



Newsletter

AUGUST 2026

HELLO STRC RUNNERS!

We hope everyone is heat-adapted as we run through the summer months in the Southern Tier!

In the newsletter this month we recognize our 2026 Scholarship Winners, share details of our next big Trail Race; plus, you will find Group Run/Brewery Run and SOAR information.

Come out and run with us in August!



**SATURDAY, AUGUST 22ND
AT 11:15AM**

26 East Market Street, Corning
3 Mile Course (ad mileage at your leisure)
Brewery Opens at Noon
Open to any runners/walkers!

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



**Saturday, September 5th
7:00 AM Start**

3 Hour, 6 Hour or 12 Hour Challenge

Registration Here:

[CLICK TO REGISTER](#)

Timed loop course trail challenge.
All durations start at 7 am.

Location: Sugar Hill State Forest: Fire
Tower Area

Course: 4 mile trail loop with ~500 feet of
elevation gain per loop

Run as many loops as you can within the
time limit—but remember, only loops
completed before the time limit for your
event count! You can stop whenever you
like; there's no pressure to run the full
duration.

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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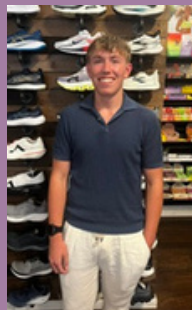
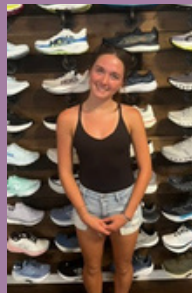


STRC SCHOLARSHIP WINNERS

This year STRC was proud to award seven deserving high school seniors with \$2,000 each to further pursue their academic and athletic endeavors.

Please join us in celebrating the following:

- McKenzie Chamberlain
- Hannah Lasko
- Finn Van Buskirk
- Nicholas Ferratella
- Samantha Harvey
- Cella McLaughlin
- Payton Sutryk



UPDATE

SOAR had a successful summer track season with many new experiences & PRs.

Be on the lookout for our fall XC season starting in early September. Please contact us if you are interested in coaching for the fall season.

Our annual fundraiser: Trails, Tricks and Treat will be coming up on October 25th at a location to be announced.

2026 RACE CALENDAR

**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

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.

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