



# Scores Running Club Newsletter



**June 2016**

Weekly runs Tuesday 5:30pm @  
Scores

## Upcoming Races & Club/Board Meetings

### June

- Mt. Washington Race –  
Club Road Trip 6/18
- Board Meeting Tuesday  
6/28

### July

- Loon Mountain Race –  
Lincoln, NH 7/3  
<https://www.facebook.com/photo.php?fbid=1197695820240683&set=gm.1191169120928146&type=3&theater>
- 4 on the 4<sup>th</sup>- 4 mile Race!
- Board Meeting 7/26 7pm



## Letter from the President

What a month for running! What month for SRC! Races galore, some perfect weather, and new friends for SRC!

In the past month, our members have been busy with so many training runs and races. Just to name a few: Ididarun 10K, MDS Run Walk Smile, Bulldog 4 Fun, Newport 10 Miler, a Spartan race, and our very own Drummer Hill Trail Races. We also have almost a dozen members and friends preparing for the hill run of all hill runs, Mount Washington! So we don't miss hearing about your adventures, be sure to let us know where you have been racing!

When we are not racing, our growing club has been running together on Tuesday evenings and enjoying some post run social time sitting outside on the Scores Bar and Grill patio! Sunday runs have been busy for our longer runs and our 26/26/2016 training runs. This past month, just to keep the fun in running, we had a great change of running venue for our Marina run and Brunch event. Over a dozen of us enjoyed a new route and some new flavors. Especially tasty cider donuts! If you are interested in organizing a fun destination run or want to host a weekend run on your favorite local route, just let a board member know and we will help you organize and get the word out.

It's clear that the energy of our club is contagious! Either with new members or cheering at races, it's been great to meet new friends and share some great running together.

As always – Runners on your mark, get set – GO!

# Goodbye Sarah!



Every town or city is unique. Keene I have always found to be unique because of it's quite roads, extensive trails, deep woods, and special treasures that you wouldn't even know were there unless someone showed you. Because of this, Keene has always been my favorite place to run and I'm going to miss it.

At the end of the month I will be making a move to New Hampshire's Seacoast for the summer and then northward to Maine. Come fall, I will be living in Portland and teaching outside the city at a Middle School in Gorham. I'm very excited for this change; I know I will miss the running community I have established for myself here, from my years at Keene State to more recently with the Scores Running Club.

Something I've *always* struggled with, dating back to my high school summer training days, was a lack of consistency getting out the door. I can recall summer going into my sophomore year of college my first day running was on the first day of pre-season... I'm going to call that rock-bottom.

What I have enjoyed most about being a member of the Scores Running Club are all 100 (YES 100!) of you. Hearing about your training, your races, seeing pictures, or posts; it constantly inspires me and motivates me to think bigger, do more, and get my fanny out the door. We encourage each other and believe in one another, sometimes we all need that extra push to run out of our comfort zones. Most recently I did the Drummerhill Trail Race, my first ever, where I raced the farthest and most challenging terrain than ever had before. I couldn't have done that without the support of SRC.

What I think is compelling about running with people is that no matter someone's job title, age, running experience, there is something to be learned from them, and they have something to learn from you. Once you start running, you're on the same *playing field* and the conversation is given the opportunity to flow. I mean, you already have one major thing in common, right? But think, where else in today's culture do we really have the opportunity to come together like this? Not to mention those bonding experiences, where you can't make it back without needing to relieve yourself in the woods... and if you didn't know, it's a fact, sharing poop stories is the best way to show your humility with your running friends. Next best is enjoying a brew(s) together. Rob Miner, are you reading this?

I knew being a part of this club would not only help my running, but allow me to enjoy it more by having a community of people to share it with. I have been able to enjoy running with many of you and I thank you for getting me out the door, inspiring me, and challenging me. I'll miss Keene, knowing the names of the roads, the cut-thrus, where to stop for a dip on a hot day. I'll miss seeing a sea of blue at our local races and especially Tuesday Club Runs where I'm seemingly always blamed for "pushing the pace", and for the record: *It's not me!*

Thank you everyone for being a part of my running family, it has been a joy to be involved in a club with not just a vision, but with the enthusiasm and dedication to back it up. Oh, and just to be clear, this isn't good-bye, I got one of them lifetime memberships. ☺ #cantgetridofme

'Til next time,

Sarah Titus // Titan - Instagram: @s\_tee - Twitter: @sarah\_titus

## **Club Members Race Accomplishments!**

### **Pisgah Trail Race**- 5/14/16

- Arne Johannessen Time 24:01

### **Full Steam Ahead Gilsum 5k**- 5/21/16

- Gunnar Shonbeck – Time 23:57 Pace 7:43
- Mitchell Hill Time – 27:18 Pace 8:47
- Melinda Noel Time – 34:04 Pace 10:58

