



# Scores Running Club Newsletter



## Weekly Club Runs

Tuesdays at 5:30 pm  
 Scores Sports Bar & Grille  
 82 Main Street  
 Keene, NH 03431



## September 2015

## Scores Running Club

### Email—

scoresrunningclub@gmail.com

### Website -

www.scoresrunningclub.org

Contact Person—Ed Liebfried,  
Club President

Phone—(971)-344-8730

Mailing Address— P.O. Box #793  
Keene, NH 03431

## Upcoming Races & Club/Board Meetings

### September

- Clarence DeMar 1/2 Marathon & Full 9/27/2015 Race Starts - 8am Reg. 5:45 (Full) 6:45 (1/2)
- Board Meeting - 9/29 7pm @Ed's House

### October

- Club Meeting Thursday 10/1 7pm @Scores
- Board Meeting 10/27 7pm @Scores
- Predict your time club-only 5k race! Costume contest & Prizes! 10:30 @ Scores
- Udder Madness 5k 10/10/2015 Race - 10am. Registration 8:30am.
- Harpoon Brewery 3.66 mile Race. Windsor, VT 10/11/2015
- Club Hosted Event—Run to breakfast at **Stewart & Johns** 10/18/2015 (See further details)
- Pumpkin Mile 10/24/2015 8am Cheshire Fair Grounds Registration - 7-7:45am

### November

- Club Meeting Thursday 11/5 7pm @Scores
- Board Meeting 11/24 7pm @Scores
- Wobble Gobble—Thanksgiving 4 miles 9am @ Keene Rec. Center

### December

- Club Meeting Thursday 12/3 7pm @Scores
- Holiday Party (to be announced)
- Board Meeting 12/29 7pm @Scores



## Club Hosted Event-Breakfast Run

What goes better with running than carbs! Join us on the rail bed run to **Stuart and Johns** and enjoy a post run social club breakfast! Choose your run distance for either a point to point or a out an back. Point to point will start at **7 AM at Wheelock Park Parking Lot** for a scenic 12 mile rail bed run email **Brad at bsmmedley.bs@gmail.com** to RSVP for long run. For an out an back run, park at Stuart and Johns and hit the rail bed on Depot Road and run as far as you want and then turn back. Email **Heather at hlancey@gmail.com** to RSVP for a shorter run. Your start time will be based on your desired run time. Just plan on breakfast at 9:30.

### Event Q&A:

#### How do Point to Point runners get home?

Especially for the point to point runners, we must have an RSVP so that we can ensure that you have a ride from one of our out and back runners back to Wheelock Park.

#### How do I RSVP?

Email Brad at **bsmedley.bs@gmail.com** for long run (12 miles) or Email Heather at **hlancey@gmail.com** for shorter run.

#### Are the rail beds all 'roots and rocks?'

The rail beds are generally level with a gradual climb half way to the "Summit" then its gradual down hill to Stuart and Johns. Very doable for any runner.

#### Can we all sit together?

Based on the count 'going' to the event, we will give the staff at Stuart and Johns a heads up that we would like to all sit together.

#### How can I get a change of clothes to Stuart & Johns?

We can coordinate a baggage drop at Wheelock Park so that the point to point runners can change out of their running clothes for breakfast.

## Member's Predict your Time Halloween Run

**Who:** Club members and new members wishing to join the club

**What:** 5k predict your time run. NO WATCHES ALLOWED!!

**When:** Saturday 10/31/2015 Registration 10:00-10:30 Race Starts at 11:00

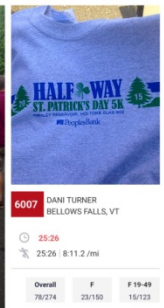
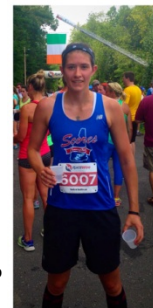
**Where:** Scores bar and Grille

**Cost:** \$10 - Current Members \$40 - New Members (Includes discounted club registration and race registration)

Join us for a fun Halloween predict your time 5k run. Leave your watches at home. There will be prizes for members who are best able predict their time. Be creative with your costume choices. There will be prizes awarded based on most challenging to run in, most runner related, and more. There will be light refreshments afterwards. **RSVP to [scoresrunningclub@gmail.com](mailto:scoresrunningclub@gmail.com)**

## Club Members Race Accomplishments!

- **Swanzy Covered Bridges - Elijah's Run Half-Marathon** 9/6/2015
  - **Clint Joslyn** Time 1:29 Pace 6:52 Place 11/219 Div - 4/26
  - **Ockle Johnson** Time 1:31 Pace 7:00 Place 13/219 Div 1/10
  - **John Brown** Time 1:43 Pace 7:55 Place 35/219 Div 5/16
  - **Michelle Gaffney** Time 1:46 Pace 8:09 Place 45/219 Div 1/36
  - **Angella Joslyn** Time 1:48 Pace 8:17 Place 49/219 Div 2/35
  - **Nicole James** Time 1:54 Pace 8:47 Place 69/219 Div 7/35
  - **Omar Diaz** Time 1:55 Pace 8:50 Place 75/219 Div 10/20
  - **Austin Gaffney** Time 2:18 Pace 10:35 Place 156/219 Div 2/2
- **Swanzy Covered Bridges - Elijah's Run Relay**
  - **David Schillemat & Eric Shannon** 1<sup>st</sup> Place- Time - 1:26 Pace 6:30 Place 9/219 Div - 2/26
  - **Kayla Dooley & Eric Walther** Time 2:03 Pace 9:23 Place 96/219
- **Mt. Greylock** 9/6/2015
  - **Susanne Olson & Arne Johannessen** have completed the 6 mountain runs which makes them *USATF Mountain Goats*, which guarantees them a spot for Mt. Washington in 2016. The runs are extremely challenging and are primarily uphill. **Christine & Maggie** were also in attendance, and completed a few of the Mountain Series Races.
- **HelpHopeLive 5k** 9/12/15
  - **Heather Lancey** Time 25:57 1<sup>st</sup> in age group!
  - **Andrea MacMurray** Time 27:05
  - **Melinda Noel** Time 27:20
  - **Molly McCormick** Time 27:22
  - **Kayla Dooley** Time 29:19
- **Marlborough Mad Dash 5k** 9/19/2015
  - **Heather Lancey** Time: 26:35 Pace: 8:35
  - **Andrea MacMurray** Time: 27:27 Pace: 8:50
- **Spartan Beast** 9/19/2015
  - **Dani Turner** completed the Spartan beast today and will complete a tough mudder and Rugged Maniac next week! Go Dani!



### Website Information

Coming soon: Online club apparel store!

## MEMBERSHIP

All ages and abilities are welcomed.

**\$35.00 Lifetime Membership Fee.** Includes choice of SRC Club Racing Singlet or Tee-shirt.

**\$20.00 (Youth -- 17 and under).** Includes choice of SRC Club Racing Singlet or Tee-shirt. (Family discounts available)

### Volunteers Needed for DeMar

We are scheduled to man a water station; **we need more volunteers.** Come support your teammates and cheer them on!

**When:** Sunday 9/27/2015 from 8:45 to 10:45

**Where:** Optical Ave near C&S

**\*\*Further Details** Susanne will post to Facebook! Thank you all who have already volunteered.

**Contact Susanne:** [suz69kris97@yahoo.com](mailto:suz69kris97@yahoo.com)

### How to join

Join us for a regular Tuesday night club run and request a registration form (Cost \$35—Adult \$20 Youth). Or Log onto [www.scoresrunningclub.org](http://www.scoresrunningclub.org) on the main page click "join us".

### Harpoon Octoberfest

What: 3.6 mile race with Team Awards including the team with the most runners!

When & Where: Sunday 10/11 Race Starts at 11am (Leave Keene 9am) in Windsor, VT

Join our scores running team for a scenic race of Harpoon Brewery. There will be an Octoberfest celebration afterwards. Please **RSVP so we can coordinate carpooling.** Email [scoresrunningclub@gmail.com](mailto:scoresrunningclub@gmail.com)

## CLUB BENEFITS

-Meeting, running, racing, and socializing with a great group of people!

--Group runs at a variety of paces and distances

- Additional group runs and events

-Coaching Opportunities

-Members receive a Scores Running Club **Tee-shirt** or **Racing Singlet**

-Members receive a \$10 Gift Card at Ted's Shoe & Sport upon joining

-Members receive a 10% off discount at Ted's Shoe & Sport

-Monthly Club Meetings - Variety of topics

-Members receive discounted food and drinks at Scores Bar & Grille

### Welcome New Members!

Benny Hoy - Keene, NH

Gerry Therrien - Keene, NH

Eric Alarie - Hinsdale, NH

Brenda Adams - Keene, NH

Stan Dutton - Antrim, NH

Paula Gilsenan - Keene, NH

David Gruender - Keene, NH