



**December 2017**


Weekly runs Tuesday 5:30pm @ Scores

## Upcoming Races & Club/Board Meetings


### December

- Board Meeting 12/26

### January

- Peanutbutter chip chase 5k Temple, NH 1/1/18 
- **Club hosted Run @ Eric Shannon's House-** 1/1/18

### February

- **Red Cap Run to benefit SRC Vice President Heather Lancey's family.** 2/10/18 

### March

- Holyoke St. Patrick's Day 10k Saturday 3/17 1:00pm Holyoke, MA

### June

- Newport 10 miler 6/3 – Newport, RI. Price increases on 9/30, 12/31, 2/28, & 5/31
- Drummer Hill – 6/16

## Letter from the President

Happy Holidays & Happy New Year!

And what a happy year it has been! Runs and races, smiles and miles. Here is a brief in a recap of 2017 – To name only a few memories: New Year's Peanut Butter Chip Run, Red Cap Run, St Patrick's Day Race, Eastern States 20 Miler, Boston Marathon, Drummer Hill Trail Races, Mount Washington, Newts Hell Hill Run, Iddidarun 4on the 4<sup>th</sup>, Marina Run/Brunch, Moonlight Trail Run, Elijah's Race, Reach the Beach, The Demar Half and Full races, Ghost Train Ultra Races (Toot! Toot!), Stone Arch Bridge 10 Mile Race, Run for Pancake Breakfast, Manchester NH Half/Full Marathons, Wobble Gobble/Cranberry Run, Reagan Hoy Jr Olympic Donation, the beautifully Ugly Sweater Run food drive and all ending with a great holiday club potluck and Yankee Swap – Thank you Team Pritchard!

Now 2018 looks to be another busy year of running. The year will start off with bang as we will hold our annual club meetings that will include our 2017 club member awards and 2018 annual board elections. Also exciting in 2018 will be the 2<sup>nd</sup> annual awarding of our first SRC Youth Scholarships. Thanks to the hard work of our board and race committees obtaining sponsorships, directing the DHTR races and a few fun runs including the Team Demar Runners, we will again be awarding four SRC youth scholarships totaling \$2,000!

There is so much races and running to do in 2018! Thanks to all of you who keep the running fun for all!

“Go Run, Have Fun, and Repeat!”



Do you know of someone who wants to be on the board or would you?!

Email us at [scoresrunningclub@gmail.com](mailto:scoresrunningclub@gmail.com)

# 3<sup>rd</sup> Annual Ugly Sweater Run

This year we were fortunate enough to have mild temperatures & many participants! We were able to raise over 400 pounds of much needed food for The Community Kitchen. Despite the frigid temperatures, the event was a big success and smiles and laughter were witnessed running and walking around the streets of Keene. Our participants and especially our prize winners were very impressed with the generous and tasty gifts! It is very rewarding for our club to do what we can to help our community.



## Scores Running Club - Hosted Event

# First Run of the Year w/SRC!

Join fellow club members at Eric and Jessica Shannon's house at 78 Union Street in Peterborough, NH.

Gather around 12:30pm and plan to run around 1pm. There will be route options ranging from 3-11 miles. Afterwards meet back at the house for food, refreshments, and a grand old time! Those of you running the Peanut Butter Chip Chase in Temple are welcome to join us after the race as well.

Often GPS will not bring you to the right place...so once you are entering Peterborough take a left on Union street, follow it until you see Adam's playground (please park here at the park), the condo is across the street, second one on the left.

RSVP to Eric at [ESHANNONDL@GMAIL.COM](mailto:ESHANNONDL@GMAIL.COM)

# Holyoke St. Patrick's Day 10k or 2 m. Walk

Saturday March 17<sup>th</sup>, 2017 1:00pm

This race is one of the liveliest I've ever been to! You will never be alone on the course. It's a hugely popular community event. The streets line up with community members handing out beverages & snacks and after the race enjoy the lively street fair. Many runners and civilians are dressed up in costume.

This is *John Lucey's* hometown. He introduced us to this fabulous race and introduced us to a delicious Irish Restaurant for fuel after the race. I cannot wait to go back!

Previously there were many SRC members heading to the race so we rented a van. If you would like to be part of this amazing event, please email me so we can coordinate renting a van if needed. [scoresrunningclub@gmail.com](mailto:scoresrunningclub@gmail.com) We will determine price for the van based on the number of people interested. Plan on stopping at a delicious Irish Restaurant for dinner.

## Registration Information

Website - <http://www.holyokestpatricksroadrace.org/>

Price - \$25 until 1/12. (Price increases \$5 approximately each month until the race)

Time – 1:00 pm

Address – Maple & Lyman St. Holyoke, MA

# Newport Annual 10 Miler

A group of SRC members plans to run Newport, RI 10 miler on **Sunday June 3<sup>rd</sup>**. 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* – Scores2018

Enter your registration information



# 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.

# Ugly Sweater Sponsors



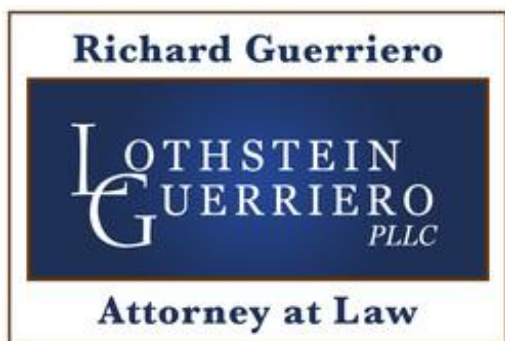
KEENE FUSION  
S·T·U·D·I·O·S



**SUBWAY**



## SRC's Sponsors



THE  
MAIN  
STREET  
AMERICA  
GROUP



## Scores Running Club

### Email

scoresrunningclub@gmail.com

### Website

www.scoresrunningclub.org

## Board Contacts:

**President:** Brad Smedley

bsmedley.bs@gmail.com

**Vice President:** Heather Lancey

[hlancey@gmail.com](mailto:hlancey@gmail.com)

**Treasurer:** Susanne Olson

[suz69kris97@yahoo.com](mailto:suz69kris97@yahoo.com)

John Lucey [jlucey1955@gmail.com](mailto:jlucey1955@gmail.com)

### Newsletter Editor & Secretary:

Andrea MacMurray

[andrea.macmurray@myfairpoint.net](mailto:andrea.macmurray@myfairpoint.net)

### Theme Run Team & Social Media:

Heather Lancey

[hlancey@gmail.com](mailto:hlancey@gmail.com)

Kathy Pritchard - [kathpritch@gmail.com](mailto:kathpritch@gmail.com)

Andrea MacMurray

[andrea.macmurray@myfairpoint.net](mailto:andrea.macmurray@myfairpoint.net)

Scott Jackson [scottgjackson@comcast.net](mailto:scottgjackson@comcast.net)

### Social Media

Cassie Cyr - [cassie.cyr2127@gmail.com](mailto:cassie.cyr2127@gmail.com)

### Community Relations

Ann Henderson - [annhenderson3@icloud.com](mailto:annhenderson3@icloud.com)

### Secretary

Lisa Jackson [ljack0616@gmail.com](mailto:ljack0616@gmail.com)