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 Another great run for the Fleet Feet Sports Sunrise 10K

Thanks to all the runners, volunteers and sponsors for another great Sunrise 10K. For more information, [click here](#) . [back to top](#)

People still are signing up for the 2010 Marathon Training Group

Train for San Antonio Rock 'n' Roll and more. Sign up now for the 14th annual Fleet Feet Sports San Antonio Marathon Training Group.

Follow our proven training program for both marathon and half marathon runs. Train for the San Antonio Rock 'n' Roll Marathon & Half Marathon. There's also room, and a custom training schedule, for those training for the Chicago or New York marathons. There's always room for anyone just wanting to hone their distance running skills.

Here's what you get:

- a proven training program emphasizing endurance and safety
- a weekly long training runs with a simulated course including aid stations
- weekly email newsletter with training tips, the weekly schedule, healthy living recipes and more.
- Mizuno dry science long-sleeve shirt
- Runners' Breakfast - a great time near the end of training when you can enjoy breakfast tacos and Recoverite Smoothies with your goal in sight. For more information, check out the [Marathon Training Group page](#) .

Fleet Feet Sports San Antonio

Marathon Training Group

June 6th - November 7th

Sundays at 7:00 AM

(changes to 6:00 AM during the heat of summer)

\$125.00

[Click here to download Marathon Training Group registration form.](#)[back to top](#) Save on Rock 'n' Roll San Antonio entry fee

As a Fleet Feet Sports customer you can save \$10 off your Rock 'n' Roll registration fee. All you have to do is enter the discount code FLEETFEETSA when you sign up online. Does not apply to two-person, half-marathon relay. [back to top](#)

Big Bend Ultra Run Online Registration is now open

Online registration is now open for the Big Bend Ultra Run. [Click here](#) and you can sign up on Friends of Big Bend secure registration page. If you prefer to download a entry form and mail it in, [click here](#) . Remember, entries are limited. This is a quick and easy way to make sure you get your spot. Entry fee i...s \$100 by Dec. 15 or \$125 after that, if space is available.

When you register, you also can add an additional contribution to Friends of Big Bend.

Click now and sign up to join us January 16th in the Big Bend Ultra Run. This time the race will include 50K and 25K trail races and introduce a new 10K race (you can find maps for all the races at the [Big Bend Ultra website](#)).

Proceeds from the Big Bend Ultra go to the Friends of Big Bend National Park, which works to raise funds for park preservation and improvement. Also, you need to make plans for lodging. The Chisos Lodge inside the park already is full for the weekend. You can find more lodging in Terlingua/Study Butte, Lajitas and more at the [Big Bend Ultra website](#) .

There still is room to tent camp with us, for \$10, at race headquarters in Rio Grande Village. Fill in that field when registering.

The best way to receive Big Bend Ultra updates is to sign up for the newsletter . However, the Big Bend Ultra website and the Big Bend 50 Ultra Run Facebook page also will be updated on a regular basis (no membership is required on the Facebook page).

For more information, go the [Big Bend Ultra website](#).[back to top](#)

Summer Run Hours In Effect July 11th Summer hours will be in effect July 11th, with a NEW START TIME for Sundays.

- Sunday start times will change from 7:00 am to 6:00 am.

- Tuesday and Thursday start times remain at 6:00 am. Fall/Winter/Spring can be our best weather for distance running, holidays included, for getting in those longer runs, and marathon/trail running season is in full swing.

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