# Scores Running Club Newsletter

**July 2016**

Weekly runs Tuesday 5:30pm @ Scores

## Upcoming Races & Club/Board Meetings

**July**

- Board Meeting 7/26 7pm
- Mudarella 5 mile obstacle course race – 7/30/16 Epping, NH

**August**

- Monadnock Half Marathon & 5k 8/7/16
- Saunders @ Rye Harbor 10k 8/18/16
- Board Meeting 8/30 7pm

**September**

- Covered Bridges Half Marathon – Elijah's Race 9/4/16 Swanzey, NH
- HELPHOPELIVE – David Hudgik 5k – 9/10/16 KHS
- Marlborough Mad Dash 5k – 9/17/16
- Clarence DeMar Marathon & Half 9/25/16 Keene, NH
- Ealing Half Marathon – London, England 9/25/16

**October**

- Harpoon Brewery 3.6 mile Race – 10/9/16 11am $35
- Chickens on the Loose 5k 10/15/16 Walpole, NH *BBQ & Ice Cream after race!*

**November**

- Wobble Gobble 4 miler - 11/24/16

**January**

- Peanutbutter Chip Chase 5k 1/1/2017 Temple, NH

## Letter from the President

Summer is here and the time is right for running in the streets… and trails. Despite vacations and race schedules, we are having a great group run season. We are seeing and hearing about lots of great times on fun runs and races. And it only gets better – check out our upcoming schedule of events!

So what is your board doing behind the scenes? We are very pleased to announce that have officially funded four scholarship awards for the SRC Student Scholarship 2017! However, we are now hoping to grow this fund with more fun raising events like our Hawaiian Shirt Run, may be Halloween running event and we are already planning on DHTR for 2017! We will also be working on more corporate sponsorships so that we can host more great fun runs for our running community and keep the fun rolling!

As you know, our other passion is giving back to the running community by volunteering at local races – So read below about upcoming opportunities to help at Swanzey Covered Bridges Half Marathon and the Demar Half and Full Marathons. We will also be helping the Drummer Hill community with a work day event on July 30th and 31st. We all benefit from great racing events and great running courses so we are looking forward to our members stepping up to volunteer and help make a difference.

And last but not least, if you had not already noticed SRC is getting younger! I would love to say that our commitment to exercise and clean living is making a difference, but I have to give credit, where credit is due. Our local school coaches have been working hard to encourage their teams to keep active this summer and their young runners have been joining SRC in large groups now. How great is have our membership range from 8 to, let's just say 70 plus! It's been fantastic that runners of all ages are calling SRC their running family.

As you wander the roads and trails, either near or far, keep the pictures and posts going. We love to see where we have spread out across the region and nation!

As always – Runners on your mark, get set - GO!

**Club Members Race Accomplishments!**

- Maggie Rammos ran the Pisgah 10k Trail Race in May and did Pack Monadnock 10 miler where she won her age group!
- Sleepy Hollow Mountain Series #1
  - Arne Johannessen
  - Nick Germana
- Mt. Wachusett Mountain Series #2 5/28/16
  - Jenn Helsel
  - Christina Christides
  - Arne Johannessen
- Mayors Midnight Sun Marathon/Half 6/16/16
  - Susanne Olson Marathon Time – PR 4:02
  - Carrie Noyes Half Marathon Time – PR 2:52
- Mt. Washington 6/18/16
  - Arne Johannessen – Time 1:35
  - Ockle Johnson – Time 1:42
  - James Kahn – Time 1:47
  - Lou Kaletsky – Time 1:53
  - David Schillemat – Time 1:57
  - Nicholas Germana – Time 1:58
  - Ed Liebried – Time 2:00
  - Frank Domitrovich – Time 2:01
  - Jennifer Helsel – Time 2:39
  - Christina Christides – Time 2:39
- 10k Finish at the 50 at Gillette Stadium – 7/2/16 Foxborough, MA
  - Carrie Noyes
- 4 on the 4th 7/4/16
  - Many SRC members completed the race! Check the results out! http://www.coolrunning.com/results/16/nh/Jul4_4onthe_set1.shtml
- Shipyard Half Marathon 7/9/16 Portland, ME
  - Stephanie Droppa Time 2:04
  - Nora Traviss Time 2:17:43
  - Nick Ryder Time 1:28:55 Tied for 44th place

## Saunders at Rye Harbor – August 18th

SRC plans a rare weekday road trip to beautiful **Rye Harbor, NH on Thursday, August 18th**, for one of the oldest and best **10K** races in New England. This is a certified flat and fast 10K where many PR times have been run. This is a great race for master's runners, with 5 year age groups above age 60. Fabulous cash and merchandise prizes are awarded in each age group, and for the mid-packer there's an added incentive to run hard: Your tee-shirt will be a badge of honor, traditionally awarded to a percentage of finishers (1/2 or 1/3 maybe?). You'll enjoy a beer garden after the race, and then the group plans a seafood dinner stop before returning home. It's a smallish race (700 runners maybe) with big energy.

