



June 2017

Weekly runs Tuesday 5:30pm @ Scores

Upcoming Races & Club/Board Meetings

June

- Board Meeting 6/27

July

- 4 on the 4th – 7/4/2017 8:30am
- Board Meeting 7/25

August

- 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

June was a HUGE! month for SRC – If you were under a rock somewhere, you missed Drummer Hill Trail Races, the presentation of four SRC Youth Scholarship awards, numerous local student athletes competing at state and regional levels, local rail trail cleanup project, Team Demar kick off as well as races galore!

We are all still glowing from another fantastic day on **Drummer Hill Trail Races**. Over 80 runners put their bodies to the test. The day started cool, but ended warm and it took its toll on many, but the beauty of the race design was that you could always opt out when you had enough. The feedback has been tremendous. Special thanks have been received to complement SRC and a host of volunteers on excellent organization, course marking and layout, fantastic and diverse aid stations and cheers, smiles and encouragement from everyone out there. It's clear, SRC knows how to run and have fun!

SRC Student Scholarship awards 2017! It is simply a dream come true for the SRC Board of Directors to represent our club and present gifts back to the community through deserving student athletes. Read the articles below about our award winners and newest life time SRC members!

Whats coming up? Well how about **4 on the 4th!** We hope you can come to the race and hang with your fellow members in SRC blue at our tent in the Scores Bar & Grill Patio! Also, SRC continues to give back to our community in big ways. This year SRC is one of the sponsors of this year's event! Check out the SRC logo on the back of the shirt!

Let's not forget that training for the Demar races are now in full swing. If you are planning on running the half or the full – please consider joining fellow SRC members on **Team Demar!** Your race entry fee is free and you will get VIP treatment and a swag bag on race day. Other than your running commitment, your efforts to raise \$400 or more dollars will go a long way to raise money and awareness for one of several very important **Keene Elm City Rotary (KERC)** charities. Not to be forgotten, SRC *gets back* some of our collective **Team Demar** fund raising efforts for our own SRC Youth Scholarship fund! It's a real Win (You)-Win (KERC)-Win(SRC) for our community!

We are all looking forward to a warm and event filled summer of running and training!

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.

4 on the 4th Race



Join us on Railroad Square in front of Scores Bar & Grille on July 4th 2017. July in this area means the famous “4 on the 4th” road race! This race, along with the Wobble Gobble (formerly known as “Cranberry Run”) and the Demar Half and Full Marathons, is one of the ‘keystone’ races in our community. Look for our pop-up tent in front of Scores and the sea of **BLUE SCORES SHIRTS!** The race starts at 8:30am (walkers 8am) please plan to arrive slightly early to find parking. 4 on the 4th is a great community event, bring your friends and family! Shortly following the race festivities, we would love to get an updated SRC family photo. With our membership now at 150+, we better plan on a wide angle lens! If you and/or your friends/family are not running and would like to volunteer just let us know at scoresrunningclub@gmail.com

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!



SRC Scholarship Awards Night - Monadnock Regional High School

Swanzy NH - May 31, 2017. It was an honor to stand before a group of ambitious and committed young men and women to present our Scores Running Club Youth Scholarship Awards.

Our mission at Score's Running Club is:

1. To recognize and support youth and high school runners with annual scholarships, as well as community support for their efforts and achievements.
2. To promote running as a means for healthier living for both children and adults
3. To engage the running community in events that support local charities and community services

We were proud to be able to accomplish our #1 mission for the first time tonight, with the presentation of TWO \$500 scholarships, and a lifetime membership to Scores Running Club. Our search criteria included the following requirement:

1. each athlete complete at least 2 full seasons of either track or cross-country
2. Letters of recommendation from BOTH their coach and one teacher
3. And, best part, a personal essay about how running is an important part of their lives.

Our Male Scholarship award was presented to Dawson Adams. Our first award went to a young man who participated in indoor/ outdoor track and cross-country all 4 years at MRHS, while also maintaining his commitment to his academic course load with high grades and top ranking in his class. Running has helped this young athlete to learn to build close bonds with his teammates, both in competitions and as a mentor to team mates to help them achieve their personal goals. Here is a quote from his essay: "I attribute a lot of the structure & discipline in my life to running, because it has taught me that if I want to reach a certain goal, talent is not enough, and constantly working hard for that goal is more rewarding because you will know that you truly earned your reward"

Our Female Scholarship award was presented to Emmaline Mason. Our second award was presented to a young lady who participated in 4 years of track and field, and 3 years of cross country. She is described by her advisor as hardworking, always taking challenging courses and a heavy course load. Her diligence and time management skills have paid off with high grades and membership in the National Honor Society. She began running in elementary school with the annual 1-mile fun run, and has been running ever since. It wasn't until her sophomore year at MRHS that she discovered distance running on the cross country team, and she states that it was like 'coming home'. This quote from her essay is in reference to how she felt about winning the State Championship in her junior year: "It was an experience I will never forget because it taught me so much about having a positive attitude, pushing through challenges, and building lasting relationship."

