



April 2017

Weekly runs Tuesday 5:30pm @ Scores

Upcoming Races & Club/Board Meetings

April

- Marina Brunch Run – Sunday 4/23 Meet at Brewbakers 8am Carpool to Marina. More info below.
- Board Meeting 4/25

May

- MDS Run-Walk-Smile 5k, Chapman Challenge 10k, and walk 5/20/17 Keene, NH

Volunteers NEEDED!

- IDIDARUN 10k – 5/29/17 Swanzey, NH
- Board Meeting 5/30

June

- Newport 10 Miler – 6/4/2017 7:30am Newport, RI (Sign-up info below)
- Drummer Hill Trail Race – 6/11/2017 Keene, NH
- Board Meeting 6/27

July

- 4 on the 4th – 7/4/2017 8:30am
- Board Meeting 7/25

August

- Reykjavik Marathon, Half, 10k - 8/19/2017 – Iceland
- Board Meeting 8/29

September

- Covered Bridges (Elijah's Race) Half Marathon & Relay – 9/3/17 Swanzey, NH
- Board Meeting 9/26

October

- SRC 10 Miler 10/28/17

Letter from the President

OK, Spring is finally NOW here with boundless opportunities! So many wonderful runner choices. Roads or trails? Shorts, or pants? AM head lamp or not? Oh, the struggles of spring running. Finally! With the favorable temps and accommodating daylight, we have seen so many of us make the choice to put Tuesday night runs back to their schedules!

The SRC Board has been busy with choices too! With two races on the calendar, decisions are being made about race amenities and entertainment, final course routes and really important stuff like race bling and t-shirt design! Also, businesses both local and from far away, are making choices to keep SRC a vibrant and active club so we can keep the good times rolling. Stay tuned for upcoming announcements of our club and race corporate sponsors. Note, it's never too late to have your employer support SRC, our races and fun runs an ultimately our charity, the SRC Student Scholarship!

On the note of our scholarship, the board will have some tough decisions to make. Scholarship applications have just been received from MRHS and very soon KHS. It's clear we have some really talented student athletes in our community and it's great that SRC has worked hard to be in a position to give back to our community in such a big way.

So, spring has sprung! Races and training galore! If we don't get a chance to catch up with you at a club run, please let us know what you are up to!

Until we see you at the next run.....

“Go Run, Have Fun, and Repeat!”

Club Hosted Event



Sunday April 23rd; SRC will be hosting a destination group run. We will meet at Brewbakers in Keene at 8am and carpool to The Marina Restaurant in Brattleboro, 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 on Facebook OR email
scoresrunningclub@gmail.com

Swanzey Covered Bridges Half Marathon - Elijahs Race Sunday, September 3, 2017

This year we are excited to celebrate our 12th annual Elijah's Race. Elijah started this race in 2005 to benefit the students of Monadnock Regional High School. He was an elementary Physical Education teacher in the district and a coach for the track team. He grew up in Swanzey and was an all-star athlete for MRHS. His life was cut short just days prior to his 3rd annual Swanzey Covered Bridges ½ Marathon. Local community members and school booster members took over the race organization. His dream continues with having a race on Labor Day weekend that benefits the students of his alma mater.

Run through four scenic covered bridges on your way to completing a 13.1 mile loop in Swanzey, NH.

First leg is 6 miles through 3 of the covered bridges and the 2nd leg continues the last 7.1 miles through the 4th covered bridge.

Transportation will be provided to and from relay transition point.

Ididarun 10K, Race for the Huskies Monday, May 29, 2017

Join us for the official start to summer with a great 10 kilometer race on May 29, 2017 at Monadnock High School in Swanzey NH! There is a 1.5 mile fun run/walk starting at 9:00 that will go along the school cross country trail. The 10K race will start at 9:30am and is a flat and fast course that will finish on the school track. There will be water stations on the course at miles 2 and 4. T shirts to the first 100 entered. Cash prizes for the top overall male and female winners, and awards to age group winners three deep in all age categories to 70+. Entry fees before May 23rd: The 1.5 mile fun run/walk is \$15.00 and the 10K race is \$25.00. (After May 23rd through race day: The 1.5 mile fun run/walk is \$20.00 and the 10K race is \$30.00)

Come out and support the Monadnock Middle Schools cross country team!

