Scores Running Club Newsletter

March 2017

Weekly runs Tuesday 5:30pm @ Scores

Upcoming Races & Club/Board Meetings

April

- Sports Medicine 5k 4/15/17 Keene, NH
- Board Meeting 4/25

May

- MDS Run-Walk-Smile 5k, Chapman Challenge 10k, and walk 5/20/17 Keene, NH
- IDIDARUN 10k – 5/29/17 Swanzey, NH
- Board Meeting 5/30

June

- Newport 10 Miler – 6/4/2017 7:30am Newport, RI ***(Sign-up info below)***
- Drummer Hill Trail Race – 6/11/2017 Keene, NH
- Board Meeting 6/27

July

- 4 on the 4th – 7/4/2017 8:30am
- Board Meeting 7/25

August

- Reykjavik Marathon, Half, 10k - 8/19/2017 – Iceland
- Board Meeting 8/29

September

- Covered Bridges (Elijah's Race) Half Marathon & Relay – 9/3/17 Swanzey, NH
- Board Meeting 9/26

October

- SRC 10 Miler 10/28/17
- Board Meeting - TBD

Letter from the President

Happy Spring, again! Yeah, last month I thought we turned the corner to Spring a little early, but I forgot, I live in New England! We may not have yet reclaimed the temperatures and the trails for Spring, but we did get our daylight back! And for that, we are still grateful.

The SRC board is in full Sprig swing! Our race committees are getting pretty busy. Our "to do lists" are large, but with some fantastic team work we are keeping the agenda moving forward and having fun. The best reward for our hard work will be the awarding of our very first scholarships this spring. It has been confirmed that our local student athletes have our 2017 scholarship applications in hand. We have heard from local coaches and they are excited about SRC giving back to our community!

To keep the SRC races and runs a high quality and fun experience, the board is now working on the next big agenda item, club and race corporate sponsorship. We have already heard from two of last year club sponsors, MSA Group Insurance and Attorney Richard Guerriero and their intent to sponsor the club and our races for 2017. This is fantastic! In the next month, we hope to add to our list of generous sponsors as we begin our appeal to the rest of our community to join SRC and our mission to provide exciting, fun and healthy exercise opportunities.

But, wouldn't it be great to double (again!) our scholarship awards for 2018? Yeah, we think so too! So, if you think you know (or work for) a local business that would be interested in sponsoring SRC as a club or for either (or both) of our two races, Drummer Hill Trail Races and Stone Arch Bridges 10 Mile, please let a board member know. We would like to present them with our sponsorship letter so we can explain our mission and answer any questions or concerns about SRC. We are very excited to share with them what we are doing for our members and for our community today and tomorrow.

So, we are busy! How about you? How is your training? What races are you signed up for? Please let us know and we can update our webpage for member attended races! Tuesday and Sunday group runs have been surprisingly strong all winter despite our Tuesday Storm Curse, so with daylight and more runner friendly temperatures, we only expect to see more of you out there!

Until then we see you at the next run…..

"Go Run, Have Fun, and Repeat!"

Swanzey Covered Bridges Half Marathon - Elijahs Race
Sunday, September 3, 2017

This year we are excited to celebrate our 12th 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.

Ididarun 10K, Race for the Huskies
Monday, May 29, 2017

Join us for the official start to summer with a great 10 kilometer race on May 29, 2017 at Monadnock High School in Swanzey NH! There is a 1.5 mile fun run/walk starting at 9:00 that will go along the school cross country trail. The 10K race will start at 9:30am and is a flat and fast course that will finish on the school track. There will be water stations on the course at miles 2 and 4. T shirts to the first 100 entered. Cash prizes for the top overall male and female winners, and awards to age group winners three deep in all age categories to 70+. Entry fees before May 23rd: The 1.5 mile fun run/walk is $15.00 and the 10K race is $25.00. (After May 23rd through race day: The 1.5 mile fun run/walk is $20.00 and the 10K race is $30.00)

Come out and support the Monadnock Middle Schools cross country team!

You can find additional information, and also a course map here: http://ididarun10k.blogspot.com/

Please email clintjoslyn@yahoo.com for more information

Holyoke St. Patrick's Day 10k

March 18th, 2017

The weekend after St. Patrick's Day a group of club members piled into a van to head to Holyoke to race a 10k. Once again John Lucey was the ring leader! John has enjoyed this race for the past 25 years and was excited to share the fun experience with his fellow club members again this year. Brad our wonderful club president was our amazing van driver! The course was challenging with a few hills, but it was a lively atmosphere, you were never alone on the course running or hearing people cheer from the sidelines. It was a large race approximately 6,000 people. After the race, it's a huge city celebration! It truly was a memorable experience.

