



Scores Running Club Newsletter



February 2016

Weekly runs Tuesday 5:30pm @ Scores

Upcoming Races & Club/Board Meetings

February

- Registration Opens for Mt. Washington 2/18
- Friday 2/19 6-8pm Ted's Shoe & Sport 20% off (DETAILS BELOW)
- Board Meeting 2/23 7pm

March

- **Club Meeting Thursday 3/3 7pm @ SCORES! Showcasing new Bulldog Attire!**
- Registration closes for Mt. Washington 3/15
- St. Patrick's Day Road Race Holyoke, MA. Wanna ride in the van? **RSVP to scoresrunningclub.org**
- Fast Friends 4.5 mile run & 2 mile walk race 3/26
- Board Meeting Tuesday 3/29

April

- Scrambled Egg Fun Run 4/2/16
- 4/9/16 Rabbit Run Half Marathon & 5k Newfane, VT
- Club Meeting Thursday 4/7 7pm @ Scores
- Sports Medicine 5k 4/16 Cheshire Medical Center
- Board Meeting Tuesday 4/26

May

- Club Meeting Thursday 5/5 7pm @ Scores
- Chesterfield Fun Run 1 mile, 5k, 10k, & Fitness Challenge 5/7
- Pisgah 5k/10k Trail Race 5/14
- IDIDARUN 10k 5/30 Swanzey, NH
- Board Meeting Tuesday 5/31

June

- Club Meeting Thursday 6/2 7pm @ Scores
- Run/Walk/Smile 5k @ Monadnock Developmental Services 6/6
- **SRC Drummer Hill Trail Race 6/11 8am**

Sign up online – Ultrasignup.com

Price – Before May 1st \$35, After \$40, Race Day \$45

- Mt. Washington Race – Club Road Trip 6/16
- Board Meeting Tuesday 6/28

October

- **SRC 10 Miler & 5k 10/29**

Welcome to the Board

Many members attended the Annual Club Elections this past month. Based on the ballot the following individuals have been selected to serve on the board during the upcoming year.

Brad Smedley – President

Susanne Olson – Vice President

John Lucey – Treasurer

Sarah Titus – Secretary & Webmaster

Ed Liebfried – Race Coordinator

Rob Miner – Event & Race Coordinator

Lou Kaletsky – Theme Run Team

Heather Lancey – Theme Run Team

Andrea MacMurray – Newsletter Editor & Theme Run Team

Note from Newly Elected President

Dear SRC Members,

As best practice to keep our members up to speed with what's happening with the Club and the Board of Directors, beginning this year, our monthly newsletter will include a note from our club President and the Board of Directors.

Greetings SRC! With elections out of the way, the 2016 Board of Directors is already off to a fast start. 2016 will be another ambitious year for SRC. We hope you are all with us for the long run!

We have on our agenda 2 primary races – our Drummer Hill Trail races – something I've never seen in this area. Already, interest on Facebook is very strong! As well, we have a proposed 10 mile and possible 5K race combo in the Fall. With corporate sponsors ready to support us, we are anxious to bring more quality races to the area.

Our Theme Team will be keeping it fun over the course of the year, with themed fun runs to keep the greater running community in the spirit of getting out for a run!

We already have two sponsor nights on the calendar in the coming months. You will hear directly from our sponsors, see what services they offer, and help us determine how they can best serve our Club and our members.

If that was not enough, look on the horizon for new club runs and social times, as well as host runs to allow us to share in the favorite running routes of our members and share some post run pot lucks!

We have many things to accomplish before we get to the finish line. As a fellow member quoted on an early morning run, "Somebody can't do everything, but everybody can do something!" How true that is! So, our appeal to you is 'BE an everybody!' Join a committee or just offer a little of your time to one our great club projects.

Runners on your mark, get set – GO!

Club Members Race Accomplishments!

- **4th Down & 4 Miler** – 2/1/2016
 - John Brown Place 3/89 Time 24:10 Pace 6:03
- **2016 USATF East Region & New England Masters Indoor Track & Field Championships** 1/31/2016
 - John Brown Time 5:16.41 Age-Grading 5:16.42 70.35% (1 mile)
 - John Brown Time 17:35 Age-Grading 17:35 71.75% (5000 Meter)
 - Jessica Marlier Time 10:18 Age-Grading 10:18 81.05% (3000 Meter)
 - Jessica Marlier Time: 17:52 Age-Grading 17:52 80.65% (5000 Meter)
- **Run Shots Fired Mens 5k** 1/31/16
 - John Brown Time – 17:40 Pace 5:31
- **Red Cap Run 4mile** 2/13/16
 - Jessica Marlier Time 22:40 Pace 5:40 Place 6/190 Div. 1/32
 - John Brown Time 24:11 Pace 6:03 Place 12/190 Div. 3/11
 - Hannah Brown Time: 26:05 Pace 6:35 Place 14/190 Div. 1/46
 - David Schillemat Time: 26:47 Pace 6:42 Place 15/190 Div. 5/17
 - Gunnar Shonbeck Time 27:56 Pace 6:59 Place 16/190 Div. 4/18
 - Lou Kaletsky Time 29:08 Pace 7:17 Place 25/190 Div 8/17
 - Arne Johannessen Time 30:46 Pace 7:42 Place 35/190 Div. 2/8
 - Rob Miner Time 30:46 Pace 7:42 Place 36/190 Div. 10/17
 - Lisa Sander Time 33:49 Pace 8:28 Place 69/190 Div 14/46
 - Molly McCormack Time 34:28 Pace 8:37 Place 83/190 Div. 19/46
 - Dani Turner Time: 35:08 Pace 8:47 Place 87/190 Div. 20/45
 - Cassie Cyr Time 35:39 Pace 8:55 Place 91/190 Div. 22/46
 - Laurie O'Brien Time 36:12 Pace 9:03 Place 95/190 Div. 2/14
 - Christina Christadis Time 39:45 Pace 9:57 Place 128/190 Div. 2/5



Bulldog Design will be hosting a special SCORES RUNNING CLUB event! Join us on **Thursday March 3rd at 7:00pm @ Scores.** Bulldog Design will be showcasing Scores Running Club Apparel. Come check out this great apparel. You can order right then and there! Or you can order through the SRC website!



Ted's Shoe & Sport will be hosting a special SCORES RUNNING CLUB event! Join us on **Friday February 19th during the hours of 6:00-8:00pm.** Ted will be offering a special discount to SRC members **20% entire store!** This a deal you do not want to miss! We know as runners we can always find something; new socks, shoes, clothing, gear, etc...

St. Patrick's Day 10k

Join SRC in 41st Annual St. Patrick's Day road race in Holyoke, MA. Would you like a ride to and from the race? RSVP to scoresrunningclub.org and we will sign you up for a spot on the van! <http://www.holyokestpatricksroadrace.org/>

Goal Races

What are your goal races this year? Let us know & we will publish.

- A few club members are planning to do the Eastern States 20 Miler March 26th. Interested; check the link out! <http://www.easternstates20mile.com/>
- Some are planning to do the Rock & Roll Half Marathon - Marathon Raleigh, NC April 9-10. Check the link out: <http://www.runrocknroll.com/raleigh/>
- Anchorage marathon - Mayors Midnight sun in Anchorage AK on Saturday June 18. <http://www.halfmarathons.net/alaska-mayors-midnight-sun-marathon-half-marathon/>
- A group is planning a trip to London, England in the fall to do the Ealing Half Marathon on September 25th, 2016. Want to join check the link out and/or email us for further details. <http://www.ealinghalfmarathon.com/>

Committees

Please contact us if you would like to assist us in anyway. We value everyone's input and hope you will consider helping out.

- Race Creation (Trail Race and/or 10 miler)
- Theme Runs (ie. Scrambled egg run, etc. events for public & members)
- Tuesday Night Run Organization
- Clothing Committee - new member shirt order, inventory,
- Speed Team – track workouts & Races
- Training Team – 26/26/2016 marathon training
- Sponsor Team – organizing sponsor nights, guest presenters?
- Newsletter
- Web Page
- Club Photographer
- Host Run Organizer
- Race Travel Team – post race party?

Reach the Beach

As a club, we would like to put together a group of people to complete Reach the Beach. The race takes place on September 16th & 17th. We need to assemble a team by the end of March. If you are interested, please email scoresrunningclub@gmail.com



Scores Running Club

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Theme Run Team: Heather Lancey

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SRC is now on INSTAGRAM! #scoresrunningclub

<https://www.instagram.com/scoresrunningclub/>

Did I forget to add something to the newsletter ... email me at andrea.macmurray@myfairpoint.net

Mt. Washington – June 16th, 2016

Mt Washington is the quintessential New Hampshire event, and in 2016 SRC hopes to make it a very special one for our club. Whether you choose to run, to drive a car to the top and bring runners down, or to just come north to be part of a great day (or maybe weekend), we hope you'll be a part of it. A number of SRC runners are already planning to take part. We'll be setting up the pop-up at the bottom, and personal coolers are welcomed. Maybe we'll light the grill as well!

Entry is BY LOTTERY, which opens on Feb 18 (details <http://mountwashingtonroadrace.com/lottery-opens-for-53rd-mt-washington-road-race/>) and closes on March 15th. The club has been granted a special by-pass entry, which will be awarded to a deserving club member, but you MUST go through the lottery process first. PLEASE be sure to register as part of the Scores Running Club team, regardless of your ability.

In future years, we hope to secure some additional bypasses, and this means we'll want to offer some volunteers to the race committee. This is a must for 2017, but to be able to do so this year would give us some credibility going forward. Please contact Ed Liebfried (ed.liebfried@gmail.com) if you plan to join us, whether or not you plan to run. Friends and family are welcome, and we'll hope to stay at the Eagle Mountain House in Jackson. Perhaps a group will choose to camp, too.

