



Scores Running Club Newsletter

January 2019

Weekly runs Tuesday 5:30pm @ Scores

Upcoming Races & Club/Board Meetings

February

- Redcap Race 2/9
- ➔ Voting Night – First round on the board 2/19

March

- ★ Holyoke St. Patrick's Day 10k – Holyoke, MA – 3/16 (**DETAILS BELOW**)

April

- Sports Medicine 5k

June

- Newport 10 miler – Newport, RI 6/2
- Drummer Hill Trail Race 6/15
- Mt. Washington 6/15

July

- 4 on the 4th



First Round on the Board

Voting Night - Tuesday February 19th after the club run

SRC board is up for election on February 19. Nominations have been coming in for our January 31 deadline, make sure to submit yours! It's not too late! If you are interested in being part of an awesome team, please feel free to submit your own nomination! Feel free to email the club at scoresrunningclub@gmail.com

Elections will be held on February 19th Election/Annual Meeting Come join us for a run at 5:30 and/or, just for the meetings at 6:30 to hear about club activities in 2019 and cast your vote for our 2019 board! You don't need to be present to vote but we hope you can join us! If you cannot make it please email your votes to scoresrunningclub@gmail.com



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

Email us at scoresrunningclub@gmail.com

Have you checked out these other awesome group runs?!

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

Saturdays - 7:30am Wheelock Park

Sundays - 8:30am Brewbakers

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

Saturday March 16th, 2019 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 us so we can coordinate renting a van. scoresrunningclub@gmail.com We plan on stopping at a delicious Irish Restaurant for dinner.

Registration Information

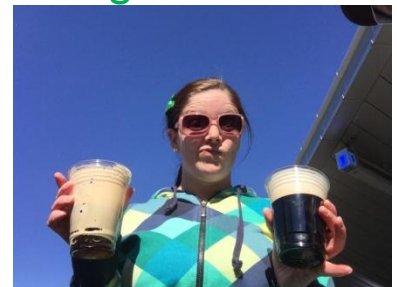
Website - <http://www.holyokestpatricksroadrace.org/>

Price - \$35

Time - 1:00 pm

Address - Maple & Lyman St. Holyoke, MA

Code - Discount \$5 with SCORES2019



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.

Look what club members have been up to

Dave Gruender ran the Baltimore Inner Harbor Half Marathon on December 1. If anyone feels like an expedition to Baltimore for a good half only a couple of months after DeMar, I would recommend this highly. It was very well run with lots of volunteers (a 5k and 10k shared the course) a nice flat, scenic course with plenty of waterfront views. There's a lot to do around the inner harbor and Fells Point--the touristy part of the city--including the National Aquarium, Christmas markets, the USS Constellation (sister ship to "Old Ironsides") and plenty of shopping and restaurants. I came in second--by about 30 seconds--in my age group; if I hadn't ducked into a porta-potty at mile 10 . . .

Caloosahatchee Ultra (50K)

SRC was well represented at the 6th Annual Caloosahatchee Ultra 50k and Keith Carlton Memorial 25k December 1, 2018. The race was run on an exciting 10.5 mile loop counterclockwise on varying terrain with beautiful views, rolling hills and some tough technical stretches in Caloosahatchee Regional Park in Alva, FL.

The course was a bit tougher than this crew expected. The "man-enhanced" mountain biking course had lots of 'whoop-tee-dos', crazy switch backs and even a rattle snake sighting. Adding to the challenges of the course, the runners had to face warm December FL temperatures, 70 degrees at the 7:30 AM race start, 84 degrees at the finish!

However, these seasoned runners simply adjusted their game to the conditions and actually enjoyed the course; the comradery of their fellow runners and the very supportive and friendly volunteers. Brad was particularly surprised by a volunteer "trail angel" who even made a coffee run for him!

The best part of the race weekend was Team Smeds reuniting with Team Jackson and enjoying the great weather, beaches and restaurants that Ft Myers has to offer.

Keith Carlton Memorial 25k Finisher:

Jenelle Smedley - 25K - Longest run ever!!!

Caloosahatchee Ultra 50k Finishers:

Brad Smedley - First Ultra Race

Lisa Jackson - Back in the ultra-finishers bracket after a temporary ultra-race hiatus

Scott Jackson - placed 3rd overall, 2nd masters





Birthday Celebrations for Chris Casey!

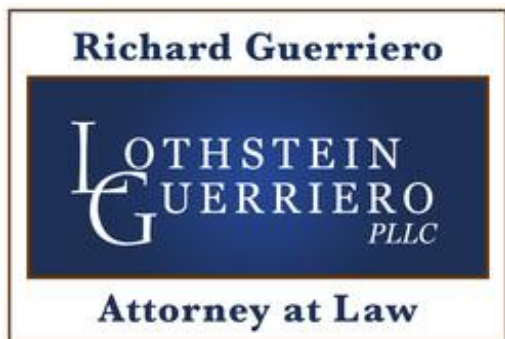
Thanks for the delicious
treats each month Laurie! 😊



Red Cap Run

My family was humbled by the outpour of love and support from our community, as we were the family that benefited from the race in 2018. The day was overwhelming to have so many people come out to support my mother and her recovery and in memory of my father. This year, the race will benefit the Beer family and their Son Aiden, who needs his 12th surgery to help with significant scoliosis. I can honestly say this event will touch their lives in many ways. I hope that everyone will be with us this year and the years to come to support whomever is in need of the community hug.

SRC's Sponsors



THE
MAIN
STREET
AMERICA
GROUP



DOWNTOWN KEENE, NH
WWW.TEDSPORTS.COM



Scores Running Club

Email

scoresrunningclub@gmail.com

Website

www.scoresrunningclub.org

Board Contacts:

President & Social Media: Cassie

Cyr cassie.cyr2127@gmail.com

Vice President: Kathy Pritchard

kathpritch@gmail.com

Treasurer: Susanne Olson

suz69kris97@yahoo.com

Secretary & Newsletter – Andrea

MacMurray

akmacmurray@gmail.com

Head of Scholarship Committee –

Heather Lancey hlancey@gmail.com

Website development & Special

Event Point Person – Jay Larareo

jarareo@gmail.com

Drummer Hill Point Person & Back-

up treasurer – Jim Kahn

techtrek31@gmail.com

Race Development – David

Schillemat

Dschillemat@janostech.com

Stone Arch Bridge Race

Development – Dave Gruender

rgruender@twc.com