

Hello SARR Members,

Well now that 2021 is behind us and we are two weeks into 2022 I can tell you I'm excited about our club! 2021 saw the return of live races, and I anticipate a boom in 2022 participation. Our Training is off to a fast start as well and we have so many participants! Of course, we must still remain both cautious and vigilant in this environment, however, running has proven to be a powerful tool that helps many of us deal with the daily challenges in our lives. We've put new safety policies and protocols in place to enable our runners to safely keep getting those miles in!

Runners everywhere! Seeing the large number of people out at our races enjoying themselves, as well as the tremendous numbers we're getting in our training programs is so inspiring and just fun to be a part of! I see so many great things running, more specifically running with SARR is doing for people. Here are just some of my observations:

- Countless friendships are being formed
- People are constantly talking about all things running (annoyingly so to the non-runners)
- Runners are getting together with groups of friends to go run all over town
- Runcations are being planned with other running friends
- Runners are always encouraging each other and cheering others on
- Runners are helping other runners in so many ways; to improve, to recover, to train, to race, to PR, to finish, etc.
- So many runners are setting Personal Bests; in races and in other areas like "furthest distance run", or "fastest pace"
- Runners are bringing family, friends, and co-workers into the club each year to get that running bug
- Tons and tons of running pictures are being posted regularly (Facebook should be paying us!)

That's what SARR is about!

What's next: the [SARR Prickly Pear 50K/15K/5K Trail Run](#) is coming up March 13th. After that is the [SARR Mission Half Marathon/10K/5K and kids 1K Run](#) on April 3rd. These are two great races!

Our [January Adopt-A-Trail](#) clean up event is coming up Sunday, Jan 23rd. Consider spending an hour or two helping clean up part of our local trails that we all put so many miles on.

Shoes again? Yes, we are having another shoe/clothing on Sunday Jan 23rd. Our Training Teams are hosting this event. Our last drive resulted in over 150 pairs of shoes donated to Street2Feet.

Remember, next year is SARR's 50th year!

Take care!

Keith Click
President, SARR