



San Antonio RoadRunners

NEWSLETTER

April 2013 Edition

A Note From the President

By: Jerry Negrete

Special points of interest:

- Meet World Record-Holder, Parvaneh Moayedil!
- Race Director of the Month Shares Story of Perseverance
- Running Community Happenings - aka Page Six!

Inside this issue:

PP Race Report	2
PP Volunteers	3
Parvaneh Moayedil	4
Race Director of the Month	5
Page Six!	6
March Meeting Minutes	7

Hello RoadRunners,

I hope you were able to join us for the 2013 Prickly Pear. While we were a bit damp at the start, the weather cooperated somewhat later in the day, and a good time was had by all. This year we were honored to have a special guest, Jen Valdivia from the San Francisco Road Runners. Jen was in town and looking for someone to run with, and gave me a call. Of course, I invited her to join us for this great event. Hopefully, we will see more of Jen in the future, as her parents recently moved to San Antonio, and she will be back from time to time to run with us, and while she's here, she can visit Mom and Dad.

April is shaping up to be a very busy month for the RoadRunners. First up: April 3rd marks the first Zoo Run of the season. Remember, there will be some construction on the streets around Brackenridge Park for the duration of 2013, so you may want to plan accordingly to be at the start by 6:30p.m.

Then, on April 10th, our Beginners Training Program kicks off its second

season. As we did last year, we will meet at 6p.m. at Brackenridge Park, next to the baseball field across the parking lot from our Zoo Run staging area.

Also coming up in April are the Fiesta Runs. On April 20th, the Fiesta Mis-



sion 10K returns to Mission County Park#2, and as we did two years ago, we will once again have the honor of running through Mission San Jose. Please join us for this memorable occasion, for this is not a privilege we enjoy every year, and with the Missions striving for World Heritage status, permission to include the Mission in our route will get tougher.

Mark your calendar for the Fiesta Fandango on April 27th. Every year this event gets bigger and the costumes get more

impressive. And with over 100,000 spectators lining the streets, this race truly takes on a party atmosphere.

As I mentioned earlier, we will be very busy this month. Which brings me to my annual plea for help: If anyone is interested in becoming more involved with SARR, we really could use help in all aspects of event preparation: Zoo Run course set-up, Race Directors/Co-directors, registration data entry, the list goes on. If you are interested, please contact me, or any of the club officers: Jim, Veronica, Scott or Antonio.

The Annual SARR Picnic and Officer Elections will be held at Raymond Russell Park, on June 22nd. SARR will provide the main dish and drinks; please bring your favorite side dish or dessert. Also, this is our annual club meeting, and this year, offices up for election are President, and Vice President of Membership. Once again, if you are interested, please contact me or any of the club officers.

Run for Fun!

March Madness — 2013 Prickly Pear 10 miler/50K!

By: Bill Gardner, Race Director

Prickly Pear 2013 appeared all set to be another one of the “rain years” with dark skies and a steady drizzle at the start of the 50K on the morning of March 9, however, the conditions turned out to be not so sloppy and actually quite runnable. One comment on trail conditions I received from a 50K finisher put it best: “The conditions were terrible for the first loop. Then the 10 milers came through and kind of groomed it and the trails were pretty nice after that.” After our a capella National Anthem and a quick course briefing, the starting siren went off and so did the runners. Pete Mehok, from Austin, hammered his way to the overall 50K title with a very impressive 4:06. First overall female Nora Colligan, also from Austin, was right on his heels coming in at 4:07. In the master’s division we had hometown San Antonian, Tyler Curiel finishing in 4:36. Annabel Pearson, from Helotes, took the master women’s title with a 5:12.



The 10 Miler started at 8:30 a.m. with a bit less rainfall than we had for the 50K. There were a few comments regarding sticky mud from the 10 milers, so I must assume they did not improve like they did for the 50K runners. The first place 10 Miler was Dave Cauthon, from San Antonio, with a time of 1:11:26. First female was Alissa Mejia, out of Corpus Christi, with a 1:18:11. Our master’s division was won by Ulises Marrufo, from San Antonio, with a time of 1:18:18; and top master female was San Antonian Jennifer Rulon, who came blasting through the finish in 1:27:41.

I’d like to thank all of our volunteers for making the event possible. Aid station #1 had reps from Team Red White and Blue (RWB) and American Cancer Society’s Determination Pro-



gram. Water stop #2 had Ernie Oakes, Al Adair, Giselle Henrickson and Emily Johnson. Water stop #3 was manned by San Antonio Rockhoppers trail running club and water stop #4 had Kym’s Kids working to make sure all runners were offered hydration

options. Kym’s Kids also spread out and helped with other water stops and duties since they were 30+ in numbers. We want to thank HEB for providing Quench and Spring Water, The San Antonio Orthopaedic Group for the awesome bone pens in the packets and course signage, Alamo Beer Co for pouring beer for weary trail hardened runners, iRun San Antonio for support with packet pick up, Pickle Juice, and Airborne for letting us sample their products near our start/finish.

I would also like to thank all of the runners and their friends and family who come out to support them. You guys make Prickly Pear what it is—an intimate run with lots of cool people hanging around doing what they love with the people they love, no matter what the weather is like.