Check out the link to a course tour at http://viewtherace.com/new-hampshire/saunders-at-rye-harbor-10k-road-race. 10K was once the classic distance in road racing, and this one's a throwback to those days.

Their Facebook page has the most information, but I'm including the link to the registration page as well.

https://www.facebook.com/Saunders10K/?fref=ts

https://register.chronotrack.com/r/19751?la=512f81439f4353adff0469ec697a879f66d0c9d5

**Contact Ed Liebfried for more details ed.liebfried@gmail.com or 971-344-8730 (cell)**

# Beaver Pond Run

## Hosted by President Brad Smedley

**Sunday August 28, 8:30 AM** – SRC will be hosting a run at Stonehouse Commons Club House (Behind the YMCA on Summit Road) - approximately 5 miles of intermediate trail to a hidden treasure in the woods or Opt out and just run the rail bed. Post run - Pot luck breakfast, and pool swim! Bring something to share and don't forget your swimsuit! Changing are rooms available. Hope you can make it!

## Volunteers Needed for Covered Bridges Half Marathon 9/4/16 & DeMar 9/25/16

SRC plans to assist ***Clint Joslyn*** (SRC Founding Member) as he coordinates Elijah's Race / ***Covered Bridges Half Marathon*** on ***Sunday September 4th***. If you would be willing to volunteer, please email SRC at **scoresrunningclub@gmail.com**

SRC also plans to assist at ***Clarence DeMar Half/Marathon*** on ***Sunday September 25th***. We will be manning a water station and need some cheerful volunteers to encourage runners. If you would be willing to volunteer, please email SRC at **scoresrunningclub@gmail.com**

# HAWAIIAN SHIRT NIGHT

Tuesday July 11th 2016, SRC hosted its first Hawaiian Shirt Night to raise funds for Scholarships for the 2016/2017 class. We were able to raise over $300 to support the class of 2016/2017! Whahoo, thank you all! Many runners came out dressed in their Hawaiian best! People were very generous in their donations! We even had a fun auction for charity our very own board member Brad got on stage and danced the hula in a grass skirt and coconut bra! What a great night delicious food, fun shirts, and running!

# Drummer Hill Volunteer to Give Back Day

Drummer Hill Trail Race was a huge success! We can't wait to start planning for next year. However, since we put the trail to some good use we would like to give back and volunteer to **'clean-up'** the trails. SRC will be hosting two work days **Saturday July 30th and 31st** from **8:00am-12:45pm**. If you are available and willing to help, SRC would greatly appreciate it. Meet at the cul-de-sac at the top of Drummer Hill Road. Any amount of volunteering time is great if you are only to stay for an hour or two we are greatly appreciative. Bring anything that you might find helpful (ie. Gloves, shovels, etc…). Thank you so much for your continued support!

# Hello Marathoners!

If you have been following the Cool Running 20 week program then you are half way through! This is week 10 of the training for the full marathon! I hope your training is going well. This is a recovery week, which means the long run is greatly reduced from the 18 miler you should have done last week! Please remember that if this is your first marathon and your goal is to finish the 26.2 distance, there is an alternate program with reduced mileage for the Sunday long runs. Going forward, I will add the alternative distance in parenthesis on the schedule.

**Here are the next 2 weeks of training**

*Week 10*: July 11- 17
Monday off
Tues 7 miles (remember Score's Running Club Hawaiian shirt run tonight)
Wed 6 miles
Thurs 7 miles
Fri off
Sat 6 miles
Sun 9 miles
*Week 11*: July 18 - 24
Mon off
Tues 4-5 miles long hills 5k-10k pace (Chapman Hill with SCR)
Wed 5 miles
Thurs 8 miles
Fri off
Sat 3 miles
Sun 20 miles (alternate distance 16 miles)

Don't forget your strength training!! At mile 20 on race day, you will be glad you did the squats and planks!!

Happy running!
Susanne

**Remember those cold club night runs?! No need for so many layers and headlamps now during club runs! Tuesday 5:30!**

# 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!**

Did you do a race; or have an upcoming race? Email me at **andrea.macmurray@myfairpoint.net**

Let me know what information you would like me to share.

## Welcome New Members!

Andy Parsley

Reagan Hoy

Jett Giza

Kalaya Hudziec

## SRC's Sponsors

BULLDOG
DOWNTOWN KEENE
APPAREL • SCREEN PRINTING • EMBROIDERY
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# Scores Running Club

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