Scores Running Club Newsletter

November 2019

Weekly runs Tuesday 5:30pm @ Railroad Square

Upcoming Races & Club Events

November

- Wobble Gobble – 11/28 Wear your SRC Blues

December

- **5th Annual Ugly Sweater Run/Walk Benefit Run for the Community Kitchen – 12/7**
- 5th Annual Santa Hat Run – 12/14 8am @ Ashuelot Park Arch
- **SRC Holiday Gathering – Thursday 12/19 6:30pm at Keene Country Club. See details below**

Happy Halloween 2019

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 *See Sunday Runners Facebook Page

SRC Board of Directors

We would like to invite anyone who is interested to come and join one of our board meetings. Elections are coming up in the New Year and we would love some new fresh ideas! So come check it out. Our next board meeting is Tuesday November 26th at 7:15. Hope you can make it! And if you cannot but you are interested in joining the board email us at scoresrunningclub@gmail.com

Stuart & John's Run

Wobble Gobble 2019

Thursday, November 28, 2019
Online registration ends: 11/26/2019 at Midnight

Join us for the 41st annual, 4 mile, Thanksgiving Day run. ***Make sure to wear your SRC Blues!*** It is a family race that welcomes runners and walkers of all ages. Walkers begin at 8:30 and runners at 9 a.m. Proceeds benefit Girls Cross Country and Track Teams at Keene High School, including a college scholarship for graduating seniors. Prizes are awarded for top overall male and female racers as well as in each age category. There is a free raffle for all participants with great gifts certificates and prizes and per tradition; pie is served after the race. T-shirts will be given to ALL that pre-register. Join us, there isn't a better way to kick off a season of thanks that supporting a great cause. Register online at Tri-State-Racing or in person at Ted's Shoe and Sport in downtown Keene.

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.

Ugly Sweater Fun Run and Food Drive

Saturday December 7th, 2019
9:30am at Keene Community Kitchen
3 Mile Fun Run

Join us and wear your 'ugliest' holiday sweater and lace up your running shoes! There will be a holiday prize for the 'ugliest' sweater. Registration opens at 9:30, fun run begins at 10am. **No Registration Fee – We ask that you bring a non-perishable item and/or a small donation; all proceeds will benefit the Keene Community Kitchen.** Bring some holiday goodies to share. This is a fun way to give back to the community.

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.

Holiday Party

Who: Scores Running Club Members

What: Holiday Yankee Swap

When: Thursday December 19th

Where: Keene Country Club

Join us for a fun holiday get together at **The Keene Country Club** *(755 W. Hill Rd. Keene, NH).* The party will take place after Thursday's weekly run from Ted's December 19th. **We will be doing a Yankee Swap bring something under $10 'that no runner can do without'**. The evening is sure to be a blast! Stay-Tuned for information about food and drinks.

Please RSVP by Friday 12/13 to scoresrunningclub@gmail.com

Birthday Celebrations

Thanks for the delicious treats each month Laurie we will miss you! ☺

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