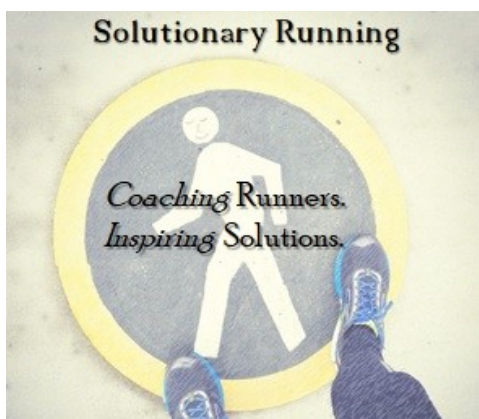


# SOLUTIONARY RUNNING NEWS

## SR June 2019 Newsletter

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## SR Update

- Coach Steven, of Solutionary Running, has partnered up with [The Launch Team-PDX](#) to coach young athletes (under 18) to run their first Half-marathon, the Portland Half-marathon!
- Three new vlog posts, including curbing “bored eating” during taper phases and dynamic stretching! [CLICK HERE to visit the SR Vlog!](#)
- Group runs to continue in July! Group runs will be posted in the [Vancouver Veggie Runners Facebook group](#). It's a fun, casual group run (usually once—twice per month), followed by delicious vegan food and great conversation; we hope to see you at the next group run!



\*The Vancouver Veggie Runners 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

- A reaction dichotomy, witnessed during a San Diego beach run, inspires a young athlete to start a non-profit, called [Kids4Community](#). How this organization is more than a good-deeds organization is its solutionary-focused mission. Kids4Community not only raises money to help ease poverty, it prompts the community to raise awareness and take action to resolve poverty growth. You can find the article here: [How a Simple Beach Run Sparked This Kid to Start a Nonprofit for the Homeless](#)
- Tabling at Cherry City's inaugural Vegfest was a success! Solutionary Running shared a table with Kristy, of [VegfulLife](#), on June 8th, where Coach Steven spoke with many locals about running, coaching services, and delicious vegan food! [Click here to read a great blog post recap of Cherry City Vegfest](#)

## Coach's Corner

Reminder!... The Coach's Corner web page is now live! This new page is where you can interact with Coach Steven 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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