



November 2002

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## A NEW EVENT: THE COLONIAL NEW YEAR'S DAY BrrrRUNch

For the last few years, some club members have kicked off a New Year of running by getting together on New Year's Day morning for a group run and breakfast. This year (hmm—well, NEXT year, actually), we are making this a club event, the **First Annual Colonial New Year's Day BrrrRUNch**. Consider it a special holiday edition of the Abington winter fun run, followed by refreshments (bagels, donuts, juice, coffee, etc.). Here are the details:

- DATE:** Wednesday, January 1, 2003  
**TIME:** 9:30 a.m. for check-in; 10 a.m. for the fun run.  
**LOCATION:** Abington First Baptist Church, Rt. 139 at Rt. 58, N. Abington  
**EVENT:** Run the 4-mile winter fun run route (starting a quarter-mile from the Church at the railroad tracks near the Depot Restaurant) and return to the Church afterwards for food, warmth and socializing  
**COST:** **FREE** to club members and families. This is intended as a club event (we won't be advertising it or listing it on race calendars etc.) but friends are welcome with a \$5 donation suggested to defray food costs.  
**RSVP:** Please let us know in advance if you will be coming (by December 21<sup>st</sup> if possible) so that we can make plans for food and supplies. Please call or email John Goldrosen) at 781-447-2812 or [jpgoldrosen@earthlink.net](mailto:jpgoldrosen@earthlink.net).

Come join us, and let the first entry in your 2003 running log be a fun run with your Colonial clubmates!

## WINTER FUN RUNS

And speaking of winter running....the Sunday Winter Fun Runs will begin December 1<sup>st</sup>, the Sunday of Thanksgiving weekend, and continue through Sunday, February 2<sup>nd</sup>, at 1 PM each week. The start and finish will be at Wales Street and Railroad Avenue, just north of the Depot Restaurant in North Abington. (From Route 18 or Route 58, take Route 139 into North Abington Center and turn left at the railroad tracks.) The distance is 4 miles. After the run, many attendees congregate at the Depot, for their favorite beverages and Sunday football on the widescreen TV's.

The Winter Fun Run series helps to make up for the dearth of winter road races—last winter, runners came from as far away as Maine, looking for a race! We had as many as 30 runners per week last winter, and this number should increase this year, considering the popularity of the several local fun runs this past summer. As with the summer fun runs, results will be posted on our website and reported to Coolrunning and various local newspapers.

## JEFFREY COOMBS MEMORIAL RACE—A wrap-up

The Jeff Coombs race in Abington on September 14<sup>th</sup> was a tremendous success. Over 1200 participants either ran or walked the 4-mile route, and race fees and other contributions resulted in the race raising close to \$35,000 for the community foundation being established in Coombs' memory. Just as important, the race served as an opportunity for Abington to express a sense of community and provide a lift for the Coombs' family, at the end of what was certainly a difficult week marking the anniversary of September 11<sup>th</sup>.

## **Jeffrey Coombs Race – *continued***

Colonial Road Runners contributed the expertise of its members to help race organizer Donna Cherry organize the race details, and took on the tasks of handling race-day registration and race timing, as well as providing race course markers and the finish chute. Special mention goes to Tom and Sue Yellope and Al Donaghy for their involvement over many months in the pre-event planning, and to Al for providing the results timing (saving the race organizers the cost of several hundred dollars to hire a timing company). Thanks also to Ellen Litt for overseeing a surge in same-day registration of several hundred additional runners, and to Jim Dupont for providing the finish-area chute. Thanks, finally, to all of you who came and lent your support by running the race. This was no doubt the biggest event of this sort ever held in Abington. We're glad that so many Colonial members participated and pitched in, to help runners contribute to a good cause.

## **INTRODUCING: THE COLONIAL EMAIL DISCUSSION GROUP**

To improve communications with and among our club members, Colonial has established a "listserv" email discussion group. If you are unfamiliar with how such groups work: once you have joined the group, you will be able to send a message to the group address, and your message will be automatically distributed to all other members of the group—who, in turn, can reply with a message that everyone will receive. This is a great way to share information about upcoming races and other events, seek out training partners, get training tips or injury advice from other members, and share news about your own running experiences.

You will NOT be signed up automatically for this group—to join it, you must "opt in" by sending an email to [colonialroadrunners-subscribe@yahoogroups.com](mailto:colonialroadrunners-subscribe@yahoogroups.com). (Leave the "subject" field and the message area blank.) You will have the option of receiving individual email messages as they are sent, or having the messages consolidated daily in a "digest."

