

Hello SARR Members,

Ahhh, the life of a runner in Texas, one week, you're gutting it out in triple digit temps, the next week you're slogging through rain and mud. Enjoy the break from the brutal weather, you sure deserve it after this summer!

New Board Member: Chris Engstrom has been appointed as our new Director of Safety and Compliance. This is a new Board position approved at the annual meeting. Chris has taken over from Jim Murray who has been instrumental in getting many safety policies and procedures implemented as well as leading CPR certification for our coaches. Congratulations Chris, thanks for jumping in and bringing great ideas! Jim, much thanks to you for all you've done and continue to do for SARR.

Looking good! Our club has close to 1,750 members, about 250 more than last year. We are always looking for ways to improve our club and make it better for our members.

Everywhere! I must say, as I'm out and about, I'm always blown away by the number of SARR members I see all over the place getting miles in and being involved in things all over town.

Case in point, Kathy and I recently hosted the return of the Saturday Fun Run...we didn't advertise the first one much, as we were testing it out. As we waited at the Al Becken Pavilion to see whether anyone would show up, there was a group of young college athletes who had just finished a run and were cooling down and stretching. Since I had a cooler full of drinks and fresh donuts, I offered them some, and we started chatting about running. During our conversation, one of the young ladies told us that her parents used to bring her to the SARR Fun Runs when she was little a little girl. I thought wow, that's awesome! So then, we had two participants actually show up for our Fun Run, they were Jeff and Becky Knight's young granddaughters. We set up a nice short course for them, and as we cheered them in, the young college athletes joined us, making one heck of a cheering crew for these two little girls! It was awesome, and I sure hope they remember that moment as much as I will.

That same day, the Off-RoadRunners training kicked-off, so we headed over there with donuts and drinks. All I can say about that crew is...wow, what a fun bunch of people! They had such a huge group out there running the trails of McAllister. That morning, we also had our awesome Walk2Run training team out getting miles their miles in at the Quarry. On top of that, we had many of our SARR members out at the Scallywompus race, competing, cheering, and having fun. So, in short (or not), we had runners everywhere....and that's a typical SARR weekend! Great job to all, you make this club what it is!

Ready to Race! Our *Whine Run 5K/5 Miler* is coming up on Sept 5th, and you can still sign up! You should be seeing details on registration and packet pick up. We have 5 more SARR races to round out 2022, I encourage you to sign up early and take advantage of any discounts! Be on the look out for those emails and FB Posts!

And Train! Registration open for the *SARR Fall Walk2Run 5K Program* (10/9 - 12/2) – an excellent program for beginner runners, walkers & those returning to running after time off. Team meets 2x/week for group training that fosters physical fitness, healthy habits & running knowledge in a FUN and ENCOURAGING environment. Goal race is the RNR 5K on December 3rd *Register today and save \$5 w/code SARR5!

SARR Discounts:

Scallywompus Alamo Beer Series: save 10% on races or series w/code SARR10MEMBERS. SARR Training Teams save 25%. Contact Coach David for your code.

Sauerkraut Bend 5K on Oct 1st: save \$6 w/code SARRTEAM

SA Rock 'n' Roll Running Series on Dec 3-4: All SARR Training Teams save 10% off race entry. Contact Coach David for your code.

Please take care and stay safe out there! Remember, running with friends is better than running alone.

Keith Click
President, SARR