

SAN ANTONIO ROADRUNNERS

WOMEN'S 5k/10k RUN/WALK

TITLE: Current: Women's 5k/10k Run/Walk
Originally named: Women's Distance Festival 5k

DATES: 1980

DISTANCES:

1980 – 5k
2017 – 10k Added

LOCATIONS HELD:

McAllister Park 1980-1983
Brackenridge Park 1984-1991
Olmos Basin Park 2004 - 2006
Lincoln Heights Mall in Alamo Heights 1992 - 1996
Water Street Oyster Bar - 1997 - 2003
HEB – 2007 to present date

RACE DIRECTORS:

Karen Wolfshohl – 1980 – 1985; 1995
Rosi Bustamante – 1986 – 1994
Irene Hernandez – 1996 co-directed with Sally Rios
Sally Rios 1996-1999; 2002; 2006 co-directed with Jose Iniguez;
2007 - 2011
Jose Iniguez – 2002, 2003; 2005; 2006 co-directed with Sally Rios
Karen Campbell – 2000
Sally Seeker – 2011 co-directed with Sally Rios; 2012-2016
Kristine Buchiaga – 2017
Erin Castanedo – 2018

INTERESTING FACTS:

Full disclosure – Since I race directed and assisted with this race for many years, I have more information on this race than any other. A lot of memories are included under this section. *Sally Rios*

ORIGINAL DISTANCE: 5k

ORIGINAL REASON FOR NAME OF RACE:

Originally titled the *Women's Distance Festival*, this event was part of a national movement to celebrate women's running and to publicize the fact that women did not have the same distance events as men in the Olympics. The Road Runners Club of America (RRCA), of which the San Antonio RoadRunners (SARR) is a member, started the local event in 1980. See attachment: Women's 5k Run/Walk Fact Sheet.

The title was changed to *Women's 5k Run* when SARR broke away in 1996 from the RRCA race. The purpose of the SARR race continued to be to promote women's running. It was the only all women's run in San Antonio for several years.

ORIGINAL LOCATION: McAllister Park 1980-1983

OTHER LOCATIONS:

See attached recaps of races to get more specific details of some of the events listed below.

1984 – 1991: Brackenridge Park, Koehler Pavilion. Later moved to Joske's Pavilion

Jesse Villarreal, one of the faithful volunteers, would show up with a broom to sweep the course. He did not want any of "the darlings" to trip over anything on the running path.

Al Becken, another faithful volunteer, gave white carnations as finishing "awards" to all participants. He may have started this tradition when the race was held at McAllister Park.

According to Jack Sutcliffe, another faithful volunteer, the race moved to Lincoln Height Mall because "...it was getting too big" for Brackenridge Park.

1992 - Lincoln Heights Mall

According to memory, Rosi Bustamante had attended the Women's Distance Festival held in Corpus Christi. One of the sponsors was Water Street Oyster Bar which just so happened to have a restaurant in San Antonio at the Lincoln Heights Mall. Rosi was able to secure the San Antonio Water Street as a sponsor for the SARR Women's Distance Festival.

Rosi and Jack Sutcliffe secured the approval of the Alamo Heights City Council to have the event run through their streets.

From 1997 to 2004, the race started/finished at Water Street, circling the parking lot before exiting the mall. After the race, Water Street provided a breakfast buffet (tacos, fruit, small muffins, orange juice, coffee) for runners and volunteers. The buffet was set up in the parking lot of Water Street. Spectators could purchase a ticket to the buffet for \$5.00.

HEB became the title sponsor in 2007. They not only provided all the food but also allowed packet pickup to be held outside the store. A good portion of the parking lot was blocked off for race day and the HEB staff was an enormous help. One of the first years with HEB, Sally Rios was worried there would not be enough food. She expressed her concern to Lacy Moy, HEB representative. Lacy responded, very matter-of-factly, "Don't worry! The store is right there!" Fortunately, there was no need to "raid" the store. There was sufficient food for all.

VOLUNTEERS

The volunteer group was made up of all men. Rosi Bustamante was very emphatic that no women should work the race; they should be running. That tradition carried on into the 2000s. There was never a shortage for volunteers for this event. Men would start asking to sign up in April often requesting specific locations along the course. There were so many volunteers that it was possible to put at least one volunteer at each intersection along the 3.1 mile course. Male volunteers received special t-shirts (one year, hats) and were eligible for door prizes that were set aside for volunteers.

Some of the volunteers stood out more than others. In the early years of running thru Alamo Heights, some of the water stop volunteers played music. Unfortunately, the residents did not appreciate the loud music disturbing their sleep on Saturday morning, so music and loud noise had to be discontinued.

Jack Sutcliffe always requested the first water stop for his group "First Dudes." Jack states the name came from the time "(John) McCain and (Sara) Palin were running for Pres/VP. Sara was AK gov, and referred to her husband as the "First Dude." The water stop "Dudes" wore black hats, black running shorts, and black over-the-calf socks. Jack would later request balloons that matched the color of the volunteer t-shirts. He never had a shortage of volunteers.

Chuck Campbell, computer guru, tried out his computer results program on the Women's 5k in 1997. He had already used the program for the Endurathon and relay and wanted to try it on a "regular" race. In 2006, Chuck again wanted to try using chips to determine race results.

The intersection of Basse and Nacogdoches proved challenging. Although the race route ran through the streets of Alamo Heights, this intersection was in San Antonio. Fortunately, four of San Antonio's finest (San Antonio Police Officers) were members of SARR and willing to show up in uniform to direct traffic at this intersection making sure the race participants crossed safely. The four – Mike Chicka, Mike Henderson, Greg Young, and Eddie Gonzalez – were always there. When the start/finish line changed, other SAPD officers, Joe Correa and Roger Sanchez, "controlled" the corner.

Since the race was in Alamo Heights, police officers from the Alamo Heights Police Department were stationed along the route at intersections where it was felt police were needed. The police directed vehicles and citizens; SARR volunteers directed the runners.

Distinguished volunteers included: Howard Peak, former Mayor of San Antonio, starting race, working finish line, handed out awards. Rick Cavendar, another major sponsor, allowed packet pickup at his Saturn dealership and assisted with distribution of awards; Randy Beamer, news anchor for KMOL TV, not only filmed portions of the race but served as the MC for the awards ceremony. Not only did the women enjoy Beamer's questions and commentary but the male volunteers also appreciated Beamer.

MISCELLANEOUS NOTES

Rosi Bustamante, not only directed the race for several years, but she and her art class students designed many of the women's shirts.

The walk division of the event had male walk marshals to ensure that the participants that registered as walkers actually walked the route. The marshals were to give the walker a warning about running and, if running continued, the participant's bib number was written down, submitted to the results table, moving

the participant from the walk category to the run category. Women that signed up as “runners” were allowed to walk.

There was also a mother-daughter team competition for a few years. That was discontinued as it became difficult to judge.

The 2007 race was dedicated to the Galvan Family. Lisa, Ariel, and their children had been involved in a serious car accident (See recap “It Rained; They Ran”). The shirt design shows an adult female runner being followed by a smaller female. That was to signify Lisa and her daughter, Amber.

“Old Blue” – Before SARR had a storage shed and a trailer for all the race equipment, most of these items were stored in the President’s garage. John Delgado, President 1993-1999, used a truck to haul race equipment to and from the race. He affectionately called his truck “Old Blue.” One early morning as Sally Rios, race director for that year, was headed to Lincoln Heights Mall for the race, she thought she spotted “Old Blue” pulled over on Hwy 281. Circling back, she learned that it was John and “Old Blue.” Apparently “Old Blue” had a flat. This was before cell phones. John instructed Sally to get to the race site and have everyone with a truck to come to his location to transfer equipment to their vehicles. Thankfully there were enough volunteers with trucks at that early hour and the race went on as scheduled.

Memory is a little “fuzzy,” but “Old Blue” may have originally belonged to Royce Gragg, SARR President from 1989-1993.

Start/Finish Lines – The start/finish (S/F) lines changed several times while at Lincoln Heights Mall. With Water Street Oyster Bar as a sponsor, the S/F was in front of their restaurant. When HEB became the sponsor, the S/F continued at the same location but eventually moved, mainly out of concern in getting the runners across the intersection of Basse and Nacogdoches. A couple of years, the S/F route was in front of the Well-Med of Alamo Heights, a block south of Basse. The S/F line moved to its final spot on Nacogdoches near a parking garage.

ATTACHMENTS:

“Women’s 5k Run/Walk Fact Sheet” – written by Sally Rios originally in 2006; updated in 2011.

PUBLICATIONS:

Paragraph from “Running Around in San Antonio, A Guide for Runners, Walkers, and Bicyclists,” by Dennis M. Keating.

“WDF history” from the Fall, 1996, copy of *Footnotes* an RRCA publication.

1997 “WHAT IS THE WOMEN’S DISTANCE FESTIVAL (WDF)?” Published by Road Runners Club of America (RRCA)

1999 “Women to take last run at millennium,” by John Welch, SA Express-News

2001 “Many top women’s runners expected for July 14 event,” by John Welch, Express-News Newspaper

2007 “Women racing to help a family in need.” by Vincent T. Davis, Express-News.

2009 Race Advertisement in SA Express-News. Advertisement placed free of charge.

2010 “When women couldn’t run: How San Antonio Remembers,” by Randy Beamer, WOAI-TV

RACE RECAPS

1995 “The Day After the SARR...” by Karen D. Wolfshohl

1996 “The Tradition Continues” by Sally Rios

1997 “The More Things Change, The More They Stay The Same” by Sally Rios

1999 “The Illusive 500” by Sally R. Cotham

2002 “Mother Nature Must Be A Runner,” by Sally Rios

2005 “2005 Women’s 5k Run/Walk” by Sally Rios

2006 “Moving on UP!!!” by Sally Rios

2007 “It Rained; They Ran” by Sally Rios

2008 “That’s What It’s All About” by Sally Rios

2009 “Miles and Miles of Smiles” by Sally Rios

2011 “Just A Bunch of Girls...” by Sally Rios

2014 “Thanks, Guys!!! To All the Male Volunteers of the 2014
Women’s 5K Run/Walk” by Sally Rios

Photo from cover of August, 1966, SARR Newsletter of San Antonio Police
Officers that assisted at Women’s Distance Festival.

Entry Forms: 1998, 1999, 2002, 2010, 2011, 2012, 2015, 2018

Maps and Routes: 2002, 2006, 2013, 2014
2015 – Map of staging area for vendors

Miscellaneous:

Letter given to Alamo Heights residents along the race route advising them
of event.

Copy of 2007 t-shirt design
Copy of 2008 t-shirt design



SAN ANTONIO

Roadrunners



P. O. BOX 12474 - SAN ANTONIO, TEXAS 78212-0474

WOMEN'S 5K RUN/WALK FACT SHEET

Originally titled the *Women's Distance Festival*, this event was part of a national movement to celebrate women's running and to publicize the fact that women did not have the same distance events as men in the Olympics. The Road Runners Club of America, of which the San Antonio RoadRunners (SARR) is a member, started the local event in 1980. Through strong and ever increasing participation, both nationally and locally, in these events, and as a result of lobbying efforts and media attention, the Olympics now have a woman's category in the marathon (26.2 miles), 10K (6.2 miles), and 5K (3.1) events. The SARR has sponsored a women's run since 1980. The total number of participants in this event has increased from a total of 40 women in 1980 to an all-time high of 628 in 2010.

Various venues have been used for this event. It was first held in McAllister Park. It then moved to Brackenridge Park. From 1993 to 2003, the event was held at Lincoln Heights Mall with Water Street Oyster Bar as the primary sponsor. From 2004 to 2006, the event started and finished in Olmos Basin Park. 2007 brought a new sponsor, H-E-B, with the store at Lincoln Heights Mall serving as the staging area. From 1993 to 2010, the course remained basically the same with only the start and finish areas changing. The course ran on either side of La Jara Blvd. with a few turns to get the exact 3.1 miles. For 2011, the 32nd running of this event, a new course, still through Alamo Heights, is being proposed.

Besides the specially designed woman's t-shirt and a finisher's ribbon, the women participants receive encouragement from the all-male volunteer (100+) corps. All registered participants and volunteers are eligible for door prizes from numerous businesses.

Awards are given to the top five finishers/runners in 14 different age groups, in five year increments, starting with ages 14 and under up to 75+. The number of walking participants has increased enough to award the top three finishers/walkers in the same categories as the runners. Awards will also be given to the overall winner and master's winner in both categories. The master's winner is the first female who is 40 years of age or older to cross the finish line.

City/county employees will be allowed to register at a discounted fee in order to encourage their participation in the City's Get Fit Program. Military personnel will also be given a discounted entry fee.

SARR

Women's 5K Run/Walk

Fact Sheet

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Entry forms are placed at all local running stores, the military bases, as well as other businesses in and around San Antonio. They will be distributed at other running events held prior to the July event. The greatest publicity comes via word-of-mouth. Past participants enjoy the event so much that they encourage their friends and relatives to register for the event.

July 18, 2009, was the 30th Anniversary of this event. SARR hoped to have a minimum of 500 women register for this event. Only 455 women registered. The elusive "500" was finally reached and surpassed in 2010. The new course with additional sponsors will hopefully encourage additional participants that would fulfill the purpose of the San Antonio RoadRunners of promoting running for fitness and fellowship and would meet the original goal of this event to celebrate women's running.

SOURCE: "Running Around in San Antonio, A Guide for Runners, Walkers, and Bicyclists," by Dennis M. Keating. Published by Silver Cirque in San Antonio, Texas.

Permission to use excerpts from book granted by Mr. Keating to Sally Rios in 1991.

FYI: Credit is given to Ed Luke, SARR member, for the Maps Design that appear in book.

WOMEN'S DISTANCE FESTIVAL

While this race follows the standard 5K race format, its unique status is derived from the fact that it is open only to females and has 70 counterpart races taking place on the same day throughout the country. It was established prior to the 1980 Olympics with the dual purpose of encouraging more women to run and of establishing a full program of women's running events in the Olympics. While a women's 3K and women's marathon have been added to the Olympics the movement continues to push for the addition of a women's 5K and a women's 10K race. With this goal, the race deserves the support of every woman interested in giving women athletes the same opportunities which men have in running. Sponsored locally by the San Antonio Roadrunners the race is held in mid-July. For information, call the Hotline ~~252-118~~.

Footnotes
Fall 1996

WDF history

The first RRCA Women's Distance Festivals were held in the summer of 1980 to celebrate women's running and to publicize the fact that, at that time, women did not have the same running opportunities in the Olympics that men enjoyed. Since then the women's Olympic marathon was added in 1984, the 10,000 in 1988, and the 5,000 in 1996. There were 35 Women's Distance Festivals that first summer. For the past half-dozen years close to 100 have been held annually.

Initially the WDFs were all held on the third Saturday in July, the weekend closest to the men's Olympic marathon in Moscow in the summer of 1980. The RRCA continued that tradition through 1989, when the RRCA membership voted to allow a window of time, July 1 through October 31, so that more clubs in the hotter climates could accommodate a Women's Distance Festival in their annual schedules.

The WDF program supports all RRCA clubs who choose to host a Women's Distance Festival, no matter the size race they hold. The program has enabled many smaller clubs to hold races for women. The RRCA encourages clubs to keep fees small and race distances short to attract more beginning runners and first-time racers.

The WDF program has given women members in RRCA clubs additional chances to get involved in the administrative aspects of the club as well as experience with race directing and opportunities to compete. As women have become involved they have inspired yet more women to take up running or be more active in their clubs.

Women runners who compete can't always run by themselves, but a Women's Distance Festival provides a chance to run only with other women and gives faster women a chance to cross the finish line first. Some WDF races are open to men — it's wholly up to the individual clubs to decide — but the spirit of the original festivals was to give women a chance to shine and to compete only against other women. For the most part, men runners have understood and supported these goals, and have helped in any way they can in this celebration of women's running.

