



Scores Running Club Newsletter

May 2018

Weekly runs Tuesday 5:30pm @ Scores

Upcoming Races & Club/Board Meetings

May

- Pisgah Trail Run – 5/26
- Vermont City 5/27 Burlington, VT
(*If you would like to carpool message Dave Gruender)

June

- Ididarun 10k – **POST PONED**
- Newport 10 miler 6/3 – Newport, RI.
- Drummer Hill – 6/16

July

- 4 on the 4th – 4 miler railroad square, Keene, NH
- SRC BBQ – Fun Run – 7/14
(More details to follow)

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



Letter from the President

It finally feels like Spring is in the air, the pollen is causing watery eyes, 60 degrees feels "cold" and headlamps are hibernating until Fall! The "normal" (crazy) New England weather hasn't stopped the SRC crew from sharing miles together every Tuesday evening. We've had a great turnout week after week this Spring and I look forward to many more with new and old faces!

At the front of our minds right now, is SRC's Drummer Hill Trail Races on Saturday, June 16th beginning at 8am. The race will be run on a new 12.5 kilometer loop (from the previous years' 10K loop) . The new loop allows for fewer laps to hit that 50K mark. Don't forget, you get to choose your own adventure! Runners may choose the number of 12.5K laps they would like to complete, up to a 50K (4 laps). If you'll be around, but aren't interested in running, we're in need of volunteers, so email the club at scoresrunningclub@gmail.com to get on the list! Proceeds from the race help to fund the Scores Running Club Youth Scholarship.

Speaking of the Youth Scholarship, we're excited to present the awards to a male and female athlete at both Monadnock Regional High School and Keene High School in the next few weeks. Keep a look out on Facebook for the announcements of the winners! MRHS's Awards Ceremony is on May 30th and KHS's Ceremony is on June 13th. The Board of Directors will be presenting the awards at each ceremony.

We'll be having a tent at the 4 on the 4th race once again and look forward to seeing all of the smiling SRC faces at the biggest local summer race! We also look forward to supporting the Clarence Demar Marathon and Half Marathon in September.

Here's to another month of good runs, great friends and sunshine!

Cassie Cyr

Fourth Annual Run in the Park

May 26th, 2018 – 9:00 am

MARK YOUR CALENDAR if you love woods trail running and 5k and 10k races in a remarkable forested and water-filled world such as Pisgah State Park in Southwestern New Hampshire.

The Friends of Pisgah all-volunteer trails maintenance group is sponsoring its fourth annual RUN IN THE PARK on Saturday, May 26th. Race time is 9:00, earlier than last year, at the Horseshoe Trailhead parking lot.

The first 100 folks who register get a Run In The Park T-shirt. All runners get a free Friends of Pisgah membership for a year..

Proceeds from the races go to support Friends of Pisgah's effort to build and repair trail infrastructure, maintain and develop new trails, upgrade the roads, improve signage and blazing throughout the park, and more.

So go pull that calendar off the wall, take out a magic marker, and mark the May 26th date on the appropriate spot. We will post more details and registration information shortly. Put down that doughnut, lace on the running shoes, bundle up, get out there and get in shape for the races. May is not terribly far away.

Here's the link to register online <https://www.active.com/chesterfield-nh/running/distance-running/4th-annual-friends-of-pisgah-5k-10k-trail-race-walk-2018?int>.

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

Boston Marathon 4/16

- Okcle Johnson
- Cassie Cyr

Sports Medicine 5k 4/14/18

- Amanda Paul
- Darryl Perry
- Derek Paul
- Eric Shannon
- Jay Larareo
- Laurie O'Brien
- Nora Travis

Sleepy Hollow Mountain Trail Race 4/29/18

- Dan Moore
- Susanne Olson

Bionic5K, 4/29/18, Cambridge, MA

- Kevin VanderWoude

Newport Annual 10 Miler

A group of SRC members plans to run Newport, RI 10 miler on **Sunday June 3rd**. 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

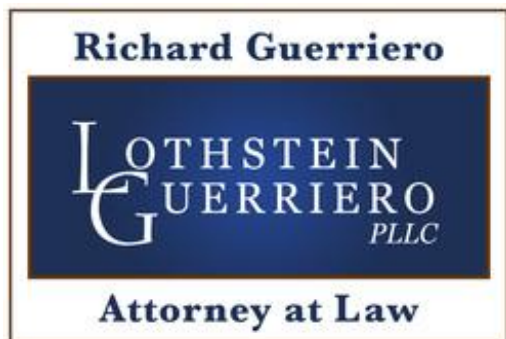


STRAVA

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.

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DOWNTOWN KEENE, NH
WWW.TEDSPORTS.COM



Scores Running Club

Email

scoresrunningclub@gmail.com

Website

www.scoresrunningclub.org

Board Contacts:

President & Social Media: Cassie

Cyr cassie.cyr2127@gmail.com

Vice President: Kathy Pritchard

kathpritch@gmail.com

Treasurer: Susanne Olson

suz69kris97@yahoo.com

Secretary & Newsletter – Andrea

MacMurray

akmacmurray@gmail.com

Head of Scholarship Committee –

Heather Lancey hlancey@gmail.com

Website development & Special

Event Point Person – Jay Larareo

jarareo@gmail.com

Drummer Hill Point Person & Back-

up treasurer – Jim Kahn

techtrek31@gmail.com

Race Development – David

Schillemat

Dschillemat@janostech.com

Stone Arch Bridge Race

Development – Dave Gruender

rgruender@twc.com