



December 2003

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Dear Members:

**LOTS OF NEWS** in this newsletter, some of which is **TIME-SENSITIVE** and involves the enclosed applications and registration forms for the **ANNUAL BANQUET**, the **PADDY KELLY ROAD RACE**, **BOSTON MARATHON WAIVERS**, **CLUB WARM-UP SUITS**, and the 2004 **MEMBERSHIP RENEWAL FORM**. We know the Holiday Season is a busy time of year, but **please take a few minutes to check through the newsletter!**

### CLUB NEWS

#### NEW YEAR'S DAY BrrrRUNch RUN

The Second Annual **CRR BrrrRUNch RUN** will be held on **Thursday, January 1, 2004 starting at 10:00 AM at the Abington Baptist Church, Rts. 58 and 139, Abington.** (The Church will be open beginning at 9:30 AM—enter from the Route 139 side.) This is an informal, untimed group run along the 4-mile Winter Fun Run route (which begins a quarter-mile from the Church), followed by bagels, donuts, juice, coffee, warmth, and socializing back at the Church. Get your New Year off to a “running” start! This event is **free** to CRR members and friends, and spouses and children are welcome (non-runners can hang out at the Church while we’re out on the run). So that we have an idea of how much food will be needed, please **RSVP to John Goldrosen, 781-447-2812 or [jgoldrosen@earthlink.net](mailto:jgoldrosen@earthlink.net) by December 28<sup>th</sup>.**

#### SUNDAY WINTER FUN RUNS—November 30 through February 1<sup>st</sup>, 1:00 PM, Abington

At a time of year when races are scarce and the weather may cause you to need a “push” to get out the door, the CRR Winter Fun Runs provide an opportunity for weekly competition or just a regularly-scheduled training run. As in the past, the Winter Fun Runs start and finish 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 wide screen TV’s. The fee is \$2 each week. Results will be timed and posted on Coolrunning and the CRR website, and names of top finishers will be reported to local newspapers. Volunteers are needed each week to help with course set-up and timing, so if you are a “regular,” please set aside a week or two during the season to assist with the Fun Run. Contact **Tom Yellope, 508-580-1606 or [tyellope@comcast.net](mailto:tyellope@comcast.net)** for full details and to offer assistance.

#### ANNUAL CLUB BANQUET—SATURDAY, JANUARY 24<sup>TH</sup>, East Bridgewater

Our major social event of the year, the **Annual Club Banquet**, will be held on **Saturday, January 24<sup>th</sup>, at TJ Smith’s Victorian House, North Central Street, East Bridgewater**, where we held last year’s event. The fee is \$25 per person. The event begins with cocktails at 5 PM, followed by dinner, the club awards ceremony, and the guest speaker. **See the enclosed registration form for full details.** Because we need to give the Victorian House a firm headcount, **please register by January 10<sup>th</sup>.** Last year we had a record turnout for the Club Banquet, and we hope to see even more of you this year.

This year, our guest speaker will be **Louise Rossetti**, one of New England’s most recognizable and popular runners. At 83 years old, Louise continues to run over 100 races a year and is a regular fixture at the Tufts 10K, the Falmouth Road Race, and even the Mount Washington Road Race. In 2002, Louise received national recognition by being named Runner of the Year for her age group by the USA Track and Field Association.

## **CLUB AWARDS FOR 2003—Apply by January 10, 2004!**

Club awards for 2003 are presented at the Annual Banquet. To see if you are eligible for an award, please check the list of awards on the club website, [www.colonialrunners.org](http://www.colonialrunners.org). The awards include the Ironman/Ironwoman Award, the Ultimate Award, New England Award, Consecutive Days (90 or more), Race Participation Series, President's Awards, and Club Record Times. (Top finishers in the Grand Prix Competition Series: We know who you are! So no further application needed.) Please notify **Ellen Litt by January 10, 2004, at 781-238-0774 or [ellenlitt@mfsloan.com](mailto:ellenlitt@mfsloan.com)** if you are eligible for an award, with details on how you have met the criteria (i.e., number of miles or consecutive days, names of races, race times, etc., depending on the award involved), so that we can properly recognize you at the Annual Banquet. Please contact Ellen if you have any questions.