We realize you may be concerned about security or spam by signing up for this. A key safeguard is that participation in this group is restricted to CRR members only (John Goldrosen and Jeanne Sullivan have to approve all requests to join the group), so this will prevent "flamings" and offensive messages by anonymous posters, as can happen on unsupervised and unrestricted "bulletin boards." We will have a "board" on Yahoo where past messages are posted, but only email group members will be able to access this site or see the list of members. And of course, if a member shows a lack of "netiquette," we can deal with the problem and, if necessary, remove that person from the list. For protection from viruses, attachments will not be allowed to email messages. As for ads: an ad appears at the bottom of email messages, but it's unobtrusive and doesn't involve pop-ups or other bothersome graphics.

So—please sign up! This will likely become our prime means for spreading information quickly among the members. More importantly, it'll be a way for each of you to reach out quickly to others in the club, and get a variety of answers. If you have belonged to other listservs, whether for professional or personal interests, you probably know how useful this device can be.

If you have any questions about how this service works or concerns about it, please contact John Goldrosen at [jgoldrosen@earthlink.net](mailto:jgoldrosen@earthlink.net).

## **PRESIDENT'S MESSAGE**

*by John Goldrosen*

To enter many professions, like law or medicine, or to practice a trade as an electrician or plumber, an exam or a license is required: you can't participate unless you "join the club." Likewise, you can't play group sports unless you are willing to become part of a team. This is not true with an individual sport like running: few races are limited to members of running organizations, and it's possible for runners to race for decades (and of course, train on their own) without ever joining a club, or feeling a reason to. Conversely, many "average" or new runners who are looking to meet more experienced runners have the impression that running clubs are only for "good" or "fast" runners, and that others are ineligible or at least unwelcome. And even if runners are looking for a club to join, it's easy for a running club to be invisible to non-members, especially to recreational runners who are not frequent race participants.

## President's Message - *continued*

Over the past year or so, Colonial has become much more "visible." The club website has been a big help in informing prospective members of our existence and the range of club activities, and we've done a better job of ensuring that race and fun-run schedules and results are listed in newspapers, in running magazines, and on such websites as Coolrunning. Still more important, I think, has been our physical presence at local races, especially the presence of dozens of members and an information table at the events in the Grand Prix competitive series. Of course, mere presence wouldn't do much good if nobody knew we were there. Fortunately, almost all of you who are going to the Grand Prix and other races have been wearing the new Colonial singlet. Whether you realize it or not, this has been very important to recruiting new members, by showing that we are an active and sociable group (and yes, that not all of us are fast!), and by identifying each of you as someone to talk with for information about the club. That is needed to put a "human face" on the information contained on a website or in a flyer—people may find out about us from a website or flyer, but most new members sign up only after talking to current members at a race, or joining us for a fun run or a group run. If you are a new member, wearing your club singlet helps "veteran members" spot you and introduce themselves to you, if they don't know you already. So for your own benefit and to help the club, we hope you will all make it a point to wear your CRR singlet, at races near and far—and not just because it's attractive, comfortable, a great value, and guaranteed to make you run faster (well, OK, maybe three out of four.....). ☺

As a result of this increased visibility—as well as individual members talking up the club with their friends, at health clubs, etc.—Colonial's membership has roughly doubled during the current year. Put another way: half of those of you reading this newsletter are fairly new to the club. But being a member of a running club isn't the same thing as belonging to one. The challenge now is to make sure that all members, old and new, feel that they "belong." To new members: please let the directors know your interests and your needs. Don't hesitate to offer suggestions or ask for information, and don't assume that our current activities are fixed in stone. To veteran members: please be sure to involve new members in group runs, planned trips to races, social occasions, etc., and offer coaching and encouragement when the opportunity arises.

Our membership growth is a great accomplishment, and provides us a much stronger base for expanding our activities. But it's only a means, not an end. Now comes what may be the harder work, to determine what directions the club should take. I know there are a lot of you with ideas to contribute and the energy to make things happen, and I hope you will step forward and help the club make the most of its new opportunities.

## **MY FIRST TUFTS 10K**

*by Susan Yellope*

For those of you who do not know me, I am one of the club's "Plodders": always at the back of the pack - if not last! I HAVE progressed since I started running about 4 years ago, but slowly. I will never be speedy or a marathoner but as long as I can keep fit I'll be happy. But with a bit of persuasion from other club members and my husband, Tom, I decided to give the Tufts 10K for Women a try. The longest I had run before was five miles, once. But the course was flat and it was to be a cool day. What more could I ask for? Tom and I were there by 8 a.m., as I had not pre-registered, before most of the place was set up. But already there was a buzz!

