

# Somerville ROAD RUNNERS

FORTITUDINE VINCIMUS (By endurance we conquer)

SRR NewsFlyer

March 2010

## Upcoming SRR Events & Activities

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

Run or volunteer for SRR's Annual St. Patrick's Day race, benefiting CFCS

**March 15**- Ides of March 5K Beer Run (6:45pm, The Burren - Davis Square)

Sign-up (\$20) by 3/12 to run the regular Bur-Run route and stop for a beer at the Rosebud, Highland Kitchen, and Olde Magoun's Saloon. 1st 60 registrants receive commemorative pint glass. Sign-up at the Bur-Run or visit [www.srr.org](http://www.srr.org).

**Save The Dates:** June 12: 26x1 Relay July 18: The Summer Steamer July 30-31: The 24-Hour Relay

For more information, visit [www.srr.org](http://www.srr.org). To volunteer, contact Kate Blumberg at [kateb876@yahoo.com](mailto:kateb876@yahoo.com). Beginning next month, Audrey Perlow will take over as volunteer coordinator.

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](http://www.srr.org)**

\*\*\*\*\*

### SRR Race of the Month

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

**Apr 3** - Shifter's 5K- formerly RJ Crowley's (Waltham, MA)

\*\*\*\*\*

### Other Races

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

**Mar 21** - The 1/2 of Quincy (Quincy, MA)

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

**Mar 28**- Marathon Sports "City Run" (Cambridge, MA)

**Mar 28** - Irish Feet Are Runnin' 5 Miler (Lowell, MA)

**Apr 11** - 14th Annual Doyle's Emerald Necklace Road Race (Jamaica Plain, MA)

\*\*\*\*\*

### Other Events

**Mar 11**- John Gorvin's Arthritis Foundation Fundraiser, Irish American Club (Malden, MA), 7-10pm

\*\*\*\*\*

### 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](mailto: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](http://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!

\*\*\*\*\*

### SRR Election Results

President: Gwen Co-Wallis  
Vice President: Heather Hagerty  
Treasurer: Larry Horlick  
Secretary: Robin Shor  
Members At Large:  
Scott Abrams & Kate Blumberg

## Other Races of Interest

\*\*\*\*\*

### Hockomock Swamp Rat Series

**#14** - 31st Annual Stu's 30K Road Race (Falmouth, MA) March 28

**#15** - Seagull Six Spring Classic (Clinton, MA) March 7

\*\*\*\*\*

### USATF-NE Grand Prix

**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

**May 23**- 10th Annual Evan's Run (Norwell, MA) Paul Clark

\*\*\*\*\*

### SRR Marathoners

Club members running the Boston Marathon for worthy charities:

**American Liver Foundation:** Aaron Beer, Kate Blumberg and Barbara Grandberg

**Arthritis Foundation** John Gorvin  
**Bottom Line:** Ed Meek

**Dana-Farber Marathon Challenge:** Heather Hagerty and Gordon Pilotte

**Marathon for the Cure:** Leevi Raassina

**Seat Swap:** Brian LaValle

**Spaulding Rehabilitation:** Ann Marie Larocca

\*\*\*\*\*

### Poll: Favorite Olympic Moments

1972 - Dave Wottle wins 800m gold while wearing a golf cap

1996 - Gold medalists Michael Johnson (200m, 400m), Dan O'Brien (decathlon), Derrick Adkins (400m hurdles)

2010 - Bodie Miller wins bronze, silver and gold...finally!

\*\*\*\*\*

### SRR Online

**SRR Movie** "Taking Care of Business": <http://vimeo.com/9221725>

**LinkedIn:** Search Groups for Somerville Road Runners

**Facebook:** Search for Somerville Road Runners and become a fan

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).