



# Scores Running Club Newsletter

**April 2018**

Weekly runs Tuesday 5:30pm @ Scores

## Upcoming Races & Club/Board Meetings

### May

- MDS Run-Walk-Smile 5k, Chapman Challenge 10k, and walk 5/19/18 Keene, NH

**\* Volunteers Needed- Please Message**  
[scoresrunningclub@gmail.com](mailto:scoresrunningclub@gmail.com)  
**m if you're able to help run a water station or a scores booth.**

- SRC Hosted Marina Brunch Run – 5/20 Meet at Brewbakers 8am Carpool to Marina. More info below.
- Pisgah Trail Run – 5/26
- Vermont City 5/27 Burlington, VT  
*(\*If you would like to carpool message Dave Gruender)*

### June

- Ididarun 10k – 6/2/18
- Newport 10 miler 6/3 – Newport, RI.
- Drummer Hill – 6/16

### July

- 4 on the 4<sup>th</sup> – 4 miler railroad square, Keene, NH
- SRC BBQ – Fun Run – 7/14  
 (More details to follow)

### September

- Elijah's Race – Covered Bridges Half & Relay 9/2

### October

- Paris, France Road Race (A group is contemplating a road race in the fall. If you're interested please email [akmacmurray@gmail.com](mailto:akmacmurray@gmail.com) for more information)



## Letter from the President

What an incredible honor to be handed the baton as president of Scores Running Club! I'm so looking forward to watching the club continue to evolve. I can't wait to meet new members, as well as many current members whom I haven't had the privilege to meet yet. We've got a great board of local runners this year ready to give you all we've got.

As I write my first "Letter from the President," I'm sitting at my kitchen table, sleeves rolled up, enjoying the glare of sunshine off our grill. The sun is melting the last remnants of snow, and I'm not complaining one bit! As some of you may know, I ran swam from Hopkinton to Boylston Street last week – I think I'm finally dry and recovered from a historically epic Boston Marathon – and now I'm ready to tackle all of the exciting things that SRC has planned this year!

Last year's Board of Directors (alongside board members of the Body & Soul Road Runners and Ted McGreer of Ted's Shoe and Sport) began planning a community running event to bring local running clubs together for an evening free of PR-attempts and clock management, but chock-full of all of the other aspects we enjoy about our running community (think swag, post-race beer, running chatter). We're so excited for the inaugural Cinco de Miles – a runner fiesta, on non-other-than Cinco de Mayo (Saturday, May 5). Make sure you take a look at the Facebook page and register yourself to guarantee your entry! I hear there will be a bike that mixes margaritas (you'll have to see it to believe it)!

We've got so much more going on, such as the Scholarship Committee has begun collecting applications for the Scores Running Club Youth Scholarship, which will be awarded later this spring. Drummer Hill Trail Race registrations are pouring in for our June 16 race day, and registration is officially live for our second-annual Stone Arch Bridge 10 Miler, scheduled for Saturday, Oct. 27.

Until next time,

Run strong, my friends!

# ATTENTION SOCRES RUNNERS!

We are happy to announce the first **Cinco de Miles** party at **Ted's Shoe and Sport** on Saturday May 5th at 5-9PM.



The event begins with a casual run, welcoming runners from 4 local running groups: Scores, Body & Soul, Monadnock Milers and Red Clover Rovers. Pick your own distance! Non-runner spouses are also welcome at the party! Following the run, we will have food, beer, live music and running vendor specials. There is even a possibility of a bicycle powered margarita blender!

Cost for the event is \$5 for a limited edition cup: beer will be flowing! Only 21+ year old runners may attend, with ID.

Please register using the following link.



<https://www.tedsports.com/cinco2018/>

# Club Hosted Event



Sunday May 20<sup>th</sup>; SRC will be hosting a destination group run. We will meet at Brewbakers in Keene at 8am and carpool to The Marina Restaurant in Brattleboro, VT. From there we will jump onto the rail trail and run; it is approximately 7-8 miles out and back. Groups can choose the distance that works for them. After the run we will all enjoy brunch at the Marina (\$16 buffet \*other ala carte items available).

Please RSVP on Facebook OR email  
[scoresrunningclub@gmail.com](mailto:scoresrunningclub@gmail.com)

# Fourth Annual Run in the Park

May 26<sup>th</sup>, 2018 – 9:00 am

MARK YOUR CALENDAR if you love woods trail running and 5k and 10k races in a remarkable forested and water-filled world such as Pisgah State Park in Southwestern New Hampshire.

The Friends of Pisgah all-volunteer trails maintenance group is sponsoring its fourth annual RUN IN THE PARK on Saturday, May 26th. Race time is 9:00, earlier than last year, at the Horseshoe Trailhead parking lot.

The first 100 folks who register get a Run In The Park T-shirt. All runners get a free Friends of Pisgah membership for a year..

Proceeds from the races go to support Friends of Pisgah's effort to build and repair trail infrastructure, maintain and develop new trails, upgrade the roads, improve signage and blazing throughout the park, and more.

So go pull that calendar off the wall, take out a magic marker, and mark the May 26th date on the appropriate spot. We will post more details and registration information shortly. Put down that doughnut, lace on the running shoes, bundle up, get out there and get in shape for the races. May is not terribly far away.

