



January 4, 2002

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## PRESIDENT'S MESSAGE

Happy New Year to all our members, old and new! This is a time of year for closing out our logbooks for the year past, looking back on the races we've run and the miles we've covered, and making plans and setting goals (overly optimistic as they may be) for the year ahead. But this year feels a bit different, as the events of last September have caused us to look at many things differently or at least with a different perspective. For me, in the immediate aftermath of 9/11, running seemed so trivial as to make it feel selfish to indulge in it. But soon after, the activity itself, and the friends that I share it with, became a refuge and a way of maintaining a sense of order and permanence in uncertain times.

There are some members of the Colonial "family" who are particularly affected by the world's events: those now serving in the armed forces. They include **RICK HAYES**, who has been "called up" and is currently stationed in Chicago, where he helps oversee military mail

shipments; **ANDREW YELLOPE**, Tom Yellope's son, who is with the Marines "in country" in Afghanistan; and new member **DAVID DORSEY**, who is on active duty at sea with the Coast Guard. (My apologies to anyone I have missed.) Please keep them in your thoughts this holiday season.

I will leave it to Tom Yellope to give a report on the Edaville race, but on behalf of us all, I want to thank Tom and Susan, as well as Al Donaghy, for the tremendous amount of time and effort they devoted to getting the race "off the ground." We heard only positive comments afterwards, about the unique course, the organization, and the special atmosphere. (And oh yes, the T-shirts!) Here's hoping that next year, everyone who ran this year will spread the word and bring a friend along to make it still more successful.

--*John Goldrosen*

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## PADDY KELLY ROAD RACE

Our annual Paddy Kelly Road Race has been scheduled for **Sunday, February 10th**. Key details remain the same: the noontime start, the racing gloves, the beautiful course through Brockton's D.W. Field Park, and the party afterwards at the Time Out Cafe. As always, we need plenty of volunteers for helping with post-

registration and along the course. To offer your help, call race director **John Goldrosen** at 781-447-2812. Entry forms are now available--if you can spread the word by bringing them to road races, health clubs, and running stores, please get in touch with John to pick up some copies.

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## SATURDAY GROUP RUNS

If you are looking for company for your runs, or setting your sights on your first half-marathon or marathon in the next year, come join us at the Woodsdale School in Abington at 8 AM on Saturdays year-round, for the club's weekly group run. We run a route that has options of 6 and 10 miles, at a "conversational" pace. It's a great way to make the miles pass fast, pick up tips from experienced runners, make new friends, and gain additional motivation for getting out on the road on cold winter mornings!

We are also trying to attract beginning runners, or those who simply want to run a shorter distance, for a group run over the 3.3 mile summer-fun-run course. Please contact **John Goldrosen** or **Carol Cahill** for more details.

## BOSTON MARATHON WAIVERS

We are happy to report that, once again this year, the BAA has given Colonial Road Runners five "waivers" from qualifying times for the Boston Marathon, for distribution to our club members. Those who receive the waivers still have to submit the race application and pay the regular entry fee, but they do not have to meet the qualifying time requirements. As in past years, we will award the waivers by lottery, based on the following rules and priorities:

1. Members who have assisted at club races and fun runs or with other club activities will be given priority.
2. The waivers will be allocated first to members who completed a marathon in 2001 but did not finish fast enough to meet the BAA qualifying times.
3. Members who did not receive a waiver for the 2001 Boston Marathon will have priority, ahead of those members who got a waiver through this past year's lottery.
4. Members who did not run a marathon in 2001, and those who have elected not to help out in club activities, will be considered in the lottery only if there are less than 5 applicants in the above categories.

To be entered in the waiver lottery, you **MUST** notify **Curt Jarva** by phone, fax, email, or mail **no later than 5 PM, January 12, 2002**. Please identify what marathon you completed in 2001 and any club activities you have helped with. Curt will draw the names out of a hat, notify the winners, and make arrangements for them to pick up the waivers. Here's how to reach Curt:

**Curt Jarva**                      **Phone:** 781-659-2483

**158 South St.**                **Fax:** 781-659-2484

**Norwell, MA 02061**        **Email:** curtjarva@mindspring.com

**Please note:** The registration deadline for the Boston Marathon is a month earlier this year than in the past--the deadline is now February 1, or whenever 15,000 entries are received, whichever is earlier. So--if you get a waiver, please get your entry form submitted immediately! (And if you are a qualified runner--don't miss this earlier deadline!)

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## GRAND PRIX UPDATE

Among our club awards is one for participating in the "Grand Prix" series of local races. (By "local," we mean within about an hour's drive of our area--i.e., eastern Mass., Cape Cod, and RI.) It's time to update our list for 2002, to account for changes in race dates and to add new races (and to remove those that have "died"). Please check out the list on our website (under "Events"), and forward any suggestions for additional races to John Goldrosen at [johng@colonialrunners.org](mailto:johng@colonialrunners.org).

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## ANNUAL CLUB BANQUET

Save the date: our annual banquet will take place on **Saturday, February 2<sup>nd</sup>** at the Abington Ale House on Route 18 in Abington. Speaker will be "Doc" Chasen, who has been winning races on the South Shore, and in his professional capacity preventing and curing running injuries, for many years. Look for a separate mailing shortly with a banquet registration form and the annual membership renewal form.

