



Scores Running Club Newsletter

June 2018

Weekly runs Tuesday 5:30pm @ Scores

Upcoming Races & Club/Board Meetings

June

- Drummer Hill – 6/16 – **VOLUNTEERS NEEDED**
- Brews & Run – 6/28 Branch & Blade Brewing 5:30pm

July

- 4 on the 4th – 4 miler railroad square, Keene, NH
- **SRC Fun in the Sun – Fun Run – 7/14 11:00 (Details Below). Bring the whole family!**

September

- Elijah's Race – Covered Bridges Half & Relay 9/2

October

- Paris, France Road Race 20k – 10/14 (A group is planning to go in the fall. If you're interested please email akmacmurray@gmail.com for more information)
- 2nd Annual SRC Stone Arch Bridge Race 10 miler – 10/27 Keene, NH



See Below



Letter from the President

The last couple of weeks have been BIG for Scores Running Club! When our last newsletter went out, we were preparing to present the **Scores Running Club Youth Scholarships** for the 2nd year in a row. What a dream come true that has been. I'm excited to share that all four \$500 scholarships have been awarded and we are beyond thrilled to continue supporting the youth runners in our community. Congratulations to Lucas Beteau and Joelle LaFreniere of Monadnock Regional High School and Scott Rathbun and Andrea Thisner of Keene High School, the 2018 SRC Youth Scholarship Awardees! Read below to learn more about each of these athletes.

Next up is the **Drummer Hill Trail Race** this Saturday, June 16th, at 8am. We officially SOLD OUT our registrations on June 4th! WOW! That means 115 trail runners will be joining us and supporting Scores Running Club out on the trails this weekend. I want to thank race director, Chris Casey and the DHTR Race Committee for all of your hard work to put this event together. Also, a big thank you to all of our volunteers that will be "manning" the course. If you're out there on Saturday, drink plenty of water! It's going to be a warm one!

4 on the 4th! We hope you can come to the race and hang with your fellow members at our tent on the Scores Bar & Grill Patio! Wear your SRC blue and represent the club! Remember, you can bring any garment to Beeze Teez and have Tim and the gang put the NEW Scores Running Club logo on it! New logo shirts are also available for purchase, just ask a member of the board!

For the first time in SRC history (whoop whoop!) we're planning an afternoon of "**Fun in the Sun**" on Saturday July 14th beginning at 11am. We're looking forward to brief run (because we obviously can't have a running club get-together without a couple strides), followed by a dip in the lake, a BBQ and an all-around good time. Thank you to Stephanie and Bob Droppa for offering your lake house for the event! Check out the details below!

So, as school gets out and schedules (hopefully) relax, we hope to continue seeing more and more faces on Tuesday evenings for our weekly club run. We have had a great turn out and are officially enjoying the patio post-run! What's better than a run with friends and a cold one on a summer evening? Not much!

Run strong, my friends!
Cassie Cyr

4 on the 4th Race

Join us on Railroad Square in front of Scores Bar & Grille on July 4th 2018. 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 175+, 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



Fun in the Sun - Summer Picnic
Bring the whole family!

Run: 11:00 am, 3 mile loop

Location: The Droppa's

[31 Waters Edge Rd, North Swanzey.](#)

GPS address is 31 Lake Shore, Rd Keene

Festivities: Running, Swimming, Water Activities, Games, etc.

Food: SRC to provide hamburgers and hot dogs and all the fixings.

BYOB and sides

RSVP to scoresrunningclub@gmail.com

Brews & Run

When: Thursday June 28th 5:30pm

Where: Branch & Blade Brewing 17 Bradco St. Keene, NH

Meet at the Brewery 5:30 pm the group will depart and cross route 10 together (safer in numbers) then head towards KSC athletic fields, to the railbed into Swanzey. After the run the group will meet back at the brewery for some brews.



SRC Scholarship Awards Night - Monadnock Regional High School

Swanzy NH - May 30, 2018. 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 second year tonight, with the presentation of TWO \$500 scholarships, and a lifetime membership to Scores Running Club. Our search criteria included the following requirement:

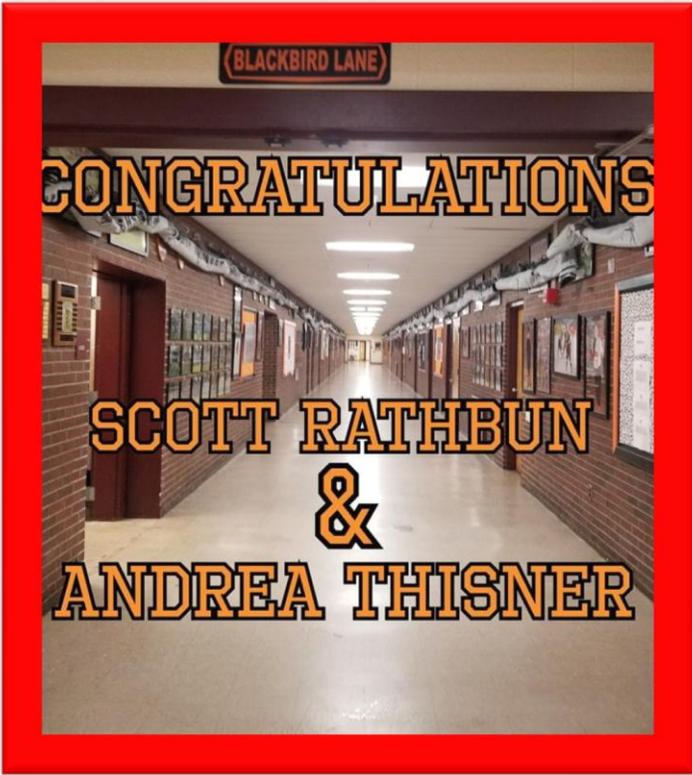
1. each athlete complete at least 2 full seasons of either track or cross-country
2. Letters of recommendation from BOTH their coach and one teacher
3. And, best part, a personal essay about how running is an important part of their lives.