Last, but certainly not least, a special thanks to the San Antonio RoadRunners—the non-profit running club behind the whole operation. They were at the park marking trails starting on Thursday at 10 a.m. and worked until Saturday at 5 p.m. They did everything from hanging marking tape in the trees, setting up water stops to bagging trash. The RoadRunners organize a ton of other events besides Prickly Pear. They keep race costs low and the return on investment high. Please consider becoming a member—it’s inexpensive and offers great benefits. Go to SARoadRunners.com for more info.



Thanks to everyone for your support
Bill Gardner
Run In Texas

Prickly Pear Volunteers — We Thank You!

By: Dulce Bares, Editor

One of the many things that set SARR races apart from others is the quality of volunteers at each event. This year, Prickly Pear had the opportunity to host volunteers from four different groups: The Rockhoppers, Kym's Kids, Team Red White and Blue (RWB), and American Cancer Society's Determination Program. As a runner, it feels great to see friendly faces handing you water and hearing them cheer you on as you tackle each mile. It is also great to see each group's water station style as it provides a nice break on long races. For example, it was fun to stop at the second-to-last water station where the Rockhoppers had Tejano music playing from their radio. This unexpected San Antonio-style touch helped energize runners as they ran their last three miles.

Runners that raced the 50K were especially appreciative of the great job done by Kym's Kids, Team RWB, and American Cancer Society groups to ensure there were sufficient sources of fuel at each stop as well as the 50K check point. These volunteers organized their stops well so that 50K runners had plenty of energy gels, fruit, crackers, sodas, and sports drinks to assist them in crossing the finish line safely. SARR, the runners, and the supporters of those running thank you for your great efforts and encouragement at this challenging race!



Volunteers from Kym's Kids, as well as Brak Pak member, Michele Darling, at the 50K check point.



Rockhopper member, Tony Maldonado, volunteers for the 50K race before racing the 10 miler.



Runner, Jerome Evans, opted to volunteer and cheer on fellow runners.

PARVANEH MOAYEDI – Ultra Marathoner with An Ultra Heart

By: Dulce Bares, Editor

It is not everyday one has an opportunity to meet an individual whose accolades and experience leave you wanting to tackle Mount Everest as your next race. One such woman is Parvaneh Moayed, whom I had the pleasure of meeting on March 9, 2013, at Prickly Pear. Parvaneh recently broke the Guinness Book of World Records for the most marathons run by a female in consecutive days by running 17 marathons in a row from Dec. 21, 2012 through Jan. 6, 2013.

Before meeting Parvaneh, several runners stopped me to tell me she was racing, and so my quest began to find her among the 300 plus runners that morning. Coincidentally, while I was handing medals to the 50K finishers at the finish line, I struck up a conversation with one of Parvaneh's strong supporters, Steve Holehan. He must have known her well, because he seemed to know exactly when she would be crossing the finish line.. Sure enough, Parvaneh crossed the finish line a few minutes later.

Shortly after leaving the finish line, I was formally introduced to Parvaneh and was immediately struck by her warm disposition. We sat down among a group of her friends and began discussing her early days as a runner. Parvaneh, a native of Iran, began running twenty years ago, but took to competitive running fourteen years ago. When I asked what made her decide to start running competitively, she said it was the extra time on her hands once her daughters were finally in college. "My daughters are my top priority. If they need me I'm there." With pride, Parvaneh shared that both of her daughters are doctors, runners, and triathletes.

While discussing her first marathon in 2000, the San Antonio Marathon, a fellow runner stopped at our table to congratulate her on being accepted to run in the Bad Water Ultra Marathon. This fellow runner kindly offered to be part of her crew, insisting that he would be there if she needed him. Parvaneh gracefully thanked him, and we began discussing her upcoming ultra race. For those of you that are not familiar with Bad Water, it is an ultra marathon globally considered to be the toughest race of its kind. It covers 135 miles from Death Valley (lowest point in the US) to Mt. Whitney, CA (8,360 ft) in temperatures of up to 130°F. To be accepted into this invitational race, runners must have an extensive resume of endurance ultra

racing. With excitement, Parvaneh talked about her current training, which includes running under several layers of clothing under increasingly warm and humid South Texas conditions in order to acclimate her body to the searing California heat. She will race Bad Water on July 15, 2013. There is no doubt she will

do great, as she is known for her perseverance (she has even finished marathons with a sling due to a broken arm).

"I've come to know such great people that also inspire me with their stories."

If training for Bad Water isn't enough to keep her busy, Parvaneh is also the owner of "I Ran Marathons." A series of half marathons, marathons, and ultra marathon events schedule monthly at O.P. Schnanbel Park. Her purpose is to "get all the locals to run more." She also says that her events offer endurance athletes the opportunity to log race miles without the expense of traveling out of town. When speaking about her experience as Race Director, Parvaneh says, "It's so great. I've come to know such great people that also inspire me with their stories." Having taken a leap of faith by leaving

her career with Compaq Computers, it is evident that Parvaneh lives a life of no regret and aggressively follows her dreams. She is the type of woman that inspires those around her, not solely by her athletic feats, but because she encourages others as they pursue their goals. She said it best when she concluded our talk with "If there is something you want badly, if you train well, you will get there... it is just a matter of time."



