

WE WANT YOU!



Are you a new member, or thinking about joining the Somerville Road Runners? Contact Brendan Kearney with any questions. He is the point man and will help introduce you to the great SRR community we've built over the years.
email: welcome@srr.org

Ready to sign up now?

Memberships run from January 1 through December 31 and are renewable on a yearly basis. The fee for membership is \$30.00 for individual; \$50.00 for family. Join in October, November or December and your membership is good for that year and the following year.

Visit www.srr.org and click on Membership: How to Apply.

email: membership@srr.org

SRR Membership will also save you \$\$\$.

Club Discounts

15% off at MARATHON SPORTS

www.marathonsports.com
(Boston, Brookline, Cambridge, Melrose, Norwell, Wellesley)

10% off at BOSTON RUNNING COMPANY

www.bostonrunningcompany.com (Newton)

10% off at GREATER BOSTON RUNNING COMPANY

www.greaterbostonrunningcompany.com
(Lexington & Hingham)

10% off at NEW ENGLAND RUNNING COMPANY

www.nerunningco.com (Beverly)

10% off at MESSAGE THERAPY INC.

m.t.inc@comcast.net (Medford)

Somerville ROAD RUNNERS, INC

PO Box 442048

Somerville, MA 02144

www.srr.org



member of:

10/2010

Somerville ROAD RUNNERS



est. 1993, Somerville, Massachusetts

www.srr.org

photo courtesy of Jim Rhoades (www.jimrhoades.com)

ABOUT US

Somerville Road Runners is a non-profit athletic and social organization geared towards all ages and abilities. While some of us are very competitive, we never let that get in the way of a good time. You'll find that most SRR events conveniently begin or end at a local watering hole or eating establishment. We are an active club in the local community and offer activities on a weekly, monthly and annual basis.

Team Competition and Fun

Somerville Road Runners are never at a loss for team spirit. We compete as a team in many area races, including the USATF-NE Grand Prix series, Lake Winnepesaukee Relay and Mill Cities Relay. In 2009, three SRR members started in the top 100 corral at the Chicago Marathon, and one of them even beat Deena Kastor!

Not that a little competition isn't fun, but SRR also organizes social events outside the running arena, including Lowell Spinners games, overnight hiking, biking and skiing trips. And we host a fabulous post-holiday party in January, to shake off any winter blues.

Monthly Board Meetings

Somerville Road Runners is governed by a Board of Directors. The first Monday of each month, we meet to discuss club business. These meetings provide an excellent opportunity for club members to express their opinions, get involved and have a great time in the process!

Monthly Club Newsflyer

Keep up to date with club activities, community events, local races, fund raisers and other pertinent club news. Written contributions welcome! *email: news@srr.org*

Community Involvement

Proceeds from our races are donated to local non-profit organizations, including Somerville Homeless Coalition, RESPOND, Inc., Cambridge Family & Children's Services, Children's Hospital, Somerville Track PAC and Wakefield Educational Foundation to name a few.

Additionally, SRR members are not afraid to roll up their sleeves and lend a hand. Other volunteer opportunities have included East Somerville Main Streets Clean Up and working local races, such as the BAA Marathon and Half Marathon, and the JP Morgan Chase Corporate Challenge.

CLUB HOSTED WEEKLY EVENTS

Monday Nights Bur-Run 5K Fun Run

Meet at 6:45pm in the back room of the Burren, Davis Square (www.burren.com). This is the newest SRR weekly running tradition. It's a self-timed 5K fun run that starts and ends in Davis Square... and goes back to the Burren for refreshments and socializing. Event is free and open to members and non-members alike.
email: bur-run@srr.org

Tuesday Night Track Workouts

Tuesday nights (year round), we meet at Tufts University for a coached track workout. Workouts are geared for all runners, regardless of age, experience or ability, with the pace and distance determined by the individual runner's current training level. In winter, track practice moves inside to the Gantcher Center on College Ave. for a nominal fee. Membership is required to participate in track workouts. However, you may try one session as a guest.
email: track@srr.org

SRR Thursday Night Run at Casey's

A weekly timed race in East Somerville meeting at 7:00pm at Casey's Bar (173 Broadway)(www.caseyssomerville.com). This race has been run every Thursday night since February, 1995! The challenging 4.06 mile course goes up and over Winter Hill, which has a greater elevation gain than Heartbreak Hill. Some run it as a tempo workout, some as a full-out race, others just for a leisurely run through the streets of Somerville. Following the run, we hang out at Casey's for food, drink and talk. Special Thursday events include the Double Dare (twice the course, twice the fun), our SRR Birthday Run, the Halloween Run, and cooking showdowns. It's free and SRR membership is not necessary.
email: thursdayrun@srr.org

Group Long Runs

Members frequently host group long runs throughout the year. Dates and locations are posted on the website and also on the Somerville Road Runner Yahoo! group email list. Runners of all abilities are welcome.
email: longruns@srr.org

CLUB HOSTED ANNUAL EVENTS

An Ras Mor

Ireland, Road Racing and Beer! The Holy Trinity for many a runner. This classic St. Patrick's Day race always ends with party like no other! *email: anrasmor@srr.org*

Club Challenge Cup Marathon Relay

Affectionately known as the 26x1 Relay. Take to the track with 25 other club members. Great camaraderie as 26 runners each run a mile on the track trying to determine the fastest running club in New England! *email: 26x1@srr.org*

Summer Steamer

Since 1992, runners have hit the hot steamy streets of Somerville on a Sunday morning in early summer. Run the original Thursday Night Course — 4.13 miles and only "one" hill! *email: steamer@srr.org*

24-Hour Around-the-Lake Races

Another summer classic, the Around-the-Lake races are held at Lake Quannapowitt in Wakefield, MA. Just before sunset, 4 races kick off simultaneously and circle a 3.16 scenic loop around the lake. The races include a 24-hour and 12-hour ultra race, 8-runner relay team race and a USATF certified marathon course that is a Boston qualifier. *email: 24hour@srr.org*

Gobble Gobble Gobble

An extremely popular Thanksgiving day race held in Davis Square. Selected one of the Top 100 New England Races by *New England Runner* magazine (www.nerunner.com) for more than 6 consecutive years. *email: gobble@srr.org*

Winter Challenge

An old-fashioned New England winter race featuring popsicle stick timing (new and improved), free entry, a free hearty post-race breakfast and no dumb t-shirts covered with advertising. All kinds of free stuff and odd prizes. How can you lose?

CLUB PARTICIPATION IS ENCOURAGED!

Whether you volunteer or run in these events, you'll have a great time! Please visit www.srr.org for the most up-to-date info.

*Still have questions? *email: info@srr.org**

FORTITUDINE VINCIMUS

(By endurance we conquer)