

Somerville ROAD RUNNERS

FORTITUDINE VINCIMUS (By endurance we conquer)

SRR NewsFlyer

January 2010 - Happy New Year!

Upcoming SRR Events & Activities

Coming Soon! - SRR Chili-Off. Who makes the baddest batch in the city? Details to follow online...

January 22 - SRR Annual Post-Holiday Bash (8pm-midnight, Dilboy Post, Davis Square - Somerville)

\$10 per person, catered by Redbones, music by the IT Band. RSVP by 1/15 to Heather Hagerty (hkispert@yahoo.com)

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

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!

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 Race of the Month

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

Other Races

Jan 9 - Olde Salem Greens Snowshoe Classic (Salem, 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 14 - Malden Rotary 5K/10K (Malden, MA)

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

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

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!

In Memorium

SRR remembers **Larry Olsen**, a long-time local running and coaching legend who passed away 12/6/09.

Other Races of Interest

Hockomock Swamp Rat Series

#11 - 30th Annual Winter Fun Run (Bourne, MA), Jan 10

#12 - Donnelly Tavern Five Mile Road Race (Lunenburg, MA), Feb 14
For the complete HSR series calendar, visit www.hockomock.net

USATF-NE Grand Prix

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

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

Upcoming Events

Feb 6 - Fight for Air Climb: 4th Annual Race Up Boston Place, 9am, Mellon Financial Center (Boston)

Feb 6 - Reebok Boston Indoor Games, 5pm, Reggie Lewis Center (Boston) . <http://www.bostonindoorgames.com>

SRR Marathoners

Club members running marathons to raise funds and awareness for worthy charities:

American Liver Foundation: Kate Blumberg (Boston Marathon); Barbara Grandberg (Boston Marathon)
Dana-Farber Marathon Challenge: Heather Hagerty (Boston Marathon)
Marathon for the Cure: Leevi Raassina (Boston Marathon)

Mind the Path

New Balance will provide funding to support snow removal efforts during the 2009-2010 winter season along the 17-plus mile Charles River path spanning from the Museum of Science area in Cambridge to the Galen Street Bridge in Watertown. Snow removal will be performed by DCR within 24 hours of the completion of a storm. Because the route runs in close proximity to the river bank, there is limited salting and sanding that can be performed, so the DCR and New Balance urge runners to continue to use caution. -Excerpt from 12/22/09 Boston Globe article

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.