Scores Running Club Newsletter

July 2019

Weekly runs Tuesday 5:30pm @ Scores

Upcoming Races & Club/Board Meetings

September

- Swanzey Covered Bridges – 9/1
- Demar Marathon & Half - 9/29

October

- **3rd Annual Stone Arch Bridge 10 miler – 10/19**
- Club Hosted Event – Stuart & John's Pancake Run – Date TBD
- Halloween Fun Run

November

- Wobble Gobble – 11/28

December

- 5th Annual Ugly Sweater Run/Walk Benefit Run for the Community Kitchen

Letter from Club President

Summer is a busy time for most, and it's been great to see so many members, new and old, continue to share time together on Tuesday evenings, despite some pretty hot temperatures!

SRC had a fantastic showing at the annual Pathways for Keene 4 on the 4th Road Race! Congratulations to all who ran! We handed out almost 500 freeze pops, and had a great time spending the morning with John and Terry Davis from Vermont Rocks Art! If you didn't get a chance to see their beautiful work, stop into Ted's Shoe and Sport and check out the amazing piece they put together to showcase our Stone Arch Bridge 10 Miler!

The race committee is moving along with preparations for this year's October 19th event. We cannot put this race together without about 40 awesome, committed volunteers! Email me if you're interested in volunteering, or register online for the race!

As we roll through Summer, thick into fall race training, keep an eye out as we begin preparing for other local late-summer/early-fall races, like Elijah's Race – Swanzey Covered Bridges Half Marathon and the Clarence DeMar half and full marathons. We'll be out in force on the course, but also looking for volunteers for these awesome community events!

Run strong,
Cassie Cyr

Have you checked out these other awesome group runs?!

Thursdays – 5:30pm at Ted's Shoe & Sport

Saturdays – 7:00am Wheelock Park

Sundays – 8:30am Brewbakers

4 on the 4th Race

Another great year it was for SRC at 4 on the 4th! It was hot as it always is for the fourth of July, but the 500+ popsicles at the finish line made up for the really hot run! There were over 350 runners and many SRC members! Pathways for Keene, Ted's Shoe & Sport, & Beeze Tees do an amazing job putting this community event together each year.

Training for a Half? Train with SRC!

It's the most wonderful time of the year – training season! It's that time of the year where the runs mean a little more than knocking off the winter rust or just keeping a new year's resolution. It's time to get a plan and lace them up!

It you are planning a fall full or half marathon, either your first, fifth or fiftieth, why not run with a great support team to keep you on plan and motivated to cross that fall finish line. The members and friends of Scores Running Club are ready to be the team you need to meet your goals.

Join us on **Tuesday, June 25, 2019 at 5:30 PM** @ **Railroad Square** for a 3 mile fun run followed by a post run **informational meeting at 6:15 PM**. We will be discussing how you can meet your goal to complete the **Demar Marathon or Half Marathon, Sunday September 28, 2019.**

Scores Running Club a social running group and we support the idea that no one should run alone - running should be enjoyed with others to share the running experience. By training with other runners, you will have the opportunity to learn from experienced runners about their individual journeys to successful lifelong running; offering information about pace, hydration and nutrition, complimentary non-running exercises, and core strength and stretching that has made them successful, (and mostly) injury free runners.

Important information about the **Scores Running Club, Marathon or Half Marathon Training:**

- There is no cost to participate with this group. Running is a free sport!
- There is no expectation to join any running club. All are welcome!
- Interested first time half/ marathoners, should be able to run 3 consecutive miles prior to starting a training plan – at any pace.
- Group runs with pre-determined routes will be offered on Tuesdays, Thursdays and Sundays:
    - **Tuesdays - Railroad Square at 5:30 PM** - Post run social time at a downtown restaurant/bar after the run
    - **Thursdays - Ted's Shoe and Sport at 5:30 PM** – Brief post run recap at Ted's
    - **Sundays - Brewbaker's Café at 7:30 am** - Post run social time at Brewbaker's after the run

STRAVA

There are a handful of websites and mobile apps out there for runners. Many of you probably use one or more of them. All have their pros and cons and each of us have our own needs and wants. I'm going to discuss for a moment just one of those sites/apps, Strava.

Strava lets you do many things, track your running with GPS, follow friends, share photos from your activities, join Challenges, and more. Like most sites, Strava is most useful if you run with a GPS watch. You can track all of your runs, rides, and other workouts too by either entering the data manually or uploading the activity data from your GPS enabled watch or your Android or iPhone. Scores Running Club has a presence on Strava for those of you who want to share your progress with other club members and want to cheer on your running buddies.

Thank you Ted's Shoe & Sport, Beeze Tees, & Pathways for your very kind donation of water for our Annual Stone Arch Bridge 10 miler!

TEAM RWB

TEAMRWB.ORG

Every year, 200k service members leave the military and face real challenges of isolation and loneliness.

Team Red, White & Blue is the antidote to the challenges they face. We exist to provide Veterans with the belonging necessary to find lasting fulfillment through the creation of deep bonds with other Veterans and civilian supporters.

It is through pushing ourselves, alongside others, that we build the bridge connecting Veterans to their communities as they take control of their health- both physical and mental.

Team RWB stands ready to support all Veterans in over 200 communities around the Nation.

Team RWB is free to join and is open to all Veterans, active duty/reserve, and civilians.

For more information please go to www.teamrwb.org

Eric Jerman is the point of contact in Keene for the NH Chapter. He can be reached at eric.jerman@teamrwb.org should you have any questions.

SRC Race Commitees

Would you be willing to help Scores Running Club put on Stone Arch Bridge 10 miler and/or Drummer Hill Trail Race? Any amount of help is greatly appreciated. If you would like to join a committee please email scoresrunningclub@gmail.com

Birthday Celebrations

Thanks for the delicious treats each month Laurie! ☺

Swanzey Covered Bridges Half Marathon - Elijahs Race
Sunday, September 1, 2019

This year we are excited to celebrate our 14th annual Elijah's Race. Elijah started this race in 2005 to benefit the students of Monadnock Regional High School. He was an elementary Physical Education teacher in the district and a coach for the track team. He grew up in Swanzey and was an all-star athlete for MRHS. His life was cut short just days prior to his 3rd annual Swanzey Covered Bridges ½ Marathon. Local community members and school booster members took over the race organization. His dream continues with having a race on Labor Day weekend that benefits the students of his alma mater.

Run through four scenic covered bridges on your way to completing a 13.1 mile loop in Swanzey, NH. First leg is 6 miles through 3 of the covered bridges and the 2nd leg continues the last 7.1 miles through the 4th covered bridge.

Transportation will be provided to and from relay transition point.

Welcome back John Lucey!

SRC's Sponsors

Specialty Footwear ♦ Apparel ♦ Snowboards & More

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LOTHSTEIN GUERRIERO PLLC
Attorney at Law

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Scores Running Club

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