

Somerville ROAD RUNNERS

FORTITUDINE VINCIMUS (By endurance we conquer)

SRR NewsFlyer

February 2010

Upcoming SRR Events & Activities

Feb 4 - Thursday Night Run 15th Anniversary Party and Chili-Off (Casey's Bar, following our regular run)
Enjoy a slice of cake, then sample chili from 12 competitors. Bring your antacid of choice.

March 14 - 13th Annual An Ras Mor (10am, Asgard Pub, Cambridge)

Run or volunteer for SRR's Annual St. Patrick's Day race, benefiting Cambridge Family & Children's Service

Register Now - SRR/Mystic Running Club Marathon Bus (April 19, 6am, Wellington Station). This sells out each year, so sign up NOW!

\$25 check (payable to SRR) to Kathy Hynes (17 Winter Street, Apt 35, Watertown, MA 02472). You must be a current member!

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!

SRR Race of the Month

Feb 7 - Super 5K - directed by Jim Rhoades (Lowell, MA)

Mar 7 - Claddagh Pub 4-Mile Classic (Lawrence, MA)

Other Races

Feb 7 - 36th Annual The Great Stew Chase (Lynn, MA)

Feb 13 - 19th Annual Bradford Valentine's Day Road Race (Haverhill, MA)

Feb 13 - Martha's Vineyard 20 Miler (Vineyard Haven, MA)

Feb 21 - Old-Fashioned 10-Miler and Flat 5k (Foxboro, MA)

Feb 28 - 30th Annual Hyannis Marathon, Half Marathon, 10K Marathon Relay (Hyannis, MA)

Mar 7 - Stu's 30K (Clinton, MA)

Mar 21 - Run to the Beach 30K (North Andover, MA)

Mar 28 - Eastern States 20 Miler (Rye, NH)

Apr 3 - Shifter's Race - formerly RJ Crowley's (Waltham, MA)

Apr 11 - 14th Annual Doyle's Emerald Necklace Road Race (Jamaica Plain, 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 - Indoor Track Workouts at 7pm at Tufts' Gantcher Center. Coached by Joe O'Leary and open to runners of all abilities. Workouts are posted online at www.srr.org/events/track. \$45 for the season, payable online.

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!

Poll: Favorite Cross-training Activities!

Speedskating, hot yoga, spinning, indoor rowing, boxing, snowshoeing, ice hockey, snowboarding, XC skiing and the all-popular shoveling

Other Races of Interest

Hockomock Swamp Rat Series

#12 - Donnelly Tavern Five Mile Road Race (Lunenburg, MA), Feb 14

#13 - Jones Group Realtors 10 Miler (Amherst, MA), Feb 28

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

USATF-NE Grand Prix

Feb 28 - Jones Group Realtors 10 Miler (Amherst, MA)

Mar 21 - New Bedford Half Marathon (New Bedford, MA)

Members' Races

May 2 - Reach Out For Schools 5K (Marlborough, MA) Heather & Tom Hagerty

May 9 - MOM's Run (Davis Square, Somerville) Gordon Pilotte

May 16 - Heartbreak Hill Half Marathon (Newton, MA) Jeff Larson, Kate & Tim Maul, Gretchen Wilson

Did you renew your membership yet?

Effective 1/1/10, our annual membership fees are \$30 for individuals, and \$50 for families. Memberships run from Jan. 1 through Dec. 31 and are renewable on a yearly basis, online only. **To renew your membership, visit www.srr.org**

SRR Marathoners

Club members running marathons for worthy charities:

American Liver Foundation: Aaron Beer, Kate Blumberg and Barbara Grandberg (Boston Marathon)

Dana-Farber Marathon Challenge: Heather Hagerty and Gordon Pilotte (Boston Marathon)

Marathon for the Cure: Leevi Raassina (Boston Marathon)

Spaulding Rehabilitation: Ann Marie Larocca (Boston Marathon)

Poetry in Motion

My name is Dan.

I used to be President of the club after the Great Schism.

Now I am an Emeritus.

Aging gracefully, kinda.

We used to be an OK running club that drank a lot.

Now we are a good running club. We seem to be drinking less, per capita.

The latter is disturbing, but not much.

And is remediable, as needed.

Beginning a sentence with a conjunction is a New Era thing.

I hate it, but it is handy.

We are fast, and egalitarian.

This is not a poem.

We are, SRR.

Now, that IS poetry.

-Dan Solomon

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.