



Scores Running Club Newsletter



Weekly Club Runs

Tuesday's 5:30 pm

Scores Sports Bar & Grille

82 Main Street Keene, NH 03431

Runs will continue in the dark - make sure to wear reflective gear. Safety in numbers!



October 2015

Scores Running Club

Email—

scoresrunningclub@gmail.com

Website -

www.scoresrunningclub.org

Contact Person—Ed LiebFried,
Club President

Phone—(971)-344-8730

Mailing Address— P.O. Box #793
Keene, NH 03431

Upcoming Races & Club/Board Meetings

October

- Board Meeting 10/27 7pm
- Pumpkin Mile 10/24/2015 8am Cheshire Fair Grounds Registration - 7-7:45am
- Predict your time club-only 3.67mile Halloween run! Costume contest & Prizes! 10:30 @ Scores

November

- Club Meeting Thursday 11/5 7pm @Scores
- Club Hosted Event @ John Lucey's Home (615 Hurricane Road Keene, NH)- Sunday 11/15 9am. 5/10 mile loop. Just lace up your running shoes and join us for a nice run!
- Board Meeting 11/24 7pm
- Wobble Gobble—Thanksgiving (11/26) 4 miles 9am @ Keene Rec. Center

December

- Club Meeting Thursday 12/3 7pm @ Scores
- Board Meeting 12/29 7pm



Member's Predict your Time Halloween Run

Who: Club members and new members wishing to join the club

What: 3.67 mile predict your time run.

NO WATCHES ALLOWED!!

When: Saturday 10/31/2015 Registration 10:00-10:30 Race Starts at 11:00

Where: Scores bar and Grille

Cost: \$10 - Current Members \$40 - New Members (Includes discounted club registration and race registration)

Join us for a fun Halloween predict your time 3.67mile run. Leave your watches at home. There will be prizes for members who are best able predict their time. Be creative with your costume choices. There will be prizes awarded based on most challenging to run in, most runner related, and more. There will be light refreshments afterwards. **RSVP to scoresrunningclub@gmail.com**



Club Members Race Accomplishments!

- **MadAthlete Emerald Necklace** 3 Day Stage Race - August
 - Chris Casey - Finished 12th overall with a net time of 19 hours 21 minutes
- **Pisgah 50k Trail Race** 9/20/2015 (Chesterfield, NH - 70 Finishers)
 - Chris Barry 17th 5:34:14
 - Chris Casey 33rd 6:11:24
 - Susan Olson 42nd 6:32:50 10/24 Females 1st 40+
- **Pisgah 23k Trail Race** 9/20/2015 (Chesterfield, NH - 114 Finishers)
 - Carrie Albright 79th 2:56:36
 - Maggie Ramos 83rd 2:59:16
 - John Glezen 106th 4:03:20
 - Newt Tolman 109th 4:13:40 1st 70+ Finisher
 - Annie McGettigan-Erez 114th 5:58:45
- **Clarence DeMar Half-Marathon & Marathon** 9/27/2015
- **Marathon**
 - **Chris Landon** Place 20/262, Div. 3/51 Time 3:04:48 BAA qualified
 - **Ockle Johnson** Place 27/262 Div. 1/ 14 Time 3:15:23 Pace 7:28
 - **Arne Johannessen** Place 35/262 Div. 6/ 30 Time 3:21:20 Pace 7:41
 - **Michelle Gaffney** Place 96/262 Div. 10/ 36 Time 3:51:05 Pace 8:49
 - **Nicole James** Place 111/262 Div. 10/ 34 Time 3:56:12 Pace 9:01
- **Half Marathon**
 - **John Lucey** Place 13/337 Div. 1/17 Time 1:32:07
 - **Angella Joslyn** Place 34/337, 7th Female Div. 3/65 Time 1:43:24
 - **Ed Liebfried** Place 64/337 Div. 4/17 Time 1:49:34
 - **Rob Miner** Place 79/337 Time 1:51:51
 - **Sandra Chaplin** Place 111/337 Div. 14/65 Time 1:56:34
 - **Stephanie Droppa** Time 116/337 Div. 15/69 Time 1:57:16
 - **Rick Bendel** Place 148/337 Time 2:00:49
 - **Nora Traviss** Place 156/37 Div. 23/65 Time 2:02:57
 - **Christina Christides** Place 269/337 Time 2:26:01
- **Harpoon Brewery Race** 10/11/2015
 - **Eric Shannon** Place 7/1,136 Div. 2/178 Time 21:15 Pace 5:49
 - **Benny Hoy** Place 12/1,136 Div. 5/178 Time: 21:52 Pace 5:59
 - **Clint Joslyn** Place 21/1,136 Div. 4/97 Time 23:00 Pace 6:17
 - **John Lucey** Place 23/1,136 Div. 1/25 Time 23:10 Pace 6:20
 - **Ockle Johnson** Place 39/1,136 Div. 2/25 Time 24:09 Pace 6:36
 - **Sarah Titus** Place 57/1,136 Div. 3/200 Time 25:07 Pace 6:52
 - **James Kahn** Place 59/1,136 Div.18/178 Time 25:10 Pace 6:53
 - **Angella Joslyn** Place 135/1,136 Div. 7/124 Time 27:22 Pace 7:29
 - **Ed Liebfried** Place 178/1,136 Div. 6/25 Time 28:21 Pace 7:45
 - **Francis Domitrovich** Place 206/1,136 Div. 64/178 Time 29:02 Pace 7:56
 - **Lou Kaletsky** Place 213/1,136 Div. 23/97 Time 29:13 Pace 7:59
 - **Lisa Sander** Place 232/1,136 Div. 21/200 Time 29:33 Pace 8:05
 - **Heather Lancey** Place 287/1,136 Div. 29/200 Time 30:19 Pace 8:17
 - **Carrie Albright** Place 330/1,136 Div. 42/227 Time 30:50 Pace 8:26
 - **Molly McCormack** Place 346 Div. 40/200 Time 30:59 Pace 8:28
 - **Andrea MacMurray** Place 367 Div. 42/200 Time 31:20 Pace 8:34
 - **Nora Traviss** Place 388/1,136 Div. 30/124 Time 31:40 Pace 8:39
 - **Kayla Dooley** Place 472/1,136 Div. 62/200 Time 32:41 Pace 8:56
 - **John Glezen** Place 906/1,136 Div. 52/66 Time 40:00 Pace 10:56
 - **Ann McGettigan - Erez** Place 1,119/1,136 Div. 118/124 Time 54:59 Pace 15:02
 - **Brenda Adams** Place 1120/1136 Div. 72/72 Time 55:00 Pace 15:02
- **Mount Desert Island Marathon**, Maine, 10/16/2015
 - **Sandra Chaplin** Time 4:40:11
- **Chickens on the Loose 5k** 10/17/2015
 - **Benny Hoy** Place 2/228 Time 18:33 Pace 5:59
 - **Jake Velazquez** Place 3/228 Time 18:47 Pace 6:04
 - **Reagan Hoy** Place 10/228 Time 23:12 Pace 7:29
 - **Lou Kaletsky** Place 16/228 Time 23:54 Pace 7:43
 - **Heather Lancey** Place 25/228 Time 25:39 Pace 8:17
 - **Andrea MacMurray** Place 34/228 Time 26:15 Pace 8:28
 - **Nora Travis** Place 36/228 Time 26:24 Pace 8:31
 - **Ella Hoy** Place 51/228 Time 28:42 Pace 9:16
- **Udder Madness 5K** 10/10/2015
 - **Nicole James** Time 24:12, Div. 11/68, 4th Female and a PR
 - **Sandra Chaplin** Time 25:31, Div. 13/68, 5th Female
- **Granite State Ten Miler**, 10/18/2015 (183 Finishers)
 - **Rachel Lakin** Time 1:43:29
 - **Christina Christides** Time 1:54:01
- **KSC Owl 5k Run** 10/23/2015
 - **Lou Kaletsky** Place 11/ 80 time: 23:56
 - **Omar Dz** - Place 20/80 time 25:50
 - **Nora Travis** Place 24/80 time: 26:15
 - **Melinda Noel** Place 25/ 80 time: 26:26
- **Pumpkin Mile**
 - **Nicole James** Place 9/72 Time 7:17
- **Brandon Garabrant Memorial 5k** 10/25/2015
 - **Eric Shannon** Place 1/119 Div. 1/5 Time 17:55 Pace 5:47