After breakfast and after a wander 'round Charles Street we arrived back to find everything in full swing. From pre-race aerobics to massages and THOUSANDS OF WOMEN of all ages, shapes, sizes and outfits. After browsing around we met up with other club members for the "Compulsory Team Photograph" and some chat. Suddenly we had 15 minutes to go and I thought, I hope I can do this. I can't back out now! But after the farewells to our supporters (Tom and John Goldrosen) we headed to the starting line. Ellen Litt and Betsy Knapp kept me with them at their usual starting point. Countdown and we were off in the midst of an ocean of bobbing heads. It was amazing - whoops, yells, cheers & TV cameras. Tuesday Night Fun Runs were never like this!!!

The course is just magnificent. There were views of Boston from the Longfellow and Harvard Bridges and of course, along the Charles River. Betsy ran with me the whole way and told me what to look out for and when to scream under the bridges!! It was marvelous and the music at various points certainly gave me an energy

## MY FIRST TUFTS 10K - *continued*

boost. Then Betsy pointed out the leaders, who we could see because of the way the course doubles back. I was sure I recognized the leader as Marla Runyan, who I remembered from the Olympics, two years ago.

I can't believe how quickly the miles clocked by, although I was pretty glad to see the finish line. I really didn't struggle, since I usually stop for the least excuse! There was always something to look at or look for. I could not have done it without my fellow club member, so thanks Betsy. I had a blast!!!

(Editors Note: Among other notable Colonial finishers were Irma Walat, who finished 4th overall in the 60-69 age category and Iris Madore, who finished 7th in the 50-59 category (and 236th overall, out of nearly 7000 runners). Congratulations to all the Colonial women who ran!)

## 2002 GRAND PRIX SERIES RACE RESULTS—by Frank Donaghy

The festivities at the CRR Club picnic the previous day must have been too much for everyone as there were only 13 Colonials (and only 2 females) that ran in the Coby's Run (5k) the following day. Just a reminder... Grand Prix points were only awarded for the 5k portion of this race. Here are the results from that 5k race:

Females					Males				
	Name	Time	Overall	Points		Name	Time	Overall	Points
1	Tiffany Walker	23:23	33	10	1	Kevin Whalen	20:21	12	10
2	Beth Hackett	23:53	40	9	2	Jim Dupont	20:59	16	9
					3	Andy Brennan	21:19	18	8
					4	Tom Yellope	21:28	19	7
					5	Kyle Hackett	22:57	28	6
					6	Clayton Gardner	22:59	29	5
					7	John Margie	25:11	57	4
					8	Chris England	25:56	65	3
					9	John Terranova	27:19	83	2
					10	John Shirriff	27:55	105	1
					11	Joseph Comeau	29:50	138	1

The Rocky Marciano Run was held on Sunday, September 8th. There were a total of 18 Colonial members participating. Frank Nelson, Beth Corry, Kyle Hackett and Chris Miskinis all placed in the top 5 of their respective categories and Irma Walat and Iris Madore were first in their age groups. Nice job by everyone on a hot day.

Here are the Colonial results for this event.

Females					Males				
	Name	Time	Overall	Points		Name	Time	Overall	Points
1	Beth Corry	36:09	40	10	1	Frank Nelson	28:28	4	10
2	Iris Madore	36:19	45	9	2	Stephen Smith	33:53	22	9
3	Chris Miskinis	41:14	100	8	3	Jim Dupont	34:03	25	8
4	Jeanne Sullivan	41:44	101	7	4	Tom Yellope	34:49	28	7
5	Christine Zepeda	42:12	105	6	5	Andy Brennan	35:00	32	6
6	Irma Walat	43:27	113	5	6	Kevin Whalen	37:50	66	5
7	Beth Hackett	43:49	120	4	7	Clayton Gardner	37:58	68	4
8	Betsy Knapp	48:32	160	3	8	Kyle Hackett	40:23	85	3
9	Ilda Nelson	51:15	167	2	9	Chris England	43:05	112	2

Here are the Colonial results from the Marshfield 20k, held Sunday, September 29th. A nice job by Frank Nelson, who was not only the first Colonial finisher, but the first finisher **OVERALL**.

