



Scores Running Club Newsletter



May 2016

Weekly runs Tuesday 5:30pm @ Scores

Upcoming Races & Club/Board Meetings

May

- Full STEAM Ahead 5k Gilsum, NH 5/21
- IDIDARUN 10k 5/30 Swanzey, NH
- Board Meeting Tuesday 5/31

June

- Run/Walk/Smile 5k @ Monadnock Developmental Services 6/4 – **VOLUNTEERS NEEDED! Email andrea.macmurray@myfairpoint.net**
- Newport RI Mansion 10 miler 6/5
- **SRC Drummer Hill Trail Race 6/11 8am**

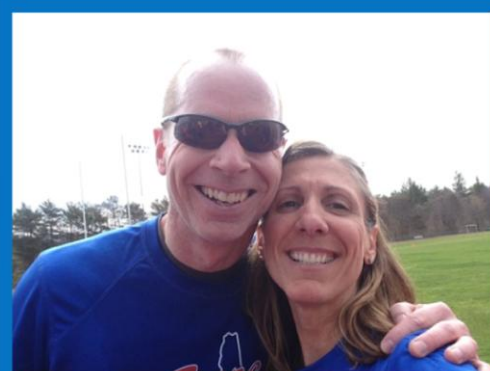
Sign up online – Ultrasignup.com

Price – \$40, Race Day \$45

- Mt. Washington Race – Club Road Trip 6/18
- Board Meeting Tuesday 6/28

July

- 4 on the 4th- 4 mile Race!
- Board Meeting 7/26 7pm



Letter from the President

Rain or Shine – SRC is running this Spring! The weather has been hit or miss, but it has not stopped us. We've seen great turn out at club runs and races. It looks like the spring surge is now resulting in messages like "the club run was longest distance I've ever run" and we are also hearing of some race PRs! Clearly, we are off to a great running season!

When not running, the board has been busy with a lot of club business. A few highlights are; getting DHTR ready for race day, 26/26/2016 training runs, organizing fun runs and answering the call from local race directors for volunteers. We continue to get great feedback from race directors and race participants about the SRC spirit either on the course or on the sidelines! It's a great feeling to be recognized for sharing our passion for running from our running community.

On that note of sharing, one of the guiding missions of SRC is to promote running as a great way of life, especially with the younger, "up-and-coming runners" of tomorrow. To turn this passion into something tangible, the SRC board has been pursuing an SRC Youth Scholarship. Starting with the 2016-2017 academic year, we are looking to provide a onetime monetary award and club membership to a graduating high school student from KHS and MRHS. Student athletes will apply for the scholarship and will be chosen based on a record of their commitment to the sport while attending high school and their pursuit of that passion during their collegiate years. We are currently working with the guidance teams at KHS and MRHS and feedback so far has been fantastic!

Fund raising for this scholarship will come from our hosting races and fun runs as well as appeals to the community to sponsor our events through charitable giving. In the coming weeks, you may see or hear of a letter sent to many community employers about donating to our races and non-competitive running events in 2016 and 2017. We feel we have put together a sound plan to help fund our events and scholarship fund. If you think your employer may be interested in participating, please let a board member know and we will be happy to contact them personally.

Sharing the fun of running with others is a founding core value of SRC. Thanks to all of your passion for running with SRC, it's very exciting that as an established and recognized club we can now be in a position use that spirit and energy to make a difference in our community. Thank you all for joining us for the long run!

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

Club Hosted Event



Sunday May 22nd; SRC will be hosting a destination group run. We will meet at Brewbakers in Keene at 8am and carpool to The Marina Restaurant in Brattleborough, VT. From there we will jump onto the rail trail and run; it is approximately 7-8 miles out and back. Groups can choose the distance that works for them. After the run we will all enjoy brunch at the Marina (\$16 buffet *other ala carte items available).

Please RSVP to hlancey@gmail.com

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!

Register at http://www.tri-state-racingonline.com/reglivecb.aspx?eventyear_id=30 and check out the facebook page!

Would you like to volunteer? Email Kayla at Kayla.Patnode@yahoo.com



**DRUMMERHILL
TRAIL RACES**

**JUNE 11
SATURDAY**

**KEENE NH
DRUMMER HILL**

**10K LOOP
UP TO 5 TIMES**

10K-50K
\$35 UNTIL MAY 1
\$40 UNTIL JUNE 10
\$45 DAY OF RACE

**REGISTER AT
ULTRASIGNUP.COM**

SPONSORED
IN PART BY  **THE MAIN STREET AMERICA GROUP**



Drummer Hill Trail Race is coming up soon! This is premier event for Keene, and the first BIG Score's Running Club race.

