Scores Running Club Newsletter

October 2018

Weekly runs Tuesday 5:30pm @ Scores

Upcoming Races & Club/Board Meetings

October

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

November

- 3rd Annual Stewart & John's Run – 11/3
- Wobble Gobble 11/22

December

- Ugly Sweater Benefit the Community Kitchen Run – 12/8
- Annual Santa Hat Run – date TBD
- SRC Annual Holiday Gathering – Details coming soon

January

- Annual Club Members Hosted 1st run of the new year! – 1/1/18 Peterborough, NH
- Peanutbutter Chip Chase 5k – 1/1/19 – Temple, NH

February

- Redcap Race

March

- Holyoke St. Patrick's Day 10k

STONE ARCH BRIDGE
10 Miles • 10-27-18

OPERATION GRATITUDE
SAYING "THANK YOU" TO ALL WHO SERVE

Letter from the President

With so much happening this month, the newsletter is chock full of information about all of the exciting things SRC is up to, so I'll keep this brief in order to let you read on!

Our STONE ARCH BRIDGE 10 MILER IS HERE!!! Saturday, October 27th at 10am, over 100 runners will gather at the American Legion in Keene to take off on a beautiful 10 mile run around town. Last year's race was a raging success and we're looking forward to another fantastic day! If you haven't registered yet, I'll make it easy for you. Click here: http://www.scoresrunningclub.org/sab.html

Because this is a club event, we do encourage members to take part in some way. We still need a few course marshals to keep the race running smoothly. If you are available for any time between 8am and 1pm, please shoot me an email and we can find you a place at the race! cassie.cyr2127@gmail.com

Congratulations to all of the runners who raced, met their goals and enjoyed the fall running season so far! Being injured is no fun, but it's been so inspiring to be present at a number of finish lines this month, watching the elation as the runner's high kicks in and the applause ensues!

Keep up the good work and I'll see you at the finish!

Cassie

SRC Halloween Run Night

On **Tuesday October 30th**, SRC will be hosting a theme run during our typical running club night. We will all **meet at Scores at 5:30** as usual but dress up in your favorite costume! There will be prizes for best costume and goodies! Bring a friend; this event is open to the public! There is no registration fee but donations are always welcome, as we will put them towards funding these fun events and our youth scholarship fund! Hope to see you there!

"The story is that I got to talking to Amby at the pasta dinner where we found we were in the same age group and planning to run about the same pace. He invited me to join him and his friend John for the race, which I did and had a great time. I left them behind on the hills on East Surry Road, but they caught up with me and Ann Henderson on Maple and stayed together until Court Street, where I again pulled ahead. I thought I was comfortably ahead for the last four miles, but he caught up with me on Baker Street: he looked like he was working hard when he pulled up to my shoulder and said, "I've got nothing left." He had enough left, though to pull past me and beat me by about nine seconds in a one-two finish (for our age group) at 1:51:32 and 1:51:41. I feel I at least gave him a race. (Last three miles were our fastest of the entire race, with the last one at 8:02) The two of them were great company and thought the course was the prettiest they'd ever run" – Dave Gruender

Stuart & John's Run

SRC plans to run to Stuart & Johns on **Saturday November 3rd** for a yummy breakfast! You have two options 1) you can run the long distance of approximately 11 miles. Meet at **Wheelock Park 8:15 am**. There will be a car at Wheelock Park that is planning to drive your belongings to Stuart & Johns. Or 2) **choose your distance & run from Stuart & Johns on the rail bed.**

Please **email scoresrunningclub@gmail.com** so we can coordinate who is going, whose stuff we need to transport, how many people need rides back to Keene, and lastly but most importantly how many to reserve a breakfast table for. So **please RSVP**

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

Chickens on the Run 5k – 9/29/18 Walpole, NH

- Benny Hoy
- Reagan Hoy

DeMar Half Marathon & Marathon – 9/30/18

- Amanda Paul
- Ann Henderson
- Brad Smedley
- Damon Kindopp
- Dave Gruender
- Dave Schillematt
- Jenelle Smedley
- Kevin Vanderwoude
- Laurie O'Brien
- Molly McCormack
- Ockle Johnson

Harpoon Brewery 3.66 mile Race – 10/7/18 Windsor, VT

- Andrea MacMurray
- Ann Henderson
- Arne Johannessen
- Brian Phillips
- Dan Houder
- Dave Gruender
- Dave Morrill
- Dave Schillemat
- Eric Shannon
- Heather Lancey
- Jay Larareo
- Kathy Pritchard
- Laurie O'Brien
- Nick Germana
- Nick Ryder
- Ockle Johnson
- Rob Pritchard

Rachel Lakin ran the Prince Edward Island Marathon. Two weeks after finishing the DeMar

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

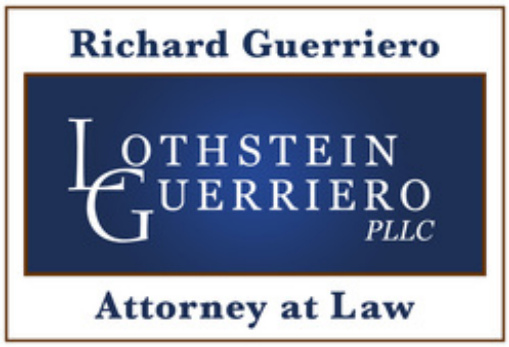
- ➔All Purpose Wipes (Individual wipe or Pack of 30ct or less)
- ➔ Socks (Black)
- ➔ Unused Greeting Cards or Stationery
- ➔ Batteries *(AA, AAA, packs of 4 or fewer)*
- ➔ Mini Flashlights
- ➔ Gum, Mints, Breath Strips
- ➔ Knit Hats & Scarves
- ➔ Cool Ties
- ➔ Paracord Survival Bracelets
- ➔ Video Games
- ➔ 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)

Ugly Sweater Fun Run and Food Drive

Saturday December 8th
9:30am at Scores Bar & Grille
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.

SRC's Sponsors



THE MAIN STREET AMERICA GROUP

Scores Running Club

Email

scoresrunningclub@gmail.com

Website

www.scoresrunningclub.org

Board Contacts:

President & Social Media: Cassie Cyr cassie.cyr2127@gmail.com

Vice President: Kathy Pritchard kathpritch@gmail.com

Treasurer: Susanne Olson suz69kris97@yahoo.com

Secretary & Newsletter – Andrea MacMurray akmacmurray@gmail.com

Head of Scholarship Committee – Heather Lancey hlancey@gmail.com

Website development & Special Event Point Person – Jay Larareo jlarareo@gmail.com

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