DO TO PUNISH

San Antonio RoadRunners

http://saroadrunners.org

Hello SARR Members,

As we complete April, SARR is moving along at a fast pace these days with so many things going on. I am beginning with the Board elections, as nominations close May 1st. We have received at least one nomination for each position.

The Board positions up for election at the membership meeting: (nomination details are on our website HERE)

- President
- Vice President of Membership
- Director of Racing
- Director of Social Media
- Director of Safety and Compliance

Annual Membership Meeting: Our membership meeting will be on Saturday, June 21, 2025, at Eisenhower Park, Harris Pavilion, and you're invited! A separate email with additional details is forthcoming

Annual Awards: We are accepting nominations for our annual awards, so think of deserving individuals, and send submission to any Board member. Cutoff is June 1st for these. (details are on our website HERE)

- Newcomer of the Year
- Comeback of the Year
- Perseverance of the Year
- Inspiration of the Year
- RoadRunner of the Year

Moving: Jake Odland, our Secretary, will be leaving us next month to accept a position in New York. Although we are saddened by his departure, we are enthusiastic about his new career opportunity. On behalf of the club, I extend our gratitude to Jake for his contributions to SARR. I'm confident he will proudly represent SARR in New York with all his SARR gear!

With his short notice departure, the Board has appointed Jan Stoliker to assume the role of Secretary for the remainder of the current term. Jan is highly active within our club and familiar with the responsibilities of the Board, having recently served as our Director of Volunteers. She also coaches our kids' training program. Please join me in welcoming Jan to the Board.

Road Runners Club of America News: Some Board members attended the RRCA Conference last week. The RRCA held informative sessions, and valuable information and ideas were shared that are beneficial to our club. Our club has gained recognition across the RRCA.

Additionally, congratulations to Gwendolyn DeMore, our VP of Membership, for being named RRCA's "Outstanding Volunteer of the Year" for 2024. This prestigious honor acknowledges her numerous contributions to our club. She represents SARR well! If you see Gwendolyn, please extend your congratulations.





Mission Run: Our recent SARR Mission Run was a huge success, we had great weather and a great turnout! The runners were happy, and it was just an all-around great day! Thanks to Merrianna, Adrian, and all the spectacular volunteers that made this race so successful! We run on volunteers and we are always in need! I can say, I've never seen people have so much fun separating recyclables from trash!

May the 4th Be With You: This Sunday May 4th is Episode VII of the SARR May the 4th Be With You Run. You can register <u>HERE</u>, but it's almost sold out. This will be another fun race and I'm looking forward to all the costumes! We are still in need of volunteers, so if you can, please consider volunteering at this fun race (and recruit some friends)! We could sure use you! Volunteer link <u>HERE</u>.

Race Sustainability: As you know, sustainability is important to our club. Our trail races have been cupless for several years and last year we advertised and went cupless with our road races as well. At the beginning of this year, we reviewed how that went, and subsequently the Board voted to bring back cups at our road races going forward. Several factors came into play, and we want to ensure the safety of everyone, so the vote was to provide cups for our road races and continue our trail races as cupless events. Sustainability remains important to us and our sustainability committee is always looking at ways to improve our efforts as a club. So, while we'll have cups at our road races, you are still welcome and encouraged to bring your hydration containers!

Training Update: Our SARR Spring Training programs kicked off in April. I went to the Pick Up The Pace (PUP) kickoff and wow, what a great turnout!

