



San Antonio RoadRunners

San Antonio, TX

Hello SARR Members,

Looks like we're getting a bit of relief from the hot weather, as I see that next week we're in for cooler weather. I actually saw that on next Wednesday the low will be in the high 30's. A break from the heat will be nice, but I realize I gripe about the hot weather over the summer, but then I gripe more about the cold weather in winter. I'm getting my hand warmers ready!

Hey, let's close our 50th year of SARR out on a high note! We have so many great things going on in the club, I'm seeing record numbers in our training programs, our races are going great, our volunteers are first class, and we are a positive presence in our community! I see so many new faces in SARR on a regular basis, this sure makes me want to get out there and run! Way to go, I'm so proud to be a part of this club!

Rocky Horror Trail Race: Our 2nd Annual Rocky Horror Trail Race is this Saturday, October 28th. I hope the weather is great and everyone has a great run! We still need some volunteers, so please consider volunteering if you're not running it. The link is [HERE](#) for sign up or volunteer.

Can't say enough about training: As I mentioned before, our training programs are going great. Every time I go to training, I have a challenge finding a place to park, this shows that people are not just signing up, they are showing up! Keep it going, that accountability is a great thing! Our Off-RoadRunner training program just finished up another successful season, what a fun crew! The Rocky Horror is the goal race, so best of luck to all signed up! Our Fall road training is in full swing with the goal race being the Rock n Roll San Antonio. I hope for a great race for everyone!

More training: Our Kids Run SARR Training Program started October 8th and runs through December 2nd with the goal race being the Rock n Roll 5k. This awesome program is designed for kids aged 7-12. We have some great coaches leading this program and preparing these kids to accomplish great things! It doesn't end there; we have our Walk 2 Run 5K Beginner Training that runs from October 7-December 2. The goal race is the Rock n Roll 5k, and for some, this will be their first 5k! Way to go, I see a lot of hard work being put in on this. We will be pulling for each of you to have an awesome race!

What about next year's training? Well, you're in luck, our 2024 Winter training programs are currently open for registration. The SARR Winter Off-RoadRunners 50K/15K/5K Training Program runs from January 6 - March 9, 2024, with the Prickly Pear being the goal race. Check it out [HERE](#). The SARR Winter Training Program 10K/Half/Full runs from January 6 - March 3, 2024, with the goal race being the Alamo 13.1/26.2/10K/5K. Check it out [HERE](#).

Reminder, no monthly Fun Run in Dec: The November Monthly Fun Run is on Nov 4th at McAllister Park, Al Becken pavilion. The run starts at 8:30am. Events include a Kids run, 1/2-mile fun run, 1-mile fun run & 3-mile fun run. **IMPORTANT NOTE:** We will not have a December Fun Run, due to that being Rock n Roll weekend. If you aren't doing anything, come cheer on the Rock-n-Roll participants.

Let the fun continue! We close out the year with two fun races! On Thursday, November 23rd, we have our 49th Annual SARR Turkey Trot, 4-Miler, 2-Miler & Kids' Pumpkin Dash. Sign up [HERE](#). Then on Sunday December 17th we have our SARR Santa Antonio 5K, 1-Mile Walk, and Kids Elf Run. There will sure be a lot of Santas out there in their running shoes that day. Sign up [HERE](#).

Talk to you next month. Keep rocking SARR!

Keith Click
President, SARR