



Newsletter

APRIL 2026

HELLO STRC RUNNERS!

Spring has Sprung in the Southern Tier! Not every day is sunshine and rainbows yet, but those days are coming, and so are Spring Races and Summer Training!

Don't miss our first Brewery Run of 2026 and registration details for our newest event, LOOP THE LAKE, included in this month's newsletter.

Get out and run with us this April!



FIRST BREWERY RUN OF 2026!

UPSTATE BREWING COMPANY

Saturday, April 11th at 11:15am
3028 Lake Road, Elmira
2-mile, 3-mile or 4-mile Routes
Brewery Opens at Noon
First drink at half price for all participants

STRC GROUP RUNS:

WHEN: Saturdays at 9:00 AM
WHERE: Lackawanna Rail Trail in Elmira, Water Street TrailHead, across from the Kennedy Valve Truck Entrance.
DISTANCE: 5K, add miles before/after

WHEN: Tuesdays at 6:00 PM
WHERE: Confluence Running Store in Corning
DISTANCE: 3 or 4 miles

STRC 2026 RACE CALENDAR:



LOOP THE LAKE - ELDRIDGE PARK SATURDAY, MAY 30th

Three Events, with something for everyone!

REGISTER NOW: [REGISTER](#)

1. Test your speed with a One Mile Race.
2. Prove your endurance with a two-hour event. How many loops can you log?
3. Bring the Kids for a 1K Fun Run.

Stay for our Annual STRC Member Picnic, with free Carousel Rides for the first hour.



DON'T MISS YOUR CHANCE TO EARN THIS ONE-OF-A-KIND FINISHER'S MEDAL!

Trailfest at Newtown Battlefield

3 Hour Trail Challenge
Saturday, July 11th
Registration Now: [REGISTER](#)

Trailfest at Sugar Hill

3/6/12 Hour Trail Challenge
Saturday, September 5th
Registration Now: [REGISTER](#)

Revenge of the Red Baron (5k and Half Marathon) - Sunday, November 1st
Registration Open: [REGISTER](#)

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



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SOAR will be having a spring trail season starting on Monday, April 13th and continuing through May 29th. Practices are from 6:00-7:00p on Mondays and Wednesdays at various locations in the Elmira/Corning area. It is a great way to introduce athletes to trail running and is only \$20 for the shorter season. Register here: [SOAR Spring Registration](#)

The SOAR summer track season then starts and goes through the end of July. There will be weekly meets on Wednesdays in July. This a great opportunity for the local youth to gain experience in running, jumping, hurdling and throwing in a low pressure atmosphere!!



Get ready for the Trails!
We have two Trail Events planned for 2026.
Check out this article for helpful tips to transition from roads to trails, with a focus on safety, technique, and enjoyment.

Click here: [TRAIL RUNNING TIPS](#)

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 Ill Eagle Taphouse in Elmira at 6:00 PM, every 2nd Wednesday of the month.

HAPPY RUNNING!

STRC Board of Directors