



# Scores Running Club Newsletter

**February/March 2018**

Weekly runs Tuesday 5:30pm @ Scores

## Upcoming Races & Club/Board Meetings

### March

- Holyoke St. Patrick's Day 10k  
Saturday 3/17 1:00pm Holyoke, MA (See below for info)
- Fast Friends 4.5m. race – 3/24  
Swanzy, NH
- Shamrock Half- 3/24  
Manchester, NH (*\*If you would like to carpool message Dave Gruender*)

### May

- Vermont City 5/27 Burlington, VT  
(*\*If you would like to carpool message Dave Gruender*)

### June

- Ididarun 10k – 6/2/18
- Newport 10 miler 6/3 – Newport, RI.
- Drummer Hill – 6/16

### July

- 4 on the 4<sup>th</sup> – 4 miler railroad square, Keene, NH



## Letter from the Board

Wow, what a year it has been! We put on our first Stone Arch Bridge Race, and celebrated the 2<sup>nd</sup> year of Drummer Hill Trail Race. As well as contributed to our local community by volunteering for events, supporting youth runners, and hosting The Annual Ugly Sweater Run which benefits the community kitchen each holiday season. All the while continuing to have a blast running!

We are very pleased to be in a position to offer Club Awards each year thanks to our amazing club sponsors.

**Lisa Sander** – World Traveler! – Who is currently traveling the U.S.

**Brian Phillips** – Most Improved! After a serious ankle injury derailed his marathon training last year; this year he was able to complete his first marathon!

**Chris Casey** – Runner of the Year! After a number of attempts completed his 1<sup>st</sup> 100 miler!

**Laurie O'Brien** – Volunteer of the Year! – Laurie is your gal, always there to help and maybe even bake a delicious cake!

Now, we welcome some new faces to the board of directors! Our hopes and dreams are to continue to love running and support our local community. The new board will meet March 13<sup>th</sup>, 2018 to decide on roles and plan for the upcoming year.

### We are very pleased to announce the new board!

Andrea MacMurray

Cassie Cyr

Dave Gruender

Dave Schillemat

Heather Lancey

Jay Larareo

Jim Kahn

Kathy Pritchard

Susanne Olson



# 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 - \$35

Time – 1:00 pm

Address – Maple & Lyman St. Holyoke, MA

## Red Cap Run for The Lanceys

I wanted to thank everyone that donated, volunteered or participated in the Red Cap Run this year. My family was humbled by the outpour of love and support from our community. The day was overwhelming to have so many people come out to support my mother and in memory of my father. He would have been extremely proud of the community we live. The day went well and I believe it was the warmest race Red cap has ever done. The proudest moment for myself and my sister, I think would be our mother completing the race on her own two feet and then "jogging" back to bring family and friends in over the finish line. Thank you again to everyone, we deeply appreciate it and will never be ever to voice what this means to us. We hope that everyone will be with us next year and the years to come to support whoever is in need of the community hug.

-Heather



# Boston Marathon

*Our very own social media board member will be running the Boston marathon this year in support of a wonderful charity. Please consider donating.*

Almost 5 years ago I ran my first 5K with family in Rhode Island. It was a St. Patrick's Day race and we were raising money for The Epilepsy Foundation in honor of my, now 7-year-old son, who was diagnosed with epilepsy at 7 months. Since that time, I have run countless 5Ks, a number of 10Ks, 8 half marathons and one full marathon. I have raised over \$3,000 for the Children's Hospital at Dartmouth and am taking my fundraising to the next level with the 2018 Boston Marathon for Team MR8, the fundraising team for the Martin Richard Foundation.

Founded in 2014, the Martin Richard Foundation is a 501(c)(3) charitable foundation formed by the parents of eight-year-old Martin, who was killed in the bombing at the Boston Marathon on April 15, 2013. In the days after his death, a photo of Martin holding a handmade poster that read "No more hurting people. Peace" was shared over the Internet. To Martin, peace meant togetherness, teamwork, fairness, sportsmanship, inclusion, and kindness.

The Martin Richard Foundation provides opportunities for individuals and communities to live out the values of peace, justice and kindness. By encouraging people to choose kindness, work for inclusion, and embrace diversity in local communities, we aim to influence a generation to live out these values through positive civic engagement.

Martin's message of peace and inclusion is one that is more important now, than ever before.

Would you consider supporting me in my fundraising goal of \$7,500?

To donate online, follow this

link: <https://www.crowdrise.com/o/en/campaign/teammr8boston2018/cassiecyr>

If you'd like to send a check, please make the check payable to The Martin Richard Foundation, and write my name, Cassie Cyr, on the memo line.

and mail to

Martin Richard Foundation

Attn: Team MR8

[1452 Dorchester Avenue, 4th Floor](#)  
[Dorchester, MA 02122](#)



# Club Members Race

## Accomplishments

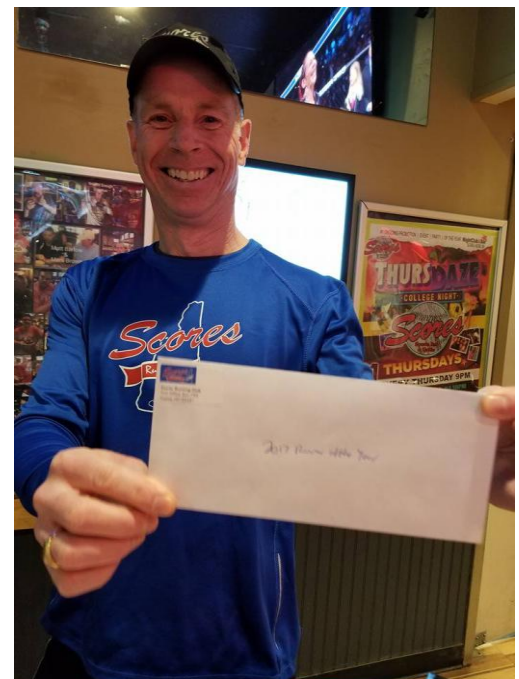
### Redcap Run 2/10/18

- Eric Shannon
- Damon Kindopp
- David Schillemat
- Jordan Peters
- James Kahn
- Nicholas Gernana
- Arne Johannessen
- Angella Joslyn
- Jason Larareo
- Jace Joslyn
- Amanda Paul
- Robert Pritchard
- Katherine Pritchard
- Larry Welkowitz
- Robert Miner
- Kathryn Kindopp
- Molly McCormack
- Laurie O'Brien
- Remi Fleurette
- Jenelle Smedley
- Heather Lancey
- Katelyn Kumorek
- Kierstin Clark
- Nora Traviss
- Cassie Cyr



### San Pasqual Valley 10k - 2/17/18

- Nick Ryder



# 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

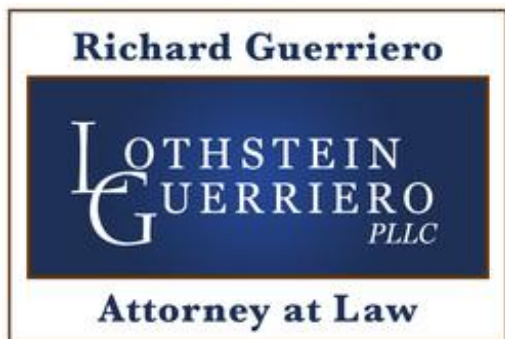


# STRAVA

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.

## SRC's Sponsors



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WWW.TEDSPORTS.COM



## Scores Running Club

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