



RRA
Research Recreation Association

HAPPY TIMES

SOUTHWEST RESEARCH INSTITUTE • RRA.SWRI.ORG • SAN ANTONIO, TX • May 2025

Team SwRI • Corporate Cup 2025



May 31, 2025



**Open to SwRI &
SwRCFCU employees**
\$10 registration fee

Pay at the Fitness Center by
May 25 for tailgating. Contact
captains for event availability.

Donations for the Charity
Challenge will be accepted
through May 14.



Event website:
[https://runsignup.com/Race/TX/
SanAntonio/CorporateCup](https://runsignup.com/Race/TX/SanAntonio/CorporateCup)

**Join the
team that's
Yeti-powered!**

For inquiries:
Fitness Center Team
at fitness@swri.org
or
Matt at
mfreeman@swri.org

**Sponsored by
the RRA and SwRI**

- **What is it?**

A city-wide friendly competition
among employees from a variety
of businesses and organizations.

- **Athletics for all levels of
skill and fitness!**

Don't forget about the awesome
tailgating food and drinks our
team supplies!

- **Registration fee covers:**

Participation with Team SwRI at
the Corporate Cup, food, drink,
competitor jersey, camaraderie,
and a great time!



2025 Corporate Cup Detailed Schedule

Date(s)	Competition	# of Participants (Gender Requirements)	Time(s)	Location
May 1 - 25	RBFCU T-Shirt Design Challenge	Unlimited	Daily Voting	Online
March 8	Whataburger 5K Run	10	8 a.m.	TBA
May 16	Charity Challenge Ends	Unlimited	N/A	N/A
May 16	University Health 3v3 Basketball Tournament	3 (+ 2 subs)	5 - 9 p.m.	Mission Concepcion Sports Park
	CPS Energy Three-Point Contest	4 (min. 1F)	7 - 9 p.m.	
May 25	Competition Registration Deadline	ALL	11:59 p.m.	Online - RunSignUp
May 27 - May 29	Chicken N Pickle Pickleball & Captain Packet Pickup	2 (1M, 1F)	5 - 9 p.m.	Chicken N Pickle
May 31 (all events listed @ University of Incarnate Word)	Opening Ceremony	N/A	8 a.m.	UIW On-Field Track
	Gonzaba 2K Walk	Unlimited	8:15 a.m.	UIW On-Field Track
	Broadway Bank Dodgeball Tournament	6 (min. 2F)	9 a.m.	UIW Tennis Courts
	Golf Chipping	4 (min. 1F)		UIW Baseball Field
	University Health 3v3 Basketball Tournament (Semi's & Finals)	3 (+ 2 subs)		UIW Convocation Center
	SSFCU Tug-of-War	8 (4M, 4F) D4/D5 Teams Only 4 (2M, 2F)		UIW Football Field
	Soccer Kicks	4 (min. 1F)		
	Citi Football Throw	4 (min. 1F)		UIW Football Field (North Endzone)
	Methodist Healthcare Ministries Hula Hoop Challenge	4 (min. 1M)		
	Capital Group Kan Jam (Frisbee) Tournament	2 (1M, 1F)		UIW Softball Field
	Taco Cabana Corn Hole Tournament	2 (1M, 1F)		
	BioBridge BBQ Contest	3 entries	10 a.m.	UIW Convocation Center Lawn
	Generations FCU Sack Race	4 (2M, 2F)	10 a.m.	UIW On-Field Track (Visitors Sideline)
	4 x 100m Relay	4 (2M, 2F)	12 p.m.	UIW On-Field Track (Home Sideline)
	Trophy Presentation		12:30 p.m.	UIW Football Field (South Endzone)

All times above are subject to change, tournaments may be assigned designated times by division.



Health, Safety, and Lifestyle Expo

Wednesday, June 4
11 AM - 1:30 PM
Fitness Center



ENVIRONMENTAL, SAFETY
& QUALITY SYSTEMS

A Department of 



**Health
Improvement
Program**

Consider
becoming
an officer!



RRA ELECTIONS ARE HERE!



The RRA will hold its annual elections for the positions of Chair, Vice-Chair, Secretary, and Treasurer on Tuesday, July 8, by written ballot at the RRA Board of Governors meeting. The deadline to apply is by close of business on June 30 to *Linda Estes*. We ask for one year of service (or no more than three years, if elected), and you will have assistance! Review details about the positions available *here*. Our bylaws, charter, meeting locations, etc. are available on the *RRA website*. If you are interested in any position or require further information, please contact *Linda Estes* (RRA Membership Chair) or *Mary Ramos* (RRA Chair).



Health
Improvement
Program

May Seminar

Screen Time and Brain Health

Thursday, May 15 at Noon

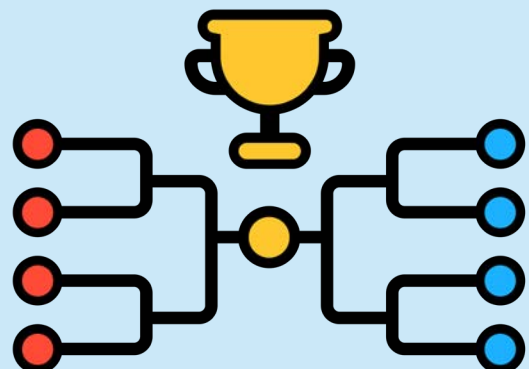
How does screen time affect you? Learn about screen usage and brain health. Understand the signs and symptoms of digital addiction, learn the risk factors of developing digital addiction, and discover ways to make healthier choices related to screen usage and digital health. [UHC Webinar Link](#).