For the past three years the Women's Distance Festival title sponsor has been Saucony, with Moving Comfort, Inc., *Runner's World*, and *Women's Sports and Fitness* as national sponsors.

— *Henley Gibble, director of the WDF program from 1980–1987, is now executive director of the RRCA.*

Self defense



Saucony.



WHAT IS THE WOMEN'S DISTANCE FESTIVAL (WDF)?

Knowing the history of the WDF is something important for every runner or walker. The Women's Distance Festival began in 1980, as a series of road races solely for women. They were sponsored nationally by the Road Runners Club of America (RRCA). These all women events were not held to discriminate against men, but rather as a way to celebrate women's running. The WDF was also formed as a way to publicize the fact that women DID NOT have the same distance events as men, in the Olympics. Male Olympians could compete in the marathon, 5 and 10 kilometer races, but female Olympians had no such opportunity.

Originally the WDFs were all held on the third Saturday in July, which was the day before the men's Olympic marathon was held in the Moscow 1980 Olympics. The San Antonio Road Runner club (SARR) has participated every year since the program's inception. In this, the 16th year, some 90 clubs across the country will also host WDFs from the first of July through the end of October. These races will range in size from 6 to 1,000 participants and will attract females from 5 to 85 years old. The distance of most of the events will be a 5 kilometer run/walk.

The 1995 RRCA WDF events have additional support from SAUCONY - the national title sponsor, and MOVING COMFORT - the national presenting sponsor. San Antonio's WDF is fortunate to have METRO MITSUBISHI as its' local sponsor. The figure on the front of our T-shirt is a silhouette of Joan Benoit Samuelson, making history as the winner of the gold medal in the first women's Olympic marathon.

Through strong and ever increasing participation in WDFs, and as a result of lobbying efforts and media attention, these important goals have been realized in women's distance running:

1st WOMEN'S OLYMPIC MARATHON - 1984 LOS ANGELES GAMES

1st WOMEN'S OLYMPIC 10K - 1988 SEOUL GAMES

1st WOMEN'S OLYMPIC 5K - 1996 ATLANTA GAMES

Thanks for being a part of the 1995 Saucony/RRCA Women's Distance Festival!!!

Many top women's runners expected for July 14 event

As usual, San Antonio's only all women's race, the San Antonio Road Runners Women's 5K Run/Walk on July 14 in Lincoln Heights, is expected to draw many of the top runners from across South Texas.

But several changes have made to the event, started in 1980.

A purse of \$1,200 will be shared by the top five open finishers and the top master (40+) in the 5K run.

Runners who win prize money, however, will not be eligible for age division awards.

A special division for mother/daughter teams will also be offered.

And according to first-time race director Jose Iniguez of San Antonio, the popular race will have several other nuances, as well.

"We're going to have some minor (course) changes, that I'm still working on," said Iniguez, a 1996 Olympic Marathon Trials qualifier, whose personal best marathon time is 2 hours, 18 minutes, 7 seconds.

"With all the competitive runners I expect, I'm trying to work it out where the last half mile is a straightaway finish. I'm also going to see what I can do about the start, but I want a real interesting finish line for the runners and fans."

But according to Iniguez, the trademark hills along the mostly out-and-back route through Alamo Heights will not be eliminated.

"I know this is my first event as a director, but I'll be happy if we get more than 500 runners," said Iniguez, who won the San Antonio Marathon in 1989 and 1994. "I think the race can grow to 700 to 800



**JOHN
WBLCH**
RUNNING

Elite runners on Iniguez's invited list include Katrina Price of Houston, the 1995 winner and current course record holder at 16:41; and Natalie Nalepa of Austin, the 1997 winner in 17:16.

Other invited runners include: Machel Cochran, winner of the 2000 San Antonio Marathon of the Americas; Liza Hunter-Galvan, whose marathon personal best is 2:42; and former collegiate stand-outs Jenny Brewer; Andrea Jarzombek and Debbie Arzola.

But Iniguez also wants the 22nd annual race to cater to runners who may not vie for overall awards.

"This is a race that's already established, so all we have to do now is find ways to make it bigger," Iniguez said. "I still need volunteers, and I also want people to come out and cheer all the runners."

For information about the event, or to volunteer, call Iniguez at 696-4684.

You can also register for the race online at:
<http://aarunnerhome.texas.net>

jwelch@express-news.net

runners eventually, because it's a popular event with the women here."

The event will still feature an all-male corps of race volunteers, and a post-race breakfast buffet at event sponsor Water Street Oyster Bar in Lincoln Heights.

CALENDAR

CARRABBA'S CLASSIC HALF MARATHON 4 PERSON RELAY/RUN

When, where: 8 a.m., Saturday, McAllister Park

Fee: \$15 early, \$18 late
Info: Bob Ratliff, 344-1254

USATF MASTERS TRACK MEET

(5-Year age groups beginning at age 20)
When, where: 7:30 a.m., Saturday, Trinity University

Fee: \$4 per event
Info: Arthur Rodriguez, 655-4904

USATF SO. TEXAS ASSOC. JUNIOR OLYMPIC TRACK MEET

When, where: 8:30 a.m., Saturday, Trinity University

Fee: \$4 per event
Info: Arthur Rodriguez, 655-4904

23RD ANNUAL HILL COUNTRY CLASSIC MASTER TRACK MEET

When, where: Noon, Saturday, Mason
Fee: \$6 first event, \$3 each additional event

Info: Leo Graham, (915) 347-5620

30TH ANNUAL FREE SPIRITS TRACK FESTIVAL

(Continues each Monday through July 16)

When, where: 6:15 p.m., Monday, Antonian High School

Fee: 75 cents per event
Info: Arthur Rodriguez, 655-4904

DAM 09 TRIATHLON/TRI-REPTILE SERIES #1

When, where: 6:30 a.m., June 23, Alamo Heights

Fee: \$30 early, \$40 late
Info: Patti McKeever Velch, 366-3701

TRUMP DAY 5K

When, where: 8 a.m., June 23, Luling

Fee: \$15 early, \$20 late
Info: (830) 875-2096

FREEDOM 5K RUN/WALK

When, where: 8 a.m., July 4, McAllister Park

Fee: \$15 early, \$18 late
Info: Danny Hernandez, 317-8966

SARR MONTHLY FUN RUNS/ KIDS RUN

(Continues the first Saturday of each month)

When, where: 8:30 a.m., July 7, McAllister Park

Fee: Free
Info: Scott Baird, 681-1657

V100 BOERNE TRIATHLON/ TRI-REPTILE SERIES #2

When, where: 7:30 a.m., July 8, Boerne

Fee: Individuals, \$50 early, \$70 late; Teams, \$100 early, \$120 late
Info: Sole's Sports, 355-3701

2001

AA Mens A

Women racing to help a family in need

Road Runners event's popularity shows how far they have come.

BY VINCENT T. DAVIS
EXPRESS-NEWS STAFF WRITER

The brutal Texas sun beat down on the runners one July day in the late 1970s as they rounded trails cutting through scrub brush outside Sabinal. Karen Wolfshohl kept pace with her younger brother as she neared her goal — beating her idol, Jane Hamlyn, a local running legend.

A surge of adrenaline pushed her to the front, and Wolfshohl, then in her 20s, finished first among the women. But when she went to collect her trophy, she felt the sting of the times.

"We don't have an award for women," an official told Wolfshohl. This was before women runners were taken seriously, an era in which men dominated the running scene.

"Here we could put a man on the moon but couldn't let a woman run more than 1,500 meters," she said this week in an interview.

On Saturday, a women's-only running event that Wolfshohl helped organize continues at the 28th Annual San Antonio Road Runners Women's 5K Run/Walk. It is scheduled to begin at 7:30

p.m. at 999 E. Basse Road. A portion of the proceeds from the race, sponsored by H-E-B, will benefit the Galvan family, whose oldest daughter was seriously injured in a February wreck.

Amber Galvan, 12, is recovering from her injuries and will hand out awards after the race. Her sisters, Haleigh, 10, and Tai-gen, 6, plan to run the course through the Lincoln Heights neighborhood in honor of their sister.

"It's really incredible that people want to help," said their mother, Liza Galvan, a six-time winner in the women's category of the San Antonio Marathon who hopes to qualify for the Olympic trials — an impossibility for female runners during Wolfshohl's time.

"So many people take for granted that these opportunities came without effort, and that's not true," Wolfshohl said.

In those early days, women wore men's running shoes. Many hesitated to run outside because they were so few in number.

Wolfshohl, a fixture in San Antonio running circles, became the first director of the San Antonio Road Runners Women's Distance Festival, the first sponsor of the 5K. Founded by Road Runners of America, it highlighted the fact that the Summer Olympics didn't allow women to run the marathon, which goes for



EXPRESS-NEWS FILE PHOTO

Marathoner and University of Texas at San Antonio track standout Liza Galvan, who ran in the 2004 Athens Olympics for New Zealand, sprints for the finish line at UTSA's 22nd annual Diploma Dash. Galvan has won the women's category of the San Antonio Marathon six times.

26.2 miles.

Wolfshohl recruited 40 women for the first festival in 1980 at McAllister Park. The field grew each year. Wolfshohl and other directors across the nation, who had organized similar events, sent their results to Olympic officials. The women, it turned out, were almost as fast as the men.

Momentum grew, and in 1984, the Olympic committee approved the marathon event for women. The group approved 5K and 10K events for later Olympics. Wolf-

shohl joined an audience of 90,000 screaming and cheering people inside the Los Angeles Coliseum as American Joan Benoit won the gold medal in the inaugural women's marathon in 1984.

"Women were kind of second-class citizens," Wolfshohl said. "They said we couldn't do what men could and we said, 'Yes we can,' and went out and proved it."

vtDavis@express-news.net



San Antonio Roadrunners Women's 5K Run/Walk

July 18, 2009 | 7:30 a.m.
H-E-B at Lincoln Heights

999 E. Basse
San Antonio, Texas

3.1 MILE RUN/WALK FOR WOMEN ONLY

EARLY FEES:

SARR member	\$18.00
Military and City Employees.....	\$18.00
Others	\$20.00
RACE DAY – EVERYONE	\$25.00

FOR MORE INFORMATION:

contact Sally at (210) 735-8037,
sarios1949@att.net or
Julie at 1 (830) 393-7692,
jterrill64@gmail.com.

MALE VOLUNTEERS NEEDED

2010

When women couldn't run: How San Antonio remembers



Reported by: [Randy Beamer](#)
Email: RandyBeamer@woaitv.com
Last Update: 7:04 am

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[Historic SA Run Sets New Record](#)

SAN ANTONIO - It wasn't too long ago when women couldn't run in distance events at the Olympics. The 26.2 mile-long marathon is *the* event we associate with the Olympics dating back to Ancient Greece.

But the Greeks didn't allow women in their games. And through the 1970's the longest distance that women were allowed to run in the Olympics was 1500 meters. That's about nine-tenths of a mile.

So the push to add longer races, including a marathon, gained steam throughout the '70s. It hit a new level when the [Road Runners Club of America](#) established events across the country called the Women's Distance Festival.



31st Annual SA Roadrunners 5K Run/Walk (WOAI.com)

San Antonio held its first Women's Distance Festival in 1980. Saturday a record number of women lined up for the 31st Annual SA Roadrunners 5K Run/Walk.

Sally Rios of the [San Antonio RoadRunners](#) says 628 women took part. And once again, many men helped out as volunteers.

Full disclosure here. Once again I was there to professionally mispronounce the names and help out with the awards ceremony. But the main reason was again to shoot video and still pictures.

So click on the video icon for a longer look at the race and hear Sally Rios talk about its history and meaning. And check out the slideshow we'll be posting for pictures.

Congratulations to everybody involved. And a reminder: The [San Antonio Rock 'n' Roll Marathon and Half Marathon](#) is coming up Sunday, November 14th. This year they've added a two-person relay event and revamped the course. Good Luck.

Course Record 1995
16:41 - KATRINA
PRICE

Sponsored by:
Dupont LYCRA®
Supplex®
Max



1995

The Day After the SAI

Karen D. Wolfshohl

This year's Women's Distance Festival (WDF) is now history. Yesterday, I attended the sixteenth running of this event as either a race director or participant. This race is near and dear to my heart because it represents a special day dedicated to women's running, knowing it has not always been this way. I won my first running award in 1978 and still remember some male runners saying, "Oh no, we must have really slowed down-a woman is passing us." Well, I did pass them and stuck with this sport of running which has become part of my lifestyle.

The 1995 WDF saw approximately 425 women complete the 3.1 mile run/walk course at Lincoln Heights, producing some very exciting results. For example, the top two finishers broke the previous course record. Katrina Price finished in 16:41 and Natalie Nalepa in 16:53. Kim Heilbrun broke the masters record with a 19:20 finish. Then there were the walkers, 140+ strong, adding a tremendous amount of enthusiasm from start to finish. Also the variance in the ages of the participants is evidenced by the fact that every single award in both the run and walk categories (from 12 & under to 70+) was presented. Great accomplishment!

Yes, the 1995 WDF is history, but let's not forget the history made by the WDF movement. As a result of races like ours, women's distance running events - the marathon (26.2 miles), 10K (6.2 miles), and the 5K (3.1 miles) - have finally been approved by the International Olympic Committee. Well done ladies, well done! You have all proven that talent, commitment, and dedication exist among women athletes, just like they do for men.

And speaking of men. Thanks, thanks, thanks go out to the ALL male volunteer corp. (77 strong), without which this race would have been far less important. Take it from me, it's great to hear the guys cheer for you with sincere appreciation for your efforts.

Thanks also to **METRO MITSUBISHI** for their tremendous support as our major sponsor (what a pace car). Also thanks to:

**WATER STREET OYSTER BAR, FRITO-LAY, CULLIGAN WATER,
RUN-A-WAY RUNNER'S STORE, CONCORD ATHLETIC CLUB,
KZEP RADIO, JUICE PLUS**

and other contributors for their help in making this year be what I consider the best WDF ever. Of course I may be biased. You decide or, if you missed the event, mark your '96 calendar now and come join the action!

*Yours in running,
Karen D. Wolfshohl*

THE TRADITION CONTINUES

by Sally Rios

1996

"I can't believe I won!" That's what **MARY JANE GIGNAC** kept repeating as I congratulated her winning the **1996 SARR WOMEN'S 5K RUN/WALK**. Mary Jane led a total of 425 runners and walkers across the finish line in a time of 18:14. This was the fourth time that she has run this race but the first time that she has won. (Race results are listed elsewhere in this newsletter.)

The small number of pre-registered runners/walkers worried the two race directors, **IRENE HERNANDEZ** and **SALLY RIOS**. At first it did not appear that there would be more than 300 participants. That was not the only thing worry them. It appeared as if all the regular volunteers, those that worked the registration, packet-pickup, results, finish line, etc., would not be available to help with the race. Race morning 123 runners/walkers registered, and there were more than enough volunteers to help. Many of the volunteers did double and triple duty.

WATER STREET OYSTER BAR proved a gracious host allowing us to use their parking lot and providing a buffet breakfast. **SATURN OF SAN ANTONIO** allowed hosted the packet pick-up party on Thursday night with refreshments being provided by **STURGEON EDITION, INC.** We anxiously watched as one of the runners checked out the Saturns and even took a test drive. We figured if one runner bought a car, we'd have a sponsor for life! **KQ 102** along with **JOHN MICHAEL RAMIREZ** provided music and publicity. **BECKY WALKER** of **LIZ GALLAGHER'S JAZZERCISE** warmed the group up with a 10 minute jazzercise prior to the race. **CULLIGAN WATER CONDITIONER** distributed 650 bottles of water to participants, volunteers, and guests. **IMAGING SPECTRUM** provided computer-generated pictures. **THE MERCHANTS OF LINCOLN HEIGHTS CENTER** (see complete list elsewhere in this newsletter) donated numerous door prizes.

