



Scores Running Club Newsletter



February 2017

Weekly runs Tuesday 5:30pm @ Scores

Upcoming Races & Club/Board Meetings

February

- Stone Arch Bridge Meeting
Tuesday 2/21 after club run 7:15
at Stone Arch Club House
- Board Meeting Tuesday 2/28
7:15

March

- St. Patrick's Day 10k – 3/18/17 –
Holyoke, MA (**Info below**)
- Fast Friends 4.5 mile race –
3/25/17

April

- Sports Medicine 5k 4/15/17

June

- Newport 10 Miler – 6/4/2017
7:30am Newport, RI (**Sign-up
info below**)
- Drummer Hill Trail Race –
6/4/2017 Keene, NH

July

- 4 on the 4th – 7/4/2017 8:30am

August

- Reykjavik Marathon, Half, 10k -
8/19/2017 – Iceland

October

- SRC 10 Miler 10/28/17



Letter from the President

As I write this, I'm seeing signs of spring. Mounds of snow are melting, asphalt is reappearing, cardinals are out singing and the days are getting longer. BUT, the true sign of spring is the number of runners that are out in force! Any time of day – they are everywhere! Fantastic!

So, other than running what is your new board doing? We are getting excited for our first meeting as a new board and electing our officers! The new board will have its hands full. We have two races to organize, sponsorship campaigns to run, scholarship applications to review and award, plus keep the members up to date with posts, and tweets and pictures!

As our numbers grow, so do our ideas. So, be sure to let us know what you are thinking. As the SRC Board, not only do we want to see you, we want to hear you! Please keep us in the loop where you have been running what races you are doing or maybe would like to do. If you have a favorite route and you would like to share it, let us know! Maybe you want to organize a group run. Also, destination runs can be fun too – Maybe another brunch run at the Marina in Brattleboro, or run to a favorite view? Until the signs of summer start to appear, we need to get creative to keep the fun and motivation high! Remember, all of you make up the eyes, ears and feet of all the fun running in the region has to offer.

Until then we see you at the next run.....

“Go Run, Have Fun, and Repeat!”

Holyoke St. Patrick's Day 10k or 2 m. Walk

Saturday March 18th, 2017 1:00pm

This race is one of the liveliest I've ever been to! You will never be alone on the course. It's a hugely popular community event. The streets line up with community members handing out beverages & snacks and after the race enjoy the lively street fair. Many runners and civilians are dressed up in costume.

Last year *John Lucey* showed around his old stomping grounds. He introduced us to this fabulous race and introduced us to a delicious Irish Restaurant for fuel after the race. I cannot wait to go back!

Previously there were many SRC members heading to the race so we rented a van. If you would like to be part of this amazing event, please email me so we can coordinate renting a van if needed. andrea.macmurray@myfairpoint.net. We will determine price for the van based on the number of people interested. Plan on stopping at a delicious Irish Restaurant for dinner.

Registration Information

Website - <http://www.holyokestpatricksroadrace.org/>

Price - \$30 until 2/11. (Price increases \$5 approximately each month until the race)

Time - 1:00 pm

Address - Maple & Lyman St. Holyoke, MA

Don't miss out on getting your custom shirt to support Lucey on the SRC Apparel website.

<https://scoresrunning.itemorder.com/sale>

Team DeMar/ Scores Collaboration

Team DeMar 2016



2016 was a year of great accomplishment for many area runners. There were PRs, amazing training regimes (despite the weather!), happy new trails, multiple marathons, 100 mile races, New England and National honors and above all laughs and tears with new running friends. For me personally, running my first marathon (the Demar) pales in comparison to the devotion and achievement of so many talented running friends, young and old. Had I to nonetheless choose the most motivational and humbling part of this marathon experience it would hands down be the support of Scores running club and their championing of my Team Demar initiative.

Team Demar was an idea I shared with Alan Stroshine early summer 2016. After looking at me like I had just told him I was gunning for a sub-3 pace, he turned his sympathetic Alan smile on. I presented a crazy idea that had been consuming my long runs alone. The thought of raising awareness and funds for our DeMar race evolved from the fact that many race fans and local supporters of DeMar have no idea how hugely important this race is for the philanthropic opportunities for Keene Elm City Rotary. It is most definitely a community building, healthy, multi-generational historic event but it also provides the annual funds our club needs to sustain and grow amazing programs that serve youth and families in our area and abroad.

Alan and I quickly identified 5 of our most highly funded and long running projects- Team Childhood Hunger fighting this growing issue crippling the development of our youth, Team Wheelchair providing mobility for our Jamaican friends, Team Sneaker Project bringing every second grader in the area a new pair of sneakers to promote healthy lifestyles, Team El Salvador providing area high school students work opportunities while taking care of our brothers in Central America and Team Unsung Hero providing scholarship opportunities for non-traditional area students.

Ambitious though it was, Alan believed in me and with the help of DeMar runners we raised over 12,000 our first year. Undeniably we could not have done it without the determination of Scores Running Club which raised almost half of these funds.

When I spoke to Brad and Susanne about getting me 3 runners (pledging to raise 400.00 each) and thus securing a sponsorship slot for Team DeMar 2016 Brad challenged me to answer "and what if we raise much more?" I LOVE this way of thinking and in talking things through we agreed 20% of the proceeds of over 5000 could easily go from our coffers back to Scores. After all, their mission falls so precisely within ours- Scores to promote area running and offer scholarship assistance to area High Schoolers and ours to promote healthy youth in our community.

Running this by our KECR board it was unanimously agreed that this situation was a win/win that united our clubs in our commonality rather than dividing us competing for petty turf sponsorship. Being on the board of both KECR and Scores I know great movers and shakers when I sit (or run or scheme or organize) with them and I also know that neither organization is self-serving. This budding partnership has amazing potential and I look forward to fanning the fire.

On February 9th at the KECR regular meeting, SRC was honored for our fund-raising efforts of our 4 Scores runners and was presented with a check for 1,221.00 which was an amazing first effort. And some lucky high school runners will receive a little bit more because we ran together or worked together just a little bit more. What is not to love about this one?

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!

Newport Annual 10 Miler

A group of SRC members plans to run Newport, RI 10 miler. 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:

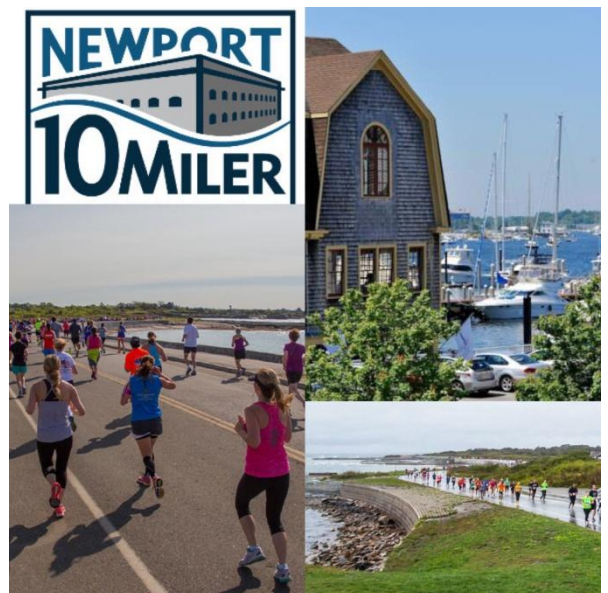
Log onto <http://www.newport10miler.com/>

Join SRC Team

Team Name – Scores running club

Password – Scores2017

Enter your registration information



Club Members Race Accomplishments

Winter Chiller Series #2 – Wilton, NH 1/21/17

- Arne Johannessen
- Christina Christides
- Heather Lancey
- Kathy Pritchard
- Nick Germana
- Rob Pritchard

Winter Chiller Series #3 – Hancock, NH 2/11/17

- Arne Johannessen
- Christina Christides
- Geraldine Liebert
- Kathy Pritchard
- Maggie Ramos
- Nick Germana
- Rob Pritchard

Red Cap 4 miler – Keene, NH 2/11/17

- Aiden Kindopp
- Amelia Opsahl
- Brian Phillips
- Damon Kindopp
- Gunner Shonbeck
- Heather Lancey
- Jake Velazquez
- James Kahn
- Jason Larareo
- Larry Welkowitz
- Laurie O'Brien
- Lisa Sanders
- Nick Ryder
- Nicole James
- Nora Traviss

Reykjavik Marathon, Half-Marathon, 10k in Iceland in August 19th 2017

Ever wanted to run in Iceland?! Join a group of SRC members and run in Reykjavik, Iceland. There are many different options for which distance you would like to race marathon, half-marathon, 10k! More information to following in the coming months. Registration opens in January 2017. Check the link out below for more information about this race.

<http://marathon.is/reykjavik-marathon>

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.

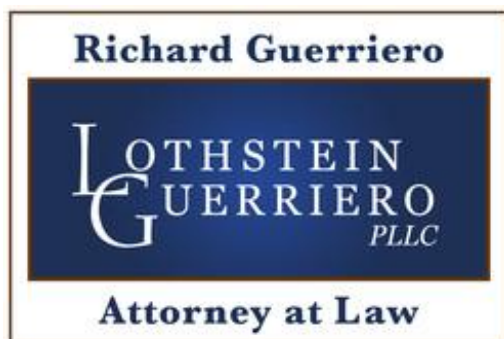
SRC Apparel Shop

Check out the online store, there is some **cool new running gear**. It includes items that are perfect for winter running and would make great gifts. Check it out here:

<https://scoresrunning.itemorder.com/sale>



SRC's Sponsors



THE
MAIN
STREET
AMERICA
GROUP



Scores Running Club

Email

scoresrunningclub@gmail.com

Website

www.scoresrunningclub.org

Board Contacts:

President: Brad Smedley

bsmedley.bs@gmail.com

Vice President: Susanne Olson

suz69kris97@yahoo.com

Treasurer: John Lucey

jlucey1955@gmail.com

Newsletter Editor & Secretary:

Andrea MacMurray

andrea.macmurray@myfairpoint.net

Theme Run Team & Social Media:

Heather Lancey

hlancey@gmail.com

New Board Members

Scott & Lisa Jackson- ...

Kathy Pritchard - kathpritch@gmail.com

Cassie Cyr - cassie.cyr2127@gmail.com

Ann Henderson - annhenderson3@icloud.com