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## COLONIAL ROAD RUNNERS CLUB AWARDS

Anyone who qualifies for a CRR award and expects to receive it at the banquet has to notify Tom Yellope by no later than January 22nd. **NO EXCEPTIONS!!!** For questions regarding awards, refer to your Colonial membership yearly sign-up sheet or contact Tom directly at (508)580-1606 or email him at [TYELLSUSAN@WEBTV.NET](mailto:TYELLSUSAN@WEBTV.NET) **Please** be considerate when calling directly. (Snail mail address: address: 104 Oak Lane, Unit 10, Brockton, Ma 02301.)

## BOSTON MARATHON WATER STOP

Those who worked (officially) on the BAA 16 mile water stop last year have received their volunteer application by now. As usual, to assure that we all get assigned the same location, Al and Cal want to send them in together.



**THE CALM BEFORE THE STORM: Al's Gang... Don't mess with them! If you spill one drop of water... GULP!**

They will again maintain a waiting list for those who are interested but did not participate last year. If that describes you, you need to get a copy of the volunteer application and fill it out, and get it to them. As we hear from last years

volunteers that they aren't coming, they will fill the roster on a first come first served basis from the waiting list.

We can accept up to 60 volunteers. In fairness we want to give last years' volunteers first chance this year: So even though the holiday season is a busy time, how about getting the forms back to me ASAP or let me know if you are not coming, ASAP. This will allow us to assign from the waiting list. The forms are due in to the BAA by Feb. 1. I am going to declare Jan 15 as the deadline for getting forms to Cal or me.

For further information:

write [ald@colonialrunners.org](mailto:ald@colonialrunners.org), or call me 781 878 8622. You can drop the apps off at the Winter Series races in Abington on Sunday afternoons, or you can mail them. Sorry, no E-mail or fax for apps, BAA wants your real signature.

**Al Donaghy**

**16 Harriet Road**

**Abington MA 02351**

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## "EDAVILLE EXPRESS" THE GREAT TRAIN RACE! FINAL REPORT

Dear Colonial Road Runners,

Our "Edaville Express" The Great Train Race, which was held on Oct. 14th, 2001 was a minor success!

The day was cloudy, cool and misty but, that did not stop three hundred and one participants from having a good time. Many runners came up to me afterwards and said how much they had enjoyed the course. Some even said "the event was well organized".....hmmm, must have been the post run high. Also I had two wonderful e-mails complimenting the race location and the theme of the train.

The financial picture of the race is not that wonderful but, when the dust had settled Special Olympics had made around \$2000 in donations and its share of the race profits and the Colonial Road Runners Club just over \$200. Not bad for the first time but, I hope we as a club can do better next year.

Now Susan and I would like to thank everyone who helped out and also those who ran the race. I would like to name everyone, but would certainly leave someone out, so I will just say a big thank you to everyone!

Hope to see everyone at a CRR event.

Thank You,  
Susan & Tom Yellope

"Edaville Express" The Great Train Race:

**100 three mile runners**

**156 five mile runners**

**45 one mile runners / walkers**

## CLUB MEETING

The next CRR monthly meeting is on Jan 6th at 2.00pm in the Abington Depot, following the Sunday fun run. All are welcome!

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## CLUB MEETINGS/WINTER FUN RUN SERIES

O.K. As the "editor-in-briefs"... err, brief. I suppose I should include a few (brief) comments regarding recent club events I have witnessed. The club meetings have been attended by the usual suspects. However, ALL are invited. All comments, good or bad are reflected at these meetings and help to improve CRR as a whole. I would love to see more members try to attend, now that the holiday season (a.k.a. busy season) has or nearly passed. However, if you cannot attend, any comments or otherwise would be greatly appreciated in an ongoing effort to make CRR the preferred running club. The next meeting will be held directly after the Sunday Fun Run on January 6<sup>th</sup> @ 2 p.m.

Week by week, I have watched the group of runners grow at the CRR Winter Fun Run Series held at the Abington Depot Restaurant. With the exception of one week, I have delivered the muffins and the runners have delivered their joy of running. **Larry Thode** (Upton, MA) has been a standout, finishing every week, usually in first. His times have been consistently impressive. The most improved runner has been **Ellen Litt** (S. Easton, MA) who shaved almost 4 minutes off her previous best. **Steven Wood** (N. Easton), **Cedric Barr** (Rockland, MA) and **John Shirriff** (Abington MA) have been consistent, not missing a week yet, through five weeks. It doesn't matter how good you are, when it comes to the CRR, Winter Fun Run Series. All that really matters is

presence, participation and pleasure. These are the three "P's" of running. It's not always easy and the rewards are sometimes disguised, but running becomes a part of everyday life for all involved (including me). I'm sure all of you who walk/jog/run, feel the same way. Although, your individual accomplishments may go, mostly unnoticed by others. You are your best witness and more importantly... the final juror... the judge. Be proud of your accomplishments and always strive to improve. However, don't be afraid to relax and take it all in. After all, you can't win every race. You can however, walk/jog/run every race and finish first in "your" category. The final week for this winters fun run series will be held on January 27<sup>th</sup>. There will be a get together at the Abington Pub after the run. Hope to see you there!

In closing, thanks to all that contributed to the content in this latest newsletter. It wouldn't have been much more than a paragraph otherwise. Any future submissions can be forwarded to me by either email or snail-mail. Take care and be safe. Stay healthy and most of all... have a **HAPPY NEW YEAR!!!**

*Stephen M. Smith*  
[rangyrunner@yahoo.com](mailto:rangyrunner@yahoo.com)