

SARR Members,

Not much going on this week. Well, except for Halloween, an election, a cold front, and the continuing pandemic. Seems like a typical week for 2020. Bring it on. Good thing running is not cancelled. We need running during times like this.

**Off-Roadrunners Graduate.** Last Saturday, our Off-Roadrunners Trail Running team completed their training program with the SARR ORR **"You're Awesome!" 10K/25K/50K/100K** at McAllister Park. Congrats to all our runners and coaches! *(And special congrats to those completing the 100K... WOW!)*

**Fall Training Hitting Stride.** Our Fall Training programs are going strong. We have in-person and virtual runs every week to keep the team moving together. A big thanks to all our coaches and volunteers for their creativity and flexibility during this challenging year.

**Winter is Coming.** Registration for the **SARR Winter Training** programs are now open! There is something for everyone with 5K, 10K, Half, and Trail programs available. See our [website](#) for more details.

**Last Wednesday.** Though we shut down the **Wednesday Night Zoo Run** for most of the year due to the pandemic, we re-opened this event during October. The last one will be this Wednesday, October 28th at Brackenridge Park at 6:30pm near the softball fields. This is a 2-mile fun run, free and open to all.

**Meetup Restart.** As some of the local restrictions on in-person events have been relaxed, we have restarted our Meetups. Check the [calendar](#) for latest info.

**Costume Run.** Our **8th Annual Costume Fun Run/Walk** is this Thursday (10/29) at the Backyard on Broadway. This event is wheelchair, stroller, bike, kid and pet friendly (and a whole bunch of fun). More info [HERE](#).

**Turkey Trot.** We have a special Turkey Trot planned for this year to help out local charities. More info coming soon.

**Clean-up Continues.** SARR adopted a two-mile stretch of trail that starts at Walker Ranch Park and we need your help to keep it clean. Our next clean-up event is on Nov. 15th. This event is limited to 10 people so please RSVP soon if you are interested. More info [HERE](#).

**Rock N Road Trip Scavenger Hunt.** As part of our collaboration with Rock-n-Roll, they have asked SARR to help with an upcoming Scavenger Hunt that will showcase San Antonio. We need pics of runners in front of city landmarks. Deadline is 10/31. More info [HERE](#).

**National Survey.** SARR is asking our members to take the new **2020 Global Runner Survey** from Running USA and share your input on how the challenges of 2020, diversity and inclusion in the sport, how you feel about virtual racing, brands and much more. Your opinions help the running industry. You can take the survey [HERE](#)

**New Running Buddy.** My new running companion doesn't talk much, runs a little too close to me, has bad breath, and stops way too often. But, other than that, he's a pretty good runner and doesn't complain much. My new running buddy is Huckleberry, a rescue dog I recently adopted.

Sometime in the future I want Huckleberry to join me on long runs and be my faithful companion on jaunts throughout the city. Maybe he can even carry my water pack or extra snacks or go for help if I fall or get lost. *(I know this is possible, I watched many episodes of Lassie as a kid.)*

But I think it is going to be awhile before we get to that point. For now, I've been trying to break him in on short runs. It's not going well. He has two speeds: stop or full steam ahead. He often stops in mid-stride to

investigate a dead frog in the road or an interesting smell on a bush. Then, without much warning, he's back to running as fast as he can, dragging me with him.

I bought one of those fancy leashes that goes around my waist and stretches like a bungee cord. Huckleberry doesn't mind the leash. He uses it to trip me at least three times every run. I don't think on purpose, but you never know.

We had our first squirrel encounter last week. I think the squirrel wanted a few laughs. It crossed the street right in front of us. My shouts of *Stop* and *Heal* were no match for the tease of a squirrel. Huckleberry was hell bent on catching that thing with or without me. Unfortunately, we were attached so we both went for a ride. The squirrel got away.

I'll keep trying to train him on the finer points of running: steady pacing, eyes straight ahead, no spitting (*slobbering*), and run against traffic (*not in it*). I'm not giving up on him yet. At least he licks my face when we're done. Most of my other running companions don't do that.

TL;DR: Keep Running!

-Scott

President, SARR