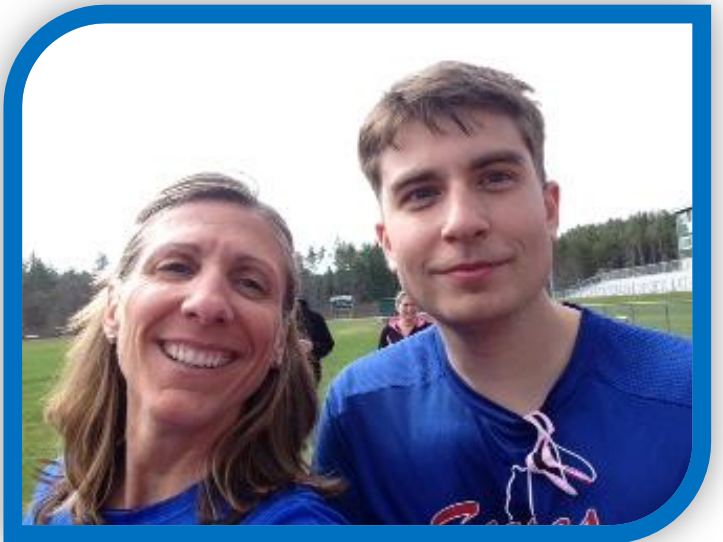
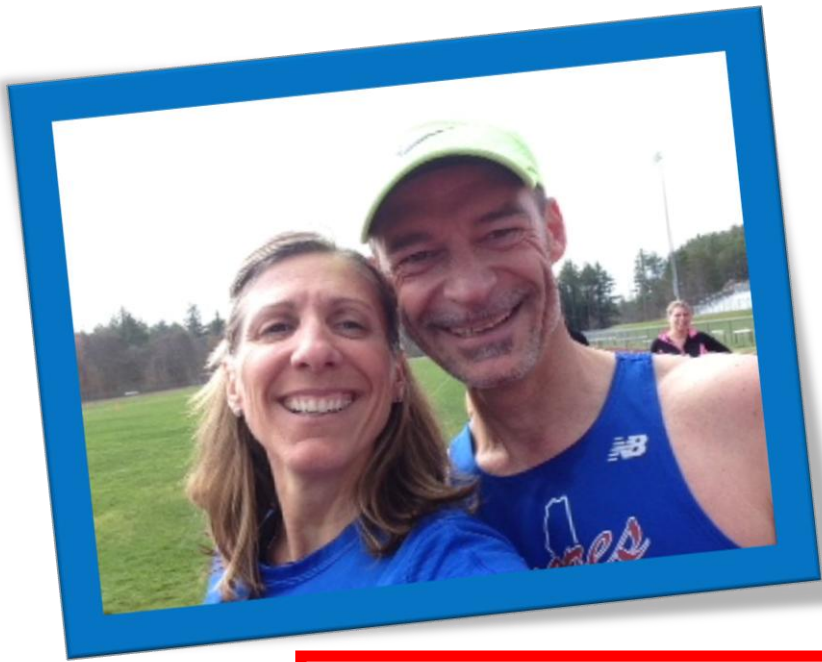
The course is a challenging 10K loop, with one aid station on the course at approximately half way. Runner have the option to run the loop up to FIVE times for 50K.

Join us on Saturday, June 11th, for the Drummer Hill Trail Races!

Registration is open!
<https://ultrasignup.com/registrer.aspx?did=37481>

Race t-shirts, great food at the aid stations, and LOTS of SRC members will be there to cheer us on!!

If you would like to volunteer for this event, please contact Chris Casey.





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.

If you are interested in joining the Strava Community go to strava.com, joining is easy and there a FREE option as well as a pay per month option that comes with some other bells and whistles. Once you are registered, go to "explore – clubs" and search for Scores Running Club to be part of our Strava club.

Mountain Goat Series

Calling all runners who are up for a hill-climbing adventure this summer season! The New-England Mountain Series is a series of 8 races that start in May and end in early October. They take place in VT, MA, and NH.

A nice small group of runners from Keene and surrounding towns did this series last year, and we had a complete blast! I want to put together a fun group again for 2016, and all who are interested can join!

All you have to do is say "YAY, I'M IN ARNE" and you are in :)

If you complete only 6 of the 8 races, you officially qualify as a Mountain Goat, which is acknowledged with a very cool shirt from the USATF!

In order to be considered for the Mountain Goat status, you **must** register as a member of the "USA Track & Field" organization here: <http://www.usatf.org/Home.aspx> It is only \$30 :) (You do not need to register with the USATF to run these Mountain Series events; only if you wanna be a goat).

The races are inexpensive, some are on trails, some are a combo of trails, gravel roads, and ski slopes! Most of them have up-hills as well as down-hills. It is a challenging series of runs and a couple of them are "very special".