### **Dirty German 50k** – Philadelphia, PA

- Chris Casey - Place 39<sup>th</sup> Time 5:01

### **Vermont city Marathon** - 5/28/16

- Molly McCormack - Time 3:36:55
- Jessica Marlier - Time 3:12:30

### **IDIDARUN 10k** – 5/30/16

- Benny Hoy- Time 37m 55s
- Nick Ryder- Time 39m 20s
- Jake Valazkez- Time 41m 10s
- James Callaway- Time 44m 47s
- Gunnar Shonebeck- Time 46m 57s
- Reagan Hoy - Time 47m 14s
- Sarah Titus- Time 47m 22s
- Lisa Sanders- Time 49m 4s
- Rob Miner- Time 50m 13s
- Mitchell Hill- Time 50m 55s
- Francis Domitrovich- Time 52m 47s
- Andrea MacMurray – Time 56m 6s
- Heather Lancey- Time 57m 54s
- Stephainie Droppa- Time 1:00:54
- Nora Traviss- Time 1:00:55
- Laurie O'Brien- Time 1:03:17
- Craig Wallis- Time 1:13:20
- Dominick Thorton – Time 1:24:23

### **MDS Run Walk Smile 5k** – 6/4/16

- David Schillemat Time 21:12
- Omar Diaz Time 25:19

### **Pack Monadnock 10 Miler** – 6/5/16 Wilton, NH

- Arne Johannessen Time 1:27:59
- Nicholas Germana Time 1:35:05
- James Kahn Time 1:36:46
- Francis Domitrovich Time 1:46:44
- Jennifer Helse Time 2:30:33
- Christina Christides Time 2:31:49
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### **Newport, RI 10 Miler** – 6/5/16

- Lou Kaletsky – Time= 1:24
- Andrea MacMurray Time – 1:32
- Heather Lancey – Time – 1:35
- Cassie Cyr – Time – 2:04

### **Bulldog 4 miler** – Westmoreland, NH

- Benny Hoy Time 24:31
- Nick Ryder Time 25:43
- Gunner Shonbeck Time 28:40
- Reagan Hoy Time 29:12
- Robert Miner Time 31:59
- Nora Traviss Time 36:20
- Dani Turner Time 36:46

### **Ascutney Mountain – USATF NE mtn**

#### **Circuit race #4** – Windor, VT 6/12

- Arne Johannessen Time 42:09
- Nicholas Germana Time 50:33
- Jennifer Helse Time 59:18

#### **SRC Drummer Hill Trail Race** – 6/11

- Benny Hoy – 10k Time 48:53
- Simon LeClair – 10k Time 56:05
- Julia Guerriero – 10k Time 1:08
- Brad Smedley – 10k Time 1:22
- Lisa Sander – 10k 1:22
- Nora Traviss – 10k Time 1:26
- Sarah Titus – 20k Time 2:15
- Kevin Vanderwoude – 20k Time 2:18
- Jess LeClair – 20k Time 2:32
- Richard Guerriero – 20k Time 2:35
- John Bass – 20k Time 3:27
- Damon Kindopp- 30k Time 3:26
- James Kahn- 30k Time 3:58
- Barbara Bass – 50k Time 8:22

### **SRC Youth Member Growth Spurt!**

What appears to be a new trend is the growth of our youth members! We have a great group of young runners in our club! It's been great to see our younger club members running and racing right beside the grown-ups! They are getting us all excited to run a little faster (Right John Lucey?) or a little farther. If there are any of our young members that want to speak up and organize a young member run, great! Let us know and we can make it happen.

## 4 on the 4<sup>th</sup> Race



Join us on Railroad Square in front of Scores Bar & Grille on July 4<sup>th</sup> 2016. July in this area means the famous “4 on the 4<sup>th</sup>” road race! This race, along with the Wobble Gobble (formerly known as “Cranberry Run”) and the Demar Half and Full Marathons, is one of the ‘keystone’ races in our community. Look for our pop-up tent in front of Scores and the sea of **BLUE SCORES SHIRTS**! The race starts at 8am please plan to arrive slightly early to find parking. 4 on the 4<sup>th</sup> is a great community event, bring your friends and family! Shortly following the race festivities, we would love to get an updated SRC family photo. With our membership now at 100, we better plan on a wide angle lens! If you and/or your friends/family are not running and would like to volunteer just let us know at [scoresrunningclub@gmail.com](mailto:scoresrunningclub@gmail.com)



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On Tuesday July 12<sup>th</sup> SRC will be hosting a Hawaiian shirt contest to raise money to support youth scholarships for the class of 2017. The run will take place at Scores Bar & Grille on Tuesday 12<sup>th</sup> at 5:30 during our typical run night. This will be an ‘*open*’ to the public night. It will be a great opportunity for people to see what we are all about and raise money for a great cause. Light refreshments and Hawaiian themed appetizer will be served. There is no ‘official’ cost for this fundraiser but a donation is greatly appreciated to help raise money for a great cause. Of course, there will be an awesome prize for top male & top female most outrageous Hawaiian shirt! Please sign-up on our Facebook page.

