

HOW WE CAN HELP YOU

The members of the San Marcos Runners Club enjoy training, participating in races, socializing, sharing our experiences and, sometimes, just running for no particular reason.



But we are also very involved in helping new runners get started. It doesn't matter how slow you are or that you can't run very far. Sometimes you have to start with walking; we understand that. We can help you get from wherever you are to wherever you want to be.

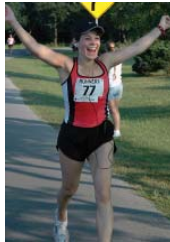
We have runners who are very fast and are quite competitive in local races, and we have runners who are slower and don't mind being toward the back of the pack.



At our weekly Club runs, both are usually present. So no matter what your pace, there will probably be someone else there who runs

at your speed and will be happy to keep you company, if that's what you want.

So whether you want to build up to your first 5K, break 4 hours in the marathon or just get some exercise and improve your fitness, we offer a supportive environment and some fellow runners who have a lot of experience at all levels of training and racing.



The SMRC usually has several teams participate in the annual Beach to Bay Relay Marathon each May in Corpus Christi.

SPONSORS AND SUPPORTERS



San Marcos



Runners Club

"Running: A Lifestyle for a Lifetime"

www.SanMarcosRunners.org
info@SanMarcosRunners.org

The San Marcos Runners Club promotes the sport of running in San Marcos and Central Texas, providing information, encouragement and training resources for runners of all abilities.



Do you run? If not, would you like to? Would you enjoy informative presentations, social runs, training support, and general good times?

Then consider joining the San Marcos Runners Club! It's for anyone interested in running or fitness in general.

Weekly Club Run(s):
Tuesdays, 6:00 p.m.
Hays County Courthouse

Thursdays, 6:00 p.m.
City Park
Lions Club Tube Rental Pavilion



Formal Meetings:

1st Tuesday of Odd-Numbered Months
7:00 p.m., San Marcos Activity Center
(Speaker/presentation on running/fitness,
business meeting)

Club Running Meetings:

1st Tuesday of Even-Numbered Months
Time & Location Varies: Check Web site

Web site: www.sanmarcosrunners.org
E-mail: info@sanmarcosrunners.org



The San Marcos Runners Club (SMRC) promotes running, fitness and healthy lifestyles in San Marcos and Central Texas, providing information, encouragement and training resources for people of all ages and abilities who are interested in running or fitness in general. Another of the Club's goals is to stimulate an interest in fitness in children in our community, which is plagued by obesity and other decidedly unhealthy lifestyles.



The SMRC also organizes and manages races for local charitable and service organizations in their fundraising efforts, providing advice and guidance in the race planning as well as management and equipment on race day. In recent years, the SMRC has conducted races that benefited the following organizations:

- Hays-Caldwell Council on Alcohol & Drug Abuse (Red Ribbon 5K)
- CASA of Texas (*Speak Up for Kids* CASA 5K & the Darnd'st Du Biathlon)
- Bluebonnet Lions Club (Thankful Turkey 5K)
- Kiwanis Club of San Marcos (Moe's Better Half Marathon)
- Beta Sigma Phi (May Day 5K)
- Friends of the San Marcos Cemetery (*From Here to Eternity* 5K)
- Pet Prevent A Litter of Central Texas (Pet Fest 5K)

As a member of the SMRC, you will also have the opportunity to serve your community and to support organizations like those mentioned above by volunteering your time and experience at some of these races.



Country Roads 10K & Kids Run



The Country Roads 10K & Kids Run is held each year in September at Country Estates. This race is the annual fundraising event for the San Marcos Runners Club; the proceeds support SMRC projects and activities that promote exercise, fitness and healthy lifestyles in our community.

