# Scores Running Club Newsletter

**October 2019**

Weekly runs Tuesday 5:30pm @ Scores

## Upcoming Races & Club Events

**October**

- Stone Arch Bridge Volunteer Meeting – 10/17 6:00pm email for more details
- **3rd Annual Stone Arch Bridge 10 miler – 10/19**
- Halloween Fun Run – Tuesday 10/29 – Details below

**November**

- 4th Annual Stuart & John's Pancake Run – 11/3
- Veteran's Day Run – Sunday 11/10 – More details to follow
- Wobble Gobble – 11/28

**December**

- 5th Annual Ugly Sweater Run/Walk Benefit Run for the Community Kitchen – 12/7
- SRC Holiday Gathering – Details to follow

## Stone Arch Bridge 10 Miler is this weekend October 19th! Hope to see you there!

**Have you checked out these other awesome group runs?!**

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

Saturdays – 7:00am Wheelock Park

Sundays – 8:30am Brewbakers *See Sunday Runners Facebook Page

# Stuart & John's Run

SRC plans to run to Stuart & Johns on **Sunday 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**

## 3rd Annual Stone Arch Bridge 10 miler

## October 19th, 2019

SRC will be hosting the 3rd annual Stone Arch Bridge race on **Saturday October 19th, 2019.** 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 welcome 'ruckers' military personnel who plan to 'ruck' the course (ie. Walking with a heavy pack). Are you not planning to run but are available to volunteer? Email scoresrunningclub@gmail.com we'd love your help!

# 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.

# Ugly Sweater Fun Run and Food Drive

**Saturday December 7th, 2019**
**9:30am at Keene Community Kitchen**
**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.

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.

# Demar 2019

## Birthday Celebrations

Thanks for the delicious treats each month Laurie! ☺

**Harpoon Flannel 5k - September 21st, 2019**

Dave Gruender ran a fast 5k last Saturday in Windsor, VT at the 1st Annual Harpoon Flannel 5k. He even won his age division! Historically this race was held during Octoberfest and many came out for the live music, eats, and beer! The 5k did not disappoint there was still lively music, delicious food and beer!

# SRC Halloween Run Night

On **Tuesday October 29th**, SRC will be hosting a theme run during our typical running club night. We will all **meet at Railroad Square 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!

## SRC's Sponsors

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# Scores Running Club

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