Females				Males			
Name	Time	Overall	Points	Name	Time	Overall	Points
1 Beth Corry	1:35:00	43	10	1 Frank Nelson	1:14:20	1	10
2 Hillary Hewitson	1:40:48	69	9	2 Stephen Smith	1:31:56	28	9
3 Beth Hackett	1:53:22	114	8	3 Jack Foley	1:34:07	40	8
4 Ilda Nelson	2:23:33	147	7	4 Kevin Whalen	1:34:53	42	7
				5 Tom Yellope	1:35:06	44	6
				6 Andy Brennan	1:35:37	45	5
				7 Jim Dupont	1:40:39	68	4
				8 Clayton Gardner	1:41:09	71	3

Here are the current overall standings.

Overall Females		Overall Males	
Name	Points	Name	Points
1 Beth Hackett	67	1 Stephen Smith	76
2 Beth Corry	60	2 Jim Dupont	72
3 Tiffany Walker	53	3 Tom Yellope	65
4 Hillary Hewitson	39	4 Kevin Whalen	62
5 Iris Madore	36	5 Andy Brennan	51
6 Irma Walat	26	6 Frank Nelson	40
7 Betsy Knapp	22	7 Jack Foley	35
8 Phyllis Padula	18	8 Clayton Gardner	29
9 Ilda Nelson	16	9 Cedric Baar	16
10 Jeanne Sullivan	13	10 John Goldrosen	11
11 Christine Zepeda	11	11 Dave Dorsey	10
12 Lori Noel	8	12 Chris Long	9
13 Lynne Goyuk	8	13 John Margie	9
14 Chris Miskinis	8	14 Steve Maher	9
15 Donna Cohen	7	15 Chris England	8
16 Heidi Babson	6	16 Kyle Hackett	8
17 Susan Yellope	6	17 Billy Allen	8
18 Cindy Meyer	5	18 John Terranova	6
		19 Ron Marston	5
		20 John Shirriff	5
		21 Frank O'Brien	4
		22 Mike Lozan	3
		23 Dick Carnes	2
		24 Steve Brooks	2
		25 Dave Regan	2
		26 Joe Comeau	2
		27 Thomas Hyde	1
		28 John Fournier	1

The are two races remaining in the 2002 Gran Prix Competition series. Mark these dates and locations on your calendar(remember to wear your club singlet):

South Shore YMCA	5 Miles	Quincy	November 17, 2002
CRR Winter Fun Run	4 Miles	Abington	December 8, 2002

It should be noted that the overall results from the Canton 10K are not reflected in this newsletter. The points have changed and should be updated at our website soon.

### **2003 GRAND PRIX SERIES: A Preview**

We have finalized the schedule for the 2003 Grand Prix Competition series. A full schedule will be printed in the next newsletter, but here's a heads-up: the first race in the 2003 Series will be the Frostbite 15K in Raynham on Sunday, January 12<sup>th</sup>. Location is the Raynham Athletic Club on Route 44, home to the Raynham summer fun run organized by Jim Dupont.

We are making a change in the procedure for participating in the series, which we hope will make it easier for us to keep track of results and also respond to concerns from some members who were not running many of the selected races and didn't want to distort results by being counted in the standings for those races that they did attend. To participate in the 2003 series, you must "register" by letting Frank Donaghy know of your interest, by phone or email, before the day of the first race in the series that you will be running. Frank's phone number is 781-341-8019, and his email address is [FrankD@colonialrunners.org](mailto:FrankD@colonialrunners.org) .. You only need to register once for the year—from that point on, Frank will look for your name in the results, and you do not need to report your results to him. You can join the series competition anytime during the year by notifying Frank of your interest, but your results will only be counted for races after the date that you register for the series.

As noted elsewhere in this newsletter, club members are strongly encouraged to wear their singlets at all races, but we emphasize it (i.e., strongly encouraged) for those participating in the Grand Prix series. Most of the races chosen are smaller, local events that will benefit from our support, and we want the organizers and other participants to know of our presence. (Also, for those participating in the series, it is helpful to be able to spot the whereabouts of their competitors!)

The point system will remain the same, with 10 points for first place among Colonial Grand Prix participants, down to 1 point for all those finishing in 10<sup>th</sup> place and lower. Beginning in 2003, an award will be given to the leading male and female seniors (50+) for the overall series, as well as to the top three overall. (Senior age category will include all those who are 50 years old as of January 1, 2003.)

\*\*\*As always, thanks so much, to all who contributed to the making of this newsletter. If you would like to include any material in future newsletters please e-mail me at [rangyrunner@yahoo.com](mailto:rangyrunner@yahoo.com) or call (508)880-0743. Thanks again! ☺ Stephen Smith, Editor