



Scores Running Club Newsletter

April 2019

Weekly runs Tuesday 5:30pm @ Scores

Upcoming Races & Club/Board Meetings

April

- ★ Club Hosted Event – 4/28 Marina Brunch Run

May

- Cinco de Miles- Ted's Community Run – 5/4 5:30pm
- Raven's Kids Run 5/18 – SRC Plans to man a water/color station! Wanna volunteer?! Email us!
- Run-Walk-Smile – Monadnock Developmental Services 5k & 10k

June

- Run in the Park – 6/1 Pisgah 5k, 10k, 13.1 options
- Newport 10 miler – Newport, RI 6/2
- Drummer Hill Trail Race 6/15
- Mt. Washington 6/15

July

- 4 on the 4th

September

- Swanzey Covered Bridges – 9/1

October

- **3rd Annual Stone Arch Bridge 10 miler – 10/19**
- Club Hosted Event – Stuart & John's Pancake Run – Date TBD

November

- Wobble Gobble – 11/28

December

Spring is officially here!



There are so many fun runs, races, and ways to give back to your community this month! Check the newsletter out for further details. See you on the next run!

Have you checked out these other awesome group runs?!

Thursdays - 5:30pm at Ted's Shoe & Sport

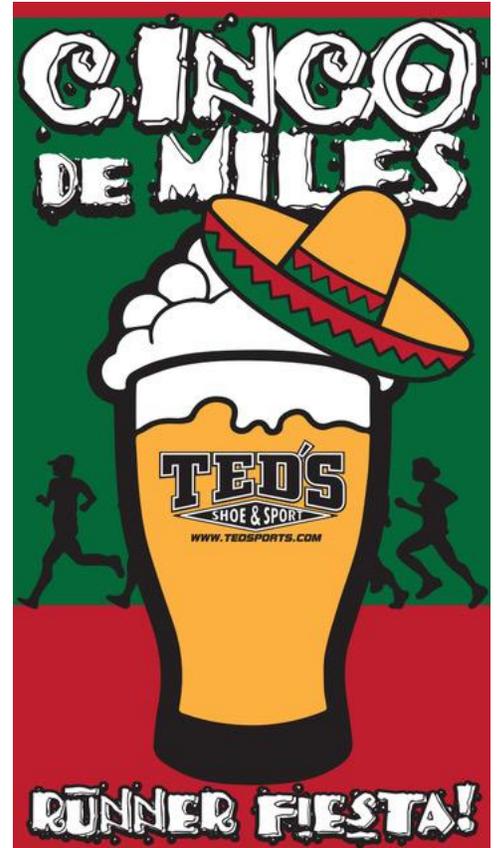
Saturdays - 7:00am Wheelock Park

Sundays - 8:30am Brewbakers

Cinco De Miles

Cinco De Miles is a runner appreciation event open to all runners 21+ (and their families). This is a runner's appreciation event for ALL runners, of all abilities - If you run 5 miles a week or 50 miles you are invited to join us.

The event will start with a fun 3 mile run from Ted's Shoe & Sport and end with an outdoor party with live music, dancing and food and beverages! \$5.00 will get you a limited edition cup and free beer tasting from local breweries.



Manchester Shamrock Half

"It's well run and very runner friendly--lots of back-and-forthing so you get to see the front runners as well as friends and other runners coming and going--with over 2000 participants in the half and relay. I didn't have my best day but finished first in my age group at a modest 1:53:35".

Dave Gruender



Mt. Washington Road Race

Have you ever wanted to run 7.6 miles up a mountain, gaining 4650 feet at an average grade of 22%? Of course you have! We are looking to connect members interested in participating in New Hampshire's signature road event, the Mount Washington Auto Road Race on June 15, 2019. Based on the interest, the club can plan to set up a party area after the race and coordinate on drives. If you have any questions on this event feel free to reach out to members who have done this event in the past including Jim K, Frank D, Arne J, Ockle J, Nick G or Dave S. The registration period for the lottery is from Feb 11 to Feb 29, and the board is investigating if we can receive lottery waivers from the race committee. If you are interested in this event, please let Jim K or other members of the board know!

Link to website: <https://mtwashingtonautoroad.com/mount-washington-road-race>

The Strava logo is displayed in a bold, orange, sans-serif font. It is centered between two horizontal blue lines that extend outwards from the text.

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 Hosted Event



Sunday April 28th; SRC will be hosting a destination group run. We will meet at The Marina Restaurant in Brattleboro, VT ready to run at 9am. 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

Fifth Annual Run in the Park

June 1st, 2019 – 9:00 am

MARK YOUR CALENDAR if you love trail running 5k's, 10k's, and half marathons (*NEW THIS YEAR*) in a remarkable forested and water-filled world such as Pisgah State Park in Southwestern New Hampshire.

The Friends of Pisgah all-volunteer trails maintenance group is sponsoring its fifth annual RUN IN THE PARK on Saturday, June 1st. Race time is 9:00, at the Horseshoe Trailhead parking lot.

The first 100 folks who register get a Run In The Park T-shirt. All runners get a free Friends of Pisgah membership for a year.

Proceeds from the races go to support Friends of Pisgah's effort to build and repair trail infrastructure, maintain and develop new trails, upgrade the roads, improve signage and blazing throughout the park, and more.

So go pull that calendar off the wall, take out a magic marker, and mark the June 1st date on the appropriate spot. We will post more details and registration information shortly. Put down that doughnut, lace on the running shoes, bundle up, get out there and get in shape for the races. May is not terribly far away.

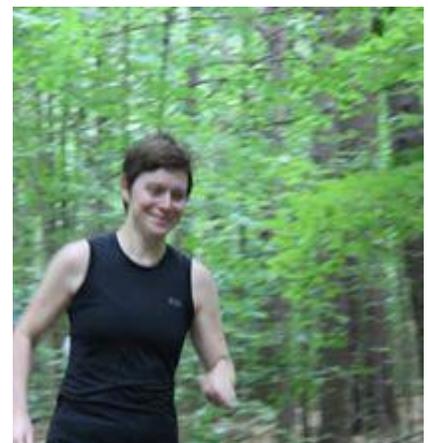
Here's the link to register online www.active.com

Drummer Hill Trail Race

The 4th annual Drummer Hill Trail Races is coming up on **June 15th** and we already have over 50 people registered! The race consists of a 12.5k loop that you can run up to 4 time for 50k or any of the lesser distances of 12.5k, 25k, or 37.5k. The terrain is 100% trail and can vary from rolling forest road to technical single track. You can also expect some climbing a descending as the term "Hill" might imply. This is a great race for both seasoned trail runners and those new to running off the pavement and wanting check out what woods in Keene have to offer!

Registration is available online only through Ultrasignup

<https://ultrasignup.com/register.aspx?did=62471>



SRC Race Commitees

Would you be willing to help Scores Running Club put on Stone Arch Bridge 10 miler and/or Drummer Hill Trail Race? Any amount of help is greatly appreciated. If you would like to join a committee please email scoresrunningclub@gmail.com



Birthday Celebrations

Eric Shannon & Jay Larareo

Thanks for the delicious
treats each month Laurie! 😊



Swanzey Covered Bridges Half Marathon - Elijahs Race Sunday, September 1, 2019

This year we are excited to celebrate our 14th 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.

SRC's Sponsors



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