You can find additional information, and also a course map here: <http://ididarun10k.blogspot.com/>

Please email clintjoslyn@yahoo.com for more information

MDS 5K/1 Mile/10K
Saturday, May 20, 2017



MONADNOCK DEVELOPMENTAL SERVICES

Chapman Challenge 10k
Run • Walk • SMILE

5K/1-Mile/10K
Saturday, May 20, 2017
Race starts at Railroad Street & Community Way
Sign up online at www.mds-nh.org • Call 603-352-1304 • \$25/\$15 (12 & under)

All proceeds go to MDS Dental Fund
Raising Funds for Dental Expenses for Adults with Developmental Disabilities



Water Station Volunteers Needed

SRC will again be staffing a water station this year. If you're interested please email scoresrunningclub@gmail.com

Thank you!



Chapman Challenge 10K Added to Run~Walk~Smile Race on May 20th in Keene NH

Test your endurance in Keene, NH on Saturday, May 20th at the third annual Run~Walk~Smile 5K/1-Mile/10K race to raise funds for dental care for those with developmental disabilities. This year a new event for avid runners has been added – the Chapman Challenge 10K. The 10K course has a flat start along the Keene Bike Path, on to the ultimate uphill challenge of Chapman Road in east Keene, then along rolling hills, with a fast finish back on the Bike Path. Chapman is one of the most popular training routes in Keene. The 10K is for runners only.

Also in the mix that day is a fast and flat 5K race which runs along the Keene Bike Path and through east Keene neighborhoods. There is also a 1-mile run. People of all ages, abilities and fitness levels are invited to participate, and can run or walk the 5K or one-mile course. The 10K is for runners only.

Cost for the 5K or 10K is \$25; \$15 for those 12 and under; and \$15 for the 1-Mile Race. Those who register by April 30th will receive a free all-cotton race T-shirt. Price increases to \$30 after May 18th.

Race check-in starts at 7:30 a.m. on Saturday; the 1-mile race goes off at 8:30 a.m. Both the 5K and 10K go off at 9 a.m. Pre-race checkin will also be available Friday, May 19th from 4-7 p.m. at MDS, 121 Railroad Street.

All proceeds from Run~Walk~Smile benefit the MDS Dental Fund to help pay for critical dental work and emergencies for adults with developmental disabilities. Medicaid funding does not cover most preventative or acute dental care for adults; it covers only extractions. The money raised will help provide effective dental solutions for those in most need.

Special thanks go out to our sponsors, including lead sponsors Savings Bank of Walpole and Children's Dental Care. Co-sponsors include Bowman Dental, Capitol Center for Oral & Maxillofacial Surgery, Clark-Mortenson Insurance, IPG Employee Benefits, Mutual of America, NH Healthy Families, Perry Family Dental Care, PrintFusion, Raynor Dental, and Well Sense Health Plan. Visit www.mds-nh.org for full details and to register online, or call 603-352-1304.

Links:

Online Registration-

<https://g2racereg.webconnex.com/mdssmile5k17>

Printable Registration Form-

http://www.mds-nh.org/images/RWS_RegistrationForm2017_March.pdf

10K Course Map-

<http://www.mds-nh.org/images/April2017ChapmanChallengeCourseMap10K.pdf>

5K Course Map-

http://www.mds-nh.org/images/RWS_Course_Map_2017.pdf

Christina (L) with friends at the 2009 Athens, Greece Marathon

Every American marathoner, especially from New England, dreams of running Boston at least once before hanging up his or her running shoes. Every Greek-American marathoner also dreams of running the "original course," where the marathon first started, by tracing the route taken by the legendary Pheidippides from the village of Marathon to Athens to announce the victory of the ancient Greeks over the Persians in 490 B.C. In 1896, this same route provided the course of the first modern Olympics. It was there that members of the American Olympic team fell in love with this historical route and used it as a model to create the first Boston Marathon course, from Ashland to the Boston's Back Bay, in 1897.

Sixty six-year-old Christina Christides of Keene, N.H., will be running her first official Boston Marathon in April. While she may be one of many athletes who will add Boston to her marathon resume, she is one of the very few who can claim to have run both Boston and the "original" Greek course in Athens. In 2009, Christina reprised the spirit of Pheidippides and celebrated her Greek heritage by running the Athens marathon in her ancestral land. This was an experience she says she will never forget. Christina's maternal grandmother is from Sparta, and Christina credits her for the "Spartan will" that all marathoners tap into as they complete their 26.2 mile journey.