We thank you all the applicants. Long may you all run!!

What Scores Running Club is all about - Scores Running Club invites ALL runners, regardless of ability, to be a part of our socially-based group. Whether you're an elite marathoner, a new runner looking at that first 5K, or something in between, you'll find a home and family with us, [The Scores Running Club](#). We serve southwestern New Hampshire and the surrounding communities of Vermont and Massachusetts. Our goals are to serve the running experiences of our members and the local running community, while enhancing the many small running clubs and groups in the area. This club serves as a non-profit, serving youth running, health/fitness related causes within our community. We believe that all runners are somehow connected, and hope to foster new friendships, camaraderie and team experiences.



SRC Scholarship Awards Night - Keene High School

Keene, NH - June 14th, 2017. It was an honor to stand before a group of ambitious and committed young men and women to present our Scores Running Club Youth Scholarship Awards.

Our mission at Score's Running Club is:

1. To recognize and support youth and high school runners with annual scholarships, as well as community support for their efforts and achievements.
2. To promote running as a means for healthier living for both children and adults
3. To engage the running community in events that support local charities and community services

We were proud to be able to accomplish our #1 mission for the first time tonight, with the presentation of TWO \$500 scholarships, and a lifetime membership to Scores Running Club. Our search criteria included the following requirement:

1. each athlete complete at least 2 full seasons of either track or cross-country
2. Letters of recommendation from BOTH their coach and one teacher
3. And, best part, a personal essay about how running is an important part of their lives.

Our Male Scholarship award was presented to **Jonathan Allard**: Our first award went to a young man who participated in track and cross-country all 4 years at KHS, while also maintaining his commitment to his academic course load with high grades and top ranking in his class. Jonathan's dedication to the sport was recognized as one that included double daily work outs while also maintaining his school and work commitments. His hard work clearly paid off as he has been noted as being one of the most successful athletes at KHS.

Here is a quote from his essay: "Cross country has played a big role in developing me into the leader I am today. It all began as a freshman when I was a performance leader and continued through my senior year where being a captain taught me valuable lesson on how to lead other to success"

Our Female Scholarship award was presented to **Allyson Patnode**: Our female award was given to young lady who participated in 4 years of cross country while attending KHS. She is described as having outstanding sportsmanship, a deep concern and compassion for others as well as frequently taking on a leadership role. As well as being an athlete, (and I quote her letter of recommendation) "her academic prowess" was recognized by her membership in the National Honor Society. She began running at the very young age of 5 in her participation in the local turkey trot in elementary school. Her passion for the sport grew in her middle school years and she prepared hard to make the high school team. Making the high school team in each of her 4 years taught much about running, about being a team player and most importantly about herself.

Here is a part of her essay: "Running for the high school also taught me a different side of running; the team and camaraderie that goes along with it. Even though I am going off to college (noted as a first generation college student!) and my racing career as a student athlete is over, I believe that running will always be a big part of my life. Running was such a big part of my life for so long that it would be almost imposing to just give it up. I have a feeling that I will run all throughout college and... after"

What Scores Running Club is all about - Scores Running Club invites ALL runners, regardless of ability, to be a part of our socially-based group. Whether you're an elite marathoner, a new runner looking at that first 5K, or something in between, you'll find a home and family with us, [The Scores Running Club](#). We serve southwestern New Hampshire and the surrounding communities of Vermont and Massachusetts. Our goals are to serve the running experiences of our members and the local running community, while enhancing the many small running clubs and groups in the area. This club serves as a non-profit, serving youth running, health/fitness related causes within our community. We believe that all runners are somehow connected, and hope to foster new friendships, camaraderie and team experiences.



Club Members Race Accomplishments

Newport 10 Miler, Rhode Island – 6/4/17

- Andrea MacMurray
- Angella Joslin
- Clint Joslin
- Heather Lancey
- Kathy Pritchard
- Rob Pritchard
- Stephanie Droppa

Ididarun 10k – 5/29

- Andrea MacMurray
- Dave Schillemat
- Eric Shannon
- Gunnar Shonbeck
- Heather Lancey
- Laurie O'Brien
- Nora Traviss
- Eric Shannon

43rd Annual Bedford Rotary Memorial Road Race, Bedford, NH 5k – 5/20/17

- Maggie Ramos

Welcome New Members

Dawson Adams

Jonathan Allard

Allyson Patnode

Emmaline Mason

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.

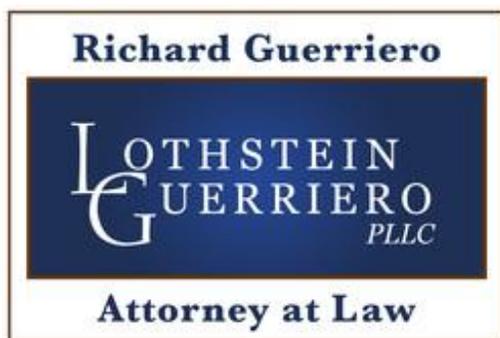
SRC Apparel Shop

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



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AMERICA
GROUP



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