



Happy Holidays from Southern Arizona Roadrunners!

Thanks for being part of the Southern Arizona Roadrunners community. We wish you all the best for the holiday season and new year! We are proud to be your partner in pursuing excellence and joy through healthy competition and a fit and active lifestyle. Please see below for upcoming events, and make sure to check out the enclosed new SAR running log to help you track your progress. We can't wait to run and walk with you in 2019!

SAR Winter/Spring Events

For more information or to sign up for any of the races listed below, please visit our website at www.azroadrunners.org.

Jan 12 - Beyond: Free SAR Social Run

Jan 13 - Sun Run: La Primera 5/10K* Roadrace

Jan 27 - SAR RANnual Celebration

Feb 10 - Fine Valentine Relay - 4M & 2M

Feb 17 - TMC Sunrise at Old Tucson Trail Run

Mar 03 - Spring Cross-Country Classic 5K

Mar 24 - Dave's Run For ALS

*Part of the Grand Prix Race Series (See page 2 for details.)



FITKIDZ

2018 FITKIDZ BY THE NUMBERS

- 1012 FitKidz finishers
- 10,501 dollars donated
- 8 free one-mile races
- 75 FitKidz club members
- 1 new mascot: Fitz!
- 95 volunteers

Thank you to everyone who helped us make our kids' program such a success this year!



We love teaming up with community partners! Here is SAR Vice President Amy Chaparro outside of The Loft for the movie *Skid Row Marathon*. We also partnered with The Loft to bring you *3100: Run and Become* earlier this year.

SAR RANnual Celebration

Connie Lopez, pictured below, won the SAR t-shirt quilt in the raffle at last year's SAR RANnual Celebration. Come out to the Playground on January 27 for a chance to win this year's quilt, help us honor the Grand Prix and Spirit of Rob Bell award winners, and have fun celebrating our wonderful running community! See the enclosed flyer for all the details!



Happy Hour Hobble

Join us for the next Happy Hour Hobble FREE social run at Caps and Corks on December 14. Check our website at www.azroadrunners.org for meeting time and route.

Race Report

Congratulations to the following Tucson-area runners!

In the New York City Marathon, Sarah Sellers finished 18th with a time of 2:36:37, setting a PR and making the Olympic Trials A standard. In his marathon debut, Bernard Lagat finished 18th in 2:17:20. Nick Hilton was 33rd in 2:26:31.

At the National Junior College Athletic Association Cross Country Nationals, the Pima Community College women's team finished 16th, with Katherine Bruno coming in 9th place.

Carlos Villarreal of the U of A (and Rio Rico High School) was 2nd at the West Regional Cross Country Championships, and Addo Zerrenner was 17th. Both will be going to Nationals.



SAR is pleased to announce that we are now a sponsor of parkrun, a FREE, weekly, timed 5k run at Himmel Park.

WHO: Open to everyone and all skill levels - runners, walkers, dog walkers (with leash), kids (with adult), parents pushing strollers, volunteers

WHEN: Himmel parkrun takes place every Saturday at 8am (November –March) and 7am (April –October)

WHERE: Himmel Park (1000 N. Tucson Blvd), just south of the library

WHAT DO I HAVE TO DO: Quick, one-time online registration includes link to barcode for timing: www.parkrun.us/register.

Select Himmel as your home club.

parkrun organizes 5k runs around the world!

LEARN MORE

www.parkrun.us/himmel | Facebook @himmelparkrun

At the Arizona Cross Country State Championships, the Salpointe Catholic High School women came in 1st place in Division 3. The Salpointe men came in 3rd, with Joey Delgado placing 11th. Also in Division 3, Johnathon Lance of Walden Grove came in 7th, and Abraham Valenzuela of Palo Verde High Magnet School came in 10th.

In Division 2, Kyle Partin from Marana High School was 3rd. From Rincon University High, Emma Francone and Grace Driskill came in 6th and 9th for the women, while Thomas Leitner came in 9th for the men.

Seventh grader Mariza Chavez of Carden of Tucson Charter School was 1st in the Arizona Junior High State Championship Cross Country Meet.