



# Scores Running Club Newsletter




**October 2017**

Weekly runs Tuesday 5:30pm @ Scores

## Upcoming Races & Club/Board Meetings

### October

- **SRC 10 Miler**   
**10/28/17**
- **Halloween Club run!** Tuesday 10/31 treats for all and prizes for best costumes.

### November

- Stuart & John's Run - Sunday 11/5 Long & Short Options See below
- Wobble Gobble – 11/23
- Board Meeting – 11/28

### December

- Ugly Sweater Run - benefit for the community kitchen (Date TBD)
- Board Meeting 12/26

### June

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

## Letter from the President

Wow – October is Scary! We have so much going on, so I'm sure you will appreciate a short letter here from the Pres! So let me just go with bullets on this letter!

\* Team Demar Rocks - \$6,500+ raised for KERC Charities – Awesome job!

\* Over a dozen of the club either ran or supported runners achieve monumental distances at the Ghost Train Trail Race – camping out for 24+ hours feeding, cheering, dancing and running with some superior, totally bad ass athletes– Suzanne Olson, Chris Casey, Barbara Bass, Sandra Chaplin and Lisa Jackson

\* Stone Arch Bridge 10 Mile Race is really here!! 65+ runners and growing fast!

\* Halloween falls on a Club Run Night – Got your costume?

\* Pancakes for Runners – November 5<sup>th</sup>!

With all this happening, it feels scary, but I'm feeling truly blessed to be a part of a fantastic group of runners who make every moment a pleasure! OK. True story – its 4:30 AM and I got run!

So for now? Go Run, Have Fun, Repeat!



## Stuart & John's Run

SRC plans to run to Stuart & Johns on **Sunday November 5th** for a yummy breakfast! You have two options 1) you can run the long distance of approximately 11 miles. Meet at **Wheelock Park 8:15 am**. There will be a car at Wheelock Park that is planning to drive your belongings to Stuart & Johns. Or 2) **choose your distance & run from Stuart & Johns on the rail bed.**

Please **email Susanne at suz69kris97@yahoo.com** so we can coordinate who is going, whose stuff we need to transport, how many people need rides back to Keene, and lastly but most importantly how many to reserve a breakfast table for. So **please RSVP**

## SRC Halloween Run Night

On **Tuesday October 31<sup>st</sup>**, SRC will be hosting a theme run during our typical running club night. We will all **meet at Scores at 5:30** as usual but dress up in your favorite costume! There will be prizes for best costume and goodies! Bring a friend; this event is open to the public! There is no registration fee but donations are always welcome, as we will put them towards funding these fun events and our youth scholarship fund! Hope to see you there!



## Club Members Race Accomplishments

### Clarence DeMar Half & Full Marathon 9/24/17 –

- Ann Henderson
- Arne Johannesen
- Brad Smedley
- Brian Phillips
- Damon Kindopp
- Dan Moore
- Dave Gruender
- Heather Lancey
- Jennifer Myers
- Kathy Pritchard
- Kevin Vanderwoude
- Laurie O'Brien
- Molly McCormack
- Nick Ryder
- Nora Traviss

- Susanne Olson
- Ockle Johnson

### Harpoon Brewery 3.66 Mile Race 10/8/17

- Dave Gruender
- Eric Shannon
- Jay Larao
- Nick Ryder
- Ockle Johnson

### Mt. Desert Island Half Marathon & Marathon 10/15/17

- Arne Johannesen
- Dan Moore

### Craft NH 10 Miler 8/26

- Dave Gruender

# 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



## 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!**

# Stone Arch Bridge Sponsors



THE MAIN STREET AMERICA GROUP





# 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

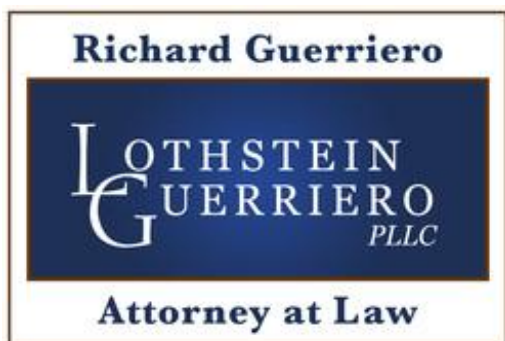
Check out the online store, there is some **cool new running gear**. It includes items that are perfect for winter running and would make great gifts. Check it out here:

<https://scoresrunning.itemorder.com/sale>



Kathy & Rob hosted a lovely brunch run at their home on Chapman Hill on Sunday October 15<sup>th</sup>. Steep hills and delicious food was involved.

## 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)