

SARR Members,

I'm thinking "virtual" is a contender for word of the year. It has certainly defined most of our summer at SARR. But, we are still running and July is going to be a busy month. Let's get to it.

**ROYO (Run On Your Own).** SARR is still all virtual at this point. Virtual races, virtual training, virtual meetings. We continue to stay updated on the latest guidelines for social distancing and number of people allowed in a gathering. We will start back up with in-person events when it is safe and allowed. But, we can Run On Our Own and still be connected. Check out our virtual events below. #togetherapart

**Independence.** Have you seen the size of the finisher medal for the **SARR Freedom Day 4-Miler**? You're going to have a sore neck from wearing it. It's not too late to sign-up for this virtual race [HERE](#). Join us on Facebook at 7am on Saturday morning for a [Live Version](#) of the National Anthem. #letfreedomring

**Women Power.** Ladies, this event is for you. Registration is open for the **41st Annual Women's Run – Virtual Edition**. This empowering all-female event is designed to connect and celebrate the San Antonio sisterhood of women and girls through fitness and fun. Sign-up [HERE](#). #yougogirl

**Where the Deer and the Antelope Play.** Join the **SARR Off-RoadRunners (ORR) Training Team** as we train for the TROT El Taco Loco 100K/50K/25K/10K Trail Run on October 24, 2020 at Land Heritage Institute. This 14-week program will get you transitioned to the trails and ready to conquer your race. Starts July 18th. Register [HERE](#). #getdirty

**That's 31 Miles.** Challenge yourself this summer and sign up for the **Virtual SARR Prickly Pear 50K** and run on your own time and on the path you choose. (*Riding in a car doesn't count.*) You can find more info [HERE](#). #areyoucrazy

**Ten Years Running.** This year will make a decade since we started the **SARR Fall Training** program. Join us as we train for the Rock 'n' Roll San Antonio Half Marathon / Full Marathon / 10K on December 5-6, 2020. This is the biggest and best training program in town. Starts August 15th. More info [HERE](#). #sarrtrainingturns10

**Your Vote Matters.** Thanks to all of you who participated in our **Virtual SARR Annual Members Meeting and Election**. The members of the SARR Board are now:

*President* – Scott Peacock – [president@saroadrunners.com](mailto:president@saroadrunners.com)

*Exec VP* – Keith Click – [execvp@saroadrunners.com](mailto:execvp@saroadrunners.com)

*VP Membership* – Loretta Bateman – [membership@saroadrunners.com](mailto:membership@saroadrunners.com)

*Treasurer* – Ginger Murray – [treasurer@saroadrunners.com](mailto:treasurer@saroadrunners.com)

*Secretary* – Merrianna Ramirez – [secretary@saroadrunners.com](mailto:secretary@saroadrunners.com)

*Director of Training* – David Fuller – [training@saroadrunners.com](mailto:training@saroadrunners.com)

*Director of Racing* – Debra Acosta – [racing@saroadrunners.com](mailto:racing@saroadrunners.com)

**Community Track.** The other day, after my fifth Zoom meeting of the morning, I decided I had to get out of the house. I was dragging. *Low Energy* as Trump would say. I needed some fresh (*humid*) air and something to get my blood pumping. While most sane people would decide on a walk to the store and a Red Bull, as a runner I decided speedwork is what I needed. A mid-morning track session sounded like just what I needed to kick my own butt in gear. My nearby middle school has a nice, new, bouncy, track. Perfect.

As I park my car I could see I was not alone. I guess I thought I would have the track all to myself. Schools are closed and it's 1,000 degrees outside so only a crazy person would be at a place guaranteed not to have shade. An elderly (*which means older than me*) couple were on the track walking in Lanes 1 and 2. I'm sure they never heard the rule "*slower runners to the outside lanes*" but I was sure they would realize their mistake when I

started running. I start my warm-up laps in Lane 3 and when I pass them, I quickly move to Lane 1 hoping they may take the hint. They didn't. Not the first lap or the second or ever.

So, I settle for Lane 3 and start my speed workout of 400-meter repeats. Another couple arrive and start running on the track, which is fine except they go the wrong way (*clockwise instead of counterclockwise*). Maybe this is another rule I made up, but dammit there are (*or should be*) rules for track etiquette and nobody is following them today. On a positive note, even though they are going the wrong way, they are in lanes 5 and 6, still leaving me room.

About halfway through my session a man shows up with his 3 kids...and their bikes. No way. Surely, he wouldn't let them...yep, they are riding their bikes on the track...in lanes 3, 4, now 7, 6, back to 4. Great. Now I may have to add hurdles to my workout as the kids head my way.

I decide to finish my workout off the track. There's a nice, soft, grass football field and I start making my way around the goalposts. I see two teenagers get out of their car. One is carrying a football. I think I'm done for the day.

-Scott  
President, SARR