Our Male Scholarship award was presented to Lucas Beteau. Our first award goes to a young man who participated in track and cross-country all 4 years at MRHS, while also maintaining his commitment to his academic course load with advanced and honor classes and being a captain on the team. This person's dedication to the sport and he has exemplified the character and athleticism at the highest level. This hard work clearly paid off as he himself stated in his application: "Running has made me the person I am now. Mentally, I've been able to focus on school more knowing I have running at the end of the day. I've gotten to teach the younger kids how to run and interact with them on a daily basis, which always puts a smile on my face."

Our Female Scholarship award was presented to Joelle LaFreniere. Our second award goes to a young lady who is a dual athlete, which is no easy task. She is described as dedicated, disciplined and compassionate for all activities in her life. As well as being a Captain of the cross country team she also was drum major, captain of the soccer team and one of the top in her class academically. She was a contributor to the division 111 state title in cross country and won an individual state title for the 2 mile outdoor track season. Of which Coach Adams pointed out was done so in 90 degree heat. I would like to share a part of her essay: "Per Coach told us there was a "Triangle" of main aspects for us to focus on, in running, and in life. They were family, purpose, and love. And in the center of it all, fun. Below, he asked us to write our goals for the season. 'Win states, top ten, enjoy running' was what I wrote. I accomplished all of those things. And I also became a better older sister, a better daughter, a wiser teacher: I became stronger, understood one often, forgave more, and loved better. That triangle would drive our journey that year and continues to do so in my life"

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 13th, 2018. 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.

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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 Scott Rathbun. He participated in pole Vault, Javelin, 4x400 and 4x100 all 4 years at KHS. He claimed the KHS Pole Vault record, which has existed for 30 years, as a junior at KHS. He has won the Division 1 State championship in the Pole Vault, the Meet of Champions Pole Vault and he was 4th in New England at the NE HS Track and Field Championships. Scottie has maintained a pretty ambitious schedule academically throughout his high school career. His teacher describes him as hardworking, bright, polite, witty and a team player. This persons dedication to the sport and he has exemplified the character, athleticism and leadership at the highest level. This hard work clearly paid off as he himself stated in his application: "I have experienced few greater joys than to push my teammates to success by challenging them and leading them as well as being led by them. Leadership is not about individual success but collective success and how each person can build off of another." We find this young man presents the characteristics, leadership and passion for running and that is why we presented this scholarship award to him.

Our Female Scholarship award was presented to Andrea Thisner. She was captain of the spring track team, speed coach for a young group of kids under the age of 11, and she received the most valuable player award. Andrea was the Connecticut Valley League Long Jump Champion, and placed 6th in the Division 1 Meet of Champions State Meet in the 100m hurdles. I would like to share a part of her essay: "I have most importantly learned that winning is not what is most important, I have learned through trial and error that what is most important is competing against yourself and trying to go beyond what you have done. During this season I love to see freshmen and sophomore want to learn more and approach me and ask about their form or what I think they should do. It feels nice knowing the young ones look up to me in a way that I looked up to my seniors when I was that age." With this dedication to the sport and to future generations, we presented this award to Andrea.

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Swanzey Covered Bridges Half Marathon - Elijahs Race Sunday, September 2, 2018

This year we are excited to celebrate our 13th 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.

<https://www.halfmarathons.net/new-hampshire-swanzey-covered-bridges-half-marathon/>

Ididarun 10K, Race for the Huskies **POST PONED Tentative Date 9/2/18**

Join us for 10 kilometer race on POST PONED, at Monadnock High School in Swanzey NH! There is a 1.5 mile fun run/walk starting at 9:00 that will go along the school cross country trail. The 10K race will start at 9:30am and is a flat and fast course that will finish on the school track. There will be water stations on the course at miles 2 and 4. T shirts to the first 100 entered. Cash prizes for the top overall male and female winners and awards to age group winners three deep in all age categories to 70+.

Come out and support the Monadnock Middle Schools cross country team!

You can find additional information, and also a course map here:
<http://ididarun10k.blogspot.com/>

Please email clintjoslyn@yahoo.com for more information

Club Members Race Accomplishments

Newport 10 Miler - June 3rd

- Andrea MacMurray
- Arne Johannesen
- Maggie Ramos

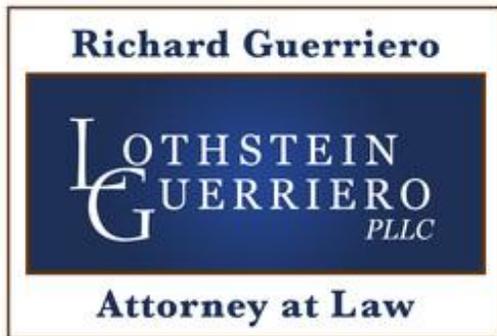


STRAVA

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



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WWW.TEDSPORTS.COM



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