



## San Antonio RoadRunners

<http://saroadrunners.org>

Hello SARR Members,

I begin this newsletter with an acknowledgement of the recent floods that struck Kerrville and the surrounding areas. My thoughts and prayers go out to all those affected in any way by this tragedy, and I know we all hurt for those lost and their families. Times like this make running seem so unimportant, but at the same time, running is therapy for many of us. We find comfort in our community and in supporting each other through these difficult times.

The Board has discussed ways to assist going forward, as we know this will be a long recovery. Initially, we have made a \$2,500 donation on behalf of the San Antonio RoadRunners to the Kerr County Flood Relief Fund to aid in their recovery efforts. Additionally, for our Labor Day Whine Run, we have set up a donation option for those interested in making an individual donation to the Kerr County Flood Relief Fund.

There will be more opportunities for our club and members to get involved and show our support. In fact, there is a Texas Strong 5K fundraiser hosted by iRun on Aug 10 with all profits and donations going to the Kerr County Flood Relief Fund. iRun has reached out to SARR to possibly have a tent out there and to host a waterstop. Please consider helping at the SARR waterstop if you aren't running. Send me a note and let me know if you can help.

**Women's Run Success:** The 46th Women's Run on July 19th was an awesome race! The ladies went out there and gave it their all while the men were out there volunteering and cheering them on! Congratulations to all participants and a great job by all the volunteers! Special thanks to KSAT's Stephanie Serna and her daughter Rooney for emceeing our event once again. Her husband Luis was out there volunteering as well, handing out cold towels to the finishers!





**SATX Marathon Event:** San Antonio Sports, the SATX Marathon organizers hosted a recent community event where they announced course changes to the Half Marathon and announced some of the sponsors for the Dec Race. Our SARR club showed up in full force and it was great to see all the excitement our club has for this event and the support you showed! This is going to be fun!



**Training kickoff!** The Fall training season is about to kickoff and it's going to be a great season whether you're doing the road or off-road training! **The price does go up August 1st**, so if you're considering jumping into one of these programs, I recommend getting signed up!

**Fall Off-RoadRunners (ORR) Training Program:** August 4 - October 25, 2025

- 53K / 27K (12 week program): For experienced trail runners; 53K must be able to run a trail half marathon (13.1 miles) comfortably.
- 10K / 5K (8 week program): For runners new to trail running or who prefer a walk/run method.
- Free Base Builder July 7 – August 3, 2025. It's going on strong!



\*The Goal Race for the Off-Road programs is the [SARR Rocky Horror Trail Run](#). Sign up [HERE!](#)

## SARR ORR TRAINING



- ★ RRCA Certified Coaches
- ★ Tue, Wed & Sat Group Runs
- ★ Train on scenic trails in San Antonio
- ★ Supportive and welcoming team atmosphere
- ★ 4 Distances to Choose From: 5k, 10k, 27k, 53k
- ★ Weekly coaches email, Facebook group, fun socials & special events during training!



**Fall 5K, 10K, Half & Full Marathon Training Program:** August 16 - December 7, 2025.

- Walk2Run 5K: Looking to run your first 5K or speed up your current pace?
- Take on the 10K: Completed a 5K and looking to step up to the next level?
- Walk/Run 13.1: Looking to complete your first Half Marathon? Utilizing walk/run intervals helps.
- Let's Run 13.1: Our Half Marathon training is our most popular program.
- You Can Do 26.2: Up for a big challenge? Time for the full.
- Free Base Builder July 19 – August 9, 2025. Biggest turn outs yet!

\*The Goal Race for Fall Training is the Inaugural [San Antonio Marathon!](#) Come join in the fun and sign up [HERE!](#)

## WHY SARR?



- ★ RRCA Certified Coaches
- ★ Tue & Sat Group Runs with Course Support
- ★ 7 Different Pace Groups to Run With!
- ★ 15 Years of Training Experience
- ★ 4 Distances to Choose From: 5k, 10k, Half, Full Marathon
- ★ Weekly coaches email, Facebook group, fun socials & special events during training!





**SARR Team for the SA Marathon:** We have a “San Antonio RoadRunners” Team for the inaugural SA Marathon, so please join our SARR team when you register. **You’ll get \$10 off for the marathon and half marathon, and \$5 off for the 5K.** Also, we have two Ambassadors for the San Antonio Marathon: Kristin Levere and Heather Breeze. Make sure you chat with them prior to signing up for an **additional discount**. 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 [link](#). Let’s continue growing that SARR team! We’ll have a nice after party to celebrate conquering the inaugural race!

**Monthly Fun Run:** The Monthly Fun Run/5K will be this Saturday, Aug 2 at McAllister Park, Al Becken Pavilion. This is a community fun run, Free and open to the public! The kid’s run starts at 8:30 am, followed by the ½ mile, 1 mile and 5K runs. Do one distance or all, your choice. Come on out and bring your kids!

**Whine Run:** The SARR Labor Day Whine Run is coming up on Monday, Sept 1. Come on out to the Tuscany Venue to celebrate the end of summer with the SARR Labor Day Whine Run 5K/5-Miler! It’s a great time with your friends while you’re whining, and wining! Register [HERE](#). As I mentioned, this one has the option to donate to the Kerr County Flood Relief Fund.



**Adopt-A-Trail Cleanup:** Our next cleanup event is at Walker Ranch Park on Sunday, August 17 from 9 am - 11 am. Please help us keep our trails clean! Bring sturdy shoes and clothes that you

don't mind getting a little dusty. If you have kids that need volunteer hours, this is a great way to get them.

Thank you for making SARR such an awesome club! I love seeing everyone out there making this such a great running community!

Keith Click  
President, SARR