RICK CAVENDAR of Saturn of San Antonio and **RANDY BEAMER** of **KMOL-TV** presented the door prizes and awards. Randy's presence was a pleasant surprize since he had to wait until the opening ceremonies of Olympics was over Friday night to do his news broadcast. I thought for sure he would sleep in. But there he was, ready to cheer his wife and all the other participants

Kisses and hugs to the all male volunteer corp. Double hugs to **KIM PEPIN** for serving as the race photographer and to the four San Antonio Police Officers - **MIKE HENDERSON, GREG YOUNG, MIKE CHICKA, AND EDDIE GONZALES** - for volunteering their time to protect the women as they crossed Basse and Nacogdoches. A bottle of wine to all the **SARR** officers, old and new, who came through like champs. 'Ole Blue, the **SARR** truck, having a blow out on the way to the race was not a good sign. But the officers picked up the slack and all turned out OK. Dinner and a bottle of wine to **PHYLLIS ELDER** for obtaining all the door prizes from the Lincoln Heights Center.

This was the 17th Annual Women's Run. We had quite a reputation to live up to. With the help of all the sponsors, the merchants, **SARR** officers, and friends, the tradition and reputation continues. This run was originally started to promote running events in the Olympics and among women. From the calls that were received and comments made, there were several first time runners and walkers in this group. Like the Olympics, the torch was passed to us. But unlike the Olympics, we'll see you at next year's Women's Run/Walk.



THE MORE THINGS CHANGE, THE MORE THEY STAY THE SAME

A Recap of the 1997 SARR Women's 5K Run/Walk

There were some new things at 18th Annual Women's 5K Run/Walk...

Two packet pick-up/early registration parties were held. If you did not make either one, you missed some good food! The first one held at **SATURN OF SAN ANTONIO** on 410 and Bandera had a great spinach dip provided by **STURGEON EDITION, INC.** **WATER STREET OYSTER BAR** was the sight of the second party. **CARRABAS ITALIAN GRILL** provided some great food! I'd describe it but I can't spell the dishes, and I'd just make us all hungry. So you'll just have to go to Carrabas to see what you missed.

Race day also had some new things—computer results and a new method for drawing door prizes. **CHUCK CAMPBELL**, membership coordinator of the SARR, and his crew tried out his race result computer program. Chuck has done the result for the Endurathon and the Relay but this was to be his first attempt at a "regular" race. I must admit I was a little skeptical so the bucket system was used as a backup. Unofficial results were posted in both categories as soon as possible. We had some discrepancies but the computer worked out well. Thanks to **RICHARD TIETZ** for helping me resolve discrepancies in the walk category.

The door prizes, all 35+, were drawn while the race was in progress and posted for the runners to see. Door prizes that were not picked up will be mailed to the winners. Special thanks to **MARGE PESCHELL** and **BARBARA WILDER** for collecting the door prizes. I asked them to approach the vendors of **LINCOLN HEIGHTS MALL** for donations. Marge and Barbara not only "hit" the mall, they went all the way down Basse to 281. Was that dedication or just the love to shop? A listing of all the vendors that provided door prizes and all the sponsors is elsewhere in this newsletter. A special thanks to **AL WILDER** and **ALPHA GRAPHICS** for providing the poster with all the vendors listed.

There was also something new about the breakfast buffet. Instead of the buffet being held inside Water Street Oyster Bar, it was held outside. This allowed for more room and faster servings. Carrabas Italian Grill also assisted with the breakfast buffet.

The other "new" thing...the **MAYOR, HOWARD PEAK**, was the official starter of the race and assisted

at the finish line. Thanks, Howard, for taking time to join us.

So what stayed the same? Well, **NATALIE NALEPA** won the race (so what else is new?). Natalie drove in from Austin after working her night shift. Natalie completed the course in a time of 17:16. Saturn of San Antonio provided the lead vehicle which gave me a great place to watch the race from. Thanks to **JAMES GARZA** of Saturn for obtaining and driving the lead vehicle and coordinating Saturn's involvement with the SARR.

Chasing Natalie the entire way was **TABATHA DOMINGUEZ**. She kept a comfortable distance behind Natalie. I thought she might give Natalie some competition but then came the hill at the end. Tabatha later told me that she felt like throwing up when she got to the hill and that she slowed a little. At that point, it looked like there might be a race for second. **PATRICIA VARGAS** started closing in on Tabatha. But Tabatha hung in there crossing the finish line 10 seconds before Patricia. Tabatha's time, 17:44; Patricia's 17:54.

SHANNON WELSH retained the title of winner of the walk category. She completed the course in 25:07, cutting more than three minutes off of last year's time.

Master's winner in the run category was **CHARLOTTE PATON**, 37:55; in the walk, **CLAUDIA KASEN**, 18:05.

The all male volunteer corps was there to assist the women in putting on this race. They did a great job! **RANDY BEAMER** of KMOL-TV again MC'd the awards ceremony. **RICK CAVENDAR** of Saturn of San Antonio assisted Howard in distributing the awards. The three SAPD guys who are also members of SARR, **MIKE HENDERSON**, **GREG YOUNG**, and **MIKE CHICKA**, volunteered their time to protecting the women as they crossed Basse. Thanks to all you guys!!

JOHN MICHAEL RAMIREZ and **KQ 102** provided music before and after the race. John Michael also provided the tape player (his truck's tape player) for the aerobics warm-up session. We almost didn't have the aerobics but John's quick thinking saved the day. **BECKY WALKER** of the **CULEBRA CROSSING**

JAZZERCISE led the group in a ten minute warm-up session.

A total of 431 women registered for the 5K run/walk; 399 crossed the finish line.

To all who assisted, especially the SARR OFFICERS, and to all who participated, thank you. The race was quite successful and everyone appeared to have a good time. Mark your calendar --- the 1998 race is tentatively scheduled to be held July 18.

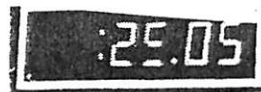
Sally Rios
Race Director



Over all winner
Natalie Nalepa



Masters Winner
Claudia Kasen



Race Walk Winner
Shannon Welsh



THE ILLUSIVE 500

The 1999 Women's 5K Run/Walk Recap
by Sally R. Cotham,
Race Director



The 20th Anniversary of the Women's 5K Run/Walk fell (*oops, I guess I shouldn't use that word when talking about runners*) short of the illusive 500 participants again this year. Despite a rainy, slippery start, 412 running and walking women finished the race without any injury. The rain sent the people from **Water Street Oyster Bar**, who were setting up breakfast, scurrying to get the food back into the restaurant. The little muffins were saved but the rain did prevent the massage therapist and the photographer from setting up.

For those who like statistics: 241 registered by mail; 78 registered at **Saturn of San Antonio** on Friday night

before the race; and 109 registered race day. Of the finishers, there were 305 runners and 107 walkers.

We did have a little mix-up with the race results but that was and is being resolved. The verified results as well as a listing of all finishers are listed elsewhere in this newsletter. One mix-up was the result of the runner putting her card in the wrong bucket (*I don't want to hear any jokes about women lying about their age*). The experienced runners really try to keep track of their competitors. They not only know who their competitors are but also how old they are. If they only knew their exact birth dates. One runner insisted that an award had been given out incorrectly. The runner kept insisting that the person receiving the award had been placed in the wrong age group. In verifying the results, the award winner was in the correct age group. I guess she had a birthday that the questioning runner was not aware of.

For the information of the women runners and all runners in general, when the results are tabulated, they are not tabulated on the *time* that is written down on the card but on the number that is on the card. All finish

James Garza, driver of lead vehicle provided by
SATURN OF SAN ANTONIO

line cards are marked sequentially and are handed out in that order.

Therefore, even though Card #26 may have a time of 20:04, they will come in second to Card #25 who finished with a time of 22:05. We runners are notorious for not being able to see the clock clearly when we finish a race.

What was really impressive, to me, was the number of 70+ runners/finishers! Awards were presented to four women in this age group. These women were just a few minutes behind some of the younger finishers. If we keep running, how long will it be before there will need to be a 70 - 75 and 80+ age group category?

Several special recognitions were made prior to the awards. One unexpected recognition was that of the female who had participated in 19 out of the 20 women's races that the SARR had sponsored. **Frances Ingle**, a long time member of SARR, will be given a certificate for this accomplishment. If there is anyone out there that has completed all 20 women's races, please contact either Karen Campbell, Sandy Barsun, or me.

Among the special recognitions were **Karen Wolfshohl**, the first race director of this event, and **Rosie Bustamante**, the second race director. Both participated in this year's race and were presented with plaques of appreciation. Rosie, as she has done numerous times for SARR, designed this year's t-shirt design. The design was also used on the plaques that were distributed for awards and

special recognitions as well as on certificates that will be distributed to vendors who have provided door prizes over the past four years.

Creative Chocolates, a vendor located in Lincoln Heights Mall, has donated a chocolate door prize every year that the race has been held at Lincoln Heights. **Richard Berchin**, a jogger himself, of Creative Chocolates was unable to be with us on Saturday but will receive his plaque.

Being in the Saturn of San Antonio lead vehicle, all we could see was **Andrea Jarzombeck** who was the overall winner of the SARR Women's

*Frances Ingle has run 19 of the 20
Women's 5K Run/Walk Events*

5K Run/Walk for the second year in a row. Andrea completed the 3.1 distance in a time of 17:36. Her 1998 finish time was 17:54. **Lisa Cabrera**, **Ana Maria Wilcox**, and **Sue Pierson**, who were the second, third, and fourth place finishers, were so far behind that **John Welch** of the **Express-News** and I could not identify

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who they were. We thought we saw Ana Maria because we remembered what she was wearing.

Karen Wolfshohl, Race Director 1980-85, 1995
Rosie Bustamante, Race Director 1986-1994

I did get to see all you run at least the first mile a week later. **Dennis Sweezea**, the timer at Mile 1, had set up his camcorder and taped everyone through the first mile. You all looked a little soggy but good. Dennis then moved the camcorder across the street to catch some of you going up that last hill. Maybe the tape will be run at one the of SARR events.

A special thanks to a great group of guys – the volunteers! Although women ask to help, we prefer that they participate either as a runner or walker. They can volunteer at another SARR event. The all-male volunteer corp is the other reason that this race is so unique. They get there early (some before 7 a.m.), do whatever is asked of them, cheer the

women on, and some stay after the race is over--all for a t-shirt, a free breakfast, and maybe a free beer or two. According to meal tickets, 96 of them had breakfast even though there are a lot more then 96 volunteers. The men are generally not included in the door prize drawings; however, because it was the 20th Anniversary of the event, there was a separate drawing for them. Saturn of San Antonio donated two Saturn polo shirts and caps that were won by **Joe Segura** and **Danny Hernandez**.

Listed separately is a listing of the entire special recognitions and contributors to this event.

Thanks to all the sponsors, supporters, and participants of the San Antonio Roadrunners' Women's 5K Run/Walk who have participated in this event during my tenure as director of this event. The last four years have been challenging and exciting for me. I hope we, the SARR, have given the novice runners/walkers the incentive and encouragement they need to continue their running/walking programs. I also hope that the experienced runners/walkers have been challenged enough to continue to improve on their performance. Next year's race directors will be Karen Campbell and Sandy Barsun. They will continue the chase for the illusive 500 women runners/walkers.

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MOTHER NATURE MUST BE A RUNNER

**Recap of the 2002 Women's 5K Run/Walk
by Sally Rios, Co-Race Director**

The Flood of 2002 had us all watching the weather more than any other July. As co-director of the **SARR WOMEN'S 5K RUN/WALK**, I watched more intently than most. My Weatherbug and I grew to be great friends. Most years my concern for the Women's Race was the heat and humidity. This year: (1) Would it rain? (2) What to do if it rained? (3) What condition was the course in after the last flood?

A week before the race, I drove the course and contacted the Alamo Heights Chief of Police who promptly e-mailed me pictures of "What we're dealing with."

(INSERT E-MAIL PICTURE) I immediately contacted **JOSE INIGUEZ**, my co-director, suggesting that he plan a new course "just in case...." A second inspection found the course usable, a little dreary, but usable.

Thursday's forecast called for a front to come through with the best chance for rain coming Friday night or Saturday morning – Great!! Calls were immediately placed to **MELANIE COSTANTINO** of **WATER STREET OYSTER BAR (WSOB)** and **BOB RATLIFF** to discuss alternate plans. Having been a Girl Scout, I wanted to be prepared in case it rained.

By Wednesday mid-night, 51 women had registered via active.com with 200 women pre-registering via mail and running stores. 115 women took advantage of early registration at **SATURN OF SAN ANTONIO**. We were well on our way towards our 500 women goal!!

Those that registered at Saturn were pleasantly surprised to see sandwiches, veggie and fruit plates, chips, and drinks all courtesy of Saturn. **RICK CAVENDAR** donated ten of his CDs for the club to sell with the profits going to our scholarship fund or to use as door prizes. The CD's, which included Rick's latest "Gypsy Vagabond," provided background music. Rick wrote and performs all the songs on the CD. We immediately claimed two CDs for the club's collection. The scholarship fund is now \$30 richer. Thanks, Rick! The remaining two CDs will be used as door prizes at the Labor Day Run. I left Saturn Friday night at 9 p.m. with the **Saturn VUE** loaded with shirts, packets, and everything for Saturday's race. There was no rain in sight!!

4:45 a.m. Saturday – I'm up and it's not raining! 5:30 a.m. I get to WSOB only to find **WHITNEY LAWRENCE** and Bob already there. No rain so far but the skies look threatening. Like time-lapsed photography, the skies get lighter, things start getting set up, volunteers and participants begin trickling in. The WSOB folks are preparing the breakfast buffet. **BRAD LOMAX**, owner of WSOB, arrives. 7:45 a.m. – last minutes instructions; national anthem; introduction of Brad, the official starter. (*INSERT PICTURE 1*) 8 a.m. – They're off!!! 8:01 a.m. – The small group of walkers take off! As I relax momentarily, watching the women head west, my eyes notice how dark the sky. "Please don't rain until after 11!!"

With Jose and **JAMES GARZA** of Saturn in the lead vehicle, I scurry around barking orders to convert the area from pre-race to post-race activities. Suddenly, I hear Whitney's voice on my radio, "The lead runner just past Mile 2 at 11 minutes!!" With no radio at the finish line, I run to notify the finish line crew hoping I can beat the lead runner! I then head to the intersection where SAPD volunteers – **PAT WORLEY**,

ROGER SANCHEZ, ADAM ZELDES, DAVID LUEVANO, LT. GREG YOUNG, MIKE CHICKA – are directing traffic. There comes the lead runner with **JOHN CANTU** trying to keep up with her on his bike. **DEBORAH ARZOLA** crossed the finish line in 17:25!!! **ROCHELLE AHLERS** and **GENEVIEVE CHAVEZ** finish 2nd and 3rd overall with times of 19:42 and 19:45 respectively. The remaining 447 runners and walkers follow. Everything went smoothly with only one runner needing medical attention. She was OK; just pushed too hard in high humidity.

One runner suggested we change the name of the event to “The B---h Run” with that on the shirts. After all it was a run for b----es put on by b----es, on a b---h of a course! Thanks for the suggestion. I agree with 2/3 of your statement but I don’t think it will work.

Forty door prizes were given out. The list of supporters is listed elsewhere in this Newsletter. **JESSE** and **ALEX VILLAREAL** of **VILLAREAL BROS. ART GALLERY** donated a Jesse Trevino print for the grand prize that was won by **DAWN NELSON**. (*INSERT PICTURE 2*)

Greg Young and Mike Chicka were recognized for their commitment and dedication to the Women’s Run. Greg will be retiring this year after 25+ years with the San Antonio Police Department. Mike retired two years ago after 35+ years on the force. (*INSERT PICTURE 3*) Both have volunteered their time to the Women’s Race for the past seven years, insuring that the women got across Basse safely. Thanks, guys! We really appreciate it!!

