

Somerville ROAD RUNNERS

FORTITUDINE VINCIMUS (By endurance we conquer)

SRR NewsFlyer

July 2009

Upcoming SRR Events

July 19 - Khoury's Summer Steamer

10am at Casey's Pub, Somerville, MA. Contact: steamer@srr.org or Robin (617-524-1121)

July 24 - 24 Hour Around the Lake Marathon, Ultra and Relay

7pm at Lake Quannapowitt, Wakefield, MA. Contact: 24hour@srr.org or Noel (617-623-5735)

November 26 - Gobble, Gobble, Gobble

9am at Davis Square, Somerville, MA. Contact: gobble@srr.org or Bill (617-629-6666)

For more information, visit www.srr.org. To volunteer, contact Kate Blumberg at kateb876@yahoo.com

Upcoming Events and Fundraisers

Ongoing - Groaners for Donors
<http://www.groanersfordonors.org/> - Ray Charbonneau

Races Hosted by Club Members

July 11 - Molly's Irish Pub Rugby Run (Lynn, MA -- Dan Solomon)
Sept 5 - Jamie Fund 5K Road Race & Walk (Mansfield, MA - Tom & Heather Hagerty)

Other Races

July 16 - Jim Kane Sugar Bowl 5 Mile Road Race
July 23 - Marathon Sports 5 Miler
July 28 - Yankee Homecoming
August 1 - Beach to Beacon
August 8 - Bridge of Flowers
August 9 - Falmouth Road Race

Ongoing SRR Events

Monday - The Bur-Run free 5k fun run at 6:45pm at The Burren - 247 Elm Street, Davis Square, Somerville.

Tuesday - Outdoor Track Workouts at 7pm at the Tufts Outdoor Track - Ellis Oval/Zimman Field. 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 4.13 mile free fun run at 7:15pm at Casey's Bar - 171 Broadway, Somerville. Free pizza after the run!

1st Mondays - Club Meeting at The Burren at 7pm. Open to all!

Sneaker Recycle Drive

All brands. Sneakers only.
Drop off Dates:
Summer Steamer - 7/19
24 Hour Relay - 7/24
Bur-run - 7/20 & 7/27
Casey's - 7/30 & 8/06

Other Races of Interest

New England Runner Pub Series

9/13 - Mighty Meehan 5K (West Dennis) 10am
10/18 - Paddy's Shillelagh Shuffle 3M (West Newton) 11:30 am

For more information visit www.nerunner.com

Hockomock Swamp Rat Series

#2 - Khoury's Summer Steamer (7/19/09)
#3 - Ocean Beach 11.6 Mile Road Race (8/1/09)
#4 - Marshfield Road Runners 20K (8/30/09)
#5 - Around Cape Ann 25K Road Race (9/7/09)

For the complete HSR series calendar, visit www.hockomock.net

Did you renew your membership yet?

Our annual membership fees are \$20 for individual memberships, and \$30 for families. Memberships run from January 1 through December 31 and are renewable on a yearly basis.
To renew your membership, visit www.srr.org

USATF Races

9/12 - Ollie 5M Road Race (South Boston) 10am
9/20 - Lone Gull 10K (Gloucester) 9:30am
10/18 - Bay State Marathon (Lowell) 8:30am

4th Annual George & Whitey King 4x1600 Meter Relay

Thursday, August 6, 7:30 p.m.
Saunders Stadium - South Boston
Hosted by USATF New England / HFC Striders / South Boston Athletic Club.

If you haven't run a track race before, here's a non-intimidating setting. Get 3 other runners and come run a 4 x "metric mile" relay. Men/women/co-ed youth/open/masters teams. 6-pack of Harpoon for winners in the following divisions: open and masters men's and women's teams. Entry fee: \$12 for USATF member club teams, and an additional \$1 discount for each runner who is a USATF member. \$20 for pick-up / all-star teams.

Entry info at www.usatfne.org/track

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.