To date, Parvaneh has completed 310 marathons, and over 100 ultras

Race Director of the Month Shares Her Fun Times

By: Veronica “Ronnie” Salinas, Secretary

For our Race Director of the Month series, Ronnie Salinas shares her life as a runner — with all the highs and lows this wonderful sport brings.

I’m the race director of the Birds of a Feather 5K which evolved from a former SARR run called the Bird Lovers Run. When the club discontinued this run, ideas for a new run were considered. I suggested having two runners run as partners and their finishing time be their combined times, hence “birds of a feather.” So, guess who got to be the race director? Lesson learned. But, Jerry Negrete, the Cobweb Chaser race director, allayed my fears by saying that the SARR team had putting on races down to a science, and while the race director is in charge of certain facets of the race, other volunteers take over their duties and the director sits back and watches it all happen. And he was right!

I was a “late bloomer” to running, starting in my 30’s. A friend and I had been walking up to 10 miles on weekends when one day she couldn’t make it. So, I decided to go to a nearby track and try some running. I didn’t know how many times around the track constituted a mile. I estimated 6 times, and I set out to do 3 miles. Later I learned that I was doing 4½ miles instead of 3!

I started entering races and gradually my times decreased. The first time I placed was 2nd at the Baptist Memorial Micromarathon10K. After that, I was hooked! I went on to run lucky 13 marathons including San Francisco, Honolulu, and Boston. My best marathon time was 3:16 at the San Antonio Marathon; 10K time, 40:50 at the Come and Take It Run in Gonzales; and 5K time was 19:18 at the Women’s Distance Festival.

In 2007, I tore my meniscus training for the Prickly Pear 10 Mile Trail Run, and my running took a nose dive. I didn’t realize at the time the severity of the injury. So, I pulled on a knee brace and did the run. Bad idea. The subsequent

surgery was not as successful as hoped for, and it has compromised the frequency and intensity of my training. But I am still running with walking breaks to alleviate the pressure on my knee, and I did complete the inaugural San Antonio Rock n Roll Marathon, my last.

The most memorable event of my running involvement is being immortalized, along with my friend Pat Riordon, in a book about the Boston Marathon compiled by Hal Higdon, the Runners World magazine writer. The book is titled Boston, a Century of Running. Higdon advertised in Runners World for articles about the Boston Marathon running experience. I had written an article for the SARR newsletter chronicling the difficult time I had running Boston — difficult because I was nursing a painful IT band injury and expected to take some time off when I learned I HAD QUALIFIED FOR BOSTON! So, injured, I went on a Boston Marathon tour along with three other San Antonians who I had not met before, but we all became good friends to this day. One of these runners was Pat Riordon. He ran along side me throughout the marathon and aided me whenever I had to stop and stretch and massage the painful area. I re-worked the article, sent it in, and it was accepted! The title of the chapter, “Ordinary People,” comes from a poster mentioned in the article that Pat gave me with the caption: *Runners are Ordinary People in Extraordinary Circumstances*.

My advice for novice runners is “keep it moving.” I have had a myriad of injuries throughout my running years, but during recovery I continued to cross train in whatever capacity I was able: walking, stationary bike, weight training, elliptical trainer, yoga, water running, rowing, just to keep it moving. Even when I was on crutches, I would sit on the side of the bed and do 20 to 30 minutes of stretching, twisting, and seated toe touches, twice a day. Whatever it takes, just keep it moving!!!

“I was nursing a painful IT band injury when I learned I had qualified for Boston!”

Running Community Happenings – aka “Page Six”

By: Dulce Bares, Editor



TEXAS INDEPENDENCE DAY RELAY!

On March 23-24, local SA runners took on the Texas Independence Day Relay!

Team “STW Silent Warriors” took 1st place in the Overall Corporate Division by running 200 miles from Gonzalez, TX to the San Jacinto Monument in 21:25:24 hrs. (6:26 min/mi pace).

*Group members: Joshua Brooks Pemberton, Todd Heintz, Jerome Evans, Collin Bond, Mike Lilly, Travis Decker, Travis Perry, Dan Welsh, and Roger Lopez —Team Captain. (*Not a complete list.)

GET FIT SATX IN L.A.!

Members of SA fitness group “Get Fit SATX” traveled to Los Angeles to participate in the Asics LA Marathon on March 17, 2013!

Coach Athena Farias crossed the finish line with an excellent time of 3:44:48 (8:34 min/mi. pace). Group member Joey Farias successfully completed the race with a time of 05:09:53, and group member Barbara Young completed her first marathon with a time of 04:18:29.



A BIRTHDAY THANKS FROM YOUR SARR EDITOR!

Dear Running Family,

Words cannot express how thankful I am for the surprise birthday party you all threw for me. This birthday will go down in the books as one of the most memorable birthdays I’ve ever had. I would like to give a special thanks to our friends Gerard “Gerry” Chauvin and his lovely wife Jonalyn for hosting. A big “thank you” also goes out to fellow Brak Paker Sally Seeker for letting all of the guests know about the event! You all are wonderful! ~Dulce Bares



Monthly Meeting Minutes—March 12, 2013

By: Jerry Negrete and Sally Rios

San Antonio RoadRunners Monthly Meeting

The meeting was called to order at 7:00 p.m. at Academy Sports and Outdoors at 4071 N. Loop 1604.

