



# San Antonio RoadRunners

San Antonio, TX

SARR Members,

Well, we're in the middle of summer and to say it's hot would be a bit of an understatement. I think my running shoes melted the other day! I do hope everyone is taking this extreme heat seriously and being aware and safe while out getting your miles in. We'll see what the August temps have in store for us.

**Busy but fun Jun/Jul.** I previously mentioned the coaching class, Global Running Day and the Carrabba's run that were in Jun, but we didn't stop there. Our Annual membership meeting was held Jun 24th and it was a very good time. We had a great turnout and celebrated 50 years of SARR. We had a nice fun run to start the day followed by the membership meeting and election for Board positions. **Your 2023-2024 Board members are:**

President: Keith Click  
Executive VP: T. C. Wilson  
VP of Membership: Glenn McRill  
Director of Racing: Merrianna Ramirez  
Director of Training: David Fuller  
Treasurer: Jeanine Merrill  
Secretary: Leigh Ann Qualia  
Director of Social Media: Dawn Carreon  
Director of Volunteers: Jan Stoliker  
Director of Safety and Compliance: Chris Engstrom

July began with Freedom 4 Miler on the 4th of July where we had 603 registered runners. This was a blast! Next was our 44th Women's Run this past weekend with 698 registered runners. Stephanie Serna from KSAT was the MC and this was another awesome race! I enjoyed seeing my granddaughters out there for the third straight year. Congratulations to all participants and a big thank you to all the volunteers, you really helped make these races great!

**Racing never ends:** Our next race is the SARR Labor Day Whine Run (5K and 5 Miler) coming up on Sep 4th. This is followed by our 2nd Annual Rocky Horror Trail Run (5K, 10K, 25K and 50K) on Oct 28th. These will be some good ones, so get signed up! SARR Webpage [HERE](#).

**Nor does Training:** Our Off-RoadRunner trail run training program began July 10th and they hit the ground running (pun intended). We are looking forward to a great Fall season!

Our SARR Fall (road) Training begins Aug 12th and they have a Free Base builder and a 101-intro class to Fall Training next Saturday.

## FREE BASE BUILDER GROUP RUN

Saturday, July 21

Run Time: 6:30am

Arrive at 6:15am for announcements.

Location: McAllister Dog Park, 8418 Buckhorn Road, San Antonio Texas.

\*\* Please bring your own hydration. This meetup is not supported with water. There will be no turnaround

signs. You will need to keep track of your own distance.

Stay afterwards for Q & A about how fall training works and training information.

Since it is our 50th year anniversary we have a 20% off code for the next 50 people that sign up for Fall training (SARRFALL50). It will expire in 48 hrs. SARR Fall 10K, Half & Full Marathon 2023 Training Program. Signup [HERE](#).

**August/September Monthly Fun Run location:** These **free** monthly runs are held the first Saturday of each month at 8:30am. **Please help spread the word on these free runs. Reminder, our August, and September Fun Runs will be at the locations listed below** as we try to expand the reach of our club to various locations around the city:

**August 5 Fun Run is at Southside Lions Park**

September 2 Fun Run is at MLK Park

In October we will be back at the Al Becken Pavilion



Let's keep our 50th year celebration going!

Best regards,

Keith Click  
President, SARR