

# SOLUTIONARY RUNNING NEWS

## SR Newsletter Vol. 1

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## SR Update

- New vlog posts! Since this is the first newsletter, several of the SR vlog posts may be new to you! Vlog posts include *Why I run, Why I am a vegan, What I pack for out-of-town events*, and there are even posts about being respectful toward others and ways to remain calm before a big event. [CLICK HERE to visit the SR Vlog!](#)
- A new running group, lead by Coach Steve, called the Vancouver Veggie Runners, forms 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](#) to follow/join the group on Facebook. You can also find the monthly Veggie Runs on [SR's website](#) or in the What's Next section of the SR Newsletter.



## Coach's Corner

This is the section where Coach Steve will do his best to answer all of your running-related questions! Is there something on your mind that you can't seem to find (or aren't sure how to find) an answer to? From questions related to finding the most humanely-produced running shoes to calming those last minute nerves before your next big event to raising money for a great cause to becoming a better athlete, be sure to email them to Coach Steve here: [SolutionaryRunning@gmail.com](mailto:SolutionaryRunning@gmail.com).

## What's Next?

- More vlog posts, featuring Coach Steve, coming this month! Topics will include:  
*Challenges faced while traveling and being a vegan, and how to easily overcome those challenges.*  
*Coach Steve talks about weight loss, happiness, and acceptance of one's own body.*
- August Veggie Run!  
What: 5k  
Where: Esther Short Park, downtown Vancouver  
When: August 18 @ 8am

*"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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