Officers Present: Jerry Negrete and Scott Peacock

Members/Guests Present: Sally Rios, Al Becken, Joan Bobrukiewicz, Tom Lake, Bob Ratliff, Debra Acosta, Jim Murray, and Letitia Fecher.

Introductions/Guest Items: Letitia Fecher, a new member, attended.

President's Statement: Since there is no quorum of Board members, no action can be taken on any topic. However, items can be discussed and reviewed.

Approval of Minutes: Action postponed until the April, 2013, meeting.

Race Directors:

1. Birds of a Feather recap – Veronica Salinas was not present, but she did send a report to Jerry. We will recap at the next meeting.
2. Prickly Pear recap - Bill Gardner was not present, but he did send a report to Jerry, who in turn forwarded the report to Dulce for inclusion in the next newsletter.
3. Fiesta Mission 10K – No report from Sherri Purnell. However, Sally stated that approval has been received allowing the race route to go through Mission San Jose. Sally stated that the route needed to be finalized as soon as possible. Jerry stated that he needed to get the final route to the San Antonio River Authority (SARA). Sally will contact Whitney for a possible date to finalize route. Joan asked if her grill was needed.
3. Fiesta Fandango – Debra Acosta – A copy of the t-shirt design was shown, sponsors discussed as well as posting of race information to the SARR Facebook page. Debra is looking at alternate places to have race day packet pickup. She also stated that the "San Antonio Magazine's" April issue will focus on Fiesta. The Fiesta Fandango was chosen as a feature article. Debra was interviewed. Magazine should be out the last week in March.

Officer/Staff Reports:

Vice President – Antonio was not present, but he did submit the following report:

1. Meetup.com group currently has 273 members as of Monday, March 11.
2. Jim Holbach has been added as a Co-Organizer to the Meetup Group in order to add free training runs.
3. Requested a link to the SARR Meetup page be added to the website under the "About Us" tab. Jerry indicated that the link is on the Home page.
4. Jim Murray's Sunday Group which meets at 7 a.m. at Valero will be added to the "Meetup" site.

Treasurer's Report/Website – Jim was not present – no report at this time.

Membership Coordinator/Training: Half Marathon – Scott Peacock

Membership: 957 members; down from last month.

Training:

1. Beginning Runners' Training – 20 signups as well as 20 mentors.
2. Half and Full Marathon Training:
 - Full training will begin in July.
 - Half training will begin in August.
3. Fee for each is still pending.
4. Flyer info will be forth coming.

Volunteer Coordinator, Sally Rios, Prickly Pear:

1. Good response from volunteers:
 - Had group from Kym's Kids. They have been asked to help at Fiesta 10K. Only concern is that parents deliver and pick up their kid. Representatives from Kym's Kids are not allowed to transport kids.
 - Jim Murray volunteered to assist with PA and helped out in other areas. He reported to Sally that he was really tired!
3. Health Fairs:
 - Feb. 20 – Joan and Sally participated in St. Mary's University's Health Fair. Received little response but have already received notice regarding the 2014 Health Fair.
 - April 3 – Sally will participate in SAC's Health Fair. She will request assistance from Rick Hopkins, who works at SAC, as last year the SARR table was busy from beginning to end. Debra Acosta said she could volunteer a few hours.
 - April 3 also happens to be the date of the 2013 first Zoo Run.
 - Boutique donations for March totaled: \$112.34 bringing the total donations to \$401.34. Only one small tyvec jacket remains.

Newsletter Editor – Dulce was not present, but sent her report:

1. Preparing an interview of female runner for the next issue.
2. Took receipt of the new laptop.

Fun Run – Debra Acosta:

1. 61 people participated with 34 doing all three races.
2. Because the Komen Race for the Cure will conflict with the April Fun Run, Debra has asked Bob Ratliff, Whitney Lawrence, and Jim Holbach if they could "sub" for her and Robert Beyer. Jerry Negrete and Rick Collett will be the lead bikes for the Komen 10K and Sally will, hopefully, compete in the event.
3. Jerry stated that there is a young runner, "Gabby", who participates in all four of the Fun Run distance events. Gabby is about 6 years old and has been participating for a few years.

**Action Items/Follow Up:**

1. SARR Picnic: Date – June 22; Location: Raymond Russell Park. Tom Rennie from Head Country BBQ will cook. Discussion was held on what the main menu item should be; Jerry will consult with Mr. Rennie. Serving time will be 6 – 6:30. As is customary, SARR members will be asked to bring side dishes.
2. iPad purchase and card reader – status: Jim was not present to report status.
3. SARR By-Laws: Jerry asked that everyone on the Leadership Team review the by-laws and send him their feedback. He would like to generate an updated draft by the May monthly meeting in time for the June Annual Meeting. Antonio and Al have already submitted recommendations. Sally asked for clarification on the definition of the different types of meetings. That definition would then answer her question regarding who is allowed to vote at the various meetings. For example: Is the monthly meeting considered a Board of Directors meeting or a meeting of the membership? Jerry indicated that was an area where he also felt clarification was needed.

