



MAY 2026

HELLO STRC RUNNERS!

Spring Racing Season is here!

In this month's newsletter we take a deep dive into all you can expect at **LOOP THE LAKE**, a trio of races at Eldridge Park, and our first Trail Race of the Season, **TRAILFEST at NEWTOWN BATTLEFIELD**.

Also, don't miss details of our next Brewery Run and our Group Runs.

Get out and run with us this May!



SATURDAY, MAY 16TH AT 11:15AM
250 Old Ithaca Road, Horseheads
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.



ALL 2-HOUR EVENT FINISHERS EARN THIS ONE-OF-A-KIND FINISHER'S MEDAL!
(You only have to log one Loop to earn it.)

ALL ENTRANTS IN THE ONE MILE RACE AND THE 2-HOUR TIMED EVENT GET OUR 2026 RACE CALENDAR SINGLET.



ALL ENTRANTS IN THE KIDS' 1K FUN RUN GET THIS LOOP THE LAKE T-SHIRT.



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3 Hour Trail Challenge Saturday, July 11th

Registration Here: REGISTER

Event Details: Challenge yourself on a beautiful 1-mile trail loop. Run, hike, walk, stroll for as many miles/minutes as you want, there's no pressure to run the full duration. A fully stocked aid station will be available at the start/finish area to keep you fueled and hydrated.

Your entry includes:

- Access to the aid station & post-run food
- Custom BOCO Gear hats for all participants.
- Finisher Medal
- Custom awards for Male and Female winners
- A portion of race proceeds will be donated to local trail organizations.

After the run, stick around for a fun time socializing with the trail community! We'll be grilling burgers and hot dogs, serving up tasty sides, and offering vegetarian/vegan options too.



UPDATE

SOAR athletes are currently running through their Spring Trail Season.

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!! Keep an eye on their social media for more information.

Click here: [SOAR on FACEBOOK](#)

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