Hello SARR Members,

I would like to begin by wishing each of you and your families a very Happy Thanksgiving! While I have so much in my life that I'm so thankful for, this running club and my extended SARR family are very high on my list.

Let's trot and say we did: Many of us will be out there early Thanksgiving Day running or volunteering at our 47th Annual SARR Turkey Trot and Li'l Pumpkin Dash. That's right, it's our 47th year of this fun run! What a great way to come together as we start off Thanksgiving Day. Hopefully the weather is kind to us!

Santa's coming! Next up in December we have our final SARR race of 2022, the highly popular and just plain fun *SARR Santa Antonio 5K, 1-Mile walk and Kids Elf Run* on Sunday, December 18, 2022. SARR is continuing the tradition of the best Santa Run in San Antonio. The Santa Antonio Run, previously put on by the BISH Foundation, will donate a portion of the race proceeds to Cancer Research. This one is a ton of fun for the whole family! Sign up <u>HERE</u>.

Rock n Roll! I want to wish each of you participating in the upcoming Rock 'n' Roll San Antonio the best of luck. We had a huge number in our training program out there training hard and preparing for this race. You put in the work, now it's time to go run your race! I wish you the best, you got this! One note, make sure you don't forget to have fun! You should see some familiar faces out there pacing as SARR is the official Pace team this year!

Don't forget, registration for our outstanding Winter Training Programs is under way! 2023 is the 10th Anniversary of the SARR Winter Off-RoadRunners Training Program! The dates are Jan 7 - Mar 11, 2023. The 2023 Winter Road training dates are Jan 21 - Mar 18, 2023. These are both outstanding programs and are a great way to continue your training with a group! Check out our SARR Website <u>HERE</u> for the 2023 Races and Winter Training programs as well as other upcoming events. We continue to add races and training events to the schedule so stay tuned and keep our site bookmarked.

Again, I wish each of you and your families the very best!

Take care!

Keith Click President, SARR