Round Table/New Business:

1. Joan stated that she had received word that Walter's bench was being shipped. It is very possible that it could arrive by April 3 and be dedicated at that time.
2. Al Becken indicated that all volunteers at the SARR races needed to sign a waiver. Sally will develop a form similar to the one used at the Zoo Run. Al also stated that at the Friends of McAllister meeting, Councilman Carlton Soules was the guest speaker and discussed the move of McAllister Park from Council District 9 to Council District 10. Councilman Soules also discussed the how funding of the SA Parks and Rec dept. out of the city's general budget is of concern in regards to limited resources. Jerry also attended the meeting, and expressed SARR's gratitude for the work the Friends of McAllister are involved in, regarding the up keep of the park, and how appreciative we are to have such a beautiful venue for so many of our events. The meeting was adjourned at 8:05 p.m. That's got to be some kind of record!



THE SAN ANTONIO ROADRUNNERS
PRESENT
THE 31st ANNUAL FIESTA FANDANGO 2.6
MILE FUN RUN

T-shirts Guaranteed
to first 800!

WHEN: Saturday April 27, 2013 - San Antonio, TX

START TIME: 6:40PM (Just prior to the Night Parade Vanguard)

WHAT: A flat 2.6 mile run on the city streets along the route of the Night Parade, encouraged by thousands of cheering spectators. The run begins at Broadway and Grayson and ends at the corner of Santa Rosa and Martin. Post race festivities include music and refreshments at Columbus Park (corner of San Saba and Martin)

TRANSPORTATION: Sunken Gardens 4:30PM to 6:10PM. Buses will take runners to about 100 yards from the starting line (approx 1.5 miles). Last bus will leave at 6:10PM!

AWARDS: Awards for the first place overall male & female.

COSTUMES: Costume judging will be at 4:30PM. All entries must check in by 4:15PM. Awards to 1st, 2nd, 3rd and honorable mention. The theme for this year's competition is "Celebrate San Antonio"!!

ON_LINE REGISTRATION: active.com (online registration closes Tuesday April 23rd at Midnight)

PRE-REGISTRATION: Pre-register till April 20th at Soler Sports (all locations), Fleet Feet Sports, Run Wild Sports, & Run On

REGISTER IN PERSON/PACKET PICK-UP: April 25th at Run Wild Sports from Noon-6PM, and April 26th at Soler Sports (Broadway store only) from Noon-6PM.

RACE DAY REGISTRATION & PACKET PICK-UP: Sunken Gardens from 4:00PM till 6:10PM.

PRE-REGISTRATION FEES: \$20 for 14 & Under. \$23 for SARR Members and Active Military. \$25 non-SARR members. \$30 after 4/20 thru Raceday for everyone.

INFORMATION: Debra Acosta, 240-8164. Email: fiesta-fandango@att.net

REGISTRATION BY MAIL: Make checks payable to SARR, c/o Debra Acosta, 11306 Crestpark Dr., SAT 78213 (postmarked no later than 4/19)

For more information, visit www.saroadrunners.com or www.iaapweb.com/fandangorun/home.htm

FIESTA FANDANGO ENTRY FORM SARR# _____ AMOUNT ENCLOSED \$ _____
NAME _____ AGE _____ DOB _____ GENDER M F
PHONE: _____ EMAIL: _____
ADDRESS: _____ CITY: _____ STATE _____ ZIP _____

T-Shirt Size: CHILD: S M L XL ADULT: XS S M L XX

I know that running a road race is potentially hazardous activity that could cause injury or death... I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation, for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race, and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the San Antonio Road Runners, the city of San Antonio, The San Antonio Fiesta Commission and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.



San Antonio Road Runners
presents

FIESTA MISSION 10K WALK & KIDS' RUN

Saturday, April 20, 2013

Mission County Park, 6030 Padre Dr. • San Antonio, TX 78214

8AM – 10K & 1-Mile Walk • 9AM – Kid's Fun Run



REGISTER IN PERSON,
BUY A PAIR OF SHOES,
AND SOLER'S WILL PAY
YOUR ENTRY FEE!
(\$20 max. discount)

- Register by mail until April 10th to Soler's Sports:

2589 Jackson Keller Road, SA, TX 78230

- Register online until April 17th, midnight.

www.solversports.com ~ www.saroadrunners.com

- Register in person during packet pickup at any Soler's Sports locations:

www.solversports.com

Packet Pick-up

April 18 & 19 from 11am-6pm @ Soler's Sports

2589 Jackson Keller Road, SA, TX 78230

- Race Day Registration or Packet pick up at race site: 6:30am-7:45am

Awards

Top M/F, Top M/F Masters, Top 3 M/F in age groups (14 & under; 15-19; 20-24...70+).

T-shirts to all 10K participants.

The 10K will be Chip-Timed.

For everyone's safety, no pets, rollerblades or headphones for any of the events.
If you have a stroller, go to the back of the line.
Refreshments, door prizes, music and fun after the race.

Pick up your award at the awards table after the ceremony or go by Soler's Sports, 2589 Jackson Keller, after April 23.

Results posted at www.solversports.com and www.saroadrunners.com.