And what about the other 100+ volunteers!!!! From the **FLEET FEET** crew that set up the finish line chute, to the **ROGER SOLER SPORTS** crew that set up the start

(Roger placing his body between a support beam and the participants so they would not run into the beam – what a guy!) to the guys that did double duty working registration/packet pickup and served as timers, set up the awards, and handled the door prizes. Let's not forget **JACK SUTCLIFFE** and his finish line crew dressed in their "formal" finish line attire. I hope someone got a picture of that. There's never shortage of volunteers for this race.

Two women saved my life – **LENA WILLIAMS** assisted **CHUCK CAMPBELL** Friday night at Saturn inputting race entries. **ROSA GREEN**, besides helping Chuck with the race day results, brought me my first cup of coffee on Saturday. Thanks, Ladies! To whoever purchased that coffee – "Bless you, my child!"

To all the volunteers and officers of SARR, thank you from the bottom of my heart. It could not have been done without you.

Of the 450 registrants, only 10 packets remained unclaimed. As I sat in the Saturn VUE, my first time to sit since 4:45 that morning, I breathed a sigh of relief and took a sip of my second cup of coffee. The place was clean, everything was picked up, and only a few SARR officers and volunteers remained. It was 10:30 and Mother Nature had smiled on our event. The western sky was still threatening, the event was over, and it had not rained.

P.S. **RUNNER'S WORLD** donated individual boxes of **WHEATIES ENERGY CRUNCH**. A donation of 124 boxes was made to the Salvation Army's Flood Relief on behalf of *Runner's World* and the San Antonio Road Runners.

2005 Women's 5K Run/Walk

By Sally Rios

I think I have finally recovered from Saturday's **Women's 5K Run/Walk**. The course was good; the weather typical—hot and humid. This was the second year that SARR has used the Olmos Park course; this was the first time I ran this course. I knew that 90% of the course was the old Lincoln Heights 5K route. Was I surprised to see that the second hill had been extended!!! It was nice to run downhill the last mile.

And, what can I say about the handsome volunteers! Thanks, guys!! I always feel safe knowing that **Mike Chicka**, former SAPD, is working the course. Seeing familiar faces and hearing my name called along the route is always a motivator. No need to worry about traffic with each intersection manned (pun intended) with volunteers. I must admit, though, I do miss having the guys in front and besides me. As a matter of fact, as I lined up at the start, I started looking for the guys I normally line up next to. Sorry if I didn't return your encouragement; I was putting all my effort into the race.

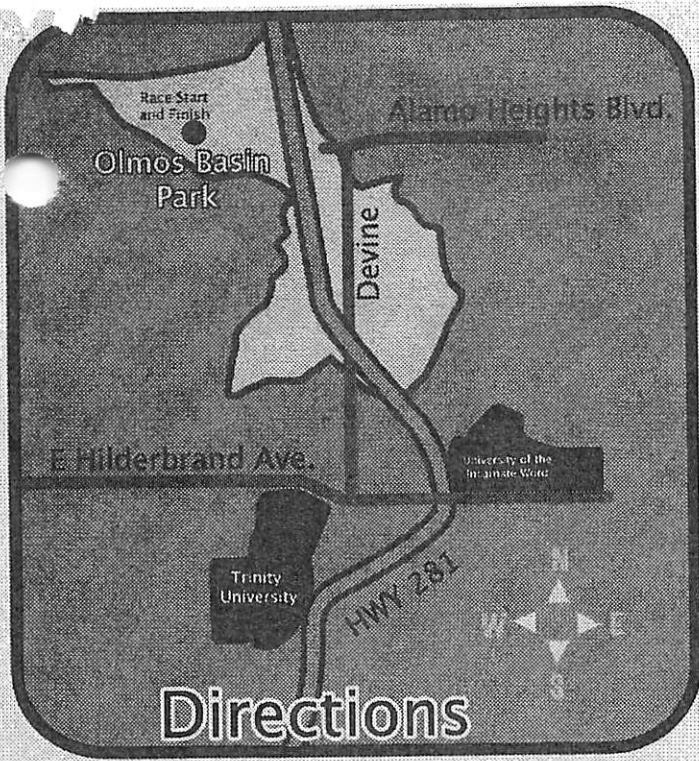
I was disappointed in the turn out. The number of race participants is down quite a bit. This year there were 230 participants, which is down from 480 a few years ago. Because of that, I have told the SARR and **Jose Iniquez** that I would co-race direct this event next year. This is a race for women of all ages, both runners and walkers. It is the only all women's race in town. The purpose is still to promote running/walking among women, to prove that women can exercise just like men. This race should draw at least 500 participants!

If you have any suggestions on how to improve this event or would like to see something different, let me know. I have already received suggestions about t-shirt style and design. An Austin runner has volunteered to help promote the race in Austin. Ladies, this is *our* race. I'm thinking of ways to get door prizes and how to publicize this even. Let me hear from you. I can be reached at 210-735-8037 or at 1822 W. Poplar, San Antonio, TX 78207. Guys, I'd like to hear from you also.

See you in 2006!

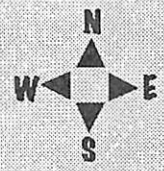
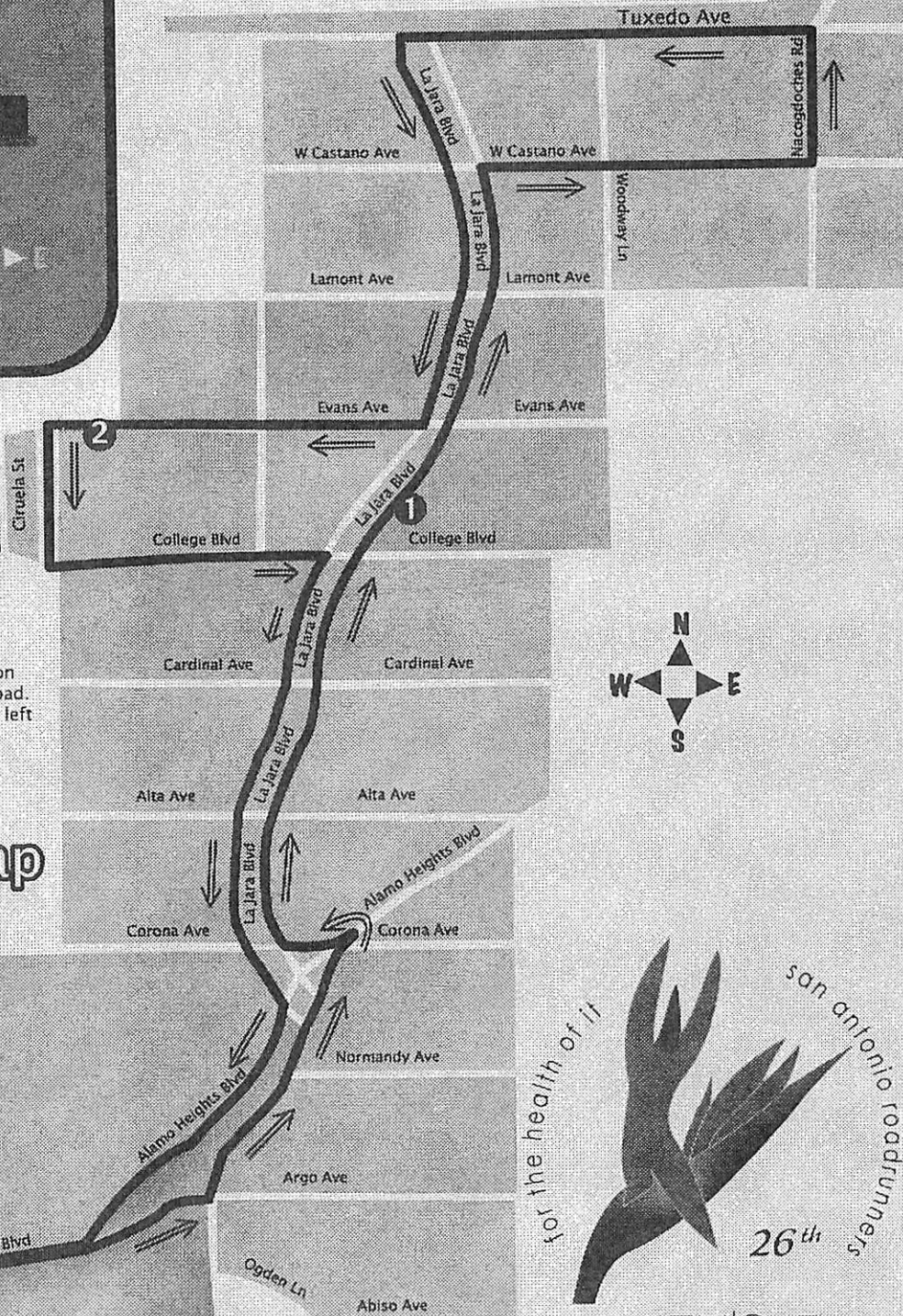
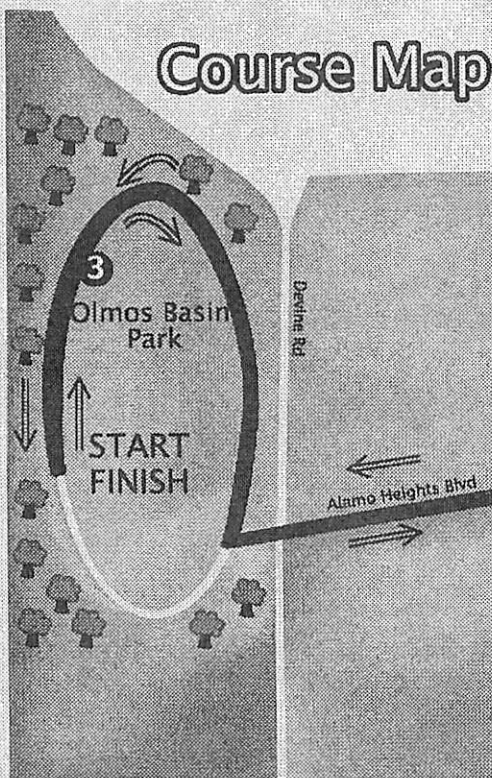
WDF

Race results and photos
will be posted on
www.iaapweb.com



Arriving from North (Airport):
Take Highway 281 South to the Hildebrand exit. Turn right on Hildebrand until you reach Devine road. Turn right on Devine road. Continue on Devine until you reach Alamo Heights Blvd. Turn left into the park at Alamo Heights Blvd.

Arriving from South (Downtown):
Take Highway 281, North to the Hildebrand exit. Turn left on Hildebrand and go over the freeway. Make a right at Devine road. Continue on Devine until you reach Alamo Heights Blvd. Turn left into the park at Alamo Heights Blvd.



for the health of it
san antonio roadrunners
26th
WOMEN'S 5k
RUN/WALK 2005
SAN ANTONIO - TEXAS

MOVING ON UP!!!

2006 Women's 5K Run/Walk Recap

Participation in the Women's 5K Run/Walk is "Moving on UP!" Saturday, July 8, had 287 women register for this year's 5K run, an increase from last year by 69 women. This year's goal was 300 women.

Race morning came early for Sally – 4:30 a.m. wake-up – and the weather was muggy and hot. Olmos Park was dark but in the distance a moving light could be seen. That was BOB RATLIFF's flashlight. He had arrived shortly before Sally and was unloading the SARR trailer. The start/finish line had been set up the night before by JOSE INIGUEZ and the LAAP crew. Slowly some early morning (like 5:30 a.m.!!) volunteers – RANDY OHMAN, JERRY NEGRETE – began arriving to assist in the set up. When the women started arriving, it was light and the venue was 95% ready.

CHUCK CAMPBELL decided that he wanted to use the Women's 5K to try out a chip timing system. Late Friday night, Chuck and Sally worked out the details on how to distribute the chips and he reassured her that the scanning system would be used for the results. That was a relief but it meant that a chip distribution area, system, and additional volunteers would be needed. Fortunately, Chuck had thought through what was needed and had answers to all of Sally's questions (How are the chips distributed when women have already picked up their packets? How are the chips removed? Etc.) It must be true what they say, "Great minds think alike!" Sally called JIM HOLBACH, volunteer coordinator, telling him to add at least seven volunteers to the already long list of volunteer requirements.

MAC McDONALD and the registration/packet pick-up crew directed the women to the chip table after getting them registered. The crude signs Sally made the night before seemed to work out. It appeared that everyone received their chip in a timely manner. This was a first time for some women, not only in doing this race but also in using a chip. Instructions were given in how to place the chip on their shoe.

Speaking of instructions, Sally was on the PA system with a long list of announcements. The women, volunteers, and everyone within the sound of the PA system probably got tired of hearing her say, "Runners, you need to have a chip. We are testing a new timing system. Don't worry; the scanning system will be used for results."

The eight o'clock hour finally arrived. TONI BADRAK, a San Antonio College student majoring in vocal performance, did an excellent job of singing the national anthem a cappella. Then, the runners were off! The walkers, approximately 28, started a minute after the last runner crossed the start line. The walkers were accompanied by three male marshals, RANDY SURRATT, HUGH HAMLIN, and FRANK PESCHELL. Not only were the runners/walkers now rushing through the course, the volunteers were rushing to convert the registration site to a door prize/awards/t-shirt sale site. The first runner was expected in 15 – 16

minutes. The expected winner had completed the Wednesday night Zoo Run 2 Mile run in 10:30. Word came that she had about a 10 second lead at Mile 1.

As expected, ANDREA JARZOMBEK crossed the finish line in 17:13, a 5:32 pace!!! She was followed by JENNY BREUER in a time of 18:07. DENISE SURRATT, the first walker, completed the course in 33:40. Awards were given to the top five overall runners; the top three master runners; the top three walker finishers; and to the top five finishers in 13 age groups starting at age 14 and under and continuing through 70+. Four of the five overall runners are in the 30-34 age group; the masters' runners are in the 40-50 age groups. Complete results are located elsewhere in this newsletter.

And what about the volunteers!!! At least 100 males answered the call to help out. Some willing accepted the responsibility of being coordinators for various areas. EDDIE MARTINEZ and JUAN CANTU volunteered to coordinate motorcycle and bicycle escorts. This was in addition to approximately 30 course marshals, plus two water stops, assigned to various intersections along the route. All were there for the safety of the women, making sure the traffic stopped, pointing the women in the right direction, and cheering and encouraging the women.

STEVE SMITH, an icon of the running community, read the names of the finishers as they approached the finish line. As many names as possible were called out but the women came through faster than their names could be located on the list of registrants. Steve also announced the winners, occasionally adding his personal comments. It was good to have Steve back in the running scene.

Now it's time to look at next year's event. For 2007, HEB has agreed to be the title sponsor for the Women's 5K. The venue will move back to HEB #43 located in Lincoln Heights Mall. The date is July 22, 2007.

For those who don't know the history of this event... This event, originally titled the *Women's Distance Festival*, was part of a national movement to celebrate women's running and to publicize the fact that women did not have the same distance events as men in the Olympics. The Road Runners Club of America, of which SARR is a member, started this event in 1980. Through strong and ever increasing participation, both nationally and locally, in these events, the Olympics now have a woman's category in the marathon, 10K, and 5K events. This was the 27th year that SARR has sponsored the Women's 5K. By the 30th year, we'd like to hit 500 participants.

Thanks to all who participated, to all who volunteered, and most importantly to our sponsors (see attached list). Our goal for 2007 is 350 – 400 women. See you next July!

Co-Race Directors

Sally Rios and Jose Iniguez

Thanks to the sponsors the 2006 WOMEN'S 5k RUN/WALK!

