



May 2002

Letter from the Editor

Stephen M. Smith

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It would be inappropriate to start this newsletter without congratulating all club members who participated in this year's Boston Marathon. The true heroes of the marathon are the runners and the volunteers who are there to support them. For the past five years I have been a volunteer. I hope to someday participate by running. That is a long-term goal. Personally, it is gratifying giving back to a sport that has become a part of everyday life for me. I live and breathe running. Being asthmatic all my life, running has strengthened my heart as well as my spirit. I look forward to that run at the start/end of the day and hopefully a race during the weekend.

Below is a personal entry from Colonial member, **Frank Nelson**. His is a success story that many hope for. It's not about how fast or what place you finish. It is about setting goals and achieving them. Congratulations Frank and all those Colonials who believed and achieved at this year's Boston Marathon. You're truly an inspiration to all who run!

BOSTON MARATHON MEMORIES

Frank Nelson

My Boston experience was one of pure enjoyment. My **BOSTON P.R.** was set at 2:51:46 this year. The race went as I had trained and planned for (run even paced). My pace of 6:36/mile never varied more than 15-seconds, plus-or-minus, over any individual mile during the entire race, with the exception of the very first mile. The Colonial Road Runner bus set the tone for the day, and I really mean that. What a difference that a coach bus with a bathroom can make on your day. I was able to rest comfortable until it was time for the walk to the

start. I continued to remain relaxed until I walked into my corral. The race went superb, with the exception of a small bone bruise on the ball of my left foot, happening around 20-miles. This bruise caused me to curl my toes on the left foot to relieve the impact from hitting the bruise. This helped my bone bruise, however in the process, blackened each of the toes on that foot. I did make it those final 6 miles and hit the finish line elated.

What an event!

**106th B.A.A. Boston Marathon – C.R.R. Finishers
Patriot's Day, April 15, 2002**

Name	Chip Time
Frank Nelson	2:51:49
Manny Aruda	3:29:31
Beth Corry	3:33:15
Chris Hollander	3:37:32
Cathy Papadellis	3:43:55
Rick Hayes	3:44:52
Janet Jordan	3:49:50
Billy Allen	3:59:29

Name	Chip Time
Iris Madore	4:14:04
Charlie Grainger	4:17:01
John Goldrosen	4:17:41
Tiffany Walker	4:28:32
Karen Wagner	4:26:00
Sue Simmons	4:28:33
John Terranova	5:03:00
Paul Callahan	5:05:00

PRESIDENT'S MESSAGE

John Goldrosen

Happy spring! (which, in New England, means 90-degree heat and snowflakes—in that order). A lot has been happening with the club in the last few months, so let me bring you up to date on some important steps:

1. **Membership in Road Runners Club of America (RRCA):** Colonial Road Runners is joining RRCA, the largest national association of recreational and competitive running clubs. For our club, the benefits include increased visibility to new runners trying to find a club to join (we'll be listed on the RRCA website, with a link to our own site), and expanded liability insurance for our officers and for all of our club events, including not just our organized races but also (for the first time) our fun runs and group training runs. As a benefit of membership, Colonial members will be receiving a quarterly running magazine from RRCA.
2. **By-laws, Officers, and Annual Elections:** You may not have realized it, but our club has existed for decades without by-laws or any procedure for choosing officers and making decisions. We operated by consensus—and last year, the consensus was that a more formal organization and clearer lines of authority were needed. An open members' meeting resulted in the selection of interim officers, and we have now taken the next step of creating a permanent structure. At the March meeting, we adopted a set of by-laws that define the number and responsibility of officers, who will act as a Board of Directors and conduct the club's business. (This was also a requirement to be eligible to join RRCA and be fully covered by insurance.)

We will hold our first annual election meeting on Sunday, June 2, at 7:00 PM at the First Baptist Church in Abington, at the intersection of Route 139 and 58. The **officers to be chosen are: President, Vice-President, Treasurer, Secretary, Membership Director, Newsletter Director, Club Races Director, and two Directors-at-Large.** All members are eligible to run for office and, of course, to attend and vote at the meeting. If you are interested in serving as an officer and want more information on the positions, please give me a call at (781) 447-2812.

3. **Club Uniforms:** Our new singlet is now available! This is a high-quality competition singlet made by Nike, in a modern "breathable" material, in our traditional bright red with white trim and side panels, and with "Colonial Road Runners" printed on the front in the distinctive script that is used for the heading to this newsletter and our website. My personal opinion (which I think is shared by many others) is that they look terrific, and I can now attest to the singlet's comfort in distances from 10-K to a marathon. They are selling at a fast pace, and we have already had to reorder some sizes. **We are now selling the singlets to Colonial members for just \$15,** which is well below what the club paid for the singlets and probably about half of what you would pay for a comparable singlet in a retail store. Tom and Susan Yellope will have the singlets for sale at the Tuesday night fun runs and our Saturday group runs, and at upcoming Grand Prix Competition Series races. We hope that you will purchase one (or more!), and wear it at races to identify yourself as a Colonial member and help make the club more "visible." By the way, we did consider ordering matching shorts, but decided against it for now, because we all had different preferences as to color, length, cut, material, etc. We are also looking into a warm-up uniform, but frankly, we haven't seen anything that is particularly appealing. If you have any ideas, please pass them along!