## **PADDY KELLY ROAD RACE—Sunday, February 8, Brockton**

Plans are moving ahead for the 23<sup>rd</sup> running of our club's major annual road race, which will take place on **Sunday, February 8, Noon, at the Time Out Café, 180 Oak Street, Brockton. A registration form is enclosed. CRR members can pre-register for just \$8.00.** The Paddy Kelly Race is entirely Colonial-organized, directed, and staffed, and is a significant source of club income, so please help us make it successful by entering the race or volunteering for race-day activities. This year, we are happy to announce that **the Paddy Kelly Road Race will be the first race in the "New England Runner" 2004 Pub Series**, the first time that our race has been part of this series sponsored by the New England Runner magazine. **Tom Yellope** is race director, so please contact him at **(508) 580-1606 or [tyellope@comcast.net](mailto:tyellope@comcast.net)** for information, or to volunteer. If you will be going to road races in December and January or belong to a local health club, please contact Tom and pick up some flyers to distribute.

## **BOSTON MARATHON 2004 WAIVERS—application form enclosed!**

In anticipation that the BAA will once again provide CRR with several waivers from qualifying times to distribute to club members, we are enclosing the **2004 Waiver Application Form** with this newsletter. The waivers are awarded by lottery, but applicants are first assigned to priority groups based on recent marathon experience and club involvement, as described on the application form. **To be considered, submit the Application Form to Curt Jarva by January 9, 2004.** (See the Form for Curt's address and fax number.) For any questions on the criteria or process for distributing waivers, contact **John Goldrosen at (781) 447-2812 or [jgoldrosen@earthlink.net](mailto:jgoldrosen@earthlink.net)**.

## **CLUB WARM-UP SUITS—Order Form Enclosed!**

After considerable research and review of clothing catalogs and samples, the Board of Directors has chosen a jacket and matching pants manufactured by Charles River Apparel for our official Colonial warm-up suit. The suit will be navy blue, with white "piping" down the sleeves and pant legs, and embroidered Colonial logos. (To see what the clothing looks like, go to [http://www.charlesriverapparel.com/catalog/Collect\\_Set.html](http://www.charlesriverapparel.com/catalog/Collect_Set.html). Scroll down to the Sportsman Collection, and click on the Finalist Jacket and Pant.) You can order the jacket alone, or the jacket and pants together. The cost is \$50 for the jacket and \$30 for the pants, or \$75 for the set. Adult sizing (unisex) is S-M-L-XL-XXL-XXXL. Both are also available in youth sizes: S (7/8), M (10/12), L (14/16), and XL (18/20).

**An Order Form is enclosed. Deadline for Orders is January 1, 2004.** We will not be placing another order until next fall, so please order now, and don't miss out!

Our thanks to **Beth Hackett** for contacting clothing suppliers and getting information on available designs!

As for our other club clothing: The **club singlet** is currently out-of-stock at the manufacturer and we are running low on our supply, so check with **Susan Yellope** soon if you need one. Also, several of you (especially the men) have asked the club to stock a lighter-weight **mesh singlet for summer racing**, so we will check into what's available and choose one as official club clothing before the hot weather rolls around again.

## **CLUB DUES AND FINANCES—by John Goldrosen**

**The 2004 Membership Renewal Form is enclosed with this newsletter.** As you will see, for the first time in many years we are raising our dues, by \$5, to \$20 for individuals and \$30 for couples and families. Since the club has nearly tripled in membership in the last two years with a corresponding increase in income, some may wonder why a dues increase is necessary, so I thought I'd offer an overview of club finances.

Although income has increased, so have expenses, because of new or expanded club activities and services, and greater member participation. As a result, we have been spending more per member than we are taking in for dues, and we operated at a deficit in our last fiscal year. So it's like the old business joke: "We lose money on every sale, but we make it up on volume." New activities that have been started up include the Summer Family Picnic and the New Year's Day BrrrRUNch Run, both of which are offered free to members by having the club pay the costs of food and supplies. The club will be paying part of the cost of the 2004 Annual Banquet to lower the charge to attendees. This club newsletter is now published approximately every two months (before 2002, it had been coming out once or twice a year at best), and is much lengthier than before, so costs for printing and mailing the newsletter have gone up accordingly. Another increased expense is the cost of the annual club awards presented at the Banquet—with more members and an award structure that encourages race participation, we're glad to say that more awards are being handed out than in past years. There are also service charges for the club website, which is a primary source of information to members and helps to publicize the club to new runners. The club covers any deficit on the Boston Marathon bus, and we have been selling the official club singlet to members at several dollars less than the club's actual cost, to encourage you all to purchase and wear them. Another significant new expense (several dollars per member) is the club's membership in the Road Runners Club of America, which for the first time provides insurance coverage to the club and its directors for all organized club activities (including group runs and the summer and winter fun runs, as well as road races that we sponsor or manage).

