



San Antonio RoadRunners

website: <http://saroadrunners.org>

Hello SARR Members,

As we get ready to close out August, it's one of our few light months in terms of racing. This will change starting with our Labor Day Whine Run as we have 5 upcoming races from now through December.

We have a lot of great things going on in our club right now, but before I get to that, I want to begin with a shout out to Al Becken. I heard that he took a tumble recently and is recovering. This is a bit tougher at 95 years old, so please keep Al and his family in your thoughts and prayers. Al, we love you buddy and wish you the very best!

On the training side, our teams are full speed ahead! The Fall Off-RoadRunners are doing some awesome training in some awesome places and having a lot of fun as they prepare for the Rocky Horror Trail Run! Our Fall Road Team training kicked off their training a week and a half ago and we have over 450 signed up and starting their training journey in preparation for the SA Rock n Roll Series. I've had the opportunity to join both teams and it sure is a great time being out there running with the group! I'm so impressed by everyone's accomplishments, and I enjoy seeing friendships forming that running with others affords us! Not to mention, it's so much safer to run with a group! Keep up the great work, cooler temps are on the way!

Fall ORR Team





Fall Road Team



On the Racing side: Remember, the **SARR Labor Day Whine Run** is this Monday, Sept 2. Come to Tuscany Venue to celebrate the end of summer with the San Antonio RoadRunners Labor Day Whine Run 5K/5-Miler, friends, Whining, and of course wine! After that, we have:

- **SARR Sauerkraut Bend 5K & Lil Kraut's Run** – Oct 5. Family-friendly scenic 5K course along the tree-lined streets of the Historic King William Neighborhood and San Antonio Riverwalk. We've added a Kids Race as well, so get those lil' 'krauts ready for a fun sprint around King William Park. You can even dress up and compete to win a Oktoberfest-themed Costume Contest!

– Donations benefit the King William Association's efforts to preserve and protect Texas's first residential historic district, including repairing broken sidewalks, hosting free community concerts in the park, supporting healthy family-fun events, public art installations, providing grants to schools and other King William neighborhood organizations, and hosting free cultural arts lectures.

- **3rd Annual Rocky Horror Trail Run** – Oct 19. Come all ye ghouls, goblins, ghosts, and crazy running creatures and join us on the challenging natural rocky elevated trails of Eisenhower Park a few eves before Halloween.

– Donations will help fund a trail renovation project at Eisenhower Park along Hillview trail. Renovation consists of reshaping some of the surface, rebuilding the steps with cedar logs, and backfilling with rocks and base.

- **49th annual SARR Turkey Trot 4-Miler, 2-Miler & Kids' Pumpkin Dash** – Nov 28. A great way to start your Thanksgiving Day is with a run with friends and family!

– Our charity partner for the 2024 SARR Turkey Trot is Street2Feet. Their mission is to promote health in mind, body, and spirit with individuals experiencing homelessness in San Antonio, using a walking/running 5K training model as medicine.

- **SARR Santa Antonio 5K, 1-Mile Walk, and Kids Elf Run** – Dec 15. Get Ready! The Running of the Santas is coming this December! You can even create a team! (NEW IN 2024! We will have an all-new race category in the timed 5K. CANCER SURVIVORS)

– 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.

Find out more info on these races and sign up on our Website [HERE](#).



I was telling some friends that I remember the time prior to Kathy and I joining SARR, when we would go to a race and not know anyone. Fast forward to the time after joining SARR, and there's not a race we go to where we don't know a ton of people! It is truly amazing! And have I mentioned, the next best thing to running is cheering on your friends!

SARR Meet Ups: These are a great way to get together with other runners and get your weekly miles in. We have some really good ones out there! Check them out on Meetup [HERE](#).



Sep Monthly Fun Run: These free monthly runs are held the first Saturday of each month at 8:30am. Our August Fun Run was a Blast! **The September 7 Fun Run will be at Phil Hardberger Park.** We will not have one in Oct or Dec due to races those days, but we will be back at McAllister Park for the Nov Fun Run.



We had a **SARR Adopt-A-Park clean up** on Aug 19 and that awesome crew of volunteers picked up a lot of trash from the trail. Shout out to each of you for volunteering!!



Enjoy your miles and stay safe!

Keith

Keith Click
President, SARR