

Hello SARR Members,

I hope everyone is doing well, you sure don't need me to tell you July has been a scorcher! Something you're not likely to hear a runner say is "This record heat wave sure is nice" or "I wish it was a little more humid". But I will say, despite the brutal weather, I'm still seeing people out there getting their miles in the best way they can and usually with a smile on their face, ok, the smile part may be a stretch as that's usually when they are done. Seriously, I hope everyone remains safe out there and does not underestimate that heat.

What heat? The heat didn't stop people from coming out to our **SARR Freedom Day 4 Miler** where we had over 550 participants or our **SARR Women's Run**, where we had over 650 participants. Runners are really enjoying our SARR races, and we are working hard to continually make improvements to each race! SARR even made the local news again, as Stephanie Serna from KSAT News was the emcee for our Women's Run and between doing that, even dropped the mic and ran the 5K herself! A big thank you to Stephanie for being a great emcee!

Now what? Our next race is the **SARR Labor Day Whine Run (5K and 5 Miler)** coming up on Sep 5th, followed by our **First Annual Rocky Horror Trail Run (5K, 10K, 25K and 50K)** on Oct 29th. These two are sure to be great! (I say that about all our races, but they are!) Our races have virtual options as well. Just go to our SARR home page and scroll down, we list our upcoming training and races on the [website](#).

To race well, we must train! Our Off-RoadRunners training program begins Aug 6th with the Rocky Horror Trail Run being the goal race and the Fall Road training program begins on Aug 13th with the December SA Rock n Roll being the goal race. These training programs offer various distances. They will get you ready and you'll have a ton of fun along the way! We also have our Walk2Run 5K Beginner Training program underway and going well!

Fun Runs: We plan to restart the Saturday Fun Runs beginning the first Saturday in August after a long hiatus. Some of you have asked hey where are these, well they're back so come on out starting in August. They are held the first Saturday of each month at McAllister Park (Al Becken Pavilion). There will be a Kids Run starting at 0830, followed by the Half-Mile, 1 Mile, and 3 Mile runs. All free; all ages.

Community matters: With all the trail additions, SA Parks and Rec could sure use help in keeping our trails clean. SARR definitely wants to do our part! We've started our Adopt-A-Trail program up again and had quite a few volunteers at our June event! Stay on the lookout for our next event, we could sure use your help.

To all our SARR member and volunteers, thank you to each of you for all you do to keep this club going and helping make it a treasure of San Antonio. As we near our 50th anniversary of SARR, I'm excited because I see this club continuing to get better and I see so many great things for this club in the future. I say it often, this club improves people's lives!

May your miles be memorable!

Keith Click
President, SARR