

Hi SARR Members,

Strange times. People are running more than ever but in-person races are non-existent. For now, most of us will have to continue to connect with other runners online. Keep running, keep training, and keep connecting, so when we finally do get back together, you will be ready. Lots of things still going on with SARR. Here's the rundown:

Vote. Our annual election of SARR Board positions is scheduled for this month. We usually conduct this at our annual members' meeting. But since we can't have large gatherings at this time, we will be doing an online vote. More details coming on the election and the annual meeting.

Train. We had a fantastic response to our Spring Pick-Up-the Pace Training program. Over 200 people in the program! Registration for that program is now closed but we have two more programs coming up. Registration for the [Fall Off-Road](#) and [Fall 10K/Half/Full](#) Training programs are now open. Members get a \$5 discount by using the code **LOYALTY** at checkout through June 14th.

Race. Our next two races will be virtual. You can expect the same SARR fun, swag, and fellowship but everyone will be running their race all over town instead of the same place. Registration is now open for the Virtual [Freedom Day](#) (*July 4th*) and Virtual [Women's Run](#) (*July 18th*). Hey, I love racing elbow to elbow with my friends but, if I can't do that, a virtual race is a great option and has many benefits (*like not having to wake up so early on race day.*)

Play. Need some distractions while running? Want to involve the kids in your next neighborhood jog? Join us for [SARR Runner Bingo](#) (*June 13-14*). Run. Search. Find. Win.

Listen. We are going online again for our monthly SARR Board meeting in June. You are welcome to join us on this Zoom call. You can find details on our home page.

Repeat. I'm running the same streets day after day. Over and over again. I may take a left instead of a right if I'm feeling rebellious some mornings, but it all leads back to the same streets, same neighborhood. EVERY DAY.

I'm staying away from the parks and the over-crowded trails. I'm currently a solo runner. Party of one. Just me, some music, and those oh-so-familiar streets near my house. I'm thinking of trying a blind-folded 3-mile run. I have this route memorized. I know just where that rise in the sidewalk is that will catch my toe if I'm not paying attention. I always turn left at the yard with the fake windmill that makes a creaking sound. I then make a right where the pavement turns from rough to smooth where it has recently been repaired. I make my turnaround where the cars are zipping by near a major intersection. I don't read street signs or check my distance on my watch. I don't need to anymore.

Along the way, the same dog barks at me *every* time I run by his fence. (*At what point do I quit being a stranger to this dog?*) The same elderly couple are out walking every morning. They always wave. I always wave back. I guess we are friends now, but I don't know their names. The same lady is out watering her plants in the front yard at the same time every day. She doesn't ever wave but she no longer looks scared when I run by in the early hours.

If this sounds like I'm complaining, I'm not really. I like running my 'hood, I like my neighbors, I'm even starting to like that dog. But I could use a little change of pace, so to speak, or at least some different pavement.