



Scores Running Club Newsletter

September 2018

Weekly runs Tuesday 5:30pm @ Scores

Upcoming Races & Club/Board Meetings

September

- Clarence DeMar – 9/30 Keene, NH

October

- Friends of the Poor 5k – New Ipswich NH (Date either 10/6 or 10/13)
- Harpoon Brewery 3.66 Race – Windsor, VT 10/7
- CHAD Half & 5k Race – Lebanon, NH 10/14
- Paris, France Road Race 20k – 10/14 (A group is planning to go in the fall. If you're interested please email akmacmurray@gmail.com for more information)



- 2nd Annual SRC Stone Arch Bridge Race 10 miler – 10/27 Keene, NH



November

- 3rd Annual Stewart & John's Run – 11/3
- Wobble Gobble 11/22

December

- Ugly Sweater Benefit the Community Kitchen Run – 12/8



Letter from the President

For those of you who have been preparing all summer for the Clarence DeMar half or full marathons, have the taper crazies set in yet? This time of year, Keene turns into a small running hub, with the DeMar banners up on Main St., the streets flooded with runners in the early morning hours and the sound of those athletes worrying about every little sneeze and twitch before race day. For the first time, look for our SRC tent on the quad near the finish line! We'll have a space to hang out and relax after the race!

If you aren't running and are available on race day (Sunday, Sept 30th), SRC is pairing with Cheshire Med. at the mile 22.7 water stop/medical tent and we're looking for volunteers to help. If you're available, please email me (cassie.cyr2127@gmail.com) and let me know what your availability is - we're expecting to be there from 8:40am until about 2pm. Any block of time is appreciated!

In other race news, we have a group of club members going up to the Harpoon Octoberfest Road Race on October 7th, the CHaD HERO in Lebanon, NH on Oct 14th and then our very own Stone Arch Bridge 10 Miler on Oct 27th! You can find more information about these races below.

Get ready for a fantastic fall!

Cassie Cyr

SRC Halloween Run Night

On Tuesday October 30th, SRC will be hosting a theme run during our typical running club night. We will all meet at Scores at 5:30 as usual but dress up in your favorite costume! There will be prizes for best costume and goodies! Bring a friend; this event is open to the public! There is no registration fee but donations are always welcome, as we will put them towards funding these fun events and our youth scholarship fund! Hope to see you there!



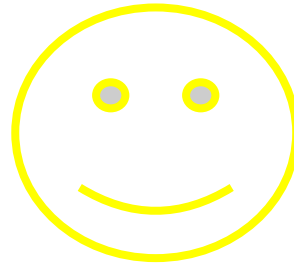
CHaD Hero Half Marathon & 5k

A wonderful race to benefit Dartmouth Hitchcock's Children's Hospital. We will warn you it's quite a hilly race!

Team: ScoresRunningClub

Password: ScoresCHaD2018

Username: kathpritch@gmail.com



Stuart & John's Run

SRC plans to run to Stuart & Johns on **Saturday November 3rd** for a yummy breakfast! You have two options 1) you can run the long distance of approximately 11 miles. Meet at **Wheelock Park 8:15 am**. There will be a car at Wheelock Park that is planning to drive your belongings to Stuart & Johns. Or 2) **choose your distance & run from Stuart & Johns on the rail bed.**

Please **email scoresrunningclub@gmail.com** so we can coordinate who is going, whose stuff we need to transport, how many people need rides back to Keene, and lastly but most importantly how many to reserve a breakfast table for. So **please RSVP**



STRAVA

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.

Club Members Race Accomplishments

Marlborough Mad Dask 5k - 8/25

- Dave Schillemat
- Christina Chistides

Swansey Covered Bridges Half Marathon- 9/2

- Ockle Johnson
- Dave Gruender
- Rob Breckenridge
- Nicole James



Ididarun - 9/2

- Nick Germana
- Arne Johannessen
- Molly McCormack
- Katelyn Kumavek
- Laurie O'Brien

Peter Michael Abbott Memorial 5k - 9/8

- Eric Shannon (Winner!!)
- Christina Christides



Harpoon Brewery Oktoberfest Race

Join us on **Sunday October 7th** for scenic **3.66 mile race** at Harpoon Brewery in **Windsor, VT.**

