

SARR Members,

Hope you had a great Thanksgiving. I'm so thankful for all our members supporting SARR during this crazy year. Glad to see we are in the last month of 2020. Here's the latest from SARR:

**Runner Friendly City.** Big news! San Antonio has been designated a national **Runner Friendly Community** by the Road Runners Club of America. With the time is right, we will present the plaque honoring the designation to the San Antonio mayor. A special thanks to Jim Murray who spearheaded the application process to garner the award for SARR and the city.

**No Rock or Roll.** As I'm sure you heard, Rock-n-Roll San Antonio race has been canceled. There is still a virtual option, if you are interested. Our Fall Training teams will be doing a private graduation race this weekend.

**Winter is Here.** Registration for our Winter Training programs is now open. We have several programs to choose from. Short or long, road or trail, we have a program to fit your needs. The [10K/Half Marathon](#) program will get you ready for those spring races. The [50K/15K Off-Road](#) program is perfect for you trail lovers and will prep you for the **SARR Prickly Pear** in March. The [Walk 2 Run 5K](#) program is an excellent program for beginner runners or those returning to running after time off.

**A Wonderful Gift.** Has running been good to you? You probably know someone who would love running if they gave it a try. Tell them about our [Walk 2 Run](#) program starting in January and tell them what running has done for you. It may change their life.

**Celebration Postponed.** We normally have our end-of-year Volunteer and Member Appreciation event in December. However, we are going to postpone that event until we can all get together safely. It's frustrating, but it's the right thing to do at this time.

**Coaching Class.** SARR has scheduled a RRCA-certified coaching class for April 24-25. This class will be online, not in person. Registration will open in a few days and the class will fill up very quickly. If you are interested in becoming a certified coach for SARR, please notify us by emailing [coaching@saroadrunners.com](mailto:coaching@saroadrunners.com) by *end of day TODAY* so we can try to secure you a spot.

**How to Stay Dry.** I woke up Saturday morning to the sound of rain on my bedroom window. I had planned a nice, long run to start the day. But it was pouring outside. Another few hours of sleep sounded much better than a rainy run.

But, that didn't last long. My new puppy does not know the difference between Saturday and Monday and wakes up at 6:30am *every* day of the week. He loves the rain. His human companion does not. And, since I'm currently in charge, we did not go for a walk or run in that weather.

However, I did venture out of the house. Since I was up and my run canceled (by me), it seemed like a great morning for breakfast tacos. As I drove towards my local taco dive, I saw a group of about seven runners moving along the road. They couldn't have been more wet if they had jumped in a pool. But, there they were - running, smiling, kicking at the puddles, having a good time.

Guilt hit me. I should be out there running, too. I reminded myself that *runners run, dammit, in any kind of weather*. I remembered what I used to preach to the training team: *running in tough conditions makes tough runners*.

So, did I go home and change into running gear? Did I face the elements and knock out 10 miles? Hell, no. I ate my breakfast tacos and crashed on couch. I still have big respect for all of you who went out in that weather. A few years ago, I would have been right there with you. But age does something to a person. It's either more wisdom or more laziness. I'm not sure which.

Stay Strong! Keep Running!

-Scott

President, SARR