

# Somerville ROAD RUNNERS

FORTITUDINE VINCIMUS (By endurance we conquer)

SRR NewsFlyer

September 2009

## Upcoming SRR Events

- September 21** - Bur-run 1 Year Anniversary (RSVP to run or volunteer: bur-run@hotmail.com)  
Please join us for the 5k fun run & post-race celebration. 6:45pm at the Burren, Davis Square
- September 26** - Fred Brown Lake Winnepesaukee Relay  
SRR will once again host several teams. Weirs Beach, NH
- October 11** - Volunteers needed for BAA Half Marathon  
The club takes over the water stop at Mile 6! Boston, MA
- November 26** - Gobble, Gobble, Gobble  
9am at Davis Square, Somerville, MA. Contact: gobble@srr.org or Bill (617-629-6666)

For more information, visit [www.srr.org](http://www.srr.org). To volunteer, contact Kate Blumberg at [kateb876@yahoo.com](mailto:kateb876@yahoo.com)

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### Upcoming Events and Fundraisers

**Sept 13** - Boston Marathon  
Jimmy Fund Walk

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### Races Hosted by Club Members

**Sept 5** - Jamie Fund 5K Road Race & Walk (Mansfield, MA - Tom & Heather Hagerty)  
**Oct 4** - Flutie 5K (Natick, MA - Tom & Heather Hagerty)

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### Other Races

**Sept 7** - 36th Annual Walpole Road Race (Walpole, MA)  
**Sept 7** - Irish American 5K & 10K Labor Day Run (Malden, MA)  
**Sept 12** - Plymouth's Run to the Rock (Plymouth, MA)  
**Sept 20** - Halfway to St. Patrick's Day Road Race (Somerville, MA)  
**Sept 26** - Komen Race for the Cure (Boston, MA)  
**Oct 3** - Somerville Homeless Coalition Road Race (Somerville, MA)

### 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](http://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** - Club Meeting at The Burren at 7pm. Open to all!

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#### Wedding Bells are Running!

SRR Master's runner James McCrea has tied the knot with club member Sara Wells. Congrats to James and Sara!

## Other Races of Interest

### New England Runner Pub Series

**9/13** - Mighty Meehan 5K (West Dennis) 10am  
**10/18** - Paddy's Shillelagh Shuffle 3M (West Newton) 11:30am

For more information visit [www.nerunner.com](http://www.nerunner.com)

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### Hockomock Swamp Rat Series

#5 - Around Cape Ann 25K Road Race (9/7/09)  
#6 - Norwood Hospital 4-Mile Road Race & Walk (9/19/09)  
#7 - New Hampshire Marathon, 10K Road Race & 5K Walk (10/3/09)

For the complete HSR series calendar, visit [www.hockomock.net](http://www.hockomock.net)

### Did you renew your membership yet?

Our annual membership fees are \$20 for individual memberships, and \$30 for families. Memberships run from January 1 through December 31 and are renewable on a yearly basis.

To renew your membership, visit [www.srr.org](http://www.srr.org)

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### USATF Races

**9/12** - Ollie 5M Road Race (South Boston) 10am  
**9/20** - Lone Gull 10K (Gloucester) 9:30am  
**10/18** - Bay State Marathon (Lowell) 8:30am

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### Somerville Local First

SRR recently became a member of Somerville Local First, which is a local networking organization of independent businesses that seeks to maintain a thriving local community.

[www.somervillelocalfirst.org](http://www.somervillelocalfirst.org)

### SRR Has Sole

SRR collected 120 pairs of sneakers for the Nike Reuse-A-Shoe drive. They are heading to Nike Headquarters in Beaverton, OR, where they will be ground up & made into surfaces for tracks and playgrounds. Many thanks to all who donated and to Gwen Co-Wallis for overseeing!

### SRR for a Cause

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

Arthritis Foundation

John Gorvin (NYC 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](mailto:news@srr.org).