The **race starts at 11 am** and after words enjoy your complimentary bratwurst and beer! Oktoberfest is a ton of fun, lots of people, food, and beer! Many members participate in this wonderful race year after year! Here is the information to register with SRC Co-Ed team:

1. Register at: <https://events.racepartner.com/HarpoonOktoberfest/register>
2. Select your desired Team level and continue
3. Select **Join Team**
4. Search for Team Name: **Scores Running Club**
5. Enter Team Password: **scores18**

If enough people plan to attend we can coordinate carpooling. Please email
scoresrunningclub@gmail.com

2nd Annual Stone Arch Bridge 10 miler

October 27th, 2018

SRC will be hosting the 2nd annual Stone Arch Bridge race on **Saturday October 27th, 2018**. It's a 10 mile loop, starting and ending at the American Legion in Keene, NH. The **race begins at 10:00 am** and festivities which includes music, delicious food, and beer following completion of the race. The proceeds of this race benefit the **SRC Scholarship fund** and this year we are very pleased to announce and hope that you will help provide items for **Operation Gratitude** (Mission to thank every American who serves) which is an organization that puts together care packages for men and woman in the military serving our country. All are welcome to bring something to donate and enjoy the festivities even if you are not running the race!



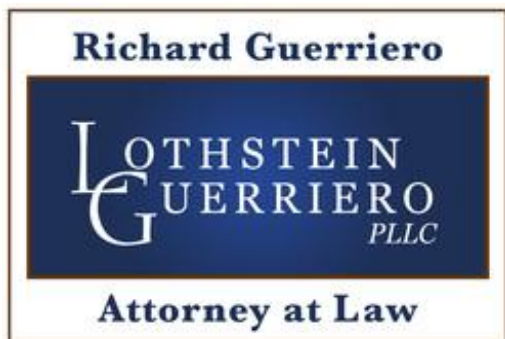
Please bring items to donate on Race Day!



WISH LIST

- All Purpose Wipes (Individual wipe or Pack of 30ct or less)
- Socks (Black)
- Unused Greeting Cards or Stationery
- Batteries (AA, AAA, packs of 4 or fewer)
- Mini Flashlights
- Gum, Mints, Breath Strips
- Knit Hats & Scarves
- Cool Ties
- Paracord Survival Bracelets
- Video Games
- Flash Drive/Power Banks
- Earbuds/Earphones
- Used Cell Phones
- Lip Balm/Chapstick
- Dental Floss
- Deodorant (*solid only, 3oz or less*)
- Beanie Babies, Webkinz, Trolls, or other small plush toys
- Hand Lotion (1 ounce)
- Insect Repellent Bands (individually packed)
- Disposable Razors (*Individually wrapped*)
- Hand/Foot Warmers
- Gloves (black)
- Cotton Swabs (*packs of 50 or fewer*)
- Facial Tissue (*travel size packs*)
- Mini Sewing Kits
- Jerky Bag or Stick (Individual Serving)
- Mechanical Pencils
- Small Notepads
- Sunscreen (1 ounce)

SRC's Sponsors



THE
MAIN
STREET
AMERICA
GROUP



DOWNTOWN KEENE, NH
WWW.TEDSPORTS.COM



Scores Running Club

Email

scoresrunningclub@gmail.com

Website

www.scoresrunningclub.org

Board Contacts:

President & Social Media: Cassie

Cyr cassie.cyr2127@gmail.com

Vice President: Kathy Pritchard

kathpritch@gmail.com

Treasurer: Susanne Olson

suz69kris97@yahoo.com

Secretary & Newsletter – Andrea

MacMurray

akmacmurray@gmail.com

Head of Scholarship Committee –

Heather Lancey hlancey@gmail.com

Website development & Special

Event Point Person – Jay Larareo

jarareo@gmail.com

Drummer Hill Point Person & Back-

up treasurer – Jim Kahn

techtrek31@gmail.com

Race Development – David

Schillemat

Dschillemat@janostech.com

Stone Arch Bridge Race

Development – Dave Gruender

rgruender@twc.com