Scores Running Club Newsletter

August 2018

Weekly runs Tuesday 5:30pm @ Scores

Upcoming Races & Club/Board Meetings

August

- Run for the Honey 5k – 8/18 Hancock, NH
- Marlborough Mad Dash 5k 8/25/18 9am

September

- Elijah's Race – Covered Bridges Half & Relay 9/2
- Viking 5k – 9/15 New Ipswich, NH
- HoFall5k- 9/23 Milford, NH
- Clarence DeMar – 9/30 Keene, NH

October

- Friends of the Poor 5k – New Ipswich NH (Date either 10/6 or 10/13)
- CHAD Half & 5k Race – Lebanon, NH 10/14
- Paris, France Road Race 20k – 10/14 (A group is planning to go in the fall. If you're interested please email akmacmurray@gmail.com for more information)

- 2nd Annual SRC Stone Arch Bridge Race 10 miler – 10/27 Keene, NH

STONE ARCH BRIDGE
10 Miles • 10-27-18

OPERATION GRATITUDE
SAYING "THANK YOU" TO ALL WHO SERVE

Letter from the President

Can you believe that summer is nearly over and school starts in just over a week? Despite what felt like incessant rain throughout the last few weeks we've managed to have quite a few good Tuesday club runs with a number of members showing up week after week. It's also been great to meet some of the new members that joined us over the summer. If you haven't been to a club run in awhile, I challenge you to "just show up" and run with us on a Tuesday night! You won't regret it!

Volunteering is how we grow and connect as a club in the community and with other organizations. Volunteering your time is one of the ways that our club members can give back to our community. If you haven't seen the emails and posts on social media regarding the volunteer needs this fall, please take a look at the rest of the newsletter and let us know if you're able to help.

The Stone Arch Bridge 10 Miler committee is busy preparing for the race on Saturday, October 27th. Be sure you register to run, or if you'd rather not, definitely reach out to me and I'll find you a job on race day!

Now that summer's nearing its end, we look forward to a busy fall racing and running season with much lower humidity levels and cooler temps. Oh, but we do hope to keep those headlamps packed away for as long as possible! ;)

Dream big, run strong.

Fun in the Sun Summer Picnic

CHaD Hero Half Marathon & 5k

A wonderful race to benefit Dartmouth Hitchcock's Children's Hospital. We will warn you it's quite a hilly race!

Team: ScoresRunningClub

Password: ScoresCHaD2018

Username: kathpritch@gmail.com

Swanzey Covered Bridges Half Marathon - Elijahs Race
Sunday, September 2, 2018

This year we are excited to celebrate our 13th 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.

https://www.halfmarathons.net/new-hampshire-swanzey-covered-bridges-half-marathon/

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.

Club Members Race Accomplishments

Give Peace a Tri – July 14th

- Kathy Pritchard
- Rob Pritchard
- Abiaha Prtichard
- Ockle Johnson
- Shawn Cyr

Moosalamoo Ultra – August 4th

- Amanda Paul
- Rob Breckenridge

Harpoon Brewery Octoberfest Race

Join us on **Sunday October 7th** for scenic **3.66 mile race** at Harpoon Brewery in **Windsor, VT**. The **race starts at 11 am** and after words enjoy your complimentary bratwurst and beer! Oktoberfest is a ton of fun, lots of people, food, and beer! Many members participate in this wonderful race year after year! Here is the information to register with SRC Co-Ed team:

1. Register at: https://events.racepartner.com/HarpoonOctoberfest/register
2. Select your desired Team level and continue
3. Select **Join Team**
4. Search for Team Name: **Scores Running Club**
5. Enter Team Password: **scores18**

If enough people plan to attend we can coordinate carpooling. Please email scoresrunningclub@gmail.com

2nd Annual Stone Arch Bridge 10 miler

October 27th, 2018

SRC will be hosting the 2nd annual Stone Arch Bridge race on **Saturday October 27th, 2018.** It's a 10 mile loop, starting and ending at the American Legion in Keene, NH. The **race begins at 10:00 am** and festivities which includes music, delicious food, and beer following completion of the race. The proceeds of this race benefit the **SRC Scholarship fund** and this year we are very pleased to announce and hope that you will help provide items for ***Operation Gratitude*** (Mission to thank every American who serves) which is an organization that puts together care packages for men and woman in the military serving our country. All are welcome to bring something to donate and enjoy the festivities even if you are not running the race!

OPERATION GRATITUDE
SAYING "THANK YOU" TO ALL WHO SERVE

Please bring items to donate on Race Day!

STONE ARCH BRIDGE
10 Miles • 10-27-18

WISH LIST

➔All Purpose Wipes (Individual wipe or Pack of 30ct or less)
➔ Socks (Black)
➔ Unused Greeting Cards or Stationery
➔ Batteries *(AA, AAA, packs of 4 or fewer)*
➔ Mini Flashlights
➔ Gum, Mints, Breath Strips
➔ Knit Hats & Scarves
➔ Cool Ties
➔ Paracord Survival Bracelets
➔ Video Games
➔ Flash Drive/Power Banks
➔ Earbuds/Earphones
➔ Used Cell Phones
➔ Lip Balm/Chapstick
➔ Dental Floss
➔ Deodorant *(solid only, 3oz or less)*
➔ Beanie Babies, Webkinz, Trolls, or other small plush toys
➔ Hand Lotion (1 ounce)
➔ Insect Repellent Bands (individually packed)
➔ Disposable Razors *(Individually wrapped)*
➔ Hand/Foot Warmers
➔ Gloves (black)
➔ Cotton Swabs *(packs of 50 or fewer)*
➔ Facial Tissue *(travel size packs)*
➔ Mini Sewing Kits
➔ Jerky Bag or Stick (Individual Serving)
➔ Mechanical Pencils
➔ Small Notepads
➔ Sunscreen (1 ounce)

SRC's Sponsors

Scores Sports Bar & Grille

Beeze Tees Screen Printing Est. 2010

Richard Guerriero
Lothstein Guerriero PLLC
Attorney at Law

The Main Street America Group

Specialty Footwear • Apparel • Snowboards & More
Ted's Shoe & Sport
Downtown Keene, NH
www.tedsports.com

Fenton Family Dealerships

Badger Certified Organic Healthy Body Care

Scores Running Club

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Board Contacts:

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Drummer Hill Point Person & Back-up treasurer – Jim Kahn techtrek31@gmail.com
Race Development – David Schillemat Dschillemat@janostech.com
Stone Arch Bridge Race Development – Dave Gruender rgruender@twc.com