

Somerville ROAD RUNNERS

SRR NewsFlyer
September 2010

Upcoming SRR Events & Activities

Sept 25 – Fred Brown Lake Winnepesaukee Relay (Weirs Beach, NH) 8am

Under the direction of Coach Joe O'Leary, SRR is fielding 11 teams this year!

Sept 30– PowerBar will be joining us at our regular Thurs Night Run -- goodies for all!

Oct 2 – Somerville Homeless Coalition and Jumbo Stampede road races. Volunteers wanted for both!

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

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!

For more information, visit www.srr.org. To volunteer, contact our volunteer coordinator, Audrey Perlow at volunteer@srr.org.

Ongoing SRR Events

SRR Race of the Month

Oct 2 - Somerville Homeless Coalition Road Race (Davis Sq)

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 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.

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!

Members' Races

Oct 3- 11th Annual Eastern Bank Flutie 5k (Natick, MA) Heather & Tom Hagerty

Other Races

Sept 17– Reach the Beach Relay (Bretton Woods, NH)

Sept 17– Red Broderick Road Race (Lynn, MA)

Sept 12 – Reach the Beach Relay (Bretton Woods, NH)

Sept 18– Crackerbarrel Classic Road Race (Wrentham, MA)

Sept 18– Northeastern University Big Dog 5K (Boston, MA)

Sept 19 - Brian Higgins Foundation Halfway to St Patrick's Day 4 Mile Race (Somerville, MA)

Sept 19– The Lone Gull 10K (Gloucester, MA)

Sept 25– Danny Oates Memorial 5K Run/2.5K Walk (Bedford, MA)

Sept 25– Komen Race for the Cure (Boston, MA)

Sept 25– Reebok Canton Homecoming Road Race (Canton, MA)

Sept 25– Wicked 1/2 Marathon (Salem, MA)

Sept 26– Jack Kerouac 5K (Lowell, MA)

Local Series

New England Runner Pub Series

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

Oct 17 - Paddy's Shillelagh Shuffle 3M

Trail Races

Sept 18 - Paws for a Cause Walk & 5K Trail Race (Westfield, MA)

Sept 22 & 29 - Lynn Woods Cross Country (Lynn, MA)

Sept 23– Thompson Island 4k Trail Run (Boston Harbor)

Oct 3– Houghtons Pond Trail Race (Milton, MA)

USATF-NE Grand Prix

Oct 3 - Prov. Ronald McDonald House Women's 5k (Providence, RI)

Oct 17 - BayState Marathon (Lowell, MA)

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

Singlet Fire Sale: Get 'em while they're hot! Contact Gwen at gwnsrr@hotmail.com.

Harvest Fest 2010

Somerville Local First, of which SRR is a member, is hosting its annual fall fundraiser and celebration on Saturday, October 9th at Arts@The Armory. Harvest Fest brings together all things cool and local: beer, wine, music, art, fashion and good. Tickets are \$20 and will sell out in advance. www.somervillelocalfirst.org

Running Haiku

Why do you run with
all that electronic gear?
Listen to the wind.
- Dan Solomon

and Memory Lane

Western Maine, sometime in the last century:
"So I'm running with the dog down
some lovely long dirt road and
along comes an F350 with a huge
dust cloud and I am just getting
ready with some bad language
when he slows down a quarter mile
before he gets to me, lets the dust
settle and crawls on by me with a
friendly wave. I tell the dog "we
ain't in Somerville no more, are
we?" He wags his tail.
- 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.