



Scores Running Club Newsletter

August 2019

Weekly runs Tuesday 5:30pm @ Scores

Upcoming Races & Club/Board Meetings

August

- Marlborough Mad Dash 5k - 8/24

September

- Swanzy Covered Bridges – 9/1
- Run for the One 5k – 9/2
- Demar Marathon & Half - 9/29

October

- Fall Foliage 5k – 10/5
 - 5k – 10am
 - Family Run 11am
- **3rd Annual Stone Arch Bridge 10 miler – 10/19**
- Club Hosted Event – Stuart & John's Pancake Run – Date TBD
- Halloween Fun Run



November

- Wobble Gobble – 11/28

December

- 5th Annual Ugly Sweater Run/Walk Benefit Run for the Community Kitchen

Letter from Club President

As summer nears it's end, and the kids go back to school, we're thinking about fall races! Volunteering is how we grow and connect as a club. Volunteering your time is one of the ways that our club members can give back to our community. We are currently recruiting volunteers for both the Clarence DeMar Half & Full Marathons on September 29th and The Stone Arch Bridge 10 Miler on October 19th. The SAB 10 Miler committee is busy preparing for race day, but we need your help! Be sure to register to run, or reach out to me (cassie.cyr2127@gmail.com) if you are able to volunteer and I'll find you a job on race day!

Our Tuesday club runs continue to be strong week after week! It's 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!

While Scores remains closed, we have had fun supporting the local downtown businesses like The Pour House, Lab n' Lager and most recently, Local Burger! On Tuesday, Aug 20th, we've been invited to Ramunto's for our post-run social time. We look forward to seeing you all then!

Dream Big, Run Strong.

Cassie Cyr



Have you checked out these other awesome group runs?!

Thursdays - 5:30pm at Ted's Shoe & Sport

Saturdays - 7:00am Wheelock Park

Sundays - 7:30am Brewbakers *See Sunday Runners Facebook Page

Even the hottest days of summer this group is running!



Run for the One 5k - September 2nd 2019

How Many Is Too Many?

Each year, tens of thousands of people fall prey to the trap of addiction in America. In 2017 alone, we saw over 70,000 drug overdose-related deaths.

That's 70,000 people with families who loved them. 70,000 people who had their own hopes and dreams. *70,000 people who matter.*

We believe that's 70,000 too many lives that were cut short. And we're going to do something about it. On Labor Day, *September 2, 2019*, Next Level Church will be hosting several *Run For The One* 5K races throughout the Northeast and Southeast. In an effort to release people from the grip of addiction, all of the proceeds will benefit our addiction recovery partners in each community. Whether you choose to run or walk with us, you are making a difference for thousands of "ones" in your community.

Training for a Half? Train with SRC!

It's the most wonderful time of the year – training season! It's that time of the year where the runs mean a little more than knocking off the winter rust or just keeping a new year's resolution. It's time to get a plan and lace them up!

If you are planning a fall full or half marathon, either your first, fifth or fiftieth, why not run with a great support team to keep you on plan and motivated to cross that fall finish line. The members and friends of Scores Running Club are ready to be the team you need to meet your goals.

Scores Running Club a social running group and we support the idea that no one should run alone - running should be enjoyed with others to share the running experience. By training with other runners, you will have the opportunity to learn from experienced runners about their individual journeys to successful lifelong running; offering information about pace, hydration and nutrition, complimentary non-running exercises, and core strength and stretching that has made them successful, (and mostly) injury free runners.

Important information about the **Scores Running Club, Marathon or Half Marathon Training:**

- There is no cost to participate with this group. Running is a free sport!
- There is no expectation to join any running club. All are welcome!
- Interested first time half/ marathoners, should be able to run 3 consecutive miles prior to starting a training plan – at any pace.
- Group runs with pre-determined routes will be offered on Tuesdays, Thursdays and Sundays:
 - **Tuesdays - Railroad Square at 5:30 PM** - Post run social time at a downtown restaurant/bar after the run
 - **Thursdays - Ted's Shoe and Sport at 5:30 PM** – Brief post run recap at Ted's
 - **Sundays - Brewbaker's Café at 7:30 am** - Post run social time at Brewbaker's after the run



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.





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.

SRC Race Commitees

Would you be willing to help Scores Running Club put on Stone Arch Bridge 10 miler and/or Drummer Hill Trail Race? Any amount of help is greatly appreciated. If you would like to join a committee please email scoresrunningclub@gmail.com



Birthday Celebrations

Thanks for the delicious treats each month Laurie! 😊



Swanzy Covered Bridges Half Marathon - Elijahs Race Sunday, September 1, 2019

This year we are excited to celebrate our 14th 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 Swanzy and was an all-star athlete for MRHS. His life was cut short just days prior to his 3rd annual Swanzy 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 Swanzy, 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.

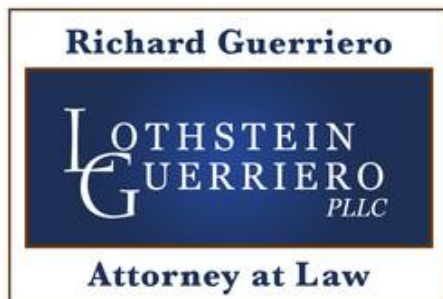
Transportation will be provided to and from relay transition point.

Keene Track Nights

Bill Derry and the Keene Recreation Department had a great idea to organize weekly track events for families this summer. And what a great idea it was! So many families came out and ran and enjoyed delicious treats post run! Each week local organizations hosted the event our night was Wednesday August 14th. It was a huge success! Thanks to a few SRC volunteers and Body & Soul volunteers we could not have put on this fun night without them. Granite State Dairy Promotion and Frisky Cow Gelato were also a huge part of making this event a tasty success! Thank you to all the volunteers! The kids had a blast! We look forward to collaborating next year!



SRC's Sponsors



THE
MAIN
STREET
AMERICA
GROUP



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