HEB #12 and #43

Tecate Beer

Saturn of San Antonio

Starbucks Coffee

Chipotle Mexican Grill

Runner's World

Local Running Stores:

Run Gear Run
Roger Soler's Sports
Fleet Feet
Athlete's Foot

We Promise You A Rose Garden

City of Alamo Heights

Vitamin Water Glaceau

IAAP

It Rained; They Ran

A Recap of the 2007 Women's 5K Run/Walk

By Sally Rios, Co-Race Director

It rained at Carrabba's and they ran. It rained at the 4th of July 5K and they ran. So why should the Women's 5K Run/Walk be any different. It rained; they ran. Friday, July 20, as **VERONICA SALINAS**, **LENA WILLIAMS**, **DEBRA ACOSTA**, and I registered participants and handed out packets to the pre-registered, we watched the rain go from a light drizzle, to a downpour, to a heavier downpour, and then the cycle repeated. As the afternoon wore on, the **H-E-B** (our primary sponsor) staff updated us on weather conditions and road closures. Something every race director *loves* to hear. The most frequently asked question was "Will the race be held even if it rains?" The answer "Yes, unless the police call it." The Alamo Heights Police Department and I had already discussed the possibility of flooding and stopping the race. Since they are more familiar with the race route area, they would be responsible for cancelling because of possible flood.

Saturday morning my dog woke me at 3:16 a.m., burrowing under my head as she usually does when there is a thunderstorm approaching. This was not a good sign. Since I wasn't sleeping very well, I dressed and headed for Lincoln Heights. It was 4 a.m. and lightning to the west. I hoped that the storm had passed. I met **Lacey Moy** from H-E-B who had been there since 4 a.m. to meet **Aztec Rentals** with the H-E-B tent. The rain went from drizzle to downpour with a little thunder and lightning. Around 6 a.m., **WHITNEY LAWRENCE** arrived and the three of us talked race strategy. The rain kept coming. Fortunately, **SARR** had rented a tent. (Thanks, **Walter!** I think you suggested the tent rental.) So under these two 20 x 30 tents we would have registration, packet pickup, volunteer check in, chip issuance, food distribution, **SARR** Boutique, door prizes, and the award ceremony. We were up close and friendly, not to mention wet! And like the movie says, "If you build it, they will come," the runners, walkers, sponsors, and volunteers arrived.

Our special guests, the **Galvan Family**, arrived barely making it out of Helotes. A portion of the race proceeds will go to **Ariel, Liza** and family to assist with expenses incurred as a result of a serious auto accident that occurred in February, 2007. **Amber Galvan**, the most seriously hurt, handed out **Power Bars** to all finishers. **Liza** and two of her daughters, **Haleigh** and **Taigen**, ran the race. **Liza** was second overall with a time of 17:25. **Haleigh** and **Taigen** completed the course in a time of 27:13 and 30:58 respectively. Preliminary figures indicate that approximately \$800.00 was raised to assist the Galvan's.

A total of 240 women registered to participate in the 2007 Women's 5K Run/Walk. At this writing I do not know how many actually came out that rainy morning but I can tell you that 60 awards were given out in the run category and six were given out in the walk category. That is a total of 66 awards out of a possible 82. Overall winner in the run division was **ANDREA JARZOMBEK** with a time of 16:43. **TERRY LUZADER** was the master's winner with a time of 19:37. **BETTY SURRETT** was the overall walker in a time of 37:13. **Betty** had just returned from competing in the walk competition of the Senior Olympics.

There were good and bad things about the rain. The bad things: **MAGIC 105**, one of our sponsors, was unable to set up their antenna because of the lightning. Thus no live broadcast and no PA system. **SATURN OF SAN ANTONIO** had two cars on display – an Aura and a "Sky." The rain kept people from checking out these two nice vehicles – although participants did ask if they were door prizes. The finish line clock was not set up right away because of the rain. No PA system at the start. A new scantron entry form was being tested. Good testing conditions – the form was paper; it was damp; but I guess it worked. The worst part of the rain – fewer participants.

The good things: Fewer participants meant a better chance to receive an award or door prize, and more food for everyone. Standing in the shelter of the parking garage, **JOHN MICHAEL RAMIREZ's** baritone voice

leading the women in singing the National Anthem gave me chills. John Michael sang a capella and the women automatically joined in. It was quite moving.

My thanks to the volunteers that showed up. Without them, especially the guys, this route would be pretty hazardous. Special thanks to Whitney for providing me with a few sips of coffee (thought I was going to say beer, didn't you!?!?) My thanks also the sponsors. Without them, this race would not be as special as it is.

As I looked over the participants, I saw a lot of new faces. It is good to have new runners/walkers. After all, that is one of the goals of this event...to celebrate women's running and to introduce new runners/walkers to our running events. Now these new runners have a "Remember when..." story to tell.

So see you next July when, hopefully, it will be little dryer.

**SPONSORS OF THE
2007 WOMEN'S 5K RUN/WALK**

Please remember these sponsors as you go about your daily business. Without them, this race would not have been as unique and special as it is. *Thanks to...*

...**H-E-B** for venue, food, refreshments, and support

...**Magic 105.3** for publicity, on-site broadcast, and two DJs

...**Saturn of San Antonio** for lead vehicle and support

...Door prizes and support provided by:

Athlete's Foot

Fleet Feet of San Antonio

Roger Soler's Sports

Run-Gear-Run

Spurs Sports Entertainment

Brenda Tollett, Tupperware Consultant, 210.562.0539

...**"I Never Promised You a Rose Garden"** for carnations

...**R. L. Worth and Associates** for use of their parking garage

...**IAAP** for publicity and support

2008

THAT'S WHAT IT'S ALL ABOUT

Recap of 29th Annual Women's 5K Run/Walk

By Sally Rios, Race Director

471 registered participants!!! At least 400 crossed the finish line!!! Two weeks before I was praying that 300 women would register. 471!!!! WOW!

There was LIZA HUNTER-GALVAN and her daughter Amber, both honorees from last year's race, plus Liza's other daughters Haley, and Taigen. There was ANGELA DAVILA, one of the four SARR 2008 Scholarship Recipients. There were sixteen employees from Valero; at least 40 employees from the City of San Antonio, including the City Manager, Sheryl Sculley; and there was the Arocha Family registering nine females from their family. Past participants returned and new participants signed up. We ran out of flowers and finisher's ribbons. 471!!!

Our sponsors were great! SATURN OF SAN ANTONIO provided the lead vehicle, a nice red Saturn Sky. H-E-B not only provided their parking lot but also provided water, ice, and refreshments. Don't panic about the number of participants, LACEY MOY from H-E-B told me. "If we run out of food, we can always go into the store and get more." Y100 with ALYCE IAN and NATE provided their professional announcing of pre/post race announcement and awards. Then there were the door prize donors -- Rick Cavender; Brenda Tollett, Tupperware; Soler's Sports; Run.Gear.Run; Fleet Feet; H-E-B; Flowers from I Promised You a Rose Garden; Compass Bank; and IBC. There were a total of 41 door prizes for the women; 17 for the male volunteers.

The male volunteers....what can I say! Never have a shortage of volunteers for this race! They came early and stayed late. They make this race special and without them this race would not be possible. They worked all areas and cleaned up afterwards.

LISA DEARMOND with a group from STROLLER STRIDE provided a warm-up session for the race participants. BERT PICKELL of USATF RACEWALKING provided flyers and hints for the walkers on how to walk more efficiently.

Liza, who will be representing her home land of New Zealand in the Olympic Marathon this year, won the race in a time of 17:04. From the lead vehicle, I watched Liza pull away from the pack. Her splits unofficially were 5:24; 5:33; and 6:04. She seemed to slow just a bit on the last hill on E. Castano. At the finish line, she said the course was hot and humid, "...just the way it will be in Beijing." Liza and family leave at the end of July for China. Good Luck, Liza!!

Did you see that Color Guard? LORIE SEMIEN, race director of the SARR Turkey Trot, and the Lackland Air Force Base Honor Guard presented the Colors. Staying with the "women only" theme, the color guard consisted only of women. Two of the women also ran the race. JOHN MICHAEL RAMIREZ sang the National Anthem a cappella and with a swollen tooth.

Then there was NORMA JEAN COLTON. We met Norma Jean when she came to H-E-B to pick up her packet. At that time she told us that this was to be her first event. She was going to run/walk this course as a surprise for her daughter. You see, Norma Jean, a diabetic, once weighed 350 pounds. She is now down to 190! Her daughter, a runner, has been trying to get her mom to participate in a race.

Norma Jean completed the 3.1 miles in a time of 54:44. Her daughter and the rest of her family were there as Norma Jean was recognized. Her daughter was quite surprised, jumping up and down. Norma Jean looked and felt tired but she had completed the event. Her goal is to do a half marathon in 2009.

Looking back over the events of July 19 – Liza winning and going to China; the first time participants from the City; and Norma Jean – celebrating women's running, that's what this race is all about!!

See you in July 2009 for the **30th Anniversary of the San Antonio Road Runners Women's 5K Run/Walk!!**

2009

MILES AND MILES OF SMILES

Recap of SARR's 30th Annual Women's 5K Run/Walk

By Sally Rios, Race Director

"You ought to rename the race the Smile Run. The best part I liked about it was all the smiles." That was my brother's response to the slide show of the 30th Annual SARR Women's 5K Run/Walk. It's funny but that was the same thing I noticed as I viewed the slide show that **Tom Lake**, SARR Historian, put together. In my early days of running, I was told that if a runner was smiling at the end of a race, they were not trying hard enough. There were women who were really focused on their run but the majority of the runners appeared to be having fun – running with friends, relatives, smiling. And that's what the Women's 5K is all about – having fun!

We've come a long way with this race. **Karen Wolfshohl**, the first race director of the Women's 5K (it was then titled the Women's Distance Festival) helped distribute this year's awards. There were only 40 women in that first race in 1980. This year, the 30th year, there were a total of 455. If you were paying attention on race day, we stated that a total of 504 women registered. After reviewing the results and verifying the entries, the corrected number of entrants is 455. So our goal for the 31st year is to hit the illusive 500.

Rosi Bustamante also assisted with the awards. Rosi was the second race director of the Women's Distance Festival and designed a good portion of the t-shirts for this race. The shirts, which belonged to me, were made into two throw blankets and were on display at the race. I had all but four shirts.

The Dunn Family ruled this race. **Jenessa Dunn** was the overall winner (18:34) with her sister, **Emily** coming in second (18:47). The Dunns approached me prior to the race requesting a copy of the race course. They reviewed it, noting where the hills were, and pointing out the finish was a straight away. Their strategy and pre-race planning worked. **Roberta Varela Hein** was the overall Master's Run winner in a time of 19:37.

The number of walkers increased this year so much so that next year's awards will be given to the 1st through 3rd place finishers. This year's awards were given only to the first place finisher in each age group. **Denise Surratt** was the overall female walker in a time of 34:35. Denise and her husband, **Randy**, both race walkers, will be competing in the Senior Games at the state level. Good luck to both of them! The overall masters walker was **Judy Casey**, 37.23.

This year a Media Division was added. It was hoped that this would attract women that worked in television, radio, and print media. This division was also open to women that worked in PR offices. Only three women entered this category, listed in order of finishing times: **Gina Garcia**, Express-News; **Samantha Collins**, Northside Chamber of Commerce; and **Jennifer Broome**, 4-WOAI.

-- OVER PLEASE --

The sole race sponsor this year was H-E-B. They make a race director's life so much easier! My thanks to **Dya Campos, Lacey Moy, Maritza Aguilar, Veronica Lozano**, and the staff of H-E-B #43. It would have been a real challenge putting this race on without them.

Race packets were full of coupons and other freebies, all listed at the end of this article, thanks in part to my co-race director, **Julie Terrill**. Julie is a "race director in training." She has agreed to direct the SARR Mission 10 Miler in December. She brings a lot of fresh ideas and contacts from her experience in working with NIOSA.

Last but not least, thanks to all the guys that helped - the all male volunteer corp. There is never a shortage of volunteers for this race. I called upon some of the more experienced guys to coordinate the various aspects of the race. They handled it with little instruction and supervision. They arrived on time and stayed as long as needed. Special thanks go to **Randy Beamer** who MC'd this event. Randy not only did the announcing but also managed to film portions of the event, interview participants, and got it on television and on the WOAI web. (Check the Featured Video section of WOAI.com. Randy has five separate videos. I don't know how long they will be on the web.)

Of course, this race could not have taken place without the **SARR Board members and regular volunteers**. This group works hard and long. You never really appreciate it until you, yourself, are a race director. If one member is out, the others fill in quickly. Repeating my favorite quote: "Never one thing and seldom one person can make for a success. It takes a number of them merging into one perfect whole."

If you haven't done so, check out pictures of the event on the following sites:

www.hillcountryrambling.com -- coupon included in race packet. Pictures available for purchase.

www.saroadrunners.com -- pictures can be downloaded free of charge.

Next year's race is tentatively scheduled for July 17, 2010. Additional sponsors are already being recruited. Spread the word! Let's break that illusive 500 mark!

2009
Miles + Smiles



JUST A BUNCH OF GIRLS....

Recap of the 32nd Annual Women's 5K Run/Walk

What a coincidence that as I was on my way home after the Women's 5K, the song on the radio has the words "Just a bunch of girls..." That's what we had a "bunch," 613 to be exact, of girls running, walking, laughing, talking, having a good time at the **32nd Annual SARR Women's**

5K Run/Walk. Of those 613, 509 were runners and 104 were walkers. The total number was a little lower than 2010 when 628 participated. But, hey, anything over 500 is great!

And what about those male volunteers! There were approximately 150 of them, one at each intersection; ten or more at the two water stops; guys at packet pickup, registration, finish line, food distribution. There were so many that some were turned away. There is never a shortage of volunteers for this event! I wonder why???



Randy Beamer of WOAI-TV joined us

again this year as MC of the awards ceremony, after signing autographs and having his picture taken with the women. Being a runner himself, Beamer knows what runners/walkers want. He seems to really enjoy interviewing the award winners and always asks great questions. Some of the responses are pretty interesting. Beamer always has his camera. His video can probably be

found on the WOAI-TV website.

The SARR Women's 5K is the only race in San Antonio for women only. It is amazing that we get the turnout that we do. For a lot of women, this is their first organized event. Hopefully, this will encourage them to continue with their exercise program whether it is running or walking.



In an effort to give back to the community, this year a clothing drive, "Sisters Helping Sisters," was added. Twenty bags and boxes of clothing (and these were not small bags/boxes) which included kids clothes, as well as "professional attire" for women were given to SAMM Ministries and Goodwill.

A yoga warmup, led by **Southtown Yoga Loft**, had the majority of women stretching prior to the run. Adding the yoga warmup was the suggestion of **Sally Seeker**. Seeker, AKA Sally #2, will hopefully take over as race director for this event. She already has good ideas. It's nice to have a fresh, young mind handling this.



Many thanks to our primary sponsors: **H-E-B**, specifically **H-E-B #43** and their partners, and **WellMed Clinics**, specifically **WellMed at Alamo Heights**. H-E-B provided all the refreshments as well as the venue for packet pickup on Friday and pre-/post-race activities on Saturday. WellMed at Alamo Heights allowed us to use their parking lot for the finish of the race and provided medical support. Some of their volunteers also assisting with the clothing drive.

Other supporters are listed at the end of this article. Please be sure to thank them for their support.

A complete listing of the results and age group winners can be found on the San Antonio Road Runners' website: www.saroadrunners.com. A slide show of the event can also be found on this website. Overall winners were as follows:

Walk Division

Overall: Denise Surratt Time: 36:47.4
Master: Paulette Goodman Time: 39:29

Run Division

Overall: Emily Daum Time: 17:47.5
Master: Catriona Dowling Time: 21:25.3

I hope to have some additional articles as a result of this event. As I mentioned earlier, Beamer had some good questions and good responses. Unfortunately, the newsletter deadline is fast approaching.