Burr its getting Cold Outside...

Are you prepared for winter running? Purchase a Scores Running Club long sleeve T-Shirt for \$22 available in Royal Blue or Red.

Contact Susanne Olson to purchase



suz69kris97@yahoo.com



Website Information

Anticipating the websites arrival soon...Items to be added are half-zip pullovers, shorts, warm-up pants and more all with the Scores Running Club Logo. Stay tuned!

Board Contacts:

President: Ed Liebfried
ed.liebfried@gmail.com - 971-344-8730 (C)

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
montrroller@aol.com

Apparel Coordinator Susanne Olson
suz69kris97@yahoo.com

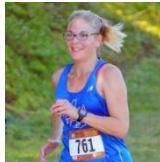
Board Appointed Positions:

Newsletter Editor Andrea MacMurray
andrea.macmurray@myfairpoint.net

General Club Correspondence should be addressed to: scoresrunningclub@gmail.com or Snail Mail to PO Box 793, Keene NH 03431

MEMBERSHIP

All ages and abilities are welcomed.



\$35.00 **Lifetime Membership Fee.** Includes choice of SRC Club Racing Singlet or Tee-shirt.

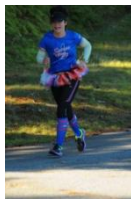
\$20.00 (Youth -- 17 and under). Includes choice of SRC Club Racing Singlet or Tee-shirt. (Family discounts available)

How to join

Join us for a regular Tuesday night club run and request a registration form (Cost \$35—Adult \$20 Youth). Or Log onto www.scoresrunningclub.org on the main page click "join us".

CLUB BENEFITS

- Meeting, running, racing, and socializing with a great group of people!
- Group runs at a variety of paces and distances
- Additional group runs and events
- Coaching Opportunities
- Members receive a Scores Running Club **Tee-shirt** or **Racing Singlet**
- Members receive a \$10 Gift Card at Ted's Shoe & Sport upon joining
- Members receive a 10% off discount at Ted's Shoe & Sport
- Monthly Club Meetings - Variety of topics
- Members receive discounted food and drinks at Scores Bar & Grille



Welcome New Members!

Jen Burke	Frank Domitrovich
Carrie Albright	Hannah Brown
Benny Hoy	Gerry Therrien
Eric Alarie	Branda Adams
David Gruender	Stan Dutton
Paula Gilsean	Matt Pham
Katherine Pritchard	Rob Pritchard
Sandra Chaplin	Chris Landon
Stephanie Droppa	Janelle Travers