



July 2017

Weekly runs Tuesday 5:30pm @ Scores

Upcoming Races & Club/Board Meetings

July

- Board Meeting 7/25

August

- Moonlight Run 8/5
- Reykjavik Marathon, Half, 10k - 8/19/2017 – Iceland
- Board Meeting 8/29

September

- Covered Bridges (Elijah's Race) Half Marathon & Relay – 9/3/17 Swanzey, NH
- Board Meeting 9/26

October

- SRC 10 Miler 10/28/17
- Board Meeting - TBD

Letter from the President

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

“Go Run, Have Fun, and Repeat!”



Swanzey Covered Bridges Half Marathon - Elijahs Race Sunday, September 3, 2017

This year we are excited to celebrate our 12th 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.

Custom Screen Printing for SRC Members is now available at Bulldog!

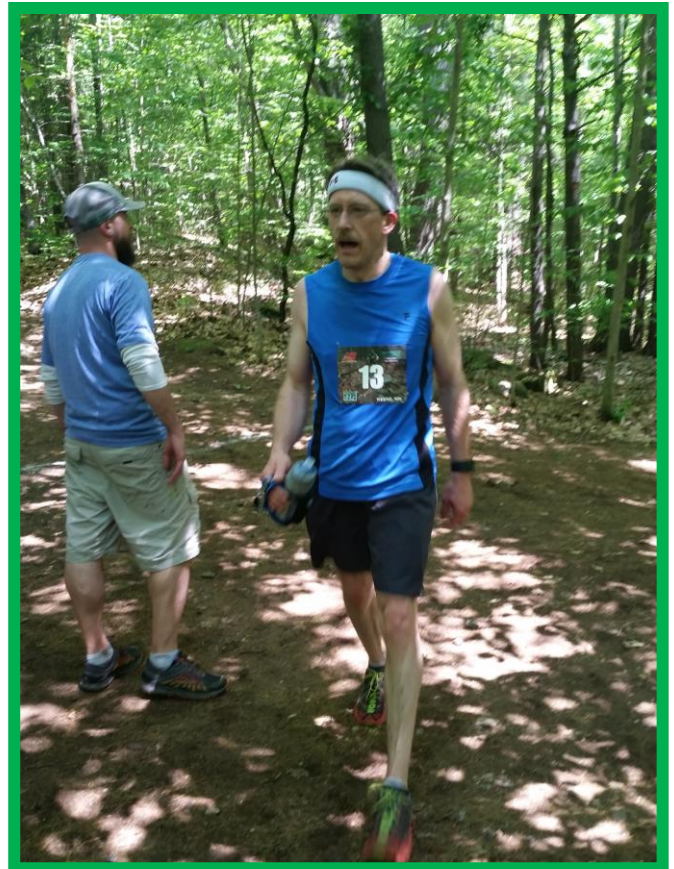
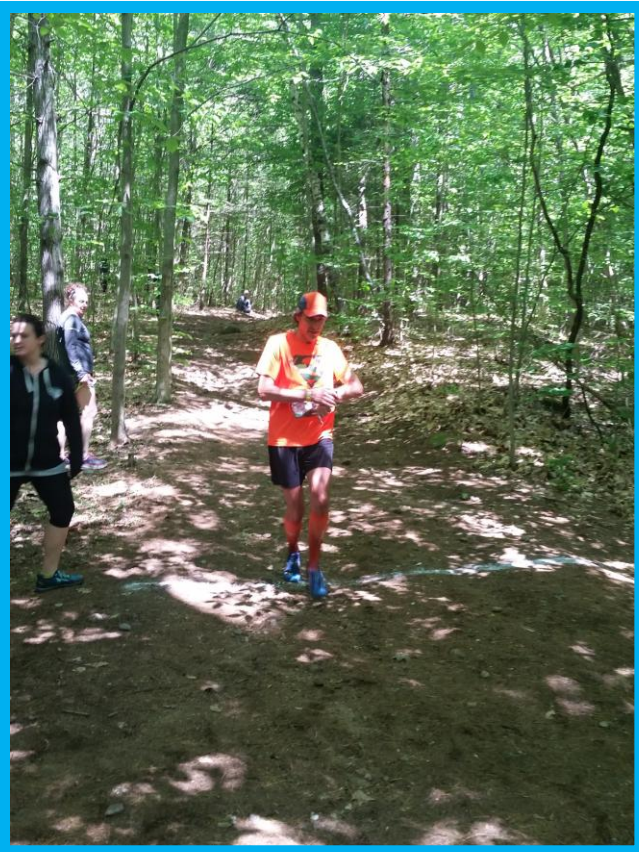
Members can bring items of their choice into Bulldog and for a small fee they will screen-print the SCORES logo onto your item.