Can't leave without thanking the members of the San Antonio Road Runners' Board. This is a group that works well together. They each know what needs to be done and do more than their specific assignments. They get to the race site early, like 4:45 a.m., and stay late, like 11:00 a.m. Without them, this race would not be.

So, thanks to everyone! Next year's race has tentatively been set for July 21, 2012. Don't forget to thank the sponsors. See you next year!

*Sally Rios (AKA Sally #1)
Race Director, Women's 5K*



**SPONSORS
&
SUPPORTERS
of
SARR'S 32ND ANNUAL
WOMEN'S 5K
RUN/WALK**



Primary Sponsors:

H-E-B, specifically H-E-B #43

WellMed, specifically WellMed at Alamo Heights

Supporters:

Southtown Yoga Loft

Green Dog Kennels

Q50 Ultras Coffee

All running stores in San Antonio:

Run Wild Sports

Run On

Roger Soler's Sports

Fleet Feet

&

Compass Bank

One Bag at a Time

Cavender Toyota

Cavender Audi

Pei Wei Restaurant

Spectrum Athletic Club

La Posada Del Rey Restaurant

Academy Sports + Outdoors

Dia de los Muertos Race

Susan B. Komen Race for the Cure

"Thanks, Guys!!!"
To All the Male Volunteers of the
2014 Women's 5K Run/Walk

140 guys – that's how many volunteered on July 19, 2014, at the Women's 5K Run/Walk. There is never a shortage of volunteers for this event. Guys started signing up May 15. Guys contacted me on their own; some were "volunteered" by their spouse or girlfriend; some by their mother, grandmother. Some were even contacting me the night before the race!

There are the regulars –

"The First Dudes," Water Stop #1, coordinated by Jack Sutcliff. Jack is a long-time member of SARR, past officer in SARR, and big-time supporter of what he calls "The Babes" run. He recruits his volunteers, gets their shirt sizes, instructs them on the dress of the day, requests balloons to match the shirt colors, and has his Dudes ready to distribute water and Gatorade.

Water Stop #2 has for the past been coordinated by Gerry Chauvin. Gerry recruits his guys, gets their shirt sizes, and has them ready on race day. Debra Acosta, from the Komen organization, has provided boas, cowbells, small megaphones, all pink, for Gerry's guys to use to cheer the women on.

John Orsborn coordinates the chip distribution/removal crew. His group, mostly from the Brak Pak, has handled this responsibility for several years now. John recruits them, gets their shirt sizes, and assigns them to the various duties. They set up/take down the chip distribution area and remove the chips from the women's shoes as the women finish.

Lana Hernandez from Haven for Hope, Street 2 Feet (S2F), has provided twelve gentlemen to assist at the Women's 5K. These guys are assigned where needed, this year as course marshals. They arrive in a van, are delivered to their locations, and picked up after the race is over. The S2F were part of 29 course marshals that were assigned to almost every intersection along the race route.

A lot of the volunteers request the same assignment each year, from course marshal to bank parking lot guard.

Can't forget our SAPD crossing guard, Roger Sanchez, who comes out every year to assist the women crossing at Basse and Nacogdoches.

The 140 volunteers does not include the male members of the SARR Board and Leadership Team that assist in this event. They are glad to have the additional assistance. Also not included in the total are the few women that assist not only on race day but also at packet pickup the day before. Some of those at packet pickup participated in the event.

To all the volunteers, but especially the guys, of the 2014 SARR Women's 5K, thank you for being out there, cheering the participants on, assisting them along the route/the finish, and making sure they have a good run.

Thanks, Guys!

San Antonio

August 1996

Roadrunners



Running Policemen protect Women Runners! Thanks!
(L to R) Mile Henderson, Mike Chicka, Greg Young, & Eddie Gonzales

In this Issue

SARR 1996 Freedom 4 Miler Results

SARR & the World Wide Web?

Women's 5K Run/Walk Results

*****Postal Service & Zip Code Update !**



19th Annual
1998 WOMEN'S 5K RUN/WALK
 San Antonio Roadrunners
 July 18, 1998 8 a.m.



PLACE: Lincoln Heights Shopping Center (starting and finishing at Water Street Oyster Bar, 7500 Broadway @ Nacogdoches San Antonio, TX)



AWARDS: (No Duplications) 1st Overall & 1st Masters in both Categories
 Runners - 5 places in each of 13 five-year age group divisions: 14 and under through 70+.
 Walkers - 3 places in each of 6 ten-year age group divisions: 19 and under through 60+.



Ribbons for all finishers.



ENTRY FEE: \$13.00 (\$11.00 for SARR members) by July 16.
 \$16.00 after July 16 and race day.

PRE-RACE REGISTRATION AND PACKET PICK-UP:

July 16 - 6 p.m. to 9 p.m. at
 5720 NW Loop 410



Saturn of San Antonio
 A Member Of The Cavender Auto Family

RACE DAY REGISTRATION and PACKET PICK-UP:

jazzercise. 6:30 a.m.-7:50 a.m.
 7:30 a.m.-7:45 a.m.

WATER STREET OYSTER BAR
 Jazzercise Warm-up
CULEBRA CROSSING JAZZERCISE CENTER

T-shirts and FREE breakfast buffet for all registrants and volunteers. Buffet available for other guests at a cost of \$5.00.

DOOR PRIZES - Drawn during race. Winners will be posted. Need not be present to win.

OFFICIAL STARTER

CELEBRITY MC

MAYOR HOWARD PEAK

RANDY BEAMER



FOR ADDITIONAL INFORMATION AND ENTRY FORM, CONTACT:

SALLY RIOS 210/735-8037

RRCA insurance does not allow for wheeled vehicles (strollers, bikes, roller blades, etc.) on course

20th Annual
1999 WOMEN'S 5K RUN/WALK
 San Antonio Roadrunners
 July 17, 1999 8 a.m.

PLACE: Lincoln Heights Shopping Center (starting and finishing at Water Street Oyster Bar, 7500 Broadway @ Nacogdoches, San Antonio, TX)

	RUN INFORMATION	WALK INFORMATION
FEES:	Through July 16 - \$11 for SARR members \$13 for Non-SARR Race Day: \$16 for ALL	Same as run
REGISTRATION and PACKET PICKUP	July 16 - 6 p.m. to 9 p.m. at SATURN OF SAN ANTONIO 5720 NW Loop 410 July 17 - 6:30 a.m to 7:50 a.m. WATER STREET OYSTER BAR By Mail. See address below	Same as run
AWARDS:	Overall Open/Master's. Top Five Finishers in the following age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+. NO DUPLICATE AWARDS.	Overall Open/Master's. Top Three Finishers in the following age groups: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+. NO DUPLICATE AWARDS.

SARR insurance does not allow for strollers, bicycles, or roller blades on the course.

JAZZERCISE WARM-UP

COMMEMORATIVE PHOTOS

7:30 a.m. - 7:45 a.m.
 Lead by: **CULEBRA CROSSING**
JAZZERCISE CENTER

Computer-generated, 5 x 7, photos by
INSTANT IMAGES
 Group Photo: \$7.50 Individual: \$10.00

T-shirts and FREE breakfast buffet for all registrants and volunteers.
 Buffet available for other guests at a cost of \$5.00.

DOOR PRIZES - Drawn during race. Winners will be posted. Need not be present to win.
Special recognition of race supporters.

OFFICIAL STARTER

CELEBRITY MC

MAYOR HOWARD PEAK

RANDY BEAMER

FOR ADDITIONAL INFORMATION AND ENTRY FORM.



24th

23rd Annual **SARR**
WOMEN'S 5K
RUN/WALK

San Antonio, Texas
July 13, 2002 ~ 8:00 a.m.

COURSE

Start and Finish at Water Street Oyster Bar in the Lincoln Heights Shopping Center - 7500 Broadway (Broadway & Nacagdoches).

AWARDS

Prize money to top five overall and top three Masters. Trophies to top five Runners and top three Walkers in the following age groups:
NO DUPLICATE AWARDS.

14 & under, 15-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

WALK-IN REGISTRATION - *Thru July 10th*

Roger Soler's Sports 210-366-3701, 210-930-3148
Fleet Feet Sports 210-805-0845
Run-A-Way Running Club 210-826-1888
(Or by mail - see registration Form)

On line registration (MC, VISA, AMEX): www.active.com

PACKET PICK-UP AND REGISTRATION

July 11th 6 PM - 9 PM, July 12th 6PM - 9 PM
Saturn of San Antonio, Bandera & 410 location

RACE DAY REGISTRATION

6:30 AM TO 7:45 AM

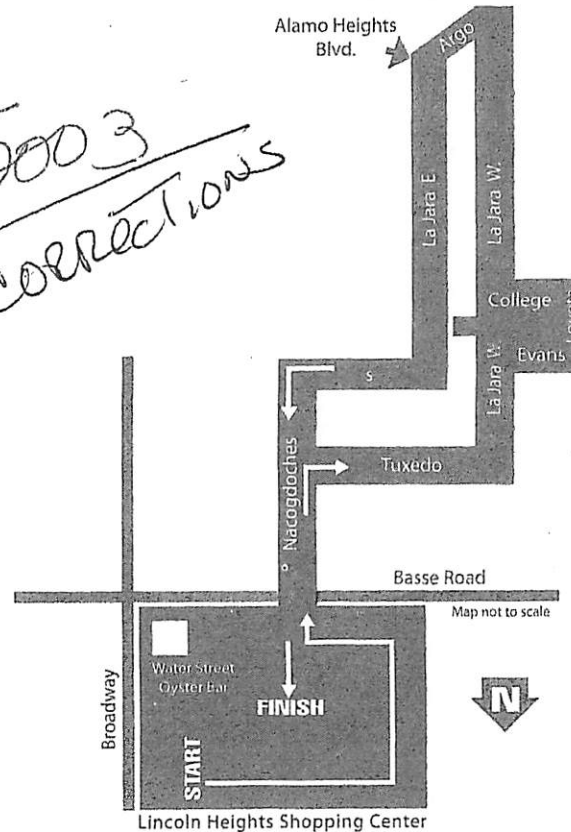
Commemorative T-Shirt and Free Breakfast Buffet for all registrants and volunteers.
Buffet available for guest, \$5. Door prizes to be drawn during the race.

Visit our web site at <http://sarunner.home.texas.net>.

For additional information call

José Iniguez Race Director 210-696-4664 Email: riniguez@satx.rr.com
or Sally Co-Race Director 210-735-8037 Email: rios@accd.edu

*For 2003
CORRECTIONS*



trophies

Top 5 in each Run category & Top 3 in each Walk category

\$1750 prize money*

Open:

- 1st\$400
- 2nd\$300
- 3rd\$250
- 4th\$200
- 5th\$150

Masters:

- 1st\$200
- 2nd\$150
- 3rd\$100

* In Run Only



**31st Annual SARR
WOMEN'S 5K RUN/WALK
July 17, 2010 – 7:30 a.m.
Celebrating Women's Running**
<http://www.saroadrunners.com>



VENUE:

Pre- and Post-race activities parking lot of
H-E-B at Lincoln Heights, 999 E. Basse Rd.
Start/Finish across Basse on Nacogdoches Street

AWARDS: NO DUPLICATE AWARDS
Overall/Masters in both Run and Walk Categories
RUN: Top five finishers in each age group
WALK: Top two finisher in each age group
Age Groups: 13 age groups; 5 year increments;
14 and under to 75+

Ribbons to all finishers. Door Prizes

ON-LINE REGISTRATION

www.active.com

Closes at midnight July 15

MAIL-IN REGISTRATION

Must be postmarked by July 13

For more info, contact Sally at 210-735-8037 or sarios1949@att.net

MALE VOLUNTEERS ARE NEEDED.

WALK-IN EARLY REGISTRATION

At the following stores until July 14:
Fleet Feet Sports New Braunfels St. - 210-805-0845
Run.Gear.Run: Stone Oak -210-490-9987
Soler's Sports: Jackson-Keller- 210-366-3701;
Broadway - 210-930-3148; Helotes – 210-695-6430
Run Wild Sport: Broadway - 210-223-9453
Run On Sports:

PACKET PICKUP and CONTINUED

EARLY REGISTRATION:

July 16 Noon. – 7 p.m.
H-E-B – Lincoln Heights
999 E. Basse Rd.

RACE DAY REGISTRATION:

6:30 A.M. TO 7:15 A.M
Parking Lot of H-E-B at
Lincoln Heights, 999 E. Basse Rd.



REGISTRATION FORM

NAME _____ DOB ___ / ___ / ___ Age on race day ___ SARR # _____
 Street Address _____ City/State _____ ZIP _____
 Phone _____ Email _____ If city employee, department: _____

T-Shirt Size (Women's Cut): S M L XL XXL

Women's 5K (check one)
 Run Walk

Early Fees:	SARR Member, Military, and City Employees	\$18.00
	Others	\$20.00
RACE DAY:	Everyone	\$25.00

I know that running a road race is a 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, 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 _____



**32nd ANNUAL
WOMEN'S 5K RUN/WALK
July 16, 2011 - 7:30 a.m.
Celebrating Women's Running**
<http://www.saroadrunners.com>



Same location; different route

"SISTERS HELPING SISTERS"

Help your fellow sister by donating new or slightly used clothing. Clothing can be professional, casual, running, woman or child's, any season. Bring your donation to packet pickup or on race day. Donated clothing will be distributed to local charities supporting women.

VENUE:

Pre- and Post-race activities parking lot of H-E-B at Lincoln Heights, 999 E. Basse Rd.
Start/Finish across Basse on Nacogdoches Street

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+

WALK: Top 3 finishers: 15-19 to 65 - 69

Top 2 finishers: 14 and under;

70-74; 75+

Ribbons to all finishers.

Door Prizes for both females and males.

ON-LINE REGISTRATION

www.active.com

Closes at midnight July 14

MAIL-IN REGISTRATION

Must be postmarked by July 12

WALK-IN EARLY REGISTRATION

At the following stores until July 13:

- Fleet Feet Sports* New Braunfels St. - 210-805-0845
- Soler's Sports:* Stone Oak -210-490-9987
- Jackson-Keller- 210-366-3701;
- Broadway - 210-930-3148; Helotes - 210-695-6430
- Run Wild Sport:* E. Grayson - 210-223-9453
- Run On:* Stone Oak Pkwy - 210-494-6869

**PACKET PICKUP and CONTINUED
EARLY REGISTRATION:**

July 16 Noon. - 7 p.m.

H-E-B - Lincoln Heights
999 E. Basse Rd.

RACE DAY REGISTRATION:

6:30 A.M. TO 7:15 A.M

Parking Lot of H-E-B at
Lincoln Heights, 999 E. Basse Rd.



MALE VOLUNTEERS ARE NEEDED.

For more info, contact Sally at 210-735-8037 or sarios1949@att.net

REGISTRATION FORM

NAME _____ DOB ___ / ___ / ___ Age on race day ___ SARR # _____

Street Address _____ City/State _____ ZIP _____

Phone _____ Email _____ If city employee, department: _____

T-Shirt Size (Women's Cut): S M L XL XXL

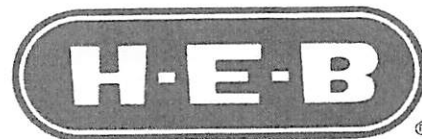
Women's 5K (check one) <input type="checkbox"/> Run <input type="checkbox"/> Walk

Early Fees: SARR Member, Military, and City Employees	\$18.00
Others	\$20.00
RACE DAY: Everyone	\$25.00

I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able to do so. I certify that I am medically able to perform this event, am in good health, and am properly trained.

33rd ANNUAL WOMEN'S 5K RUN/WALK

JULY 21, 2012, 7:30 A.M.