Scores
4519

A Holyoke Tradition
Francie's Tavern

TEAM JUICE
TEAM JUICE

Custom Screen Printing for SRC Members is now available at Bulldog!

Members can bring items of their choice into Bulldog and for a small fee they will screen-print the SCORES logo onto your item.

The Club State vinyl logo can be added to any of your own clothing just $15. The smaller Club Banner logo can be added for $10 or $13 (reflective paint).

Simply bring your favorite running clothes or casual wear into Bulldog and they will take care of the rest. Turnaround time is about a week!

Show your SRC Pride and get running in style and comfort!

Newport Annual 10 Miler

A group of SRC members plans to run Newport, RI 10 miler on **Sunday June 4th**. It is a beautiful course; you first run along the ocean, through the mansions and you start/finish at Fort Adams. It's a very fast flat course. In addition to it being a great course Newport, RI has so much to offer. There are beautiful beaches, fancy mansions to tour, and great restaurants and bars.

Here is how to sign up:

Log onto http://www.newport10miler.com/

Join SRC Team

Team Name – Scores running club

Password – Scores2017

Enter your registration information

Club Members Race Accomplishments

Winter Chiller Series #4 – Temple, NH 2/25/17

- Arne Johannessen
- Christina Christides
- Nick Germana
- Kathy Pritchard
- Rob Pritchard
- Maggie Ramos
- Geraldine Liebert

Winter Chiller Series #5 – New Ipswich, NH 3/11/17

- Arne Johannessen
- Maggie Ramos
- Nick Germana

Holyoke 10k – Holyoke, MA 3/18/17

- Andrea MacMurray
- Arne Johannessen
- Brad Smedley
- Brian Phillips
- Cassie Cyr
- Eric Shannon
- Heather Lancey
- Lisa Sanders
- Maggie Ramos
- Nora Traviss
- Stephanie Droppa
- Susanne Olson

Fast Friends – Swanzey, NH 3/25/17

- Amelia Apsahl
- Andrea MacMurray
- Angella Joslyn
- Arne Johannessen
- Brad Smedley
- Cassie Cyr
- Clint Joslyn
- Dave Schillimat
- Gunner Shonbeck
- Lisa Sanders
- Molly McCormack
- Nora Traviss
- Susanne Olson

Welcome New Members

- Amanda Paul
- Julie Westerdahl
- Steve Westerdahl
- Tom Craigs

Reykjavik Marathon, Half-Marathon, 10k in *Iceland* in August 19th 2017

Ever wanted to run in ***Iceland***?! Join a group of SRC members and run in ***Reykjavik, Iceland***. There are many different options for which distance you would like to race marathon, half-marathon, 10k! More information to following in the coming months. Registration opens in January 2017. Check the link out below for more information about this race. http://marathon.is/reykjavik-marathon

The group is planning to meet on Sunday April 2nd at Brewbakers around 10:30 to discuss planning a trip!

STRAVA

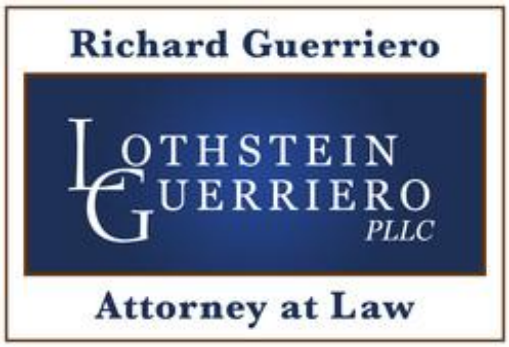
There are a handful of websites and mobile apps out there for runners. Many of you probably use one or more of them. All have their pros and cons and each of us have our own needs and wants. I'm going to discuss for a moment just one of those sites/apps, Strava.

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.

SRC Apparel Shop

Check out the online store, there is some ***cool new running gear***. It includes items that are perfect for winter running and would make great gifts. Check it out here: **https://scoresrunning.itemorder.com/sale**

SRC's Sponsors



THE MAIN STREET AMERICA GROUP

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