

SARR Members,

Normally, April is my favorite month of the year. I would get to celebrate Fiesta, big parades, the Spurs in the playoffs, and my birthday. All that has been put on hold this year, even my birthday, which I will happily postpone. But, running is still ON and we have a great line up for you this month.

Woo-Hoo for the Zoo. The SARR Zoo Run is back! The two-mile run is free and open to all and will be held on Wednesdays, Apr 7th thru Oct 27th. The run starts 6:30pm in Brackenridge Park across from Lambert Beach Softball Field, near the iron bridge.

Any Place for a Race. With virtual races you get to run anywhere you want (*and you don't have to start at 7am*). Registration is still open for the **SARR Mission 5K/10K** (check out this cool [shirt](#)) and the **SARR May the 4th Be With You 4-Miler** (check out this cool [medal](#)). See our race calendar [HERE](#).

Get Up for PUP. The **SARR Pick Up the Pace** training program is specifically designed for runners who want to improve their speed & running form. Starts in May. This is great prep work spring and summer races. Register [HERE](#).

It was a Smash Trash Bash. Thanks to everyone who came out to help pick up trash at McAllister and Walker Ranch parks a few weeks ago. Guess which of the following was *not* found during the clean-up: a) Doll's head, b) Sushi, c) Diaper in a tree, d) 3 shoes (all left foot), e) Clif Bar wrapper? The answer is E, which is the one thing I did expect to find but didn't. Over 30 bags of trash were picked up. Thank you!

Don't Wait to Nominate. We are now accepting nominations for the SARR Board positions of *President, VP Membership, and Director of Racing*. We are also taking nominations for the prestigious *RoadRunner of the Year, Newcomer of the Year, Comeback of the Year, and Inspiration of the Year* awards. More info about these awards and how to nominate someone can be found [HERE](#).

Nice Advice. I only have a few newsletters left to write before I turn over that role to the new SARR President. As I look back on some of the lessons I have learned and shared over the years, here is a list of my best advice for being a better runner:

1. During your run, if you are feeling pain in muscle or bone, then STOP. Not tomorrow, but right now, in the middle of your run. Get a ride or steal a bike but don't keep running. Get yourself checked out (*by a doctor, not your running buddy who pretends to be one.*)
2. The best cross-training exercise for running is more running. Cycling, swimming, yoga, and cross-fit are all great sports but the best way to be a better runner is to run more. I'm not saying you shouldn't do those other activities; they will make you a better all-round athlete. But running makes you a better runner. (*I was just kidding when I said yoga was a sport.*)
3. Run slow most of the time. Slow running should be most of your miles. Slow means a conversational pace. Not 1 or 2 words but able to say a whole sentence while running. (*Not your life story though; your fellow runners don't want to hear it.*)
4. Drink often. Drink water before and during a run. Drink beer afterwards. Water helps you hydrate. Beer helps you forget how painful running is.
5. The first 3 miles of a 5K are the hardest. (And the last .1 isn't any easier.) Racing is hard but totally worth the effort. It's going to hurt and you may weep a little inside during a race but the reason you put in all those training miles is to find out how you measure up. Sign-up, show up, line up, step up, pick it up, keep it up, tear it up, then thumbs up. But, never give up.
6. Running friends make better friends. Your non-running friends don't want to hear about your miles or your

races or how you almost got hit by a bus or how you had to jump over a dead squirrel in the road or your frantic search for a porta-potty. They don't want to see a picture of your medal or of your new running shoes or a pace group post-run photo. Your non-running friends don't care about black toenails, the meaning of a fartlek, or how far a half-marathon is. But, your running friends do. They care very much and if you tell them your stories, they'll tell you theirs.

Keep running!

Scott Peacock
President, SARR