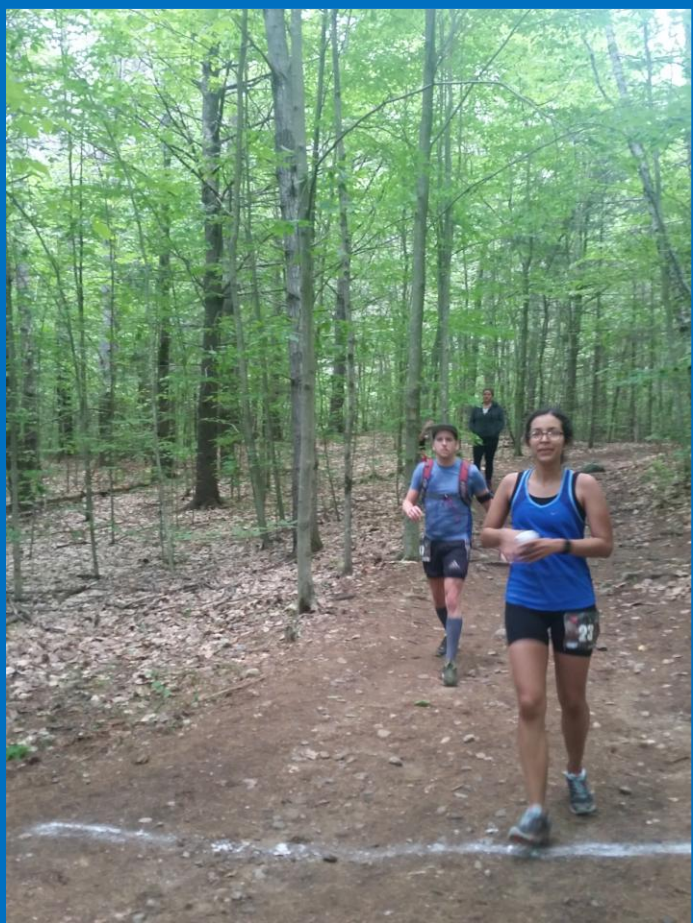
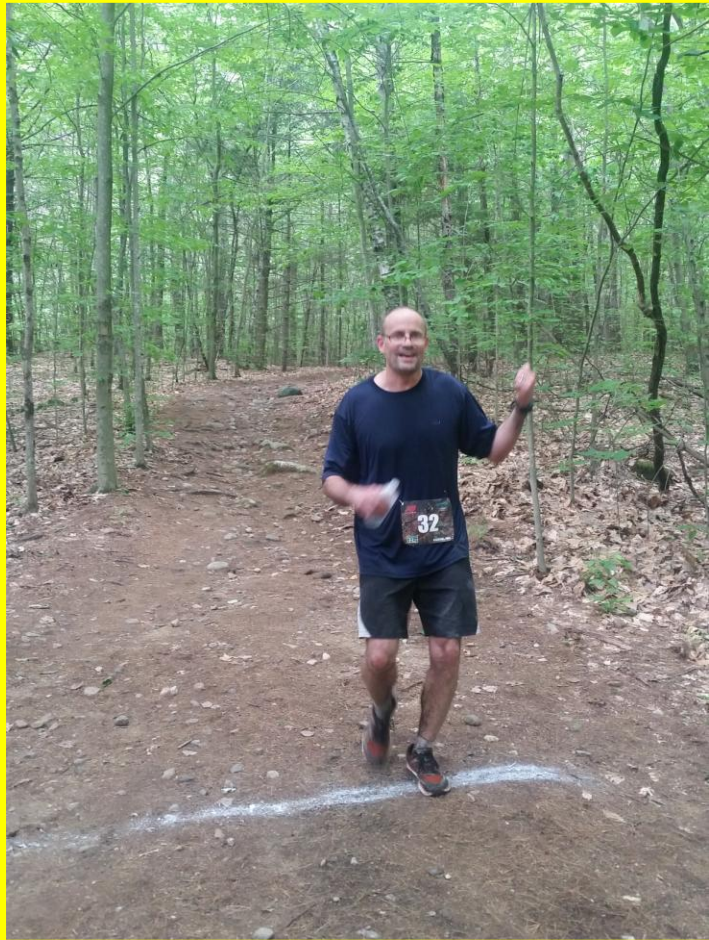
The Club State vinyl logo can be added to any of your own clothing just \$15. The smaller Club Banner logo can be added for \$10 or \$13 (reflective paint).

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!

