post a current pic of yourself out on a (solo) run wearing a SARR shirt and we'll enter your name in a raffle for a pair of SARR Goodr sunglasses! Info [HERE](#).

Runner Attitude. RRCA has launched a nationwide survey to learn how the COVID-19 pandemic has affected participation in running events as well as group runs and training programs. They would love to hear what you think. Take the survey [HERE](#).

Trail Clean-up. We are going to continue our Adopt-A-Trail activities. Our next clean up event will be on May 23rd at Walker Ranch Park at 9am. We will practice social distancing while helping to beautify our trails. Please bring a mask. More info [HERE](#).

SARR History. SARR is just a few years away from our 50th anniversary and with each passing year it gets harder to remember what SARR was like in the beginning and how our different races have evolved. I want to give a big shout-out to Sally Rios who has started on a project to help document our SARR race history. She may reach out to some of our seasoned members to get info about past events. Please help her if you can.

Virus Blues. The extra sleep lately has been nice. Can't say I miss waking up before sunrise every Saturday morning to get to an early group run. But, I miss my running buddies. If I had a choice right now, I would get up at 2am just to be able to run with my crew.

I ran down Salado Creek Trailway last week and it felt strange. There were so many people out there, probably the most crowded I have ever seen it. Bikers, runners, walkers, strollers. I saw the masked and the unmasked. People running together and others running apart. Some serious runners and some, clearly, first-timers. I would wave at runners going the other way and many would wave back but others wouldn't even look at me, as if the virus could be contracted through a gaze. (*As in don't touch me, don't run near me, don't look at me, don't breathe in my direction*).

I saw a few runners SARR runners coming the other way and we stopped for a second but weren't sure what to do. Can't high-five, can't get too close. The best we could manage was "*great to see you*" and then off we went in opposite directions. Too strange for me. I cut my run short. It just didn't feel the same being around all those people without actually being *with* any of those people. (*Plus, it was damn near impossible to keep social distancing on the trails on a Saturday morning.*)

So, for now, I'll keep running solo on the streets of my neighborhood. But please know that I'm high-fiving you in my head and if I see you on the streets I really do want to give you a big hug. But that will have to wait. I'm

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<https://runsignup.com/Club/EmailMarketing/ViewSentEmail/1124?sentEmailId=1534249>

looking forward to getting back together and I'll gladly give up a little extra sleep for that.

Stay Safe!

-Scott