[View the flyer](#) (Internal link). Please contact Diana Ahlders at ext. 3221 or wellness@swri.org with any inquiries.



Intramural Sports

**Check out RRA
Intramural Leagues
HERE.**



RRA Blood Drives

SAVE A LIFE/ GIVE BLOOD

May 8 (Thurs. 9AM – 3 PM)

June 12 (Thurs. 9AM – 3 PM)

Schedule your appointment at RRA Blood Drive. Bring a co-worker too! Blood donors must wait at least eight weeks between donations.

**FREE ICE CREAM at all
RRA Blood Drives**

THE SCIENTIST'S GAMBIT

CHESS CLUB

The SwRI RRA Chess Club meets every 2nd and 4th Thursday of each month from 12:00 p.m. to 1:00 p.m. at the SwRI Library Reading Room on the 1st floor. All ages and skill levels are welcome. Learn, practice, sharpen your chess skills, make friends, and become part of our great family. Contact [Valerie Avila](#), [Christopher Ramirez](#), or [Darren Haby](#) for more info.

VOLUNTEERS NEEDED!

FOR RRA EVENTS!

Email [Martha Olveda](#) to have your name added to the volunteer list through SignUpGenius for future events.

Slick Talkers Toastmasters Club

Slick Talkers meets every "time-sheet" Friday. If you want to improve your speaking and leadership skills, Toastmasters is for you. Following the guidance of Toastmasters International, you learn at your own pace. This is also an opportunity to network with other SwRI staff and folks in the nearby community. A Toastmasters club is a safe place to practice the skills you want to improve.

**Meetings held every time sheet Friday 11:30 a.m. - 12:30 p.m.
in B. 152 Facilities Operations Conference Room**

May Meeting Dates: *Please join us. Questions?*
2 & 16 *Contact Belen at x6820.*

Group Bike Rides



Tuesdays at 11:30 a.m.

Any type of bike is welcome!

For inquiries, contact
matthew.neugebauer@swri.org.

All routes will exit the campus via the south gate and be roughly 45 minutes in duration at around a 15 mile per hour pace. It will be a "no drop" ride, meaning no rider will be left behind or isolated if they are unable to keep up.

RRA DISCOUNTS



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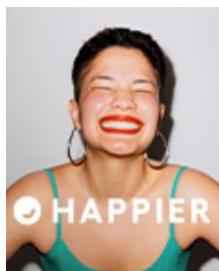
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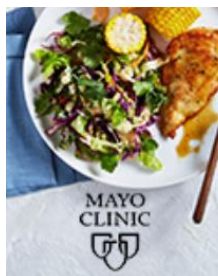
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RRA DISCOUNTS

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1-800-Flowers.com

Get up to 25% off select collection +
20% off everything else



Apple

Exclusive employee savings on select
products



Discount Hotel Reservations

Enjoy exclusive savings up to 60% off
hotel rates + earn 4x points.



Cruises

Up to \$1,000 Onboard Credit on
Cruises



Discount Flight Reservations

Save up to 20% on flights

RRA CLASSIFIED

Automotive

5th Wheel RV: 2024 Alliance Paradigm 395DS, very lightly used; 42.5ft long; 2 bed 2 bath; 4 slides; residential size refrigerator; 4 burner stove; 3 A/C units; generator and 4 lithium batteries installed; \$90,000; click here for floor plan; contact Sarah and Jared Rogers at srogers@swri.org or jarero@gmail.com.

GMC Truck: 1965 short bed, step side truck with 396BBC and 700R4; project car that is mostly finished and close to being drivable; many new parts included; \$12,500; contact Jared and Sarah Rogers at jarero@gmail.com.

Submit your ad for free!

Submit ads on the [RRA website](https://rra.swri.org) at rra.swri.org or email rra@swri.org by May 20 for the June Happy Times.

Electronics and Computer

65in Television: TCL brand 65" TV, used, works well, NO remote, mounting items, or feet included; \$200; contact Paul Bland at paul.bland@swri.org for details.

Pets

Great Dane for Rehoming: Family in need of rehoming their 3 year old Great Dane (named Sage) due to schedules not allowing time to take care of her as needed; good with kids; can follow commands such as "sit", "stay", and waiting for a signal before eating; microchipped; crate included; \$50 rehoming fee; contact Mark Sanchez at mark.sanchez@swri.org.

Looking for food, services, entertainment, travel, and other discounts?

[Just click the link!](#)



RRA STORE + MORE

Stop by the Fitness Center to see our latest products or view [HERE](#).

Contact Information

The RRA operates through committees headed by a chair. The RRA Board of Governors Officers and Committee Chairs are listed below.

RRA Executive Board

Chair	Mary Ramos	x3353
Vice Chair	Anysha Ticer	210-258-9491
Secretary	Stacey Chavez	x6493
Treasurer	Jennifer Betz	x5369
Executive Secretary	Sara Kauffmann	x5100
SwRI Fitness Center	Sara Kauffmann	x5100

Committee Chairs

Athletics	Luciano Smith	x6857
Employee Engagement	YongLi McFarland Carlos Sanchez	x2715 x3663
Health & Fitness	Matt Freeman	x2748
Membership	Linda Estes	x5642
Outreach	Shane Siebenaler	x5758
Publicity & Historical	Kimberly Guzman	x2714
Recreation	Turner Tarrillion	x2663
Social	Pauline Rico Vinny H. Cantu	x3145 x6273

For questions or comments about the *Happy Times*, call 210-522-5100.