Registration:

Online: www.saroadrunners.com www.active.com (closes at midnight on Wednesday, July 18)

In Store*: Fleet Feet, Run Wild Sports, Run On!, and all Soler's Sports (through Wednesday, July 18)

Mail in*: SARR, 601 W. Lullwood Ave., San Antonio, TX 78212 (must be postmarked by July 16)

Packet pickup/registration*: (July 20, 2012) – Noon – 7:00 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 with Southtown Yoga Loft

7:30 A.M. Race start (across Basse Rd. on Nacogdoches St.) *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

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

NAME _____ DOB ___ / ___ / ___ Age on race day ___ SARR # _____

Street Address _____ City/State _____ ZIP _____

Phone _____ Email _____ If city employee, department: _____

T-Shirt Size (Women's Cut): S M L XL XXL

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

ENTRY FEE (circle one) \$18 SARR/military/city employee through 7/14/12

Check one:

\$20 others through 7/14/12

_____ Run

Checks payable \$25 EVERYONE 7/15/12-7/20/12

to SARR \$30 EVERYONE race day

_____ Walk

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

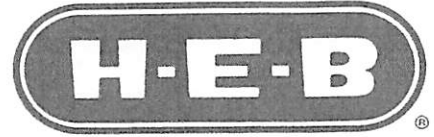
I know that running a road race is a potentially hazardous activity that could cause injury or death. I should not enter and run unless I am medically able and properly trained, and by my signature, I certify that I am medically able to perform this event, am in good health, and am properly trained. 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 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, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

SIGNATURE _____ Date _____

Parent's Signature (if child is under 18) _____ Date _____

34th ANNUAL WOMEN'S 5K RUN/WALK

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



Registration:

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 with Southtown Yoga Loft

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 run during the event)

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

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 _____ Date _____

Parent's Signature (if child is under 18) _____ Date _____

36th ANNUAL WOMEN'S 5K RUN/WALK

JULY 18, 2015, 7:30 A.M.



Online: www.saroadrunners.com www.active.com (closes at midnight on Wednesday, July 15)
In Store*: Fleet Feet, Run Wild Sports, iRun, Soler's Sports, and We Run San Antonio (through Wednesday, July 15)
Mail in*: SARR, c/o 601 W. Lullwood Ave., San Antonio, TX 78212 (must be postmarked by July 13)
Packet pickup/registration: (July 17, 2015) – Noon – 6:00 P.M. at HEB #43, Lincoln Heights, 999 E. Basse Rd.
 *cash or check (payable to S.A.R.R.) or volunteer card only **QUESTIONS? Email: SARRwomenrun@gmail.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(40+), Supermasters(50+), and Grandmasters (60+), based on gun time
 RUN: Top 5 finishers in each 5-year age group: 9 & under to 80+, based on chip time
 WALK: Top 2 finishers in each 5-year age group: 9 & under to 80+, based on chip time
Note: A participant in the Walk division must **ONLY** walk and will be transferred to the Run division if she runs on the course. Any participant coached by a non-registered individual on the race course will not be eligible for awards.

MALE VOLUNTEERS ARE NEEDED! Email volunteer@saroadrunners.com

Proceeds from SARR events support safe and enjoyable events, fun runs, and scholarships. SARR is a 501(c)3 organization.

1. NAME(legibly printed) _____ Age on race day _____ SARR # _____

Street Address _____ City/State _____ ZIP _____
 Phone _____ Email _____

2. T-Shirt Size (Huarache Turbo Women's Fitted Cut – circle one): S M L XL XXL *****NO REFUNDS*****

3. **ENTRY FEE** _____ \$22 SARR member through midnight 7/11/15 _____ Run
 _____ \$25 others through midnight 7/11/15
Checks payable _____ \$30 EVERYONE 7/12/14-7/17/14
to SARR _____ \$35 EVERYONE race day
 _____ Ladies 70+ FREE (paper entry only-no online registration)

4. **Check one:**
 _____ Walk (can **NOT** 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 _____

The San Antonio RoadRunners invite women of all ages to join us in the 39th Annual Women's 5K Run/Walk & 10K. This empowering all-female event is designed to connect and celebrate the San Antonio sisterhood of women and girls through fitness and fun!

July 14th, 2018

Race Venue-HEB #43

Lincoln Heights, 999 E. Basse Rd., San Antonio, TX 78209



6:00 - 7:15 AM Packet pickup/timing chip pickup/registration

6:45 AM Pre-race announcements, National Anthem in the HEB parking lot

7:00 AM 10K Race START

7:00 AM 5K Warm up stretch led in the HEB parking lot

7:30 AM Race start 5K chip-timed course on the roads of Alamo Heights

Overall, Masters (40+), Supermasters (50+), and Grandmasters (60+), based on chip time

RUN: Top 3 finishers in each 5-year age group: 9 & under to 80+, based on chip time

10K Run: 10 year increments for age group awards

WALK: Top 2 finishers in each 5-year age group: 9 & under to 80+, based on chip time

Note: A participant in the Walk division must ONLY walk and will be transferred to the Run division if she runs on the course.

Any participant coached by a non-registered individual on the race course will not be eligible for awards.

MALE VOLUNTEERS ARE NEEDED! Email SARRwomenrun@gmail.com

Proceeds from SARR events support SARR & other local non-profits. SARR is a 501(c) 3 organization.

REGISTER ONLINE AT:

saroadrunners.org

Mail Ins ONLY: SARR, P.O. Box 12474, San Antonio, TX 78212 (must be postmarked by July 7th)

Packet pickup/registration: (July 13, 2018) Noon - 6:00 PM at HEB #43, Lincoln Heights, 999 E. Basse Rd.

*Cash or check (payable to SARR) *No Refunds* Email: SARRwomenrun@gmail.com

Check race entry type: 5K Run/Walk Walk 10K Run

Please print legibly & fill in ALL information.

First Name _____ Last Name _____

Street Address _____

City _____ State _____ Zip _____ Phone _____

Email _____ Age on Race Day _____

Circle women's tank size: XS S M L XL 2XL 3XL

Circle the fee that applies to you. All 5K participants, including children, pay the full fee of \$25 or \$30

REGISTRATION FEE

SARR Member Run/Walk
5K Run/Walk
10K Run (2hr Limit)
70 PLUS

Pre-Reg	6/1 - 7/13	RACE DAY
\$25	\$35	\$40
\$30	\$35	\$40
\$45	\$50	\$55
FREE	FREE	FREE

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

X
Athlete's Signature

X
Legal Guardian's Signature (if athlete is under age 18)



Helping Here.



2002

SAN ANTONIO ROADRUNNERS

WOMEN'S 5k RUN/WALK

ROUTE

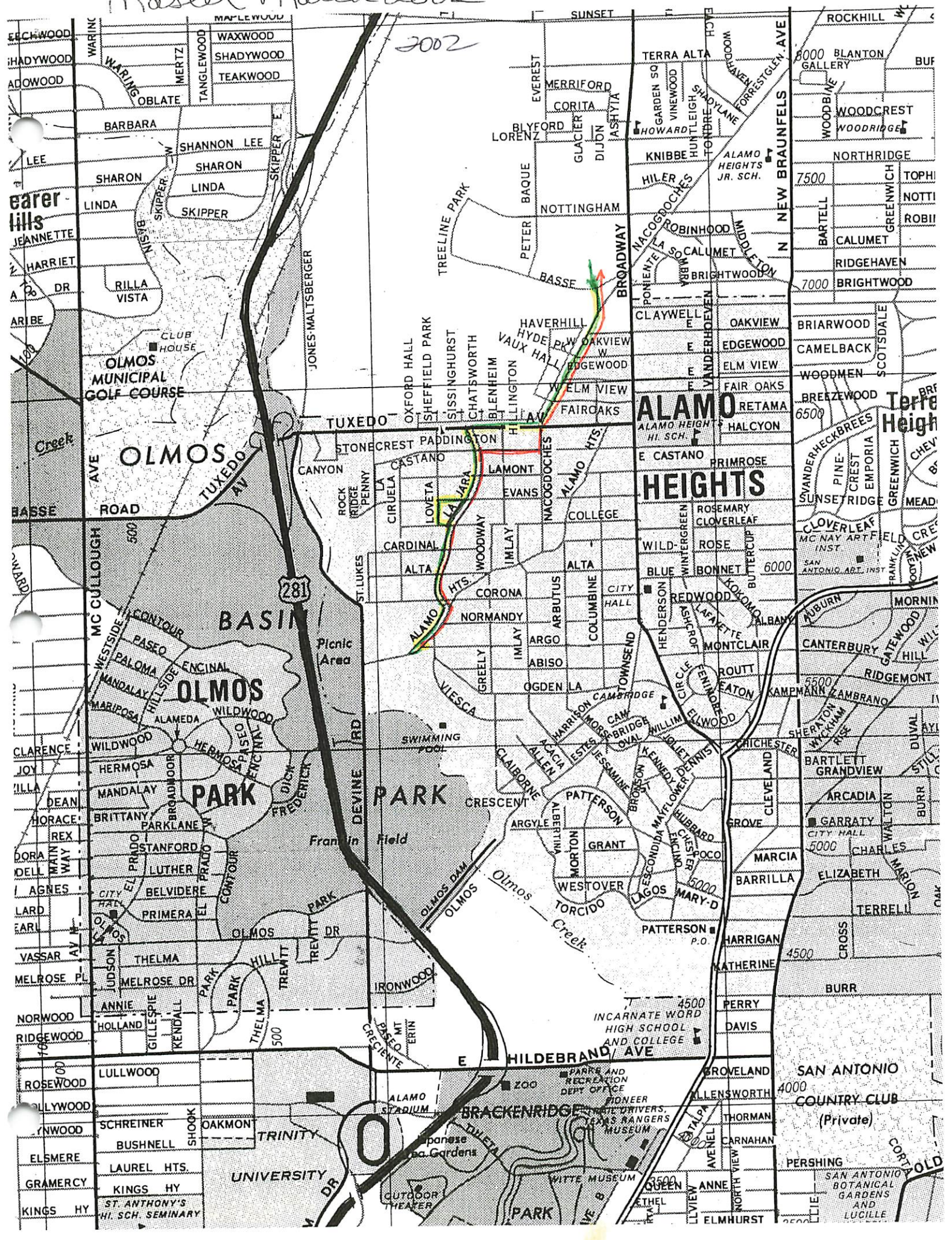
Run/walk starts and ends in Lincoln Heights Mall.

- Starts in front of Water Street Oyster Bar
- West in front of Albertsons and other retailers
- Proceed West to end of mall.
- Staying within mall, route turns left and then left again
- Continues east in parking lot to Nacogdoches entrance
- Exits mall at Nacogdoches and Basse intersection (traffic light)
San Antonio Police Officers will direct traffic at this intersection.
- Proceed South on Nacogdoches to Tuxedo
Alamo Heights Police Officer usually directs traffic at this Intersection.
- West on Tuxedo to La Jara Blvd. W
- South on La Jara Blvd. W to Evans
- West on Evans to Loveta
- South on Loveta to College
- East on College to La Jara Blvd W
- South on La Jara Blvd W to Argo
- East on Argo to Alamo Heights Blvd
- North to La Jara Blvd E
- North on La Jara Blvd E to Castano
- East on Castano to Nacogdoches
- North on Nacogdoches to Lincoln Heights Mall

Finish line chute will be setup in mall area directly in front of Nacogdoches entrance.

Master plan area

2002

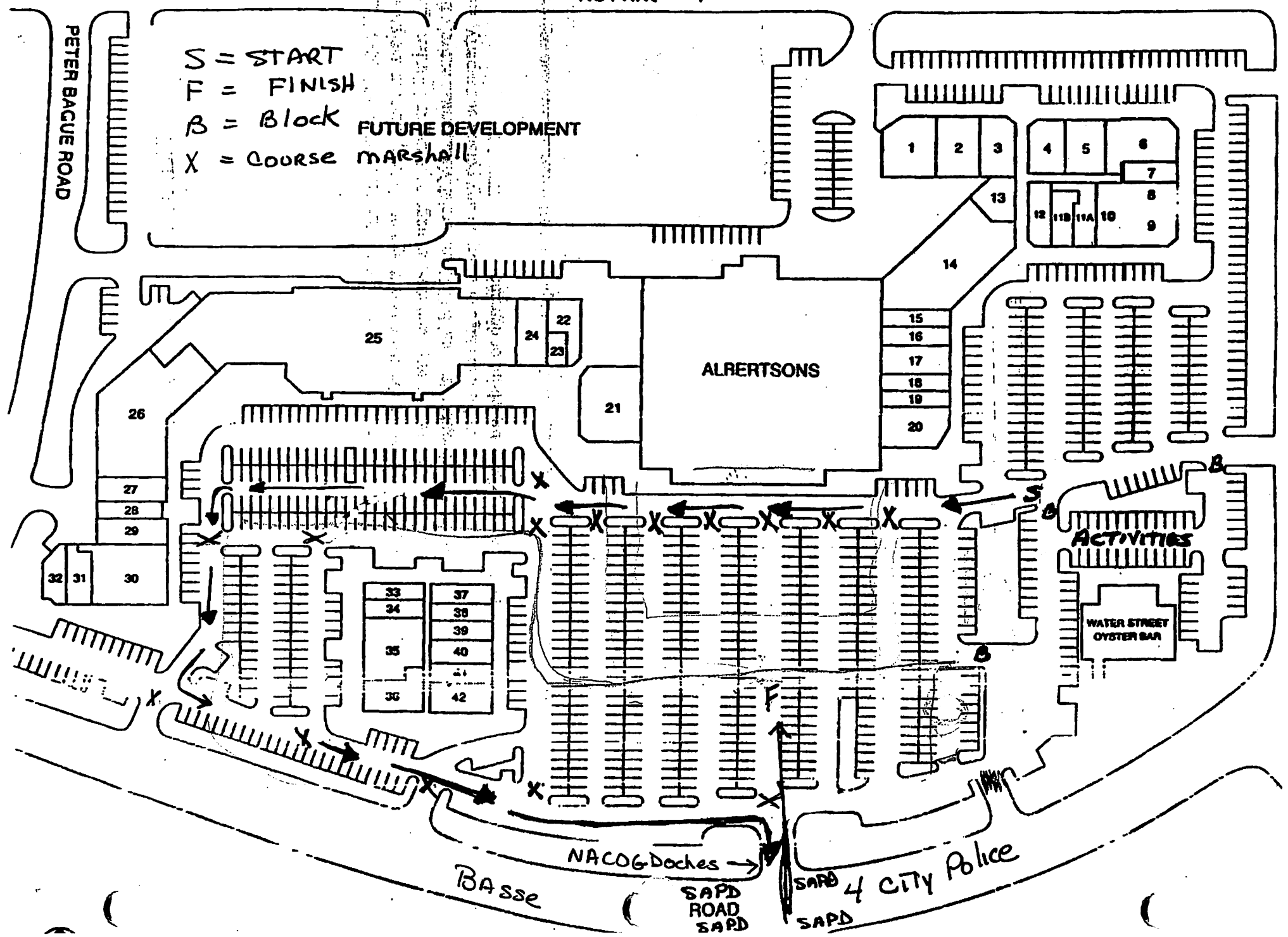


NOTTING

S = START
 F = FINISH
 B = Block FUTURE DEVELOPMENT
 X = COURSE MARSHALL

PETER BAGUE ROAD

EDMUND AVENUE



ALBERTSONS

ACTIVITIES

WATER STREET OYSTER BAR

NACOG Doches

Basse

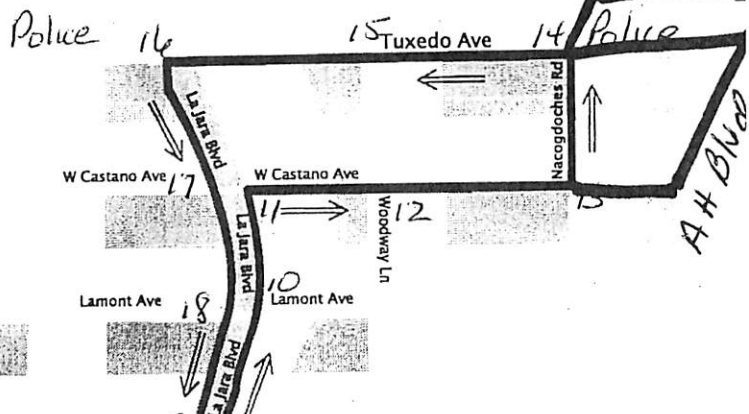
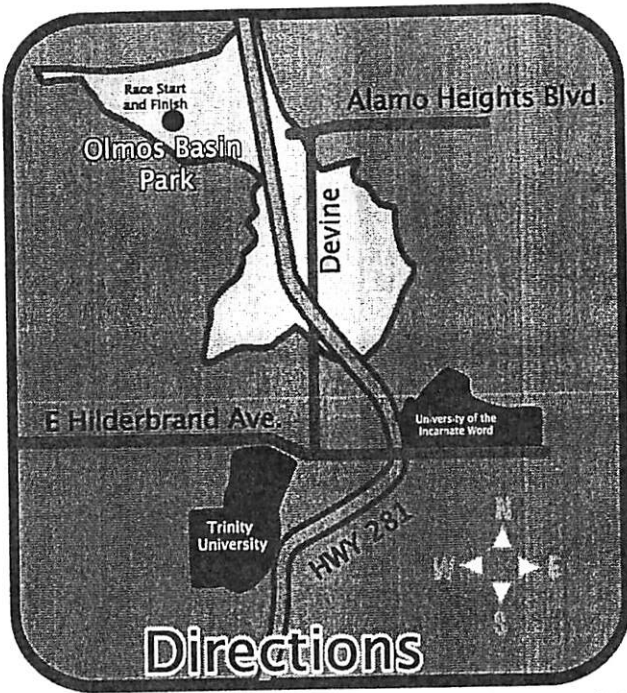
SAPD ROAD
SAPD