- **Training Team members get a discount on SARR races occurring within that respective training season. This discount picks up when the SARR early bird discount expires.
- SARR Spring Pick Up The Pace (PUP) Training Program: Sat April 19 Fri July 4. All paces and levels are welcome! This program has an option for basic or advanced training plans, a team shirt and two weekly group runs (Tue/Sat). The Goal race is the <u>SARR Freedom Day Run</u>. It's a good chance to go out and run with others and make new friends. Sign up <u>HERE</u> but it closes at midnight tonight, Apr 29th.
- **Kids Run SARR Training Program:** Sun April 20 Sun June 15. This program is for kids ages 7-12 and is a twice a week group training program that fosters physical fitness, healthy habits, respect, goal-setting, and running knowledge all in a safe, fun environment. The goal race is the <u>SARR Texas Sun Showdown</u>. Sign up <u>HERE</u>, **but it also closes at midnight tonight, Apr 29th.**

Early Registration is also open for some of our Fall Training Programs:

- SARR Fall Off-RoadRunners 53K and 27K Training Program: Mon, August 4 – Sat October 25, 2025 (12-week program): For experienced trail runners; 53K must be able to run a trail half marathon (13.1 miles) comfortably. The Goal Race is the popular <u>SARR Rocky Horror Trail Run.</u> Sign up <u>HERE!</u>

*** There's a Free Base Builder: July 7 - Aug 3, 2025 for 53K / 27K participants.

Note: The Fall Off-Road 10K and 5K Training Program registration will open soon.

- SARR Fall 10K, Half & Full Marathon Training Program: August 16 - December 7, 2025. The Goal Race for fall Training is the Inaugural <u>San Antonio Marathon!</u> You won't want to miss this one! Sign up <u>HERE!</u> **Price increases May 1st and today is the last day to use the \$5 off coupon.**

SARR Team for the San Antonio Marathon: We are excited for the inaugural SA Marathon! We have a "San Antonio RoadRunners" Team, and I ask that when you register, you join our SARR team. You'll get \$10 off for the marathon and half marathon, and \$5 off for the 5K. **If you've already registered for one of the distances, you can still go back in and join our SARR team!** The details to do that are as follows at this <u>link</u>. Tell your friends so we can grow that SARR team! We are planning a nice after party!

Pace Team: SARR will also be the **Official Pace Team** for the inaugural SATX Marathon/Half-Marathon race, which takes place on December 7th. This new race is an incredible opportunity to elevate San Antonio's premier running experience and reflect the vibrant cultural spirit and uniqueness of our community.

We're looking for experienced and enthusiastic runners to join the pace team for this great event. If you're passionate about helping others achieve their race day goals and have solid pacing experience, we'd love to have you on board! You can help make race day unforgettable for every runner out there!

If you are interested, here are the details:

- Pacers will receive complimentary race registration and an Official Pace Team Race Shirt.
- The team will be pacing the Half Marathon and Full Marathon races.
- Submitting an application does not guarantee you will be a pacer.
- Experienced pacers will get preferential selection.
- All applications must be received by noon on Saturday, May 31st.
- You will receive an email indicating if you have been selected or not by the end of June.
- You can forward this email to other runners who may be interested.

Your first step to becoming an official pacer starts with filling out the online application HERE.

Zoo Runs: Our Free "**WEDNESDAY NIGHT ZOO RUNS**" are underway and run through October. Come out for some fun Wednesday miles.

- 6:30 p.m.
- Brackenridge Park, across from Lambert Field (near Iron Bridge and across river from Witte)

There will be several challenges to deal with this season. The first is a Boot Camp that will be held each Wednesday from 6:30 p.m. to 7:30 p.m. at Joske's Pavilion. This is a free boot camp sponsored by Activate. Parking may be a challenge. We will keep you updated on other challenges as they arise.

Free Monthly Fun Run: Our May Fun Run will be held at McAllister Park, Al Becken Pavilion. This is a FREE fun run open to the public! The Kid's run starts at 8:30 am, followed by the 1/2-mile, 1 mile and 5K runs. You can run any or all three distances! Tell your friends, family, and coworkers about it.

Global Running Day: It will take place on Wednesday, June 4th at Mission County Park. We will host a complimentary 5K run, accompanied by food, door prizes, and various other activities. This community event aims to promote fitness for all family members. Further details will be provided as the date approaches.

Make those miles memorable!

Keith

Keith Click President, SARR