



OFFICIAL EVENT GUIDE NOVEMBER 11, 2012

EVENT GUIDE

GET FIT SAN ANTONIO

Whether you are running to socialize, build company or team unity, you can GET FIT and make a statement with numbers!

Organized groups of 10 or more can take part in the GET FIT Challenge on Sunday. GET FIT teams come from many different settings, but all come to share in the liveliness and high spirits associated with finishing a goal together as a unit!

GET FIT Team Spotlight:

NISD Marathon Team
Texas' 4th-Largest Public School System Shoots for R 'n R Team Record.
With a history of emphasis on faculty fitness, Northside Independent School District staff members in San Antonio hope to beat their record over last year. Dedicated to supporting NISD teachers, the public school foundation, Northside Education Foundation (NEF) solicits sponsorships for the team and encourages staff, their families, and all the people in the quarter-of-a-million people in the 100,000-student system to participate in the race in some way – as a runner or volunteer.

UIW Rock' N Red Birds
Most people would laugh when asked if they could complete a half-marathon in the next few months. Rosa Aguilar-Delgado is not one of those people. She had been thinking about registering for the Rock 'n' Roll San Antonio Marathon and 1/2 Marathon for a while and then when she received an email from Alumni Relations asking to help UIW, she saw it as a sign. Her faith and courage to take the Get Fit Challenge has been amplified by the strong but quiet example she provides to her other UIW Rock' N Red Bird teammates. At the first kick-off session as new teammates shared their goals, she explained that she intended to complete her first half-marathon even though she had pins in her back from a previous surgery.
You can find more info on the UIW Rock' N Red Birds at www.uiwalumni.org/rocknredbirds



TRINITY UNIVERSITY
Trinity University has had a team in the San Antonio Rock 'n' Roll series since 2008. Typically 100 students, alumni, parents, and employees sign up to participate in the Dean of Students Half Marathon Challenge. In addition to the obvious benefits of health and wellness, they use this program to do training runs through wealthy and poor neighborhoods to underscore the needs of the poor in our own city. They do a food drive to honor Kayla Mire, who died in an accident months after graduating. She was an advocate for the homeless. To date they have collected over 30,000 pounds of food/donation equivalents. Trinity's program received a national award in higher education in 2011.