We all owe a great "thank you" to **Beth Hackett**, who took the lead in ordering samples and collecting pricing information from different manufacturers and suppliers.

4. **The Grand Prix Competition and Participation Series:** Our new **Grand Prix Competition Series** has kicked off with the Raynham K of C 5-miler and the Cohasset 10K (and, as we went to press, the Plympton Strawberry Shortcake 10K). Frank Donaghy is Competition Series Director--his report on standings and upcoming races is printed on the next page of this newsletter. To try to clear up confusion: The **Grand Prix Competition Series** is a new (or more precisely, revived) club activity, in which club members accumulate points by competing against each other at specific races through the course of the year. The **Grand Prix Participation Series**, as in past years, allows all club members to qualify for an annual noncompetitive award by running a minimum number of local races, with many options available: for each "event," you have a choice among a number of races that are scheduled in the same time period. Lists of the races in each series were in the March newsletter, and are on the club website. Your appearances in the Competition events must be reported to Frank; as for the Participation Series, you keep track yourself of the races that you run and if you qualify for the award, you let us know in January when we put out a call for club awards. I apologize for any confusion about this; please email me (jgoldrosen@earthlink.net) or give me a call if this still isn't clear.

Hope to see you all on the roads, at races, and at our upcoming club meeting!

CRR GRAND PRIX COMPETITION SERIES

Frank Donaghy, Series Director

My apologies for not getting this out sooner, but here are the results for the CRR Grand Prix Competition. First are the results from the Road Race By The Sea in Cohasset on April 7.

(Editors note: My apologies for dragging my heels getting his news in print.)

MEN					WOMEN				
	<u>Name</u>	<u>Time</u>	<u>Overall</u>	<u>Points</u>		<u>Name</u>	<u>Time</u>	<u>Overall</u>	<u>Points</u>
1	Jim Dupont	42:20:00	53	10	1	Beth Corry	44:53:00	108	10
2	Steve Smith	44:51:00	107	9	2	Tiffany Walker	48:58:00	253	9
3	Kevin Whalen	46:00:00	143	8	3	Lori Noel	51:51:00	354	8
4	Tom Yellope	46:15:00	152	7	4	Beth Hackett	53:27:00	436	7
5	Andy Brennan	47:09:00	180	6					
6	Cedric Baar	50:37:00	320	5					
7	John Goldrosen	50:39:00	321	4					
8	Frank O'Brien	51:56:00	364	3					
9	Ron Marston	51:59:00	367	2					
10	John Shirriff	58:58:00	635	1					

(Editors note: Congratulations to both the mens and womens Colonial teams at the Cohasset Road Race for bringing home first place in the team divisions. The winning team members are shown above. Great job everyone!)

The current overall standings after 2 races are as follows.

Men			Women		
	<u>Name</u>	<u>Points</u>		<u>Name</u>	<u>Points</u>
1	Jim Dupont	20	1	Beth Corry	20
2	Steve Smith	17	2	Tiffany Walker	18
3	Tom Yellope	16	3	Lori Noel	8
4	John Goldrosen	10	4	Phyllis Padula	8
5	Kevin Whalen	8	5	Beth Hackett	7
6	Clayton Gardner	7			
7	Andy Brennan	6			
8	Cedric Baar	5			
9	Frank O'Brien	3			
10	Ron Marston	2			
11	John Shirriff	1			

Please let me know if you ran Cohasset and are not listed in the results above. For the time being, report your results to me at this email address: FrankD@colonialrunners.org. or call (781)341-8019.

The next race in the Competition Series is our own **CRR Summer Fun Run** on **Tuesday, June 4th at 7:00 PM** at the Woodsdale School on Chestnut Street in Abington. Following after that is the **Children's Museum 5-Mile Road Race** on **Sunday, June 16th at 9:00 AM** in **North Easton** (Main St. and Sullivan Ave.); entry forms are available on Coolrunning.com. The July races in the Competition Series are the **Hockomock Swamp Rat Fun Run** on **Wednesday, July 10th at 6:45 PM** at D.W. Field Park in Brockton, and the **Carver Cranberry Classic 5-Mile Road Race** on **Saturday, July 27th at 9:00 AM**.

WEEKLY GROUP RUNS

Are you a beginner runner? Or are you training for a specific distance—thinking, perhaps, of running your first half-marathon or marathon next fall? Come join us on Saturday mornings for a group run! Colonial Road Runners meet every Saturday, year-round, at the Woodsdale School in Abington, for group runs at a conversational pace. Whatever your speed, intended distance, or goal race, we can help with company, training tips, and encouragement. A 3-mile run starts at 7:15 AM; 6 and 10-mile runs start at 8:00 AM. Call **John Goldrosen** at 781-447-2812 for more information

WEBSITE UPDATED!

