



Scores Running Club Newsletter



Weekly Club Runs

Tuesday's 5:30 pm

Scores Sports Bar & Grille

82 Main Street Keene, NH 03431

We've got some hardy souls! Despite the dark, our Tuesday night runs are still attracting 20+ weekly runners. Grab your headlamp and come on down!

January 2016

Upcoming Races & Club/Board Meetings

January

- Board Meeting 1/26 7pm

February

- Club Meeting Thursday 2/4 7pm @ Scores – Board Elections - **COME VOTE!!!**
- Kenny's Red Cap Race Saturday 2/13 10am Railroad Square
- Friday 2/19 6-8pm Ted's Shoe & Sport 20% off
- Board Meeting 2/23 7pm

March

- Club Meeting Thursday 3/3 7pm @ Scores
- Board Meeting Tuesday 3/29

April

- Club Meeting Thursday 4/7 7pm @ Scores
- Board Meeting Tuesday 4/26

Annual Board Elections

Members are invited to attend the first Open Club Elections of 2016, to be held at Scores on **Thursday, February 4th at 7:00 PM.** This all-important meeting will entail you the member voting on 9 nominees from the previous board meeting recently nominated in January.

About the Voting & Election Process

During this meeting (Thursday 2/4 7pm @ Scores) the annual election and presentation of the new board will take place by secret ballot. **Members IN ATTENDANCE** may vote for up to nine nominees, with the highest number of votes determining the nine-member board. In case of a tie involving the ninth and final seat on the Board, a run-off election between the tied nominees will take place immediately after the vote result is announced. Nominees have the opportunity to speak briefly to the membership prior to the start of the balloting.

The new Board of Directors will meet within the week following the general election to elect new officers. The 2015 President, or designee, will preside over this meeting until the new President has been elected by the Board. The date and time for this meeting will be set by the new Board immediately following the Feb. 4 meeting.

Club Members Race Accomplishments!

Peanutbutter Chip Chase 5k 1/1/2016

<u>Eric Shannon</u> -	Place - 4/236	Time - 18:16	Pace - 5:54
<u>Arne Johannessen</u> -	Place - 25/236	Time - 21:31	Pace - 6:57
<u>Lou Kaletsky</u> -	Place - 40/236	Time - 23:40	Pace - 7:38
<u>Angella Joslyn</u> -	Place - 42/236	Time - 23:47	Pace - 7:41
<u>Clint Joslyn</u> -	Place - 43/236	Time - 23:47	Pace - 7:41
<u>Susanne Olson</u> -	Place 52/236	Time - 24:33	Pace - 7:55
<u>Gunnar Shonbeck</u> -	Place - 68/236	Time - 25:20	Pace 8:11
<u>Robert Miner</u> -	Place - 69/236	Time - 25:24	Pace 8:12
<u>Stephanie Droppa</u> -	Place - 74/236	Time - 25:50	Pace - 8:20
<u>Ed Liebfried</u> -	Place - 84/236	Time - 26:20	Pace - 8:30
<u>Andrea MacMurray</u> -	Place - 104/236	Time - 27:51	Pace - 8:59
<u>Larry Wallnau</u> -	Place - 149/236	Time - 32:37	Pace - 10:32
<u>Christina Christides</u> -	Place - 162/236	Time - 33:56	Pace - 10:57
<u>Newt Tolman</u> -	Place 188/236	Time - 39:03	Pace - 12:36
<u>Tracy Kaletsky</u> -	Place 204/236	Time - 43:07	Pace - 13:55
<u>Heather Lancey</u> -	Place 215/236	Time 45:38	Pace - 14:43

Hangover Classic 10k 1/1/2016

John Brown Time - 37:12 Pace - 5:58

Anthem Manchester City Marathon/ Half Marathon

Arne Johannessen Time - 1:32:22 - 1st in Age Group!

Susanne Olson Time - 1:55:35 Pace 8:50 F.Div. 8/50

Mitchell Hill - a youth member of Scores RC and ran on the Monadnock Middle School Cross-Country team. Check out what he has been up to...

Cutler School student aims to make being healthy fun

http://m.sentinelsource.com/mobile/news/local/cutler-school-student-aims-to-make-being-healthy-fun/article_8b8580db-bab9-5e7b-a72e-881d6260eded.html



Nominations

Here is a list of nominees that were nominated during the club meeting in January. Each nominee has given a statement about their support for the club.