I gained more strength and aerobic capacity from doing this series last year than any other running adventure. MOST importantly, it was a lot of fun! Is it crazy? Of course it is! Isn't it really hard to run those hills? Well yeah, but when you do this with a bunch of running buddies, it all becomes a fun team building adventure where it now seems cool and "normal". I fit these races into my Marathon training regiment last summer, and it worked out perfectly fine.

Links to all of these races are here: <http://www.usatfne.org/trail/> Click each link to register individually.

First, one is on May 15 in VT, and is a really cool 6.4 mile trail run.

The series is humbling and challenging, but a ton of fun! Your running speed does NOT matter in this series, only your participation! Just can't tell you how many laughs we had after some of these runs :) We will figure out who is driving and where to meet as we go.

Thanks,

Arne Johannessen. thor4hammer@yahoo.com

USATF-NE Mountain Circuit 2016 Schedule

May 15 - [Sleepy Hollow Mt. Race](#)
May 28 - [Wachusett Mountain](#)
June 5 - [Pack Monadnock](#)
June 12th - [Ascutney Mt. Challenge](#)
July 3- [Loon Mountain Race \(USATF-NE Mountain Champs\)](#)
July 10 - [Cranmore Hill Climb](#)
Sept 4 - [Mt. Greylock Road Race](#)
Oct 1 - [Bretton Woods Fell Race](#)

<http://www.usatfne.org/trail/>

Club Members Race Accomplishments!

Around the World 5k- 4/30/16

- Nick Ryder Place 3/ 43 Time 21:16
Pace 6:51
- Arne Johannessen Place 4/43 Time
21:53 Pace 7:03
- Brad Smedley Place 10/43 Time 25:56
Pace 8:21
- Susanne Olson Place 12/43 Time 26:00
Pace 8:22
- Nora Traviss Place 16/43 Time 28:53
Pace 9:18

Long Island Marathon – 5/1/16

- Nicole James- Time 3:45 PR!

Healthy Starts 5k – 5/7/16

- Gunnar Shonbeck Place 2/34 Age Div.
1/1 Time 20:41 Pace 6:40
- Frank Domitrovich Place 5/34 Age Div.
2/3 Time 25:34 Pace 8:14
- Andrea MacMurray Place 8/34 Age Div.
2/6 Time 26:12 Pace 8:18

Big Lakes Half Marathon – 5/7/16

- Cassie Cyr Place 424/641 Age Div.
34/58 Time 2:13:42 Pace 10:13

MDS Run, Walk, Smile 5k

June 4th, 2016

Monadnock Developmental Services will be hosting its second annual MDS Run, Walk, Smile **5k on Saturday June 4th, 2016**. The purpose of this race is to raise fund for dental expenses for people with developmental disabilities.

Since this is such a fun race for such a great cause, Scores Running Club would like to provide a group of volunteers for MDS.

If you would be willing to volunteer, please email

andrea.macmurray@myfairpoint.net





Hello Marathoners!

The pre-training is complete for the Score's Running Club 26-26-2016 marathon training program! Now we have started the formal 20-week Cool Running program. The first few weeks are not so bad, but this is not the time to slack because we will be into double digit long runs in less than a MONTH!

If you would like to be added to our private training FB page, please let me know. I have also create a running log in Google Docs to track our mileage. If you would like a link to the Google Doc, let me know!

We have 20 weeks to prepare for the Demar, or another fall marathon of your choice... so lace up your sneaks and let's go running!

Here's the Week 2 schedule:

Week 2- ending Sunday 5/22
Mon 5/16- off
Tues 5/17- 3M
Wed 5/18- 5M
Thurs 5/19- 3M
Fri 5/20- off
Sat 5/21- 3M
Sun 5/22- 7M

Happy running!
Susanne

Welcome New Members!

Brian Phillips

Scores Running Club

Email

scoresrunningclub@gmail.com

Website

www.scoresrunningclub.org

Board Contacts:

President: Brad Smedley

bsmedley.bs@gmail.com

Vice President: Susanne Olson

suz69kris97@yahoo.com

Treasurer: John Lucey

jlucey1955@gmail.com

Secretary & Webmaster:

Sarah Titus stitus4@gmail.com

Newsletter Editor :

Andrea MacMurray

andrea.macmurray@myfairpoint.net

Race Coordinator:

Ed Liebfried ed.liebfried@gmail.com

971-344-8730

Race Coordinator:

Rob Miner Robert.Miner@staples.com

Theme Run Team:

Lou Kaletsky

walpolescouter@yahoo.com

Theme Run Team:

Heather Lancey

hlancey@gmail.com