



Newsletter

JULY 2026

HELLO STRC RUNNERS!

The HEAT is on! Welcome to Summer Running in the Southern Tier; stay hydrated and don't forget to apply that sunblock

TRAILFEST at NEWTOWN BATTLEFIELD is right around the corner. Register Now!

Don't miss details of our July Brewery Run, check out the Summer Trail Run information and registration links for our popular Fall Races, all included here.

Come out and run with us this July!



SATURDAY, JULY 18TH AT 11:15AM

467 Old Ithaca Road, Horseheads

1 Mile Loop Course - Choose your Distance

Brewery Opens at Noon

Buy a Flight, Get One Free for all Participants!

STRC GROUP RUNS:

WHEN: Saturdays at 9:00 AM

WHERE: Lackawanna Rail Trail in Elmira,

DISTANCE: 5K, add miles before/after

WHEN: Tuesdays at 6:00 PM

WHERE: Confluence Running Store in Corning

DISTANCE: 3 miles



**3 Hour
Trail Challenge
Saturday,
July 11th**

Registration Here:

CLICK TO 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 aid station & post-run food

- Custom BOCO Gear hats for all participants.



- Finisher Medal
- Custom awards for our Winners!



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.



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2026 RACE CALENDAR

Trailfest at Sugar Hill
3/6/12 Hour Trail Challenge
Saturday, September 5th
Registration Open: REGISTER

Revenge of the Red Baron
5k and Half Marathon
Sunday, November 1st
Registration Open: REGISTER

Pie & Glove 5k
Thanksgiving Day
Thursday, November 26th
Registration Open: REGISTER

A poster for the Summer Trail Series Trail Runs. The background is a photograph of a forest path. The text is in a mix of bold, sans-serif and serif fonts. It includes the event name, location, start time, dates, and sponsors. A QR code is at the bottom right.

SUMMER TRAIL SERIES
TRAIL RUNS
Newtown Battlefield State Park
2346 COUNTY RD 60, ELMIRA, NY 14901

6:30pm Start
Six Consecutive Thursdays

JULY 9	Open to all ages and abilities
JULY 16	
JULY 23	5K with flexible distances
JULY 30	
AUGUST 6	Scenic, well maintained trails
AUGUST 13	

Sponsored by **STRC & SOAR** Running Club

Scan for More Information

FIND MORE DETAILS ON THE FOLLOWING PAGE.

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



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Trail Runners and Hikers:

There is a trail series that is local and I think some runners maybe interested in. This trail series was started several years ago to promote trail running and help the local Cross-Country teams get some trail runs in during the summer. This year SOAR Running Club is sponsoring the evenings and I will be hosting the trail run/walk/hikes from July 9th through August 13th (Six Consecutive Weeks) on Thursday Nights at 6:30pm at Newtown Battlefield State Park.

The trail runs are open to runners, walkers, and hikers of all ages, genders, and ability levels - whether you are an elite runner or just beginning. If you have been thinking about running upcoming cross-country/trail/adventure/street races, looking to improve your times, build strength, need tips on running more efficiently and smarter, find out whether running is for you, or just want some exercise - this is the place to be.

Bring your friends, neighbors, relatives, and teammates and enjoy the workout. You can always find someone to run with. Please be advised that these events take place on trails. Runners are liable to encounter roots, rocks, fallen trees, major hill climbs, sorry no stream crossings. Each week I will layout different courses ~ 5K giving option for cutting off approximately 1-2K if desired for all ages and abilities.

For more information, contact me (dsaxton@stny.rr.com). See you on the trails!

~Duane Saxton

What It Is Not:

- Competitive -- only as much as you wish to push yourself.
- Timed -- You want to know how fast you completed the course; you better have your own watch.
- Boring -- This is the "road-less-traveled" new views around every corner.
- Flat & Fast -- Probably not - Most courses are a blend of rolling hills on well-maintained grassy surfaces.

Some Facts:

- Bring your water bottle
- Rest Rooms available at the park
- Stay around afterwards -- Socialize - Bring a picnic basket

What It Is:

- Challenging -- Give it a try, what do you have to lose?
- Great Camaraderie -- Trail Runners are very willing to take "rookies" under their respective wings and show how it is done.
- Refreshing -- No cars, no street lights, no horns -- just you and nature.
- Safe -- Trail Courses are marked each week using pin flags and each week the host runner will "sweep" the course making sure no one gets left behind.
- Distance -- 5k -- if you want to do more -- "run it again, in reverse" you will find someone that will accompany you.