1. **Andrea MacMurray**- “I have enjoyed running for many years now; but I was looking to get to know more runners. SRC has done that and beyond! Now many times we attend races together. SRC is not just a running club but it’s a group of friends. I have been developing the newsletter each month with the help of many other club members’ support. SRC continues to grow and I will continue to do what I can. And yes, I will continue to bake plenty of treats for functions”.
2. **Brad Smedley** – “I have had a desire to build a running club in Keene since the late 1990s. My previous attempts had been only moderately successful in tying together the local runners into simply a “running network”. In 2015, I had been blessed to be a part of a team of dedicated volunteers that have built SRC from scratch to what it is today; a solid club foundation. As, I consider SRC still a “work in progress” I am anxious to bring SRC to an even higher level based on the needs of our committed members as well as the needs of runners of greater Cheshire County. I believe my passion and vision as well as my deep connections to the local running community would be an asset to the SRC Board”.
3. **Dave Grunder**- “I recently retired from the Indianapolis Symphony and relocated to Keene and I liked the running opportunities the area provides. I normally run three or four half marathons a season; my last full marathon was Chicago in 2013. I have both the time and commitment to work behind the scenes on Scores Running Club projects now and in the future. I am currently on the committees for the June Trail Race and the fall 10 miler”.
4. **David Schillemet** – Help keep the club strong and help-out where I can.
5. **Ed Leibfried**- “It has been a great joy seeing SRC grow from a vision, shared over beers with Brad Smedley and Clint Joslyn, into the vibrant and fast-growing club that it has become. I remain committed to that growth, and to helping the club become all that it can be, athletically, socially and as a force promoting health and well-being in the community. It is hard to believe how much progress we've made just since that initial conversation back in April. It is my hope to step back from my role as president, to focus on projects such as a fall road race, and would be proud to again serve as a member of the voting Board of Directors”.
6. **Heather Lancey**- “I have been running for five years and was looking for something new and extra in my runs. I found SRC and it was just what I was looking for. I’m looking forward to watching SRC grow and succeed into the future. I will continue to "work behind the scenes" with all runs, events and supporting of club members or where a helping hand is needed. Id like to be a welcoming face to all new members and make them feel like a part of the group from day one and help the club grow so that it fits a wider spectrum of runners”.
7. **John Lucey** – Numbers Guy, Real Talk, Retired *got time*
8. **Lou Kaletsky** – “I’m still fairly new to running but have a passion for it, the club, and a strong desire to help keep the club relevant in Keene. If I’m fortunate enough to serve on the board, I’ll continue to focus my energies towards community events”.
9. **Rob Miner**- “I joined the club to keep me motivated and meet like-minded people. It is much easier to keep a running commitment if other folks are depending on you to show up. I think the club already has something special to offer the members and community and would look forward to helping grow membership, activities, and involvement”.
10. **Sarah Titus** – "I joined this club to help motivate me and help me reconnect with my passion for running since taking a hiatus, I'm happy to say that being a part of the SRC has done just that. I enjoy helping behind the scenes how I can and representing the club and it's members. I have worked as a member of the board as the Secretary as well as Web Master, the best part about the job is hearing, contributing, and sharing many of the events that the club is working on."
11. **Susanne Olsen** – Honored to serve, looking forward to being on trail race committee and other such events.

Press Release



On Thursday January 7, the SCR Board of Directors announced its annual awards for the 2015 season

Runner of the Year – Eric Shannon of Peterborough NH – was recognized for his 2015 with numerous top finishes including a first place overall finish at the Santa Shuffle in Manchester NH

Member of the Year – Andrea MacMurray of Keene NH –was recognized for her commitment to volunteering for the most club events including providing homemade refreshments for the club running events.

Most Improved Runner – Lou Kaletsky of Swanzey NH - was recognized for setting the most PRs (personal records)throughout the racing season.

Club Member World Ambassador- Nancy Reisig of Keene NH - was recognized for representing the club at numerous racing events outside the region. Her goal of attempting a half marathon in every state included a race as far away as Missoula Montana.

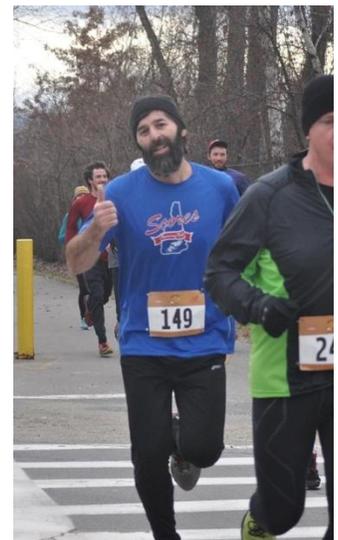
About Scores Running Club:

Scores Running Club serves southwestern New Hampshire and the surrounding communities of Vermont and Massachusetts. Our goals are to serve the running experiences of our members and the local running community, while enhancing the many small running clubs and groups in the area.

Sincerely,

Brad Smedley,

Board of Directors – Community Relations Representative



Scores Running Club Proud members of:



Catch the Blue Wave – www.scoresrunningclub.org or on Facebook as Scores Running Club

Post Office Box 793, Keene, NH 03431

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/>
- 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/>

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

Welcome New Members!

Beth Smedley, Keene

Cassie Cyr, Keene

Jennifer English, Keene

Liam Smedley, Keene

Tom Julius, Gilsum

Tracey Kaletsky, Swanzey

Scores Running Club

Email—scoresrunningclub@gmail.com

Website -www.scoresrunningclub.org

Contact Person—Ed Liebfried, Club President

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Board Contacts:

President: Ed Liebfried

ed.liebfried@gmail.com - 971-344-8730

Vice President: Position Vacant

Treasurer: Michelle Gaffney

meshell1027@aol.com

Secretary & Webmaster: Sarah Titus
stitus4@gmail.com

Community Affairs: Brad Smedley
bsmedley.bs@gmail.com

Logistics & Trail Running Chris Casey
montroller@aol.com

Apparel Coordinator Susanne Olson
suz69kris97@yahoo.com

Board Appointed Positions:

Newsletter Editor Andrea MacMurray
andrea.macmurray@myfairpoint.net

Online Store is up & running check it out at **scoresrunningclub.org**

What do you think about the new online store? Email us your feedback at scoresrunningclub@gmail.com

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