Event Fees (No Refunds)

10K - \$25, (SARR Members \$20 through April 7, April 8-19 \$30 (for everyone) Race Day, \$35\$_____

1-Mile Walk \$10 (no late fee). Shirts extra\$_____

Kids Fun Run ~ 1-Mile and 1/4 Mile, Open to children age 10 & under - \$5\$_____

(awards to all Kids Fun Run finishers. Shirts may be purchased during packet pick up/at the race for \$5)

Bib # (race day only)

Name _____ Last Name _____ Gender M F Email _____

Date of Birth ____/____/____ Age on Race Day _____ Address _____ Zip _____

Phone _____ T-shirt Size: WS, WM, WL, WXL, MS, MM, ML, MXL, YS, YM, YL

RELEASE OF LIABILITY AGREEMENT: I know that running a road race is potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, and am in good health and am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation, for any reason whatsoever. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, baby joggers, roller skates or blades, animals, and radio headsets are not allowed in the race, and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the San Antonio Road Runners, the city of San Antonio, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

If under 18, must be signed by parent or guardian. No entry accepted without signature.

**MAKE CHECKS PAYABLE TO
SARR**

Mail entries

Soler's Sports
Attn: SARR Fiesta 10K
2589 Jackson Keller Road
San Antonio, Texas 78230

Must be postmarked by April 10, 2013

for more information visit: www.solversports.com ~ www.saroadrunners.com

CARRERA
RACES

**APR
13**

IN SAN ANTONIO APRIL MEANS FIESTA!

8:00AM | APRIL 13 | EÍLAN | 17101 LA CANTERA PARKWAY | SAN ANTONIO, TX



FIESTA

FUN RUN

REY FEO CONSEJO



7:15AM SHOW US YOUR SHOES!
GET YOUR SHOES DECKED OUT FOR FIESTA!
PRIZES FOR THE TOP 3 BEST MALE & FEMALE RUNNERS VALUED AT \$50

DETAILS & REGISTRATION AT CARRERARACES.COM



Help Battle Against Oral Cancer!



- Free oral cancer screenings provided by UTHSCSA Dental School
- Emcee: Fox 29 Morning News Anchors Ernie Zuniga & Monica Taylor
- Live Band Performance by Kyrie
- Music by DJ Adrian
- Kid's area: playground, face painting, tattoos and friendly mascots!
- Meet Survivors and Caregivers
- TEAM and Fundraising Prizes: Win a iPad 3, 2 Roundtrip Airline Tickets, a VELscope Unit and more....
- Running Medals
- Raffles (1 ticket for \$1 or 6 for \$5)
- Silent Auctions
- Light Refreshments & Snacks
- Goodie bags

Saturday, April 13th, 2013

O.P. Schnabel Park

5K Walk/Run

Cost for Walkers is \$25 to pre-register, \$30 day of the event.
Cost for Runners is \$30 to pre-register, \$35 day of the event.
Oral cancer survivors are FREE and receive a survivor t-shirt.
Children 5 and under are FREE/Ages 6-10 \$10

Register before March 29th to guarantee your event t-shirt, to be picked up on walk day. Afterwards t-shirts will be on a first-come, first-served basis.

Running Medals

Overall: male & female

Master (age 40+): male & female

Top 3 males and females per age division (every 10 years)

8 am Registration & Oral Screenings Begin

9 am Opening Ceremonies & Guest Speakers:

Susan Lauria – OCF Director of Events

Tim Dusek – OCF Member and Oral Cancer Survivor

10 am Walk/Run Begins

11 am Closing Ceremonies & Prizes/Raffles

Register Online At:
www.MOCHA-SA.org

LINEGRAPHIX
FULL SERVICE DESIGN & PRINT STUDIO



Sponsored in part by:



SATURDAY APRIL 13, 2013

8am to 12pm

O.P. Schnabel Park • 9606 Bandera Rd • San Antonio, TX 78240

All proceeds benefit The Oral Cancer Foundation

San Antonio Road Runners
CARRABBA'S CLASSIC 4 RUNNERS 1/2 MARATHON
RELAY AND INDIVIDUAL 1/2 MARATHON



SOLER'S
SPORTS



asics

Race and Picnic With Us

Prior results and photos at saroadrunners.com

Proceeds Benefit the San Antonio Road Runners Scholarship Fund

DATE: Saturday June 15, 2013 START TIME: 8:00 a.m.

PLACE: McAllister Park 13102 Jones-Maltsberger Pavilion 2 On Hwy 281 outside Loop 410 take Makoma exit (at airport). Go East to Blossom stadium. Buses will take you to the park starting at 6:00 am. First runner needs to be there no later than 7:00 am to make race start.

THE JONES MALTSBERGER ENTRANCE WILL BE LIMITED. STACREST WILL BE OPEN

FOUR PERSON RELAY

A Half Marathon (13.1 Miles), with four runners completing a flat, scenic, loop course on paved trails.

INDIVIDUAL HALF MARATHON NEW: OVERALL & 10 YEAR AGE GROUP AWARDS

You can run for a team and individually with paid entries. The loop course ensures plenty of water, encouragement, and assistance.

WHAT IF I DON'T HAVE A FULL TEAM?