Scores Running Club Press Release – Drummer Hill Trail Races  
June 11, 2016

## **Drummer Hill Trail Race was a HUGE Success!**

Saturday June 11 on a 10 kilometer loop in the Drummer Hill Conservation Area in Keene. In the *spirit* of **choosing their own adventure**, runners were able to choose the number of 10K laps that they wanted to complete up to 50K. Male and Female winners from each distance were awarded a commemorative etched Drummer Hill “Drum Stick” as a trophy of their accomplishments. Additional prizes were awarded based on a random raffle during the course of the race.

In this inaugural event, there were 66 finishers out of 75 who started the races. Registered runners came from a wide area including Canada, Ohio, and New York. Feedback from the participants have been overwhelming complimentary of the beautiful course, food and fuel offerings at two aid stations deep in the woods, and the over a dozen cheering and cowbell ringing volunteers who stayed on the course over 9 hours to accommodate all runners. Plans are already underway to offer this race to more runners in 2017.

Proceeds from this race and other Scores Running Club events are going towards the SRC Youth Scholarship Fund which will be first awarded in the spring of 2017 to qualifying local high school graduates who are pursuing a passion for running beyond their high school careers.

<http://www.scoresrunningclub.org/drummer-hill-trail-race.html>

## Hello Marathoners!

Sorry for the tardiness of this message... been a little busy planning the most AWESOME event in Keene running history... **Drummer Hill Trail Race!** Ok, I will try to stay focused! We are now on week's 5-7 of our 20-week Cool Running plan.

### Here's the schedule:

#### Week 5

Mon off  
Tues 4-5 hill  
Wed 3M  
Thurs 4M  
Fri off  
Sat 3M  
Sun 12 Miles!!! whoop-whoop!

#### Week 6

Mon off  
Tues 3-4 M long hills (Chappy would be perfect!)  
Wed 4M  
Thurs 6M (notice the increase here?)  
Fri off  
Sat 5M  
Sun 5M (recovery week, let your body heal as we increase the mileage! this will help avoid injury as we ramp up to much longer distances soon!)

Week 7 (I will be in Alaska, so here is the week 7 too)

Mon off  
Tues 3 x 1M repeats @ 5-10k pace. This can be done on the track or as a regular 'block ' run. Warm up 1 mile, speed up to 5-10k pace for 1 Mile, recover 1/2 mile, speed up to 5-10k pace for mile...etc. Total distance will be 5.5 miles if you include warm up, speed, recovery.

Wed 3M  
Thurs 5M  
Fri off  
Sat 3M

Sun 15 M wow! Now we're talking! Pace yourself... LSD (long slow distance pace)

Have fun, run strong!  
Susanne

# Scores Running Club

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# Club Sponsors

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## SRC's Latest Sponsors!

The most exciting news for the club has been the addition of some new sponsors! In addition to our sponsorship with **Scores Bar and Grill**, **Teds Shoe & Sport**, and **Bulldog Design**, this past month we added three new sponsors. Two new Gold Medal Sponsors; **MSA Group Insurance** and **Attorney Richard Guerriero** along with Bronze Medal sponsor, **The Fenton Family Dealerships**. These businesses have provided generous donations to our club so that we can continue provide unique races and fun runs for our community. These sponsorships, along with the net proceeds of our races and fun runs, provide a solid foundation for our Scores Running Club Youth Scholarship. We are excited to say, that we now have funds to offer the scholarships in 2017. Our goal now is to make them bigger! If you think your employer may be interested in helping SRC grow our scholarship fund, please reach out the SRC board so that we can contact them, and let them know about this special opportunity to help our local youth runners

Check out our website for more details about our sponsors!

### Welcome New Members!

Ray Thompson

Jason Laraeo

Deb Livernois

Greg Livernois

Alexis D'Ambrose

Ameila Opsahl

Alex Opsahl

## 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.

Did you do a race; or have an upcoming race? Email me at [andrea.macmurray@myfairpoint.net](mailto:andrea.macmurray@myfairpoint.net)

Let me know what information you would like me to share.