

SARR Members,

I've been alive for quite a few years and this, by far, is the craziest year ever. I would be okay with skipping the rest of the months and going right to January. But, while we're here, let's keep running. Here's the rundown of the latest SARR news.

Finish Apart but Finish Together. July was a super month for SARR finishers! Our virtual races, the **Freedom Day 4-Miler** and the **Women's Run**, sold out! Congrats to all our race finishers. (*Did you see the size of those medals?!*) Special thanks to Merrianna and Monique for being our race directors. We also had many runners complete our virtual **Prickly Pear 50K** race. We even had a finisher from Maine and one from Dublin, IE! There's still time to participate. Registration is still open and you have until 8/15 to complete the event.

OffRoad is Off and Running. We had a great start to the **Off-RoadRunners Training** program. 90 members are participating! (*I think I should mention that they are not all running together...we are, of course, adhering to social distancing guidelines.*)

Don't Be Late for the Early Bird. Registration for our fabulous **Whine Run 5K/5M** is now open but the Early Bird discount ends August 12th. If you wait, it will be too late to save a few bucks.

Back to the Basics Base Builder Begins. For those of you who have registered for the **Fall 10K/Half/Full Marathon Training** program, we have started our Base Builder program to get you ready for the season. For those of you who have not registered, there are only 50 spots left! Members can still save \$5 with code **RUNSARR**. Get in while you can.

Excuses, Excuses. This is starting to be a trend for me, which is not a good sign. Every morning instead of finding a great reason to slip on my shoes and go for a run, I'm doing the opposite. I'm looking for every reason NOT to run. I've lost my zip. No mojo left. It's probably just the egg-frying heat we've had lately or could be that there are no races on my calendar. But whatever the reason, the struggle is real.

Now I find myself each morning going through a list of possible excuses that I can live with.

1. *It's too hot outside.* That's not really a good one. I would have to wait until November for it not to be too hot outside.
2. *I just don't want to run.* More of a whine than an actual excuse.
3. *Cedar Pollen.* It's not cedar season.
4. *My Garmin won't sync.* That was a great one last week but I think Garmin got the problem fixed.
5. *I forgot to charge my wireless headphones.* Happens all the time. But (unfortunately), I do have a nice backup pair of wired headphones I can use.
6. *I don't want to do hills and there are hills in every single direction from my house.* True, but I know hills make me stronger (oh shut up stupid voice of reason in my head.)
7. *I'm still sore from yesterday's run.* Umm, I didn't run yesterday. (I used excuse #2)
8. *It might rain.* It doesn't rain in San Antonio.
9. *I need new running shoes.* I always think I need new running shoes.
10. *I hate running.* Not at all true though some mornings it's hard to tell.

I don't really have any good excuses. So, I just get up, put on my shoes, and go run like a good boy. But that doesn't mean I can't complain about it.

-Scott
President,SARR