Drummer Hill Trail Race 2017





Club Members Race Accomplishments

4 on the 4th – 7/4/17

- Amanda Paul
- Amelia Opsahl
- Andrea MacMurray
- Angella Joslyn
- Arne Johannessen
- Austin Gaffney
- Ben Hoy
- Dave Schillemat
- David Gruender
- Dawson Adams
- Donovan Lombara
- Ella Hoy
- Eric Shannon
- Gunnar Shonbeck
- Heather Lancey
- Jake Velazquez
- Kathy Prtichard
- Kevin Vanderwoude
- Larry Welkowitz
- Laurie O'Brien
- Laurie O'Brien
- Lisa Sanders
- Molly McCormack
- Nick Germana
- Nick Ryder
- Nick Williams
- Nora Traviss
- Ockle Johnson
- Reagan Hoy
- Robert Pritchard

Drummer Hill Trail Race – 6/11/17

- Amelia Opsahl
- Arne Johannessen
- Brad Smedley
- Chris Barry
- Damon Kindopp
- David Schillemat
- Gunnar Shonbeck
- James Kahn
- John Bass
- Kevin Vanderwoude
- Kris Olson
- Larry Welkowitz
- Nick Williams
- Susanne Olson

Welcome New Members

David	Perrin
Dan	Moore
Katelyn	Kumorek

June 30, 2017

Brattleboro-Keene Chapter of NEMBA
c/o Peter Schrader – Treasurer
37 Congress Street
Keene, NH 03431



Peter,

On behalf of the Scores Running Club, please accept this \$200 donation to Brattleboro-Keene Chapter of NEMBA as a token of our appreciation for your organizations care of the trail network in the Drummer Hill Conservation Area. As our club members, as well as many other local runners enjoy this trail network, we are grateful for your group's dedication to keeping the trails well maintained and marked for the public use.

As a not for profit organization we are limited in what we can contribute, but we are hopeful that our Drummer Hill Trail Races event will grow and continue to provide a source of future donations so that the Drummer Hill trails can remain a well-cared for "playground" for our community.

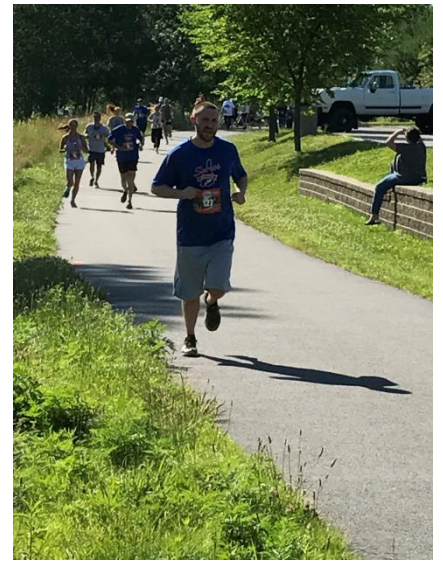
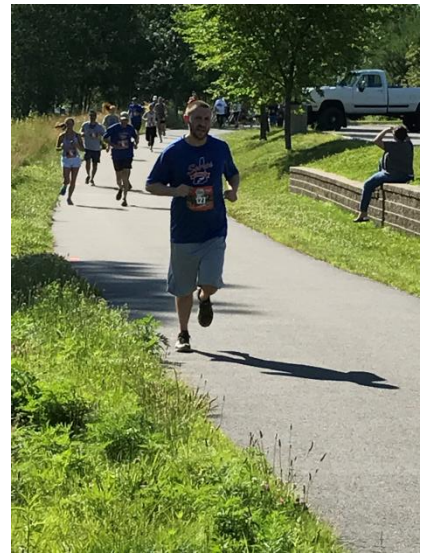
Thanks again for all of your groups hard work. It does not go unnoticed!

Sincerely,

Susanne Olson, Treasurer

Scores Running Club Board of Directors

4 on the 4th



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! Registration still open. Check the link out below for more information about this race. <http://marathon.is/reykjavik-marathon>

***The group is planning go! If you're interested email
andrea.macmurray@myfairpoint.net***

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.

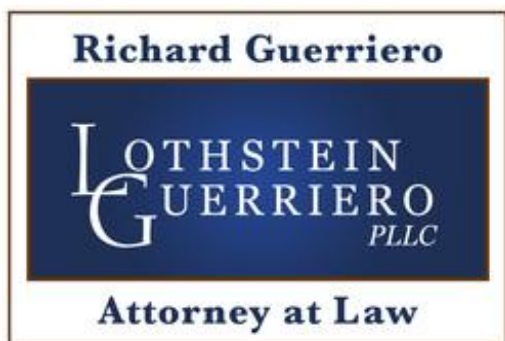
Strava lets you do many things, track your running with GPS, follow friends, share photos from your activities, join Challenges, and more. Like most sites, Strava is most useful if you run with a GPS watch. You can track all of your runs, rides, and other workouts too by either entering the data manually 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: Heather Lancey

hlancey@gmail.com

Treasurer: Susanne Olson

suz69kris97@yahoo.com

John Lucey jlucey1955@gmail.com

Newsletter Editor & Secretary:

Andrea MacMurray

andrea.macmurray@myfairpoint.net

Theme Run Team & Social Media:

Heather Lancey

hlancey@gmail.com

Kathy Pritchard - kathpritch@gmail.com

Andrea MacMurray

andrea.macmurray@myfairpoint.net

Scott Jackson scottgjackson@comcast.net

Social Media

Cassie Cyr - cassie.cyr2127@gmail.com

Community Relations

Ann Henderson - annhenderson3@icloud.com

Secretary

Lisa Jackson ljack0616@gmail.com