We Will Fill In/Create Teams Up to 7:30 a.m. Register each member individually and check the "NEED A TEAM" box

NO RACE DAY REGISTRATION - NO REFUNDS - NO PETS OR STROLLERS

ENTRY FEES PER RUNNER- NO REFUNDS	Thru June 8	June 9-14
SARR Members, 18 & under, Active USA Military, fire, police	\$35	\$40
Others. NOTE 70 & over free with mail or store entry.	\$40	\$45

Example: 1 member, 1 military, 2 others, the early fee is \$35+\$35+\$40+\$40=\$150

REGISTRATION LOCATIONS Make checks to "SARR"

On line at saroadrunners.com or active.com until 10pm central June 13

Mail to: SARR, 1518 Larkspur, San Antonio, Texas 78213 210-344-1254

Thru JUNE 12 at Roger Soler's Sports locations: 2589 JACKSON KELLER 366-3701,
5933 BROADWAY 930-3148, 14405 OLD BANDERA Hwy 695-6430,

18720 Stone Oak Parkway #150 490-9987

REGISTRATION/PACKET PICKUP AT ROGER SOLER'S JACKSON KELLER STORE

JUNE 13-14 NOON to CLOSE (to 6:00pm on June 14)

RACE DAY PACKET PICKUP FROM 6:45 - 7:45 a.m. NO RACE DAY REGISTRATION

First 1500 entrants (after 1500 as available) receive a shirt and brunch prepared on site by CARRABBA'S ITALIAN GRILL starting around 10:00 a.m., weather permitting.

DJ is Scheduled

Door Prizes Including 4 pairs of Asics shoes

1st, 2nd, 3rd PLACE AWARDS IN THE LISTED DIVISIONS
Finish Certificates for All Individuals
No shirts or awards will be mailed

RELAY DIVISIONS -FOUR RUNNERS PER TEAM				
	MEN	WOMEN	MIXED (2+2)	MIXED (3+1)
OPEN (any age)	YES	YES	YES	NO
MASTERS 40+	YES	YES	YES	NO
14 and Under	DIVISIONS SET BY ENTRANTS (NOTE)			
19 and Under	YES	YES	YES (NOTE)	(NOTE)
Service (Mtl, Fire, Police)	YES	YES	YES (NOTE)	(NOTE)
MISH-MASH MF	NO	NO	NO	3 men, 1 woman
MISH-MASH FM	NO	NO	NO	3 women, 1 man
SUPER MASTER 50+	YES	YES	YES (NOTE)	(NOTE)

INDIVIDUAL DIVISIONS - NEW FOR 2013

1st Overall Open and Masters Men & Women. Top 3 Men & Women in 10 year divisions 19 & Under to 70+.
 Certificates to all finishers. NO DUPLICATIONS

NOTE: Divisions may be altered or created to make this event more fun.

EVENT (CHECK ONE) RELAY ____ **INDIVIDUAL** ____ **NEED A TEAM** ____

DIVISION ____ **TEAM NAME** ____
NO PETS, STROLLERS ALLOWED (narrow course). HEADPHONES DISCOURAGED

NAME	AGE	SEX	SAGR,	PHONE	Shirt	SIGNATURE and DATE
CAPTAIN/INDIVIDUAL FIRST	Race		18 &		Size*	
	Day		under			
			service			
1.						
CAPTAIN/INDIVIDUAL E MAIL	CAPTAIN/INDIVIDUAL ADDRESS					
2.						
3.						
4.						

* Size not guaranteed. If not stated large will be chosen.

FOR INFORMATION CONTACT BOB RATLIFF AT (210)414-6858, rratliff1518@sbcglobal.net

THIS IS A RELEASE: Intending to be legally bound, I do hereby, for myself and my heirs, executor, administrators and assignees, release and forever discharge all rights and claims which I may have or which may hereafter accrue to me against the San Antonio Roadrunners, Carrabba's Italian Grill, host facility, officials conducting the event, and any sponsors, for any and all injuries and damages that I may suffer while traveling to and from the event or while participating in the 2013 Carrabba's Classic 1/2 Marathon Relay/Run. I further state that I am trained for hot weather racing. Pets & Strollers not welcomed on course (course is very narrow). Headphones discouraged.

RACE # ____ **PAID: \$** ____ **CASH** \$ ____ **CK/#** ____ **LOCATION** ____

34th ANNUAL SARR WOMEN'S 5K RUN/WALK

JULY 20, 2013, 7:30 A.M.



Online: www.saroadrunners.com www.active.com (closes at midnight on Wednesday, July 17)

In Store*: Fleet Feet, Run Wild Sports, iRun, and all Soler's Sports (through Wednesday, July 17)

Mail in*: SARR, 601 W. Lullwood Ave., San Antonio, TX 78212 (must be postmarked by July 15)

Packet pickup/registration*: (July 19, 2013) – Noon – 6:00 P.M. at HEB #43, Lincoln Heights, 999 E. Basse Rd.

*cash or check (payable to S.A.R.R.) only

QUESTIONS? Email SRSEEKER@MSN.COM

RACE DAY – HEB #43, Lincoln Heights, 999 E. Basse Rd., San Antonio, TX 78209

6:30-7:15 A.M. Packet pickup/timing chip pickup/registration

7:00 A.M. Warm up stretch led by Southtown Yoga Loft in the HEB parking lot

7:15 A.M. Pre-race announcements, National Anthem in the HEB parking lot

7:30 A.M. Race start *5k chip-timed course on the roads of Alamo Heights*

AWARDS (no duplicate awards)

Overall/Masters in both Run and Walk categories

RUN: Top 5 finishers: 14& under to 65-69; top 3 finishers: 70-74, 75-79, and 80+

WALK: Top 3 finishers: 15-19 through 65-69; top 2 finishers in these age groups: 14&under, 70-74, 75-79, and 80+

MALE VOLUNTEERS ARE NEEDED! Email sarios1949@att.net

Proceeds from SARR events support safe and enjoyable events, fun runs, John Delgado scholarships, the San Antonio Zoo, and charitable organizations. SARR is a 501(c)3 organization.

