

Somerville ROAD RUNNERS

SRR NewsFlyer
October 2010

Upcoming SRR Events & Activities

- Oct 10** – BAA Half-Marathon. Kate (kateb876@gmail.com) is seeking volunteers for the SRR water stop
Oct 17 – Brew & Rib competition at Tim & Erin's house in Arlington following BayState Marathon
Oct 28– Halloween Run -- wear a costume for our regular Thursday Night Run and enjoy special treats!
Nov 25 – 14th Annual Gobble, Gobble, Gobble (The Burren, Davis Square, Somerville). If you plan to be in town over Thanksgiving, please set aside time that morning to volunteer for our club's largest race!
Dec 5 – Mill Cities Relay. SRR will be putting together teams -- more information to follow
Coming soon! Dec. TBA -- Winter Challenge 1/22/2011 SRR Annual Post-Holiday Bash
For more information, visit www.srr.org. To volunteer, contact our volunteer coordinator, Audrey Perlow at volunteer@srr.org.

2011 Membership Drive Time to Renew!

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**

Ongoing SRR Events

SRR Race of the Month

Nov - Coming soon!

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 – Final outdoor workout was 10/5. Track will take a three week break and resume indoor workouts on 11/2 at Tufts Gantcher Center. Visit the track website for more details at 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 Davis Sq. Wainwright Bank's Community Room, 7pm. Open to all!

Long Run Hosts Needed: Host a long run this fall! Contact Nicole (nicoletateosian@yahoo.com).

Race Spotlight

Oct 17- Douglas Family Fun Run (East Douglas, MA) - proceeds will help build a track in Douglas

Other Races

- Oct 9**– Mashpee Octoberfest 10K (Mashpee, MA)
Oct 9– Run for Ricky! (Taunton, MA)
Oct 10 – Bobby Bell 5 Mile Road Race (Haverhill, MA)
Oct 10– BAA Half-Marathon (Boston, MA)
Oct 11– Tufts 10K for Women (Boston, MA)
Oct 16– FSMA-Dracut 5k (Dracut, MA)
Oct 17– Boston Firefighters Memorial Road Race (Dorchester, MA)
Oct 17– Fall Foliage Classic Road Race (Topsfield, MA)
Oct 23– Joshua's Run (Scituate, MA)
Oct 24– Baypath 5K Run/Walk for Paws & Claws (Hopkinton, MA)
Oct 31– Canton Fall Classic (Canton, MA)
Nov 7 – Run the Bay (Duxbury, MA)
Dec 19 – Marathon Sports Jingle Bell Run (Somerville, MA)

Local Series

New England Runner Pub Series

Oct 17 - Paddy's Shillelagh Shuffle 3M

Trail and X-C Races

- Oct 16**– Topsfield X-C Festival (Topsfield, MA)
Oct 24 – Boston Mayor's Cup X-C Festival (Franklin Park, Boston)

USATF-NE Grand Prix

Oct 17 - BayState Marathon (Lowell, MA)

Merchandise Update: SRR will be ordering new tech-style baseball hats and sweatshirts. More details to follow! For singlets, contact Gwen at gwen_srr@hotmail.com

Somerville Patch: A new local news/community site that just launched. www.somerville.patch.com

Run The Philadelphia Marathon for Lung Cancer: The Marathon is sold out, but you can still get a charity number. See Julia Gaynor (jgaynor711@gmail.com)

Rent-A-Rugger: Need hired muscle? Support the North Shore RFC's ongoing fundraiser and rent a rugger to help out with moving, piling, stacking, digging, hauling and any other heavy-lifting jobs you can think of. Reasonable rates for a good cause. Contact Dan Solomon (bhuddarow@comcast.net).

Reader's Nook: Ray Charbonneau's book, *Chasing the Runner's High*, is now available as a trade paperback. Visit www.chasingtherunnershigh.com

Memory Lane

The first 24 hour race was run from Khoury's. My team brought five dogs and we all hung out in the sidewalk in front of the place in lawn chairs. Around 2 AM the bar let out and there was a pretty good fight across the street--2 on 1, cops came and everything. I don't miss that place as much as I thought I would. Around 4 AM it rained gently making the streets of Somerville seem a lot softer. I ducked into an alleyway mid-lap to pee and when I came out I scared the crap out of Mark Hemenway who was running by and thought I was a mugger. On Saturday morning we picked up an extra dog somehow but had to give it back later.

- 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 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.