Christina started running almost 40 years ago in Fitzwilliam, NH. In her words, "my children were only 2 and 4 at the time and I remember having to find a sitter so that I could get some exercise. And here I am at 66 still running with a smile on my face!"

A veteran of races from 5K to the marathon, Christina caught the "marathon fever" after completing her first one, the Clarence De Mar Marathon in Keene, NH in 1986. Since then she has completed the Clarence De Mar five times, the New York City Marathon five times and the Vermont City Marathon three times. The Big Sur in 2012 was her most scenic marathon, with "breathtaking views of the ocean on one side and the mountains on the other." The next year, she ran the first Bay of Fundy Marathon, a hilly and challenging course, which started in Lubec, ME and crossed over the international bridge to Campobello Island in New Brunswick, Canada and back to Lubec. Besides her marathons, Christina has run Mt. Washington, saying that "each time it was a very spiritual and beautiful day."

The Lowell, MA native feels honored to have the opportunity to run her first Boston Marathon and is looking forward to savoring the experience and enjoying herself. Perhaps it is no coincidence that Lowell is also the hometown of Jack Kerouac, author of the classic novel, "On the Road." Together with her Greek heritage, Spartan roots, and Lowell birthplace, Christina is spiritually well positioned to run her first Boston with that smile still on her face. As the Greeks would say, "Yassou," Christina!

Custom Screen Printing for SRC Members is now available at Bulldog!

Members can bring items of their choice into Bulldog and for a small fee they will screen-print the SCORES logo onto your item.

The Club State vinyl logo can be added to any of your own clothing just \$15. The smaller Club Banner logo can be added for \$10 or \$13 (reflective paint).

Simply bring your favorite running clothes or casual wear into Bulldog and they will take care of the rest. Turnaround time is about a week!

Show your SRC Pride and get running in style and comfort!

Newport Annual 10 Miler

A group of SRC members plans to run Newport, RI 10 miler on **Sunday June 4th**. It is a beautiful course; you first run along the ocean, through the mansions and you start/finish at Fort Adams. It's a very fast flat course. In addition to it being a great course Newport, RI has so much to offer. There are beautiful beaches, fancy mansions to tour, and great restaurants and bars.

Here is how to sign up:

Log onto <http://www.newport10miler.com/>

Join SRC Team

Team Name – Scores running club

Password – Scores2017

Enter your registration information



Club Members Race Accomplishments

Ruckemuch 50k 4/8/17

- Dave Schillemat
- Scott Jackson

Reds Race for a better community – Dover, NH 4/9/17

- Heather Lancey

Sachuest 10k – Newport, RI 4/9/17

- Cassie Cyr

Sports Medicine 5k – Keene, NH 4/15/17

- Amanda Paul
- Andrea MacMurray
- Gunner Shonbeck
- Kathy Pritchard
- Laurie O'Brien
- Nora Traviss
- Rob Pritchard

Boston Marathon – Boston, MA 4/17/17

- Christina Christides
- Lauren Waterman
- Mike Jablonski

Reykjavik Marathon, Half-Marathon, 10k in Iceland in August 19th 2017

Ever wanted to run in Iceland?! Join a group of SRC members and run in Reykjavik, Iceland. There are many different options for which distance you would like to race marathon, half-marathon, 10k! More information to following in the coming months. Registration opens in January 2017. Check the link out below for more information about this race. <http://marathon.is/reykjavik-marathon>

***The group is planning go! If you're interested email
andrea.macmurray@myfairpoint.net***

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.

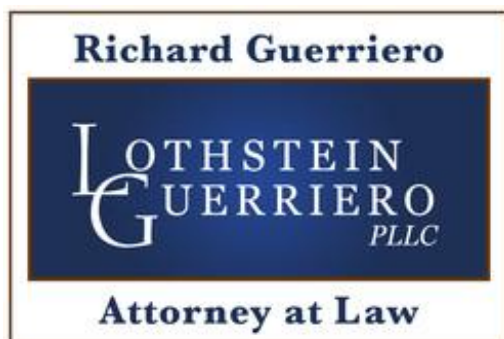
SRC Apparel Shop

Check out the online store, there is some ***cool new running gear***. It includes items that are perfect for winter running and would make great gifts. Check it out here:

<https://scoresrunning.itemorder.com/sale>



SRC's Sponsors



THE
MAIN
STREET
AMERICA
GROUP



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