

Somerville ROAD RUNNERS

FORTITUDINE VINCIMUS (By endurance we conquer)

SRR NewsFlyer

October 2009

Upcoming SRR Events & Activities

October 3 and 11 - SRR volunteers at the Somerville Homeless Coalition race and BAA Half Marathon

October 10 - Volunteers needed to help out at the Tufts Jumbo 5K Stampede

October 29 - Halloween Race at Thursday Night Run at Casey's - prizes for best running costumes!

November 14 - 13th Annual Casey's 3-Mile Road Race (11am at Casey's, Somerville, MA)

Casey's is bringing back its annual race and has asked for our support as runners and volunteers. Contact: Heather (617-699-6914)

November 26 - Gobble, Gobble, Gobble (9am at Davis Square, Somerville, MA)

Run or volunteer at our annual Thanksgiving Day race. Contact: gobble@srr.org or Bill (617-629-6666)

December 20 - Annual Winter Challenge (11am at Casey's, Somerville, MA)

Free fun winter race followed by breakfast, trivia & prizes. Donate old t-shirts as prizes. Contact: Dan (bhuddarow@comcast.net)

January 22 - SRR Annual Post-Holiday Bash -- contact Kate if you want to serve on the planning committee!

For more information, visit www.srr.org. To volunteer, contact Kate Blumberg at kateb876@yahoo.com. Thank you to all volunteers for stepping up and helping support other local organizations and running clubs!

Upcoming Events and Fundraisers

Oct 3 - Somerville Local First Harvest Fest. 1-8pm at Arts@The Armory. More info www.somervillelocalfirst.org

Oct 16 - Urban Barn Dance to benefit farmers markets. Dante Alighieri Center, Kendall Square, Cambridge. Contact Karin Turer (oberon119@hotmail.com)

Races Hosted by Club Members

Oct 4 - Flutie 5K (Natick, MA - Tom & Heather Hagerty)

Other Races

Oct 3 - Somerville Homeless Coalition Road Race

Oct 11 - BAA Half Marathon

Oct 12 - Tufts 10K

Oct 18 - Baystate Marathon

Oct 25 - Canton 10k

Ongoing SRR Events

Monday - The Bur-Run free 5k fun run at 6:45pm at The Burren - 247 Elm Street, Davis Square, Somerville. For info, email bur-run@hotmail.com

Tuesday - Outdoor Track Workouts at 7pm at the Tufts Outdoor Track - Ellis Oval/Zimman Field. Coached by Joe O'Leary and open to runners of all abilities. Workouts are posted online at www.srr.org/events/track.

Thursday - SRR Thursday Night 4.13 mile free fun run at 7:15pm at Casey's Bar - 171 Broadway, Somerville. Free pizza after the run!

1st Mondays - Board Meeting at The Burren at 7pm. Open to all!

Other Races of Interest

New England Runner Pub Series

10/18 - Paddy's Shillelagh Shuffle 3M (West Newton) 11:30 am

For more information visit www.nerunner.com

Hockomock Swamp Rat Series

#7 - New Hampshire Marathon, 10K Road Race & 5K Walk (10/3/09)

#8 - Bobby Bell 5-Mile Road Race (10/11/09)

For the complete HSR series calendar, visit www.hockomock.net

USATF Grand Prix Races

10/18 - Bay State Marathon (Lowell) 8:30am

Did you renew your membership yet?

Our annual membership fees are \$20 for individuals, and \$30 for families. Memberships run from Jan. 1 through Dec. 31 and are renewable on a yearly basis. **To renew your membership, visit www.srr.org**

Contact: Heather (617-699-6914)

Bur-run 1st Year Anniversary

What a great way to celebrate a year of "Bur-runs"! Thank you so much to all who participated. For those who could not attend, there were over 90 runners and a plaque of appreciation was given to the owner of the Burren. Many thanks to the volunteers, too. Pics are posted on www.srr.org.

SRR for a Cause

Club members running marathons to raise funds and awareness for worthy charities:

Arthritis Foundation

John Gorvin (NYC Marathon)

New England Center for Homeless Veterans

Joshua Grzegorzewski (10/3 NH Marathon; 10/4 Maine Marathon; and 10/18 Detroit Marathon)

American Liver Foundation

Kate Blumberg (Boston Marathon)
Barbara Grandberg (Boston Marathon)

All information listed is accurate as of time of publication; you are encouraged, however, to verify most up-to-date information on each race's website. The SRR NewsFlyer will be published on the 1st of the month. Submissions are due by the 25th of the month. Email news@srr.org.