

SOLUTIONARY RUNNING NEWS

SR September 2018 Newsletter

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SR Update

- New vlog posts, including tips for calming pre-running-event nerves! [CLICK HERE to visit the SR Vlog!](#)
- Coach Steve will be running his very first Ultramarathon on Saturday, October 13th to raise money for the Depression and Bipolar Support Alliance in honor of his mother. Steve's mother was nothing short of a sweetheart. She volunteered much of her time helping and taking care of others, terminally ill cancer patients. She was a volunteer Emergency Medical Technician, volunteer library worker, volunteer pianist for her church, and she was one hell of a mother to three children! What few people realized was that she suffered greatly from mental illnesses, including depression. Steve's mother influenced and inspired to become the person he is today and that's why he is devoting his biggest challenge to a cause that his mother and so many others are effected by, a cause we all can relate to in one way or another, depression and bipolar health and awareness. Please consider donating to this wonderful cause by [CLICKING HERE](#). Thank you.
- The Vancouver Veggie Runners September Veggie Run will take place on September 29th in Vancouver, Washington! The group is open to all vegan, vegetarian, and veg-curious runners, regardless of ability. The group currently meets once per month for a social Veggie Run, coffee, and light snacks. [CLICK HERE](#) for more details and to follow/join the group on Facebook. You can also find the monthly Veggie Runs on [SR's website](#).



In the News

[Iconic vegan distance runner - and sanctuary owner - Fiona Oakes has scored another Guinness World Record...](#)

[Vegan ultramarathon runner Catra Corbett has set a new record on the legendary John Muir Trail...](#)

[Sexism \(against women\) is alive and well in the running world, even in events where 70 percent of participants are female...](#) Coach Steve wants to know your thoughts about awarding overall top teams versus top teams based on gender! Please email your thoughts to SolutionaryRunning@gmail.com!

Coach's Corner

The Coach's Corner web page is now live! This new page is where you can interact with Coach Steve and peers, ask questions, post topics, ideas, and more! [Click here to visit Coach's Corner!](#)

"Running has been extremely rewarding for me personally. But what has made it truly fulfilling is being able to help others through my activity." -Sakyong Mipham

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