"Sisters helping sisters" ~ Help your fellow sister by donating new or gently used clothing on race day.

1. NAME _____ DOB ____ / ____ / ____ Age on race day ____ SARR # _____

Street Address _____ City/State _____ ZIP _____

Phone _____ Email _____

2. T-Shirt Size (Women's Fitted Cut – circle one): S M L XL XXL

*****NO REFUNDS*****

3. ENTRY FEE _____ \$20 SARR member through midnight 7/13/13

4. Check one:

_____ \$22 others through midnight 7/13/13

_____ Run

Checks payable _____ \$25 EVERYONE 7/14/13-7/19/13

to SARR _____ \$30 EVERYONE race day

_____ Walk (can **NOT**

_____ Ladies 70+ FREE (paper entry only-no online registration)

run during the event)

I know that running a road race is a potentially hazardous activity that could cause injury or death. I will not enter and participate unless I am medically able and properly trained, and I certify that I am medically able to perform this event, am in good health, and am properly trained. I agree to abide by any decision of a race official. I assume all risks associated with running in this event, including high heat, humidity, traffic, and the conditions of the road. In consideration the acceptance of my entry, I and anyone entitled to act on my behalf, waive and release the San Antonio Road Runners, the City of San Antonio, the City of Alamo Heights, and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event.

5. SIGNATURE (parent if participant is under 18) _____ Date _____



SARR LEADERSHIP TEAM

President:

Jerry Negrete
(president@roadrunners.com)
(Cell) 210-887-4260

Executive Vice President:

Antonio Alvarado Rivera
(sarr@ccswarriors.com)

Vice President (Membership):

Scott Peacock
(membership@saroadrunners.com)

Secretary:

Veronica Salinas
(secretary@saroadrunners.com)

Treasurer & Webmaster:

Jim Holbach
(treasurer@saroadrunners.com)

Volunteer Coordinator:

Sally Rios
(volunteer@saroadrunners.com)
(Home) 210-735-8037

Director, Public Relations:

Joan Bobrukiewicz
(pr@saroadrunners.com)
(Cell) 210-286-6291

Director, Monthly Fun Runs:

Debra Acosta
(acostad@att.net)
(Home) 210-822-2800

Newsletter Editor:

Dulce Bares
(newsletter@saroadrunners.com)

Historian & Photographer:

Tom Lake
(photographer@saroadrunners.com)

CONTACT US BY MAIL

SAN ANTONIO ROADRUNNERS

P.O Box 12474

San Antonio, Texas 78212

Advertising:

- * Page ads are available for a prepaid \$75.00 per page.
- * Please contact the Newsletter Editor for space/calendar availability.
- * Advertising flyer deadline is 10th of each month.
- * Make checks payable to: the San Antonio RoadRunners and send to SARR's PO Box, attention Newsletter Editor.
- * **NOTICE: SARR RESERVES THE RIGHT TO DECLINE PUBLICATION OF ANY MATERIAL, INCLUDING ADVERTISING.**

Newsletter Articles:

Because this newsletter is about our members for our members, we welcome all kinds of information and photographs about you and loved ones.

All materials must be submitted by 10th of the month prior to publication. You may send articles to our PO Box or email to the Editor at: newsletter@saroadrunners.com

Race Results & Photos:

Race results and photos from all SARR races are available online at:

www.saroadrunners.com

HAPPY RUNNING FROM THE SCIENCE ACADEMY!

Mercedes, TX



SARR's Out-of-town Guests

Prickly Pear 2013

SARR 2013 RACE CALENDAR!

<u>Date</u>	<u>Race</u>	<u>Location</u>
Jan. 01, Tue.	Cobweb Chaser5K	McAllister Park, Pavilion #2
Jan. 26, Sat.	Endurathon Half Marathon & Relay	Bulverde Community Center
Feb. 16, Sat.	Birds of a Feather	McAllister Park, Pavilion #2
Mar. 9, Sat.	Prickly Pear 10 mi/50K	McAllister Park, Pavilions #2 & #3
April 20, Sat.	Fiesta Mission 10K	Mission County Park
April 27, Sat.	Fiesta Fandango	Downtown
June 15, Sat.	Carrabba's 1/2 Marathon & Relay	McAllister Park, Pavilion #2
July 20, Sat.	Women's 5K	Lincoln Heights H-E-B
Sept. 2, Mon.	Labor Day Whine Run	Dry Comal Creek Vineyards
Nov. 28, Thur.	Turkey Trot 4 Miler	McAllister Park, Pavilions #2
Dec. 14, Sat.	SARR Mission 5/10 Miler	Mission County Park #2



If your address changes, please be sure to send your new address to SARR.

The Post Office will NOT deliver your SARR Newsletter unless the address is correct.

San Antonio RoadRunners
P.O. Box 12474
San Antonio, TX 78212-0474