

# Somerville ROAD RUNNERS

SRR NewsFlyer  
May 2010

## Upcoming SRR Events & Activities

- May 5** - CPR Heartsaver Course at Somerville Hospital (230 Highland Ave), 6-10pm, \$15 per member  
You must register in advance with Gwen Co-Wallis (gwensrr@hotmail.com).
- May 8** - Volunteer for East Somerville Clean Up. 165 Broadway, Somerville, 10am-12pm  
Event ends at noon with an after-party. All volunteers receive a free t-shirt.
- May 13** - SRR Cookie-Off (Casey's Bar, following our regular Thursday Night Run)  
Calling all bakers: battle of the sweets featuring cookies with any form of chocolate as an ingredient. Join us as we also honor Kevin Counihan and Steve Pepe for their 100th marathons!

### Spring Membership Drive Have You Renewed?

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)**

**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 our volunteer coordinator, Audrey Perlow, at [audreyleeperlow@gmail.com](mailto:audreyleeperlow@gmail.com).

## Ongoing SRR Events

### SRR Race of the Month

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

**June 24** - Squantum 5M Race of Champions (Quincy, MA)

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**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** - Outdoor track workouts start at 6:30pm at the Tufts Outdoor Track. 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 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!

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### Members' Races

**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

**Aug 28** - 2nd Annual Jamie Fund 5K (Mansfield, MA) Heather & Tom Hagerty

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### Other Races

**May 8** - Cape Cod Irish Village 5M Road Race (Yarmouth, MA)

**May 8** - Annual Boston Marine Corps Honor Run (S. Boston, MA)

**May 8** - Blue Raiders 5k Race in Memory of Larry Olsen (Hopedale, MA)

**May 9** - Annual Melrose Run for Women (Melrose, MA)

**May 16** - Hoppin Mad Mud Run 10K (Amesbury, MA)

**May 16** - The Great Bear Run (Needham, MA)

**May 22** - Annual Bedford Rotary Memorial Road Races (Bedford, NH)

**May 27** - Team Hoyt Road Race & Walk (Waltham, MA)

**May 30** - Boston's Run to Remember (Boston, MA)

## Local Series

### New England Runner Pub Series

**May 23** - Evan's Run

**June 6** - Corrib Pub 5K

**Sept 12** - Might Meehan 5K

**Sept 19** - Portland Trails "Trail to Ale" 10K

**Oct 17** - Paddy's Shillelagh Shuffle 3M

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### Hockomock Swamp Rat Series

**#17** - 32nd Annual Clinton Tribute Road Race (Clinton, MA) May 8

**#18** - USATF New England Trail Running Championship (Northfield, MA) May 22

**#19** - Pack Monadnock 10 Miler (Wilton, NH) June 6

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### USATF-NE Grand Prix

**May 22** - Bedford Rotary 12K (Bedford, NH)

**June 6** - Rhody 5K (Lincoln, RI) - mens' championship only

**July 18** - Stowe 8 Miler (Stowe, VT)

**Aug 14** - Bridge of Flowers 10K (Shelburne Falls, MA)

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### New Club Race!

Directed for five years by Steve Lanzillotta and the Marshfield Road Runners, this unique race will move to Tufts University Track under the SRR banner on June 12, 2010, 8-11am.

- \* 26 one mile legs preceded by a speed leg
- \* Features club teams comprised of at least 24 runners
- \* Challenge Cups to top three teams

Remember, SRR won the Challenge Cup, the most prestigious symbol of the fastest running club in New England. Let's defend our title!

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### Poll: Favorite Boston Moments

\* Seeing Santa Claus in Natick, Homer Simpson in Wellesley

\* Being passed by a cheeseburger and two french fries

\* Watching the Hoyts compete

\* A record-breaking men's finish and fierce battle for the women's finish

\* Seeing the drag queen in Wellesley

\* Passing through the fantastic SRR 30K water stop!

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 following the club meeting on the first Monday of the month. Submissions are due by the 25th of the previous month. Email [news@srr.org](mailto:news@srr.org).