



# Scores Running Club Newsletter



**August 2017**

Weekly runs Tuesday 5:30pm @ Scores

## Upcoming Races & Club/Board Meetings

### August

- Board Meeting 8/29

### September

- Covered Bridges (Elijah's Race) Half Marathon & Relay – 9/3/17 Swanzey, NH
- Marlborough Mad Dash 5k – 9/23
- Demar Half Marathon, Marathon, Kids run – Keene, NH 9/24
- Board Meeting 9/26

### October

- SRC 10 Miler 10/28/17
- Board Meeting – TBD

### November

- Wobble Gobble – 11/23
- Board Meeting – 11/28

### December

- Ugly Sweater Run benefit for the community kitchen (Date TBD)
- Board Meeting 12/26



## Letter from the President

The time has come! All the training and sweat has come to the point of race day. A half? A Full? Something longer, something shorter? A relay? All of your summer's hard work has prepared you well for a fall race. Congratulations in advance!

As expected, your board has been busy with their own training and races, but also making SRC stronger and better. We have welcomed so many new members this summer. It has been great running and training with so many folks of varying paces and experiences.

We are about to hit a big stretch for SRC. First up will be Labor Day weekend! **Swanzey Covered Bridges Half Marathon and Relay** – SRC will be there to cheer you on at the finish! If you are not running and want to join the loud and proud club cheer on some amazing runners, join us at our finish line tent to help host a great event. **WE NEED VOLUNTEERS**

Just a month away are the **Clarence Demar Races**. With so many SRC runners participating, we will be there in force! Look for SRC Blue or SRC **Team Demar** Runners representing us and some awesome Keene Elm City Rotary Charities! It's not too late to share some local running "\$pirit" and donate to one or all of our SRC Team Demar Runners. Remember that every dollar donated will count on the SRC collective efforts to raise funds for the charities and this can mean a big returns back for our own Youth Scholarship Fund! Be a hero and donate! SRC will again be hosting a water station on Elm Street – **WE NEED VOLUNTEERS**

And last but certainly not least on our calendar is our very own **Stone Arch Bridge 10 Miler!** In the next two months, the SAB race committee will be ramping up the event details with course certification and logistics with the City of Keene, final push for event sponsorship, planning race day food and festivities (we hope you all like "Long Trail Ale") as well as really focusing on race registration and volunteer sign ups. **WE NEED BOTH VOLUNTEERS AND RUNNERS!** We can use all of your help as either an athlete or athletic supporter!!!

IN review of this busy next two month, you can see we have our hands full! We cannot do all these awesome things without your help! If you want to help SRC in any way at any event – please let us know! **WE NEED YOU!**

"Fall is Coming" and the dragons of summer have begun to fly south for the winter. This has left the local weather a runners dream - Here is to cool and dry conditions on race day!

"Go Run, Have Fun, and Repeat!"

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

*This year will be the 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.**

## **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!**

# Club Members Race Accomplishments

## Reykjavik Half Marathon 8/19/17 –

- Andrea MacMurray
- Ann Henderson
- Arne Johannessen
- Kathy Pritchard
- Maggie Ramos
- Rob Pritchard



## Welcome New

### Members

Jennifer Myers

# Stone Arch Bridge Sponsors



THE MAIN STREET AMERICA GROUP



## Reykjavik Marathon, Half-Marathon, 10k in *Iceland* in August 19<sup>th</sup> 2017

A few SRC members traveled to Iceland this August to run a half marathon on 8/19. We could not have asked for a more beautiful day, temperatures were in the mid-50's and sunny. The course was scenic and pretty flat. Reykjavik was celebrating "Culture Night" so the entire town came out and supported you whether that was handing out items at 'pep' stations, encouraging runners with funny signs, providing nice cool ice, and many lively bands. Of course the group could not go all the way to Iceland just to run...we toured the country! Anywhere you looked you would see the most breath taking views. We explored tectonic plates, geysirs, waterfalls, glaciers, hot pots, local wool shops, and much more.



# 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.



Don't forget to say goodbye to Lisa Sanders...she is off on her big adventure come September!

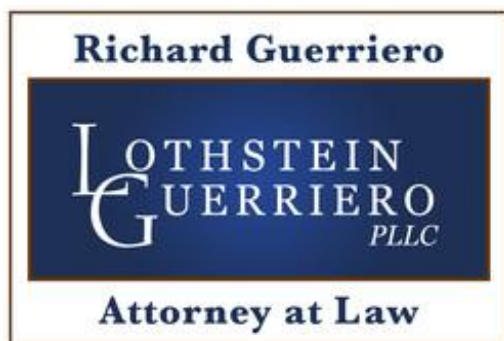
## SRC Apparel Shop

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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