In addition to these "operating" expenses, the club has also dipped into its savings to buy timing equipment in order to ease the burden of generating results for the summer and winter fun runs and placing them on the Internet (something that runners now expect as a matter of course for any organized event, even fun runs). With the new equipment, we plan to time our own races and make timing service available to smaller local races, so the equipment should pay for itself over time.

Besides membership dues, our only other significant source of income over the last few years has been the Paddy Kelly Road Race. We've been lucky to have clear (if cold) weather the last few years for the race, and that has resulted in large numbers of post-registrants and a profitable race, but a rain or snow storm on race day would certainly reduce attendance and result in the race losing money that year. The club and its members have volunteered to help other local races that have a charitable purpose and are directed by club members, so those don't generate any income for the club. The winter and summer fun runs have roughly broken even the last few years. This year, we are raising the Winter Fun Run weekly fee to \$2 to provide some additional income.

Even with the increased membership dues, a year's membership will cost less than the fee nowadays to enter most road races. So, considering the opportunities for participation that the club offers, we hope you'll agree that membership in CRR is still a bargain. Please contact me if you have any questions about dues or finances, or suggestions for increasing our income.

**(A note to new members who have joined since October 1, 2003:** Your initial membership will run through 2004, and you do not need to return the 2004 Renewal Form. Jeanne Sullivan will contact you to confirm your status.)

## UPCOMING EVENTS

### JINGLE BELL RUNS

Tis the season....for local fun runs, often to raise funds for local people in need. Some are competitive races with awards, others are untimed group runs. Shorter children's races are sometimes held as well, and costumes are often invited! Here are some in our area:

- ❖ **Sat. December 6, 10:00 AM: Norwell Jingle Bell 5K Run Run**—Norwell High School, South Street. “Santa Chase” for children at 9:15 AM.
- ❖ **Sat. December 6, 1:00 PM: Hanson Girl Scouts 5K Jingle Bell Run**—Hanson Middle School, Liberty Street. “Santa Chase” for children at 12:30 PM. For information: [www.hansongirlscoutfunrun.com](http://www.hansongirlscoutfunrun.com).
- ❖ **Sun., December 7, 5:00 PM: Boston: Bill Rodgers Jingle Bell Run**—2 to 3 miles through downtown Boston, starting at the Avalon on Landsdowne Street. 27<sup>th</sup> year. For information: [www.billroddgers.com](http://www.billroddgers.com).
- ❖ **Sun. December 7, 6:00 PM: Taunton 5K Run for Special Olympics**—Taunton Holiday Inn (Exit 9 off Route 495).
- ❖ **Sat., December 13, 10:00 AM: Cohasset 5K Jingle Bell Run**—Starts at Our World Museum, Sohier Street and Ripley Road.
- ❖ **Sat., December 13, 1:00 PM: Brockton “City of Champions” 2-Mile Fun Run**—War Memorial Building, 156 West Elm Street. Organized by **Dave Gorman**, so you know it's good!

### HYANNIS MARATHON/HALF-MARATHON/10K—Sunday, February 29, 2004

These races take advantage of the scenic harbor and back roads of Hyannis. The Marathon is a double loop of the half-marathon course, so you have plenty of company for the first half. Weather is variable: the last few years have seen balmy 50+ degree days perfect for running, as well as more wintry conditions... but still likely to be warmer than elsewhere in New England, and a little more than an hour's drive from our area.

And we have a **deal for CRR club members!!! In return for our club providing volunteers to help with race-day activities, CRR members can run any of these races for free.** So—if you are planning to run, can you line up a friend or spouse to volunteer? Please contact **Jim Dupont**, (508) 822-0376 or [jdