



Scores Running Club Newsletter



March 2016

Weekly runs Tuesday 5:30pm @ Scores

Upcoming Races & Club/Board Meetings

April

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

May

- 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

- Newport RI Mansion 10 miler 6/5
- 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 6/18
- Board Meeting Tuesday 6/28

October

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

Letter from the President

Happy Spring SRC!

Finally! Warmer temps and more evening daylight! Time to take off a layer or two, stash the headlamp and enjoy Spring running in NH. Especially before the blackflies arrive!

While you all have been gearing up for a full season of running, your board has been busy – and having fun too!

Our two races are moving forward. Registrations are coming in for the June 11 Drummer Hill Trail Races! What is exciting is that none of the registrants so far are from this area. That means the word is out that running is great in Cheshire County!

By the time you read this, our first Theme Run of the season will be about ready to kick off. The Scramble Egg Run on April 2 will challenge your body and your mind! Come join us for a little run, a little puzzle and a whole lot of fun. Bring a friend to two or three or four....

Work is still underway on our Stone Arch Bridge 10 mile and 5k races we are targeting for October 29. There is so much to do in such a short amount of time, but this looks like we will have a great new race in town this Fall.

The 26/26/2016 training informational meeting was held on March 15 and attendance exceeded our expectations. So much in fact, we did not have enough handouts! The inspiration is contagious. Watch for exciting updates of our local runners looking to accomplish a marathon.

Since we last updated you, we have hosted two vendor nights. A special shout out to Teds Shoe and Sport and Bulldog Athletics for spending time to get us some deals and dress us properly for all of the running seasons.

And last but not least, in the past 30 days, you probably have seen your fellow Scores members on Twitter and Instagram. We are now are making connections with you in so many different ways! Also, by using these social media tools, it has been great to expand our club reach to the state, the region and now the running world! So be sure to use these apps to stay in touch when you are on the trails, at the races or just kicking back with SRC in mind. For those of you not tweeting and posting, check out our member website for a constant update of what your fellow members are doing with Twitter!

As always - Runners on your mark, get set – GO!

PHOTO CONTEST

We would like you to post pictures of either YOU or YOUR running buddies via Facebook, Instagram, or Twitter showing us how you're making strides in your spring training using the #SRCSpringAhead WINNERS ANNOUNCED 03/20 for the 1st day of Spring!

Club Members Race Accomplishments!

- **Northeast Conference Indoor Track and Field Championship. Boston, MA 3/6/2016**
 - Jake Velazquez ran the 3000 meters and came in 2nd in his age group with a time of 10:39.
 - Gunnar ran the 1500 meters and came in 4th with a time of 5:40. He also ran the 55 meter hurdles and came in 1st with a time of 13.7.
 - Reagan Hoy (daughter of Benny, Scores member) ran and she came in 1st in the 3000 meter for her age group and set a meet record with 11:47! She also won the 1500 m in 6:38.
- **Holyoke, MA St. Patrick's Day 10k 3/19/16**
 - John Brown - Time: 38:02 Pace 6:07
 - John Lucey- Time: 40:12 Pace 6:28
 - Rob Miner- Time: 50:36 Pace 8:08
 - Arne Johanesen – Time: 48:43 Pace 7:50
 - Maggie Rammos – Time 48:54 Pace 7:52
 - Andrea MacMurray- Time: 54:40 Pace 8:47
 - Dani Turner – 56:14 Pace 9:03
 - Heather Lancey - Time: 58:16 Pace 9:22

Full STEAM Ahead 5k May 21st

Our SRC member Kayla will be directing a 5k at Gilsum STEAM Academy on Saturday May 21st. The proceeds will benefit the school and their goals of providing the students with hands-on learning opportunities. Gilsum is just 10-15 minutes outside of Keene. It's going to be a great event! Would you like to volunteer email Kayla at Kayla.Patnode@yahoo.com and if you want to register for the race details on registration coming soon!



April 2nd, 2016

Scores Bar n Grille

Registration opens at 10:00

Run starts at 10:30

Scores Running Club will be hosting the [Scramble Egg Fun Run](#). The participants will be competing as teams to run and play a game. Each team will run on a mapped out course, where they will locate and gather all of their eggs and bring them back to Scores. Once back, the teams will compete in some friendly competition using the eggs gathered on the course.

Registration is day of event and cost \$10 per person or \$50 for a team of 6.

There will be light refreshments after the race and prizes too!

Please visit the Scores Running Club Facebook page for up to date information about this fun family friendly event.

SRC is now officially on Social Media

This Article is dedicated to Club President, Brad Smedley "Always keep learning. It keeps you young." -Patty Berg

In the last month, SRC launched Instagram and Twitter accounts. Now, if you just rolled your eyes HERE ME OUT! I understand some of us may already use these social networking services -- while others may need a little lesson... the biggest piece to understand is that both of these programs are a great way to allow us as a club to share, promote, and recognize... our mission, our events, *and* our members to a broader audience than Facebook alone. Social media is essentially free advertising, which as a non-profit club it's important that we utilize as a tool!

Facebook is great for connecting, sharing information, and scheduling events- however, Facebook is limiting, we can only reach as far as the people who have already "Liked" us and those people we already know. It's a big social media world out there, and we need your help as members to promote us. You can do this by inviting friends to our page, events, sharing posts, or simply posting to your *own* wall about your running. Ex: "Great run tonight w/ the **Scores Running Club**- Thanks **Susan Olson** for pushing me that last mile!" Genuinely posting things like this helps contribute to what we are all about- connecting the running community, working together to achieve our goals, and sharing our passion and appreciation for the sport!

What can Instagram and Twitter do that Facebook can't? We can reach a broader audience by way of the infamous **hashtag** (#). If you're thinking, what the heck is a # (hashtag), isn't that a pound symbol ??? A hashtag serves as a *link* between information in the social media world. The # turns any word or group of words into a searchable link. This allows for the organization of content, for example I might create the following Tweet:
@ScoresRunningClub: "Looking for a #**trailrace** this summer? Checkout #**DrummerHillTrailRace!** #**ultrarunning** #**runNH** <http://www.scoresrunningclub.org/drummer-hill-tr...>"

Now, these #'s are now links - now should not be used twice; so people searching for trail races, ultra running, or run in N.H. will see my post, follow the "link" to more information, perhaps leading to joining our club or participating in an upcoming SRC event. #'s connect us to people like you, as well as companies and organizations within the running community.

While Twitter I see used more as an informative platform (sending reminders, events, sharing articles, etc), Instagram I find to be more inspirational or motivating as it visually stimulates us. In both forums you're able to follow people, athletes, and organizations that matter to you. For instance, on Twitter I follow @laurenfleshman (professional athlete) @levelrunner (magazine) @runnersworld (magazine) @asicsAMERICA (company) @runningquotes (motivation) ...etc.

In both Twitter and Instagram you can connect directly with each other, the athletes, organizations, or companies like you've never been able to before! You connect by *mentioning* them using for example: "@**ASICSamerica** I'm loving my new #GelKayano shoes, feels good to be back!"... to which they may "Like" your Tweet/Instagram post or even "Reply" back to you, "@**sarah_titus** glad to hear it!"

In closing, social media is a necessary tool for growing our club and our events. Whether you're already connected on these platforms or not, check us out.

Sincerely. Sarah - Club Secretary

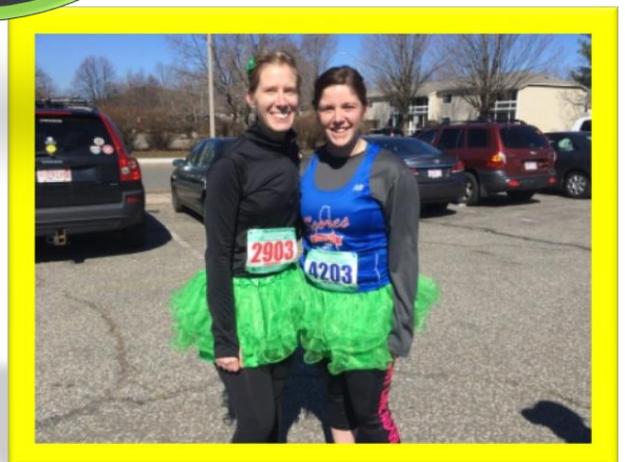
Twitter: @ScoresRunningClub

Instagram: scoresrunningclub

Hashtags to use: #scoresrunningclub #tuesdayclubrun #src262016

Holyoke St. Patrick's Day 10k-March 19th, 2016

The weekend after St. Patrick's Day a group of club members piled into a van to head to Holyoke to race a 10k. John Lucey was the ring leader! He has been running this race for the past 25 years and was excited to share the fun experience with his fellow club members. His lovely wife so generously agreed to be the van driver. The course was challenging with a few hills, but it was a lively atmosphere, you were never alone on the course running or hearing people cheer from the sidelines. It was a large race approximately 6,000 people. After the race, it's a huge city celebration! It truly was a memorable experience.



Welcome New Members!

Diane Cyr

Matt Hicks

Jessica LeClair

Simon LeClair

Kevin Vanderwoude



Goal Races

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

- 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?

Scores Running Club

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Did I forget to add something to the newsletter ... email me at
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Are you ready to go THE distance? Running is one of the best forms of physical activity because anyone can do it, just put on a pair of shoes and GO!! However, it takes a special type of runner to attempt the marathon distance. You must be motivated, disciplined, and have a certain base level of fitness to attempt this awesome feat. We, at Score's Running Club, have found that it is very helpful to train with a group. The group will hold you accountable for your runs, will motivate you when you are struggling, and will challenge you to succeed.

Running is an individual sport, with individual goals, paces, and abilities that can be performed in a group environment. We invite runners of all levels to join our 26-26-2016 marathon training group, whether this is your first marathon or fifteenth. We have runners of all levels, from beginners to mid-packers, from Clydesdales to Master's. Anyone can join and share in the experience of training for a marathon.

Our 26-26-2016 training plan begins with a six-week 'pre-training' fitness evaluation. We want all runners that are attempting the full marathon distance to stay healthy and injury-free, so we will ramp up the pre-training distance to 8 miles before the formal 20 week training plan begins. Groups and individuals will be expected to run various distances throughout the week, and the training group will meet on the weekend for the 'long-run'. Score's Running Club also has a weekly club run from Score's Bar & Grill on Tuesday evenings at 5:30pm, and we plan to utilize our club run as a training run for those who chose to run with the group more than once per week. Participants will have access to an online 'training log' to track the training program and the mileage of the group members.

This marathon plan is a 26 week plan that will be complete at race day for the 2016 Demar Marathon in Keene. However, 26-26-2016 is not a Demar sponsored event. There are many great fall marathons that can be used as your 'goal' race: Demar, Manchester, and Hartford, just to name a few.

The important thing to remember when starting a marathon training plan is that this is not an easy undertaking... if it were, everyone would be doing it. There will be times when you won't want to get up early to run, or put in the extra miles on the weekend. It is a commitment! Training with Score's Running Clubs 26-26-2016 will help to keep YOU motivated and accountable to YOUR personal goal... so join us and we will help YOU reach your marathon goal in 2016!

26 reasons to join the SCORES RUNNING CLUB marathon training group in 2016:

1. You want to increase your confidence
2. You want to maintain a healthy lifestyle and healthy weight
3. You want to decrease stress and improve your overall mental health
4. You want strengthen your lungs and cardiovascular system
5. You want to build bone density
6. You want to look great in your swimsuit this summer
7. You want to sleep better
8. You want to be able to eat more dessert
9. Running a marathon is a bucket list item
10. You have done the 13.1 and want to take it to the next level
11. You enjoy running with other people
12. You are competitive
13. Running a marathon has been a lifetime goal of yours
14. You love race shirts and medals
15. Your friends are doing it!!
16. You love brightly colored clothes and shoes
17. You want to build more mileage
18. You haven't run a marathon in years
19. You're turning 30 this year (or 40,50,60,70+)
20. You love healthy community events
21. You have always wanted to run a marathon, but needed someone to motivate you
22. You just joined a great running club and lots of members are running marathons in 2016
23. You want to EARN one of those 26.2 bumper stickers!!
24. You are chasing a new personal record
25. You think a training group will help keep you motivated
26. You want to see new roads or trails you have never seen
27. You want better posture
28. You want to build better endurance throughout the day
29. You want to increase joint strength and stability
30. You want to experience the notorious 'runners high'
31. You want physically stronger legs
32. You want to enjoy all 4 seasons with an outdoor sport
33. You love, well at least LIKE, running
34. You want a sport that pairs well with your diet plan
35. You hear that running a marathon can be a spiritual, as well as physical experience
36. Running can fit into a busy schedule, can do it while traveling, and won't break your budget

For more information, send your questions to
scoresrunningclub@gmail.com