SAPD 4 CITY Police
SAPD

2006

Sally ^{TRD}
BASSE ^{VoT}

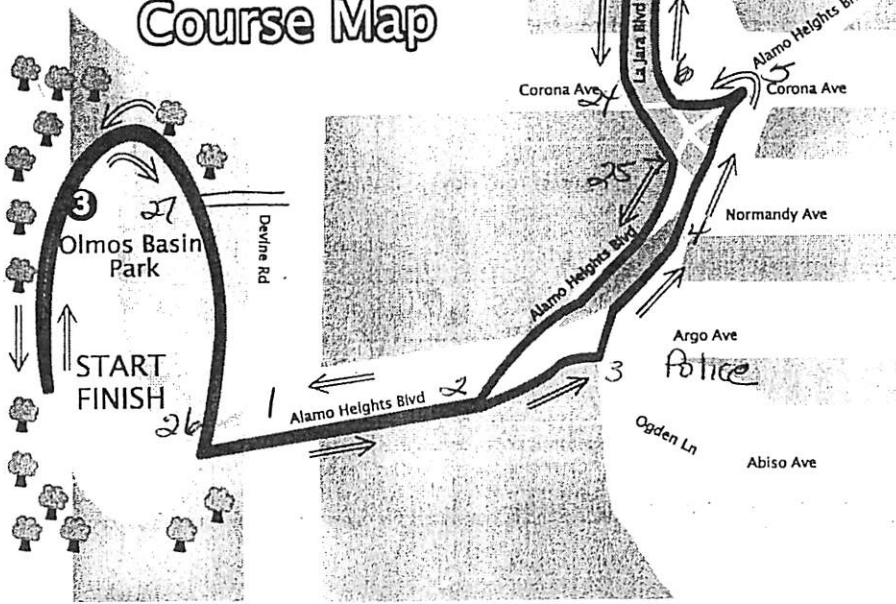
Race results and photos
will be posted on
www.iaapweb.com



Arriving from North (Airport):
Take Highway 281 South to the Hildebrand exit.
Turn right on Hildebrand until you reach Devine road. Turn right on Devine road. Continue on Devine until you reach Alamo Heights Blvd. Turn left into the park at Alamo Heights Blvd.

Arriving from South (Downtown):
Take Highway 281, North to the Hildebrand exit. Turn left on Hildebrand and go over the freeway. Make a right at Devine road. Continue on Devine until you reach Alamo Heights Blvd. Turn left into the park at Alamo Heights Blvd.

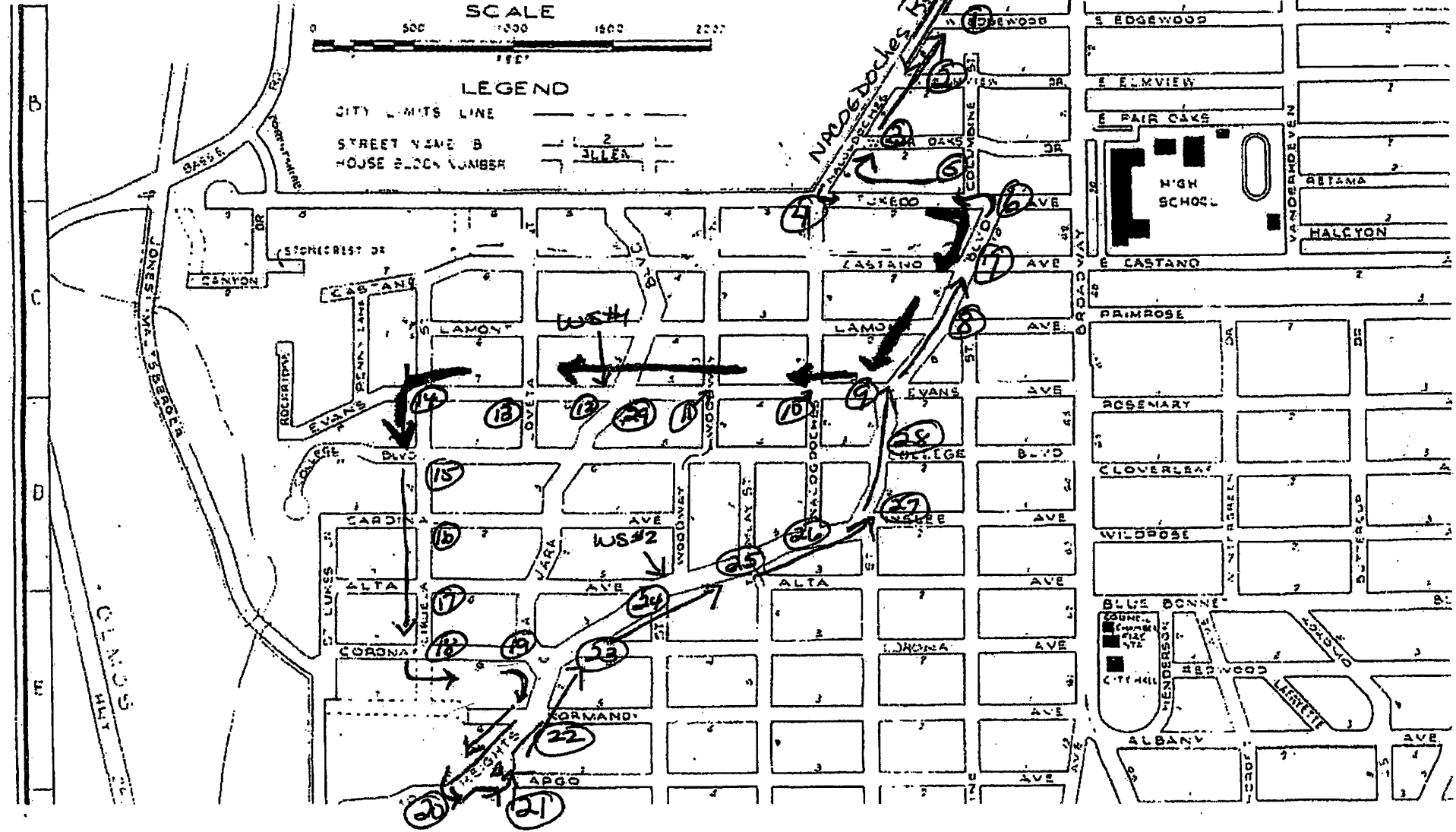
Course Map



SALLY RIOS
 Volunteer Coordinator
 210-464-0029

BASSE

July 71



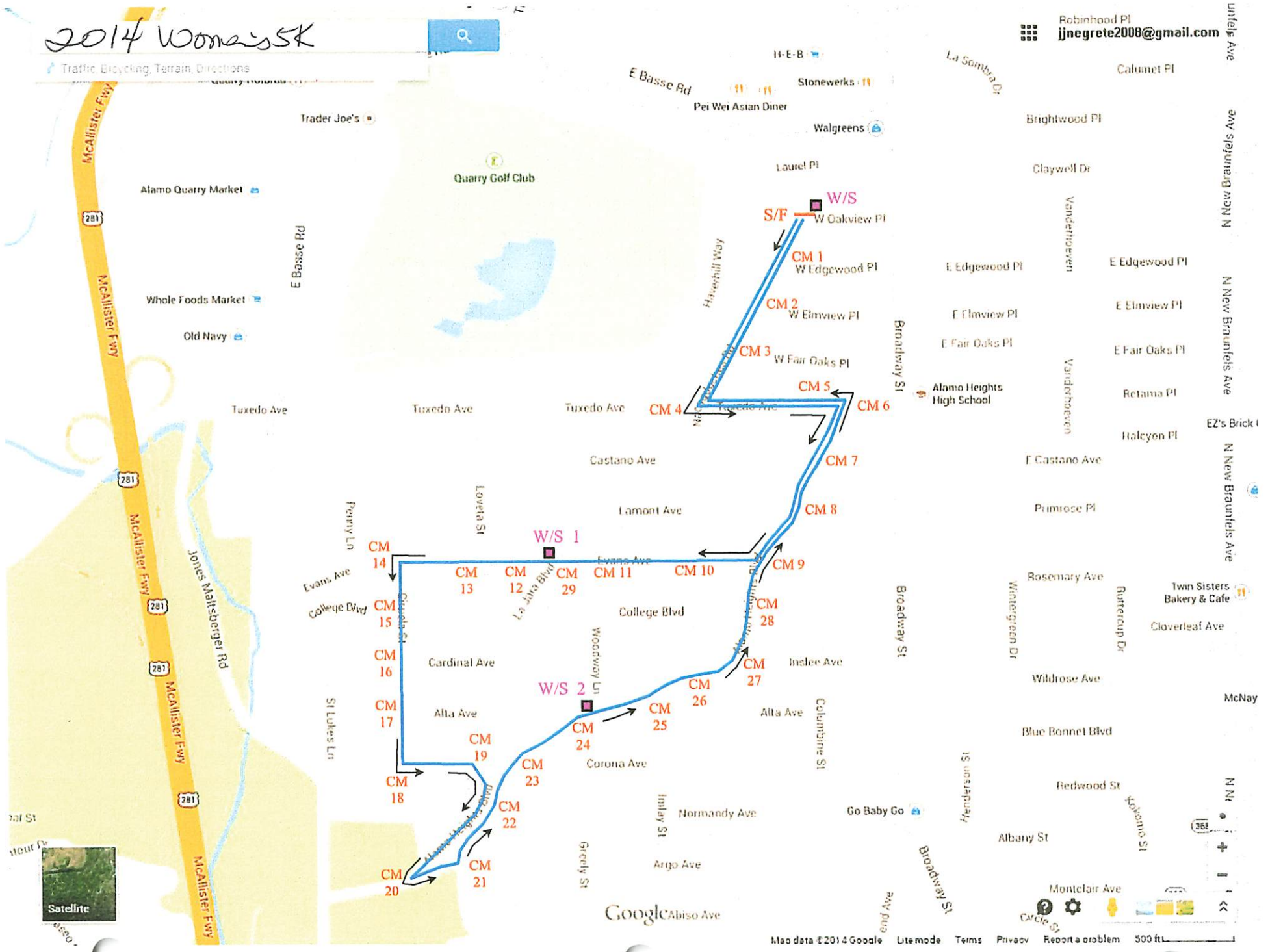
2013 Women's SK

2014 Women's SK

Traffic, Bicycling, Terrain, Directions



Robinhood Pl
jjnegrete2008@gmail.com



Google

AD MAP

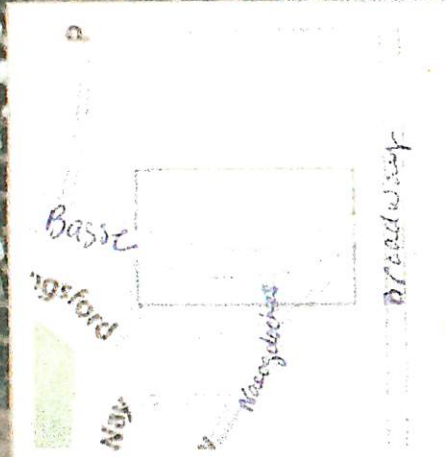
SATELLITE

BIRD'S EYE VIEW

3D VIEW

FINAL 2015 *Sally* #1

Packet pickup -
 Friday, noon-6 pm at HEB (main pickup)
 (Eastern entrance where plants are)
 Saturday, 6:30-7:15 am (out of town)
 (Tables at the South end of parking lot)



1. HEB (refreshments)
2. SARR volunteer check-in
3. Huarache Turbo
4. Street 2 Feet
5. Girls on the Run
6. Koko Fit Club
7. Menchie's Frozen Yogurt
8. DoubleTree by Hilton SAAirport
9. B.I.S.H. Foundation/truck
10. SARR trailer
11. Portapotties
12. Table-chip pickup
13. Table-registration/packets
(later awards)
14. Audio (hands free mike)
15. DJ Adolfo
16. Institute for Women's Health
17. Komen San Antonio
18. SA Eagles Track
- A. SARR & Academy signs
- B. Yoga stretch by Southtown Yoga Loft, National anthem, color guard
- C. Start/finish is South of Basse Rd.

Basse Rd
 ← E Basse Rd →

bing

© 2014 Microsoft Corporation

NAVTEQ AND ImagePatch

26 block
 ↓ C

40 y

Sally



SAN ANTONIO

Roadrunners



P. O. BOX 12474 - SAN ANTONIO, TEXAS 78212-0474

July, 2011

Dear Neighbors:

On Saturday, July 16, 2011, the San Antonio RoadRunners (SARR) will be sponsoring the 32nd Annual SARR Women's 5K Run/Walk. This is a road race which will begin at 7:30 a.m., starting and ending near H-E-B #43, 999 E. Basse. The participants will run and/or walk a 3.1 mile loop through your neighborhood. It is estimated that the last runner will cross the finish line at approximately 9 a.m. This event has the approval of the City of Alamo Heights.

Participants will pass your house once. You will still be able to enter/leave your residence. Your driveway will not be blocked. We do ask that you use caution as you drive. Alamo Heights Police Officers and volunteer course marshals will insure the runners' safety.

You are encouraged to support this race by either registering to run or walk the 3.1 miles (women only) or volunteering (men only). Attached is an entry form with additional information. If you cannot join the run/walk, you can support the event by encouraging the participants as they pass your house.

The San Antonio RoadRunners is a non-profit organization, established in 1973, whose purpose is to promote running for fitness, fun, and fellowship.

If you have questions or concerns, please contact me at the numbers listed below. Thank you for your support.

Sincerely,

Sally Rios
Executive Vice President
Race Director
Women's 5K

Attachment

Contact Info: HM: 210-735-8037 CELL: 210-464-0029 EMAIL: sarios1949@att.net



File



WOMENS 5K RUN/WALK



 **SATURN of SAN ANTONIO**
A Member of The General Auto Family

SOLER'S
SPORTS

www.regarsoler.com

Y100 
the **MOST** country

H-E-B®

bmp
radio
San Antonio, Texas