Here's the link to register online <https://www.active.com/chesterfield-nh/running/distance-running/4th-annual-friends-of-pisgah-5k-10k-trail-race-walk-2018?int>.

# Swanzey Covered Bridges Half Marathon - Elijahs Race Sunday, September 2, 2018

*This year we are excited to celebrate our 13th 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.**

<https://www.halfmarathons.net/new-hampshire-swanzey-covered-bridges-half-marathon/>

## Ididarun 10K, Race for the Huskies Sunday, June 2<sup>nd</sup>, 2018

**Join us for 10 kilometer race on Sunday June 2<sup>nd</sup>, 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+.

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](mailto:clintjoslyn@yahoo.com) for more information

# Boston Marathon

*Our very own social media board member will be running the Boston marathon this year in support of a wonderful charity. Please consider donating.*

Almost 5 years ago I ran my first 5K with family in Rhode Island. It was a St. Patrick's Day race and we were raising money for The Epilepsy Foundation in honor of my, now 7-year-old son, who was diagnosed with epilepsy at 7 months. Since that time, I have run countless 5Ks, a number of 10Ks, 8 half marathons and one full marathon. I have raised over \$3,000 for the Children's Hospital at Dartmouth and am taking my fundraising to the next level with the 2018 Boston Marathon for Team MR8, the fundraising team for the Martin Richard Foundation.

Founded in 2014, the Martin Richard Foundation is a 501(c)(3) charitable foundation formed by the parents of eight-year-old Martin, who was killed in the bombing at the Boston Marathon on April 15, 2013. In the days after his death, a photo of Martin holding a handmade poster that read "No more hurting people. Peace" was shared over the Internet. To Martin, peace meant togetherness, teamwork, fairness, sportsmanship, inclusion, and kindness.

The Martin Richard Foundation provides opportunities for individuals and communities to live out the values of peace, justice and kindness. By encouraging people to choose kindness, work for inclusion, and embrace diversity in local communities, we aim to influence a generation to live out these values through positive civic engagement.

Martin's message of peace and inclusion is one that is more important now, than ever before.

Would you consider supporting me in my fundraising goal of \$7,500?

To donate online, follow this

link: <https://www.crowdrise.com/o/en/campaign/teammr8boston2018/cassiecyr>

If you'd like to send a check, please make the check payable to The Martin Richard Foundation, and write my name, Cassie Cyr, on the memo line.

and mail to

Martin Richard Foundation

Attn: Team MR8

[1452 Dorchester Avenue, 4th Floor](#)  
[Dorchester, MA 02122](#)



# Club Members Race

## Accomplishments

Winter Chiller #5 3/10/18 Temple, NH

- Arne Johannessen

Holyoke St. Patrick's Day 10k 3/17/18

- Amanda Paul
- Arne Johannessen
- Barbara Bass
- Brad Smedley
- Darryl Perry
- Derek Paul
- Janelle Smedley
- Jay Larareo
- Kathy Pritchard
- Kevin Vanderwoude
- Laurie O'Brien
- Maggie Ramos
- Rob Pritchard
- Susanne Olson

Fast Friends 4.5 Mile Road Race 3/24/18

- Amanda Paul
- Andrea MacMurray
- Brian Phillips
- David Schillemat
- Laurie O'Brien
- Rob Breckenridge



# COMMUNITY FORUM: Planning for the future of Goose Pond Forest

Come share your input on the Goose Pond Forest as part of the Greater Goose Pond Forest Stewardship Plan project. At this forum we will talk about how the forest could be managed into the future.

**April 17<sup>th</sup> (Tue.)**

**6:30 – 8:00 PM**

**Parks & Rec Center  
312 Washington St  
Keene, NH**



**City of Keene**  
*New Hampshire*

For more info visit: <https://ci.keene.nh.us/ggpf>

# Newport Annual 10 Miler

A group of SRC members plans to run Newport, RI 10 miler on **Sunday June 3<sup>rd</sup>**. 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* – Scores2018

Enter your registration information

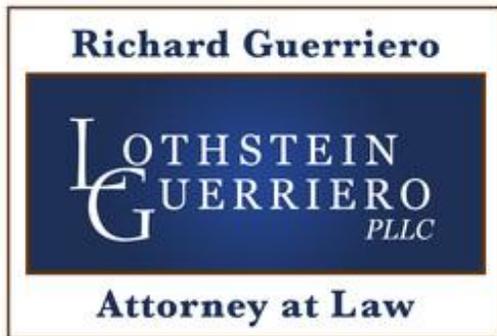


# STRAVA

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's Sponsors



THE  
MAIN  
STREET  
AMERICA  
GROUP



DOWNTOWN KEENE, NH  
WWW.TEDSPORTS.COM



## Scores Running Club

### Email

scoresrunningclub@gmail.com

### Website

www.scoresrunningclub.org

### Board Contacts:

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**Vice President:** Kathy Pritchard

[kathpritch@gmail.com](mailto:kathpritch@gmail.com)

**Treasurer:** Susanne Olson

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**Secretary & Newsletter** – Andrea

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**Race Development** – David

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**Stone Arch Bridge Race**

**Development** – Dave Gruender

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