



## January 2018

Weekly runs Tuesday 5:30pm @ Scores

### Upcoming Races & Club/Board Meetings

#### January

- Board nominations due by 1/30

#### February

- **Red Cap Run to benefit SRC Vice President Heather Lancey's family.** 2/10/18 
- First round on the board and elections Tuesday 2/27

#### March

- Holyoke St. Patrick's Day 10k Saturday 3/17 1:00pm Holyoke, MA (See below for info)

#### June

- Newport 10 miler 6/3 – Newport, RI. Price increases on 9/30, 12/31, 2/28, & 5/31
- Drummer Hill – 6/16

#### July

- 4 on the 4<sup>th</sup> – 4 miler railroad square, Keene, NH

## Letter from the President

Change is in the air! The deep freeze from the holidays has given way to bouts of rain and ice, but we will take that...with a pair of spikes! I've also see a bit more daylight in the evening! But let's be serious, winter is still 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.

In just the first 30 days of the year, we've seen some registration commitments to some pretty impressive runs – halves, fulls and ultras, and... even a few Boston Marathon runners too! Races and events on the horizon? We are all looking forward to the Red Cap Run on February 10 to support a very special family, very near and dear to SRC – the Lanceys. You can run, volunteer or just make a donation to the fund that will help the Lancey's continue to recover from their loss of Calvin Lancey. Also coming up is a "ROAD TRIP! The March 17, St Patrick's Day 10K in Holyoke MA. A crew is headed down in a group van to run and have fun – Let us know if you are going and want to share us celebrate your inner Irish in your running shoes!

What else is changing? Well, as you know the SRC board is up for election on February 27. Nominations have been coming in for our January 30 deadline but it's not too late! If you are interested in being part of an awesome team, please feel free to submit your own nomination!

Elections will be held on February 27th Election/Annual Meeting & 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 2018 and cast your vote for our 2018 board *and* recognize 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!

We will also have a very special announcement about another big change for SRC – but you will have to be present to SEE the change for yourself!

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](mailto:scoresrunningclub@gmail.com)

# First Run of the Year at The Shannon's was quite the run for some!

Eric and Jessica were very gracious in inviting SRC back to their home this New Years. Eric developed multiple route options, printed out maps, and reviewed options with SRC. SRC set on a very brisk run it was approximately 5 degrees outside, but the sidewalks were plowed very well in Peterborough. The sun was shining and 5 degrees felt much warmer once you were running. There were 15+ SRC members and people chose which route they would like to do. At some point a group decided to break off and do a 10k loop, well they might've taken a wrong turn because they did at least 10 miles and had to flag a very nice women down to give them a ride back! None the less runners back at the house were starting to get worried so we hopped in Eric's car to go look for some stray runners. Eric is hunched over the steering wheel and proceeds to tell us that he is not wearing the glasses he should be wearing while driving. No worries we made it back safe and sound just in time to greet the lost runners. And of course enjoy the yummy food!

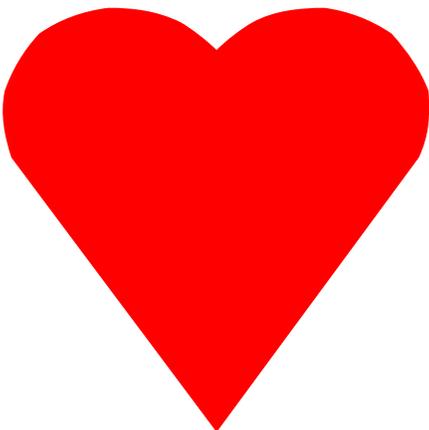


# Red Cap Benefit Run

Being part of a running club such as SRC we have come to be with each other in times of celebration and times in need. We need you SRC and/or friends, and family to help support our running club's Vice President Heather Lancey's family. Please consider participating in whatever way suites you and your needs. Whether that be through donation, participation within the race, volunteering for road marshaling, etc... **The event will take place on Saturday February 10<sup>th</sup>, 2018 at The Courtyard Marriott.** Here is the link to register

<https://www.eventbrite.com/e/red-cap-run-2018-tickets-41191662371#tickets> If you prefer to donate to the organization instead of registering for the race you can do so here <https://www.gofundme.com/red-cap-run-2018-lancey-family>

This Year the Road Runners are proud to be working with the Lancey Family and many community partners to put on the best Red Cap Run ever in memory of Calvin Lancey. Calvin lost his life and Lisa sustained life changing injuries on July 16, 2017 when a driver fell asleep at the wheel, crossed the center line, and crashed into the couple. The high school sweethearts, married 32 years, were both born and raised in Keene. Their two daughters Haley and Heather both call Keene home too. Needless to say, the accident represents an unfathomable loss and the entire family could really use the community hug that the Red Cap Run has come to represent. Working together as a community can make the tough stuff a little more tolerable. Together we can light the way for one family and make our remarkable community even stronger. Come share in the Red Cap Run, our day of running, love, and resilience.



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

Saturday March 17<sup>th</sup>, 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.

This is *John Lucey's* hometown. 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. [scoresrunningclub@gmail.com](mailto:scoresrunningclub@gmail.com) 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 2/10. (Price increases \$5 approximately each month until the race)

Time – 1:00 pm

Address – Maple & Lyman St. Holyoke, MA

# 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](https://www.crowdrise.com/o/en/campaign/teammr8boston2018/cassiecyr)



# 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

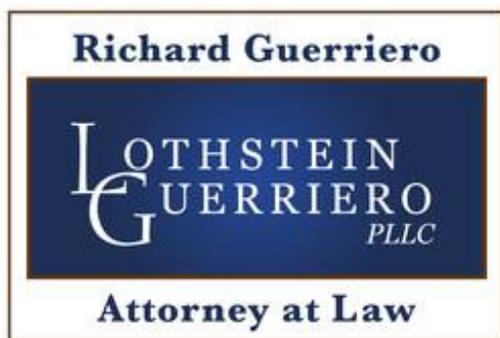


# STRAVA

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



## Scores Running Club

### Email

scoresrunningclub@gmail.com

### Website

www.scoresrunningclub.org

## Board Contacts:

**President:** Brad Smedley

bsmedley.bs@gmail.com

**Vice President:** Heather Lancey

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

**Treasurer:** Susanne Olson

[suz69kris97@yahoo.com](mailto:suz69kris97@yahoo.com)

John Lucey [jlucey1955@gmail.com](mailto:jlucey1955@gmail.com)

### Newsletter Editor & Secretary:

Andrea MacMurray

[andrea.macmurray@myfairpoint.net](mailto:andrea.macmurray@myfairpoint.net)

### Theme Run Team & Social Media:

Heather Lancey

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

Kathy Pritchard - [kathpritch@gmail.com](mailto:kathpritch@gmail.com)

Andrea MacMurray

[andrea.macmurray@myfairpoint.net](mailto:andrea.macmurray@myfairpoint.net)

Scott Jackson [scottgjackson@comcast.net](mailto:scottgjackson@comcast.net)

### Social Media

Cassie Cyr - [cassie.cyr2127@gmail.com](mailto:cassie.cyr2127@gmail.com)

### Community Relations

Ann Henderson - [annhenderson3@icloud.com](mailto:annhenderson3@icloud.com)

### Secretary

Lisa Jackson [ljack0616@gmail.com](mailto:ljack0616@gmail.com)