

Hello SARR Members,

While I really enjoy talking about all the positives of running in these newsletters, I can't start this one as normal.

Unfortunately, in September the running community suffered another senseless tragedy. We're all aware of the Eliza Fletcher tragedy that happened early this month. This should not have happened to her. It both saddens me and angers me that we cannot all equally just go out and run without worry, regardless of our gender, race age, etc. I hope we can get that point sometime soon. It was touching to see so many runners everywhere running a portion of their miles in Eliza's memory.

Please always be aware of your surroundings anytime you step out for a run. Run with a buddy or a group whenever possible. This club offers many opportunities to run with others through our various training programs and meetups all over town. And please always look out for one another! We are working on some things regarding safety so you should be seeing more on this topic soon. If you have any ideas on safety related things that may be beneficial to our runners, please reach out to any Board member.

SARR Races: We had a great Labor Day Whine Run 5K/5 Miler. This year was at a new venue, and it was sure enjoyable! Congrats to all our participants and much thanks to all our outstanding volunteers who helped make this race a huge success! We have 4 more SARR races coming up this year with the next one being our inaugural Rocky Horror Trail Run on Oct 29th. Check them out on our website [Here](#).

Community matters: Our club remains very active within the community and our members continually step up to make a difference. We've kickstarted our Adopt-A-Trail Meetups to help keep our running trails clean; our off-road team regularly volunteers to help clean up at McAllister Park; we've partnered with local running stores for shoes demos; and we had another shoe drive this month to collect and donate shoes to the less fortunate. Additionally, we implemented a SARR Inclusion Program to increase diversity and inclusion in running by providing free entries for SARR race & training programs to disadvantaged or low-income runners.

Fun Runs: Reminder, our monthly Fun Runs are back. These are free and open to the public. They are held the 1st Saturday of the month at McAllister Park Pavilion #1 (Al Becken Pavilion). Events include a 1/2 mile run, Kids run (~100 yards), 1 mile run & 3 mile run. Kids run starts at 8:30am, followed in order by the 1/2 mile, 1 mile and 3 mile runs. We had a big group for our September run, it was a great time.

Train to improve. Our training programs are underway and going great, we have so many people out there training every weekend. Keep up the great work, it will pay off! Registration is ongoing for the SARR Fall Walk2Run 5K Program (10/9 - 12/2) – this one is an excellent program for beginner runners, walkers & those returning to running after time off. The goal race is the RNR 5K on December 3rd. Check it out on our website [Here](#).

Stay on the lookout for our regular SARR marketing emails, they have great info and discounts on our upcoming SARR races and training programs.

SARR Discounts for other races: (we have many SARR members running these, if you're not signed up, consider volunteering, it's a great way to go cheer on your friends!)

Sauerkraut Bend 5K on Oct 1st: More info [Here](#): save \$6 w/code SARRTEAM

Friends of Government Canyon Recharge Run 8K/15K on Nov 5th: More info [Here](#): SARR Members save 20% on registration with coupon code SARRTEAM

Scallywampus Alamo Beer Series: More info [Here](#): save 10% on races or series w/code SARR10MEMBERS. SARR Training Teams save 25%. Contact Coach David for your code.

SA Rock 'n' Roll Running Series on Dec 3-4: More info [Here](#): All SARR Training Teams save 10% off race entry. Contact Coach David for your code.

Please take care and stay safe out there. Cooler temps are on the way!

Remember, running with friends is better than running alone.

Keith Click