If you haven't been to our website lately, you don't have a computer. No, actually what I meant to say is... if you haven't been to our website lately, **William Leitch**, our web master extraordinaire, has done some really nice things with it. It is now more informative and easier to navigate. If you haven't checked it out recently, log on to www.colonialrunners.org and see for yourself. (Note that our newsletters will be "filed" on the website from now on, just in case you misplace your elegantly printed copy.)

Also on the electronic side: to supplement our bimonthly newsletters with current club news and race notes, **Susan and Tom Yellope** send out frequent **e-mail letters** to club members. If you have not been receiving emails from them and would like to be on their "emailing list," please email them at tyellsusan@webtv.net.

BOSTON MARATHON BUS

Every year, Colonial arranges for a charter bus to bring club members and other area runners from the Braintree MBTA station to Hopkinton, saving the time and trouble of traveling into Boston for the BAA shuttle buses. The cost of the bus (which stays parked in Hopkinton until after the start of the Marathon) is partially underwritten by the club. This year, we "upgraded" to an intercity "coach" bus, in place of the school bus we had previously used, and charged a bit more to cover the extra cost. The unanimous sentiment (as expressed in Frank Nelson's report in this newsletter) was that the comfortable seats, smooth ride, and (especially) the on-board bathroom were well worth the extra cost. Ridership on the bus was significantly higher this year than in the last few years, and word of mouth about the advantages of our club bus should lead to increased numbers next year. Thanks to everyone who took the bus, and especially those of you who "recruited" non-members from your communities to join us and help us fill the seats (and reduce the cost to the club).

SUMMER FUN RUNS

The **CRR Tuesday summer fun runs** are under way, and will continue through August 27th at **7:00 PM at the Woodsdale School, Chestnut Street, Abington**. The course is 3.27 miles (miles are measured and marked), and the fee is \$1. Attendance in the first few weeks has been running ahead of last year, with several new faces. (Non-CRR members are most definitely welcome!) If you run eight out of the seventeen weeks, you will receive a CRR "Summer Series" T-shirt. This series is intended for runners of all abilities and speeds. For experienced racers, it's a chance for building speed and strength through the course of the summer in a series of competitive races. (All times are recorded and posted on Coolrunning and on our web site www.colonialrunners.org. First three male and female finishers names are submitted to the local newspapers.) For newer runners who have previously run on their own just for fitness and exercise, this is a chance to "test the waters" of organized racing in a friendly, low-key, and low-cost setting. For more information, contact **Al Donaghy** at 781-878-8622, or **Tom Yellope** at 508-580-1606.

We also want to let Colonial members know that club member **Jim Dupont** has started **Monday evening "5K Your Way" fun runs at 6:45 PM, at the Raynham Athletic Club** on Route 44. The course runs through

some beautiful countryside neighborhoods. Locker room and showers are available, all for the \$1 fee! This is a great site and a particularly convenient choice for CRR members and other runners from the Bridgewater/Taunton/Attleboro areas. For more information, contact **Jim** at 617-626-3818 or 508-822-0376, or at jdupont01@attbi.com.

And to fill out your calendar: the **Hockomock Swamp Rat 3.75M Fun Runs** are on **Wednesdays at 6:45 PM at D.W. Field Park in Brockton**, at the Tower Hill Parking Lot (enter from Oak Street). A beautiful course, strong competition, and plenty of company (50 runners or more every week). For information, contact **Jim Dupont** at jdupont01@attbi.com (the guy gets around, doesn't he?) or fellow Colonial member **Frank Nelson** at FCN10K@yahoo.com, or check the Swamp Rat website: www.hockomock.net.

All of the directors of these series would welcome **volunteers** to help out, whenever you can make it (hey, they'd like to **run** sometimes, too!). And remember: for the CRR Participation Series, one of the "events" is participation (as a runner or volunteer) in eight of these summer fun runs—you can count any of these three series, and mix any combination of them you'd like.

MY BAR ISLAND EXPERIENCE

by Stephen Smith

On a recent business trip to Bar Harbor, Maine, I went on a particularly memorable run on Bar Island. I was running down the main roads through town, along the seashore. I discovered a side road that lead up to a sandbar. The sandbar went all the way out to Bar Island. What a neat experience to be able to "walk-on-water". I noticed a Suburban 4x4 going across and paced behind it to the island. Upon getting there I stopped at a gate that blocked motor vehicle access. End of the road for them, I laughed to myself. Two signs of particular interest caught my eye. The first one warned of wildlife (must've knew I'd be coming :p). Nothing I don't see in the park across from where I live I surmised. The second sign warned of the 1-1/2 hour window in which the tide would re-cover the sandbar. This worried me a bit because I can't swim. I looked back really quickly and began my run again, towards the summit of Bar Island. The sandbar was still plenty wide I convinced myself nervously. Upon reaching the top I stopped for a few moments to take in the view. It's a shame it was a cloudy and somewhat murky day. The view was still beautiful for such a dismal day but that wasn't the thing that caught my eye. I tried not to panic, but what I saw was...

TO BE CONTINUED (part 1 of 2)

As always... Thanks to all who contributed to the making of this newsletter

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Editor-In-Brief

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