



Newsletter

February 2026

HELLO STRC RUNNERS!

It is COLD out there! Bundle up and think warm thoughts if you head outside to train for spring races. Check out some quick tips for training in the cold in this month's newsletter.

As we head into February, the days continue to get longer, and Spring will be here before we know it!

THANK YOU FOR EVERYONE THAT CAME OUT TO THE WINTER MEET UP!!



STRC GROUP RUNS:

WHEN: Saturdays at 9:00 AM

WHERE: Lackawanna Rail Trail in Elmira, NEW Starting Location, Water Street TrailHead, across from the Kennedy Valve Truck Entrance.

DISTANCE: 5K, come early or stay late for additional miles

WHEN: Tuesdays at 6:00 PM

WHERE: Confluence Running Store in Corning

DISTANCE: 3 or 4 miles

STRC 2026 RACE CALENDAR:

ST. PATRICK'S 5K/10K – SATURDAY, MARCH 14TH

1. Registration is now open: [Register](#)
2. Register early to guarantee your swag item. The first 300 registrants will receive this awesome pair of Pajama Pants.
3. Our new Course Layout for each race will guarantee fast times! Check them out here: [New Course](#)
4. New for 2026 – Post-Race Pancakes from our friends at Lil' Dippers.

Loop The Lake - May 30th

This event will have something for everyone.

- Test your speed with a One Mile Race.
- Prove your endurance with a two-hour event. How many loops can you log?
- Bring the Kids for a 1K Fun Run hosted by SOAR.
- Stay for our Annual STRC Member Picnic, with free Carousel Rides for the first hour.
- Registration will open Soon!

Trailfest at Newtown Battlefield - July

Trail Event at Sugar Hill - September

Revenge of the Red Baron (5k and Half Marathon) - November 4th

Pie & Glove 5k (Thanksgiving Day) - November 26th



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SOAR RUNNING CLUB UPDATE



INDOOR TRACK SEASON: SOAR is in the heart of the Indoor Season. More than 30 local athletes are learning the FUNDamentals of our Sport. Practices are Monday, Wednesday and Thursday, with monthly meets at Cornell on the weekend. If you are interested in volunteering to help Coach, please reach out via email: southerntiersoar@gmail.com.

COLD WEATHER RUNNING TIPS

AMBER SAYER, MS, CPT, CNC. SENIOR RUNNING EDITOR,
MARATHON HANDBOOK. PUBLISHED NOVEMBER 8,
2025



1. Warm Up Before Heading Outside.
2. Run in your Neighborhood.
3. Keep it Inside.
4. Protect Exposed Skin.
5. Hydrate with Hot Beverages.
6. Run Based on Effort, Not Time.
7. Need A Reason to Run? Sign up for a Race.

Read the Full Article Here: [Article](#)

STRC MEMBERSHIP

If you are a Member, Thank You! If you are not yet a member, come run with us!.

Our membership fee structure is:

Individual Membership: \$10/year
Family Membership: \$20/year*

*Families can have up to 6 people be part of the membership and family members must live at the same address.

Among the benefits included with a Membership is \$5.00 off your registration fee for any STRC Race. Run two races, and your membership is essentially free. Plus, you have access to additional perks and are invited to our annual picnic.



YOUR INPUT IS WELCOME

- Email us at southerntierrunningclub@gmail.com
- Board meetings take place at the III Eagle Taphouse in Elmira at 6:00 PM, every 2nd Wednesday of the month.

HAPPY RUNNING!

STRC Board of Directors