



January 2017

Weekly runs Tuesday 5:30pm @ Scores

Upcoming Races & Club/Board Meetings

February

- Red Cap Run 4 miles – To Support Sue Wells 2/11/2017
- Voting Night & Club Awards – Tues. 2/21 After run.

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

“Neither snow nor rain nor sub zero temps nor gloom of winter stays these runners from the swift completion of their appointed training runs.” Winter is here, but it’s not kept the running faithful from their runs! Thanks to polar fleece, headlamps, snowshoes and some serious spikes, SRC is keeping up with their runs.

Clearly, SRC is anxious to put in the miles in 2017. In just the first 30 days of the year, we’ve seen some registration commitments to some pretty impressive runs – halves, fulls and ultras. That even includes registration for our very own **Drummer Hill Trail Race**. Soon, on line registration will open for our **Stone Arch Bridge 10 Miler** too! Winter runs may not be fast because of the weather, but the extra effort to get out now will build a great base to your spring races

What is also off to a good start is our SRC Student Scholarship for 2017. Our applications are in the hands of the respective guidance teams at MHRs and KHS to offer to the classes of 2017. Next month, the SRC Team Demar representatives will be recognized for their accomplishments with a return check from the Elm City Rotary which unexpectedly doubled our scholarship fund. We will be excited for the spring high school awards nights to share the benefits of our hard work.

There are a lot of exciting events on our calendar in 2017, but coming right up are two very important dates; **January 24th SRC Nomination and February 7th Election/Annual Awards nights**. Come join us for a run at 5:30 and/or, just for the meetings at 6:30 to hear about club activities in 2017 and the nomination and election of our 2017 board, *and* 4 very special club member awards to be announced at the February meeting. You don’t need to be present to vote or receive an award, but we hope you can join us!

SRC has seen a lot of new faces in 2016. We hope to see all of you in 2017

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

“Go Run, Have Fun, and Repeat!”

Do you know of someone who wants to be on the board or would you?!

Email us at scoresrunningclub@gmail.com

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

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:

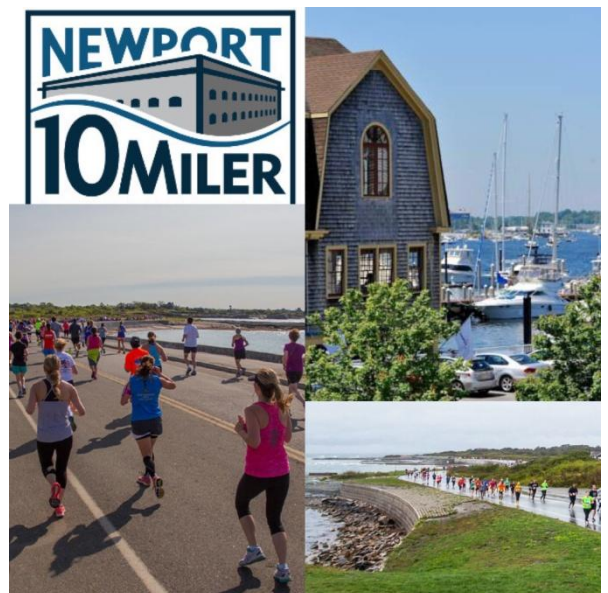
Log onto <http://www.newport10miler.com/>

Join SRC Team

Team Name – Scores running club

Password – Scores2017

Enter your registration information



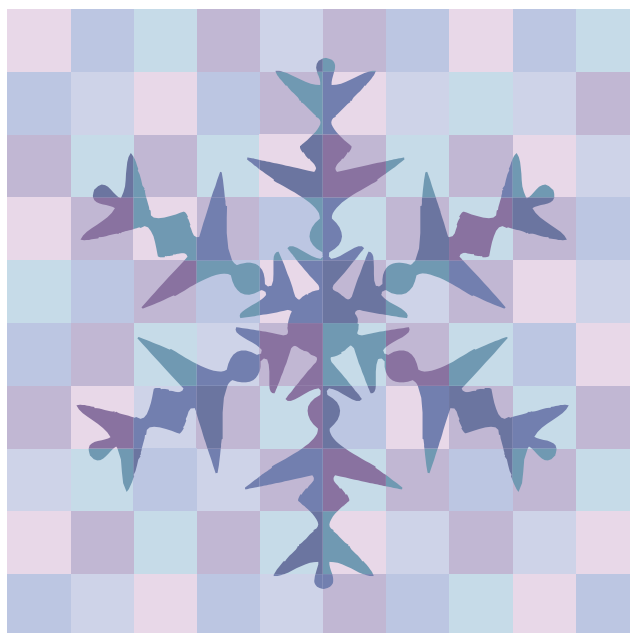
Club Members Race Accomplishments

Peanutbutter Chip Chase 5k – Temple, NH 1/1/17

- Arne Johannessen
- Geraldine Liebert
- Gunnar Shonbeck
- Kathy Pritchard
- Laurie O'Brien
- Rob Pritchard
- Susanne Olson

Winter Chiller Series #1 – Rindge, NH 1/7/17

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



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.

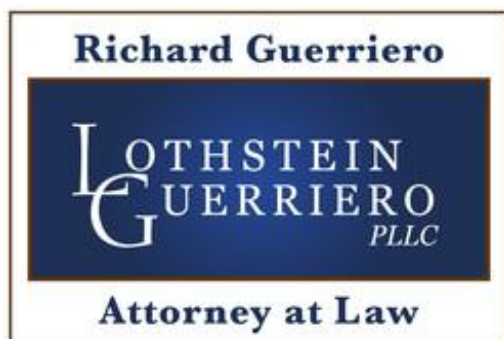
SRC Apparel Shop

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:

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Treasurer: John Lucey

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971-344-8730

Race Coordinator:

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Web Master & Theme Run Team:

Lou Kaletsky

walpolescouter@yahoo.com

Theme Run Team & Social Media:

Heather Lancey

hlancey@gmail.com

New Members

Jennifer Bell

Andrea Farnsworth

Larry Welkowitz

Kierstin Clark