



San Antonio RoadRunners

San Antonio, TX

Hello SARR Members,

Spring is right around the corner, and that means more running. It's nice to be coming out of Winter, so enjoy the spring weather, as before you know it summer will be here, and we'll be griping about those extreme temps and looking forward to Fall and cooler weather. It's our normal Texas running cycle!

Relay madness: We started the year off with a bang, we had our second annual Great Greenway Marathon Relay which was a huge success. All the way to the evening prior, we were so nervous about some areas on the trails, but they really cleared up and nobody ended up running through ankle deep water!

Congratulations! This past weekend, we had so many members running so many races that it's hard to keep up with. A big shout out to each of you on your respective race! Way to go and way to represent SARR!

Our outstanding **Winter training programs** are wrapping up their seasons and we have some awesome goal races on deck. You all have been so impressive with all the work you've put in! You've trained hard, now I hope you go out and have a great race when you go run that race you've been training for! A big shout out to all the coaches and other volunteers that helped make these programs simply the best! Thank you for stepping up and being involved!

Our **SARR Prickly Pear** is the goal race for the Off-RoadRunners team and I'm so excited for everyone running this one! It's coming up on March 10th and have I mentioned the 50K is a Road Runners Club of America National Championship Race! Whichever distance you're running, have a great race! Our road team has the upcoming **Alamo 13.1** as their goal race, and I hope everyone has a fantastic run on this one also! I look forward to all those Facebook pictures I'll be seeing after these races! I am hearing there will be some good cheer squads out there. I better charge the bullhorn!

Our **free Monthly Fun Run** is coming up this Saturday at 8:30am at McAllister Park, Al Becken pavilion. I would sure like to see some more people out at this one. These are always a lot of fun.

Next Up: The club's oldest race, the 50th SARR Mission Half Marathon/5K/10K is coming up on April 21st. It's a great one to get you in that fiesta spirit! Yes, the 50th year of this run, it started in just the second year of the club! It started out with just a 10K and it's the oldest 10K in Texas. There are more interesting facts on our race history page, take a look [HERE](#).

Our **Spring training programs** also begin in April, don't rest on your Winter training laurels, keep going!

Apr 20 - 8 Weeks - Spring Beginners Walk to Run 5K

Apr 21 - 8 Weeks - Spring Kids Run SARR

Apr 27 - 9 Weeks - Spring Pick Up The Pace

Be on the lookout for more details and stay tuned to our Club website [HERE](#).

On a somber note, but one I feel the need to include: There was another runner, Laken Riley senselessly

murdered this week in Georgia. Please keep her and her family in your thoughts and prayers. When I see stories like this on the news it breaks my heart. We should all be able to go enjoy a run without fear, regardless of race, gender, age, or anything else. I have also thought of Ahmaud Arbery, as he was murdered 4 years ago this week and Eliza Fletcher in Sept 2022. It just shouldn't happen! This is why I always encourage people to join a running club, since running with others and in groups at least lessens the likelihood of something happening. This is a sad reminder that everyone, especially females, need to be aware of your surroundings when you're out running. We are really hoping to get some women's self defense classes lined up soon.

Please take care!

Keith Click
President, SARR