



**March 2002**

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### **PADDY KELLY ROAD RACE, 2001**

**reported by John Goldrosen, Race Director**

After several years of dry but chilly weather for race day, we benefited from this year's warm winter and had comfortable running conditions: about 40 degrees and cloudy (with rain holding off until after the race). Maybe for that reason, we had a large number of post-entrants, pushing the total number of finishers over the 300 mark, for the first time in recent memory. With the help of numerous Colonial volunteers, the race went off without a hitch, and I heard only positive comments afterwards (though please pass along any to the contrary! We can always improve for next year). Registration went smoothly, the results were timely, the pasta was hot, and the beer was cold. Runners don't ask for much more, right?

The overall male winner was Hancha Moatacim from New Bedford in 25:49—two seconds off the course record, according to running historian-in-residence Tom Hurley (who has complete results going back to the late '80's). Second (26:30) was two-time defending champion Kevin Gorman of Brockton, and third (26:43) was Mike Norton of Falmouth. The overall female winner was Kate Delaney of South Boston in 30:40, followed by Cambridge's Sarah Keller (31:36) and 17-year-old Lori Boyce from Hopedale (31:49). Male division winners were Tim Snow (under 30), Michael Jack (30-39), Lou Ristaino (40-49), Larry Olsen (50-59), Fred Zuleger (60-69), and Dave Regan (70+). Female division winners were Jill Strathdee (under 30), Nancy MacDonald (30-39), Madalena Boudreau (40-49), Bridget McMahan (50-59), and Colonial's Irma Walat (60-69). Overall and master's winners received \$25 gift certificates courtesy of Marathon Sports.

Thanks as always to the Brockton and Avon police for traffic control. Thanks also to our principal sponsor Microsoft, and to Belmont Spring Water and Sir Speedy Printing for their support. Finally, thanks to the following volunteers (forgive me if I miss anyone), who as always made this race director's role both easy and, truth be told, minor: Ellen Litt, Lori Noel, Bob Sheehan, Tom and Susan Yellope, Iris Madore, Curt, Jan, and Eric Jarva, Andy Brennan, Ron Marston, Chris and Erin Hollander, Michelle DeCarli, CherylAnn Dorsey, Joe and Jeanne Sullivan, Clayton Gardner, Dan Gorman, Jack Foley, Cal Goodwin, Dave Gorman, Stephen Smith, Al and Frank Donaghy, and William Leitch (who lined up Microsoft as a sponsor).

### **ANNUAL CLUB BANQUET—February 2, 2002**

We had a large turnout for this year's banquet at the Abington Ale House—about a 50 percent increase from last year, with many new members in attendance. After the presentation of club awards (see the separate listing in this newsletter), our speaker, Dr. Bob Chasen of Hingham, a longtime champion runner in this area who practices podiatry with a focus on runners, gave us many tips for injury prevention and cure. Our thanks to Curt Jarva for organizing the banquet, and to all of you who came and encouraged your friends and spouses to attend.

### **WINTER FUN RUNS**

The Sunday fun run series wrapped up on January 27, with a large attendance at the race and a still-larger attendance at the wrap-up party at the Depot Restaurant, featuring a live broadcast of the Patriots' triumph over the Steelers for the AFC title. There were usually 20-25 runners each week of this year's series, with a peak of 29, and only one week snowed out. Thanks to everyone who helped with timing and organization, especially Al Donaghy, Tom and Sue Yellope, Cal Goodwin, Dave Thompson, and Stephen Smith (the "muffin man").

### **SUMMER FUN RUNS**

Hey, it's never too early to start thinking warm thoughts...the Abington series, held at the Woodsdale School at 7 PM on Tuesdays, will start on May 7 and run through the end of August. The Brockton "Swamp Rat" series at D.W. Field Park will take place on Wednesdays at 6:30, probably starting the same week. And to fill out your summer evenings, club member Jim Dupont is planning to inaugurate a Raynham series on Monday evenings, starting from the Raynham Athletic Club on Route 44. If you're one of our "Southern" members from the Taunton/Raynham/Bridgewater area, how about getting in touch with Jim and offering to lend a hand? For purposes of membership status (and reduced-fee category), helping with any of these series will count as assisting with a Colonial event.

## **COLONIAL GRAND PRIX COMPETITION & PARTICIPATION SERIES**

Frank Donaghy will serve as director for the club's revived *Grand Prix Competition Series*, which will kick off with the Raynham Knights of Columbus 5-mile race on March 10. The full schedule and series rules are presented later in this newsletter. With points at each race going 10-deep for both male and female club members, this should be fun for all, and an extra incentive for faster and more frequent club racers to represent us at local races. The listing of races for this year's non-competitive Grand Prix Participation Series is also included in the newsletter. This series is designed to encourage club visibility and attendance at a broader range of local races, and to recognize any member who regularly participates in racing.

## **CLUB UNIFORMS**

We have settled on a new design for singlets, which was introduced at the annual banquet. The singlet (made by Nike) will be red with white trim at the neck and shoulders, and white lettering. (We will not order shorts, as the sentiment seemed to be that everyone has personal preferences for length, color, etc.) We will let everyone know when the singlets are available. (And thanks to those of you who have already placed orders!) Price remains to be determined, but it will be no more than \$20, with the club subsidizing part of the cost. Thanks to Beth Hackett, for putting a lot of time into researching available designs and suppliers!

## **THE BOSTON MARATHON BUS**

As in past years, Colonial Road Runners will sponsor a bus to take registered runners to the starting line of the Boston Marathon. This saves local runners the time and effort of traveling into Boston to take the BAA shuttle to Hopkinton. Details are still being finalized, so please check our website or call John Goldrosen (781-447-2812) after March 15th for full information. We expect that, like last year, the bus will leave from the Braintree MBTA station (at the Union Street exit off Route 3) at 7:30 AM. This allows runners to park a car in the T garage and return there after the race by subway or commuter rail. The bus will arrive in Hopkinton by 9 AM (as required by the BAA), and be parked next to the starting line in a lot set aside by the BAA for official club buses. The bus remains in Hopkinton until race time (a great convenience in chilly weather!). The parking lot is a short walk from the Athlete's Village (where you can place your clothing bag on the BAA buses for transport to the finish line in Boston).

Colonial helps to underwrite the cost of the bus, and charges less to club members, so this is always a good incentive for runners to join the club! Whether or not you are running, you can help us fill the bus and publicize the club, by contacting local runners and letting them know about this service. A suggestion: visit the Boston Marathon website ([www.bostonmarathon.org](http://www.bostonmarathon.org)), go to the listing of registered runners, and do a search for runners from your town. If you see runners you know, give them a call and tell them about the bus.

## **A WORD TO ALL BOSTON MARATHON RUNNERS**

You will have a sea of friendly faces at Mile 16 (just before Route 128), where Al Donaghy and Cal Goodwin will be captaining the official BAA water stop, largely staffed by Colonial members. Also—if you are registered for Boston, please let Al know at [ald@colonialrunners.org](mailto:ald@colonialrunners.org) or (781) 878-8622. The BAA asks us to report the number of club members who are running, as a guide to the number of non-qualifying waivers that we should be given. This year, we received five waivers, which were given to John Goldrosen, Sue Simmons, Charlie Grainger, Chris Long, and Lori Noel.

## **COLONIAL AWARDS BANQUET – February 2, 2002**

**reported by Tom/Susan Yellope, Colonial Banquet Award Presenters ☺**

Thanks to Susan & Tom for diligently collecting all this information and turning it into awards for our well deserving Colonial members. As mentioned earlier, a great crowd was on hand. All present enjoyed an hour of conversation and cocktails, followed by a delicious dinner, then our guest speaker.

As usual, we had another great guest speaker. Dr. Robert Chasen took center stage after dinner. He kept us entertained with his animated speech on running and his experienced knowledge in the field of Podiatry. He is an accomplished runner, living locally and you've probably seen him on the podium at most races he attends. Life is a learning experience and all present learned at least a thing or two from our guest speaker. Many thanks go out to this year's guest speaker, Dr. Robert Chasen.

Listed here, are this year's award winners. Congratulations to all who gave their best and won!!! We all give our best, whether it is now or then (as in my case)... or always! Just getting out there and running, makes us all winners. Congratulations!!!

**Grand Prix:**

Jeanne Sullivan  
 Phyllis Padula  
 John Goldrosen  
 Frank Nelson  
 Ellen Litt  
 Betsy Knapp

**Best Times- Male  
Frank Nelson**

5-mile: 28:06  
 10k 36: 59  
 1/2 marathon: 1:19:36  
 marathon: 3:07:25

**Best Times-Female  
Cathy Smith Papadellis**

5k: 20:58  
 10k: 44:19  
 1/2 marathon 1:48:10  
 marathon: 3:40:54

**Consecutive Days Running:**

Sue Simmons -336 days  
 Betsy Knapp - 306 days

**Most States:**

Betsy Knapp - MA, NY, PA

**Harrier:**

Betsy Knap

**Announcing the 2002 Grand Prix Competition Series**

This is a competitive series open to all Colonial Road Runners. The purpose of this series is to encourage all Colonial Road Runners to support these local road races and to have a strong Colonial contingent at each, as well as foster some competition among club members. Points will be awarded based on the order of finish in each of the following races.

- **Raynham K of C 5 Miles Raynham, MA March 10, 2002**
- **Cohasset By the Sea 6.2 Miles Cohasset, MA April 7, 2002**
- **Strawberry Shortcake 6.2 Miles Plympton, MA May 18, 2002**
- **CRR Summer Fun Run 3.25 Miles Abington, MA June 4, 2002**
- **Children's Museum 5 Miles N. Easton, MA June 16, 2002**
- **HSR Summer Fun Run 3.75 Miles Brockton, MA July 10, 2002**
- **Carver Great Race 5 Miles Carver, MA July 27, 2002**
- **Coby's Run (5k only) 3.1 Miles Scituate, MA August 25, 2002**
- **Rocky Marciano 5 Miles Brockton, MA September 8, 2002**
- **Marshfield RR 20k 12.4 Miles Marshfield, MA September 29, 2002**
- **Canton Classic (10k only) 6.2 Miles Canton, MA October 27, 2002**
- **South Shore YMCA 5 Miles Quincy, MA November 17, 2002**
- **CRR Winter Fun Run 4 Miles Abington, MA December 8, 2002**

**Frank Donaghy** will be coordinating the results throughout the year. Runners will be responsible for notifying Frank of their time and overall place in each race. Based on the results reported back to him, Frank will tabulate the results and assign the appropriate points to each person. As soon as possible after each race, updated standings will be posted to the Colonial Road Runners website ([www.colonialrunners.org](http://www.colonialrunners.org)). Frank can be reached at [grandprix@colonialrunners.org](mailto:grandprix@colonialrunners.org) or by phone at **781 341-8019**. When reporting results, be sure to include your name, the race you ran, finishing time, and overall place.

Grand Prix Series points will be awarded, for males and females, as follows:

Colonial Finisher	Points
First	10
Second	9
Third	8
Fourth	7
Fifth	6
Sixth	5
Seventh	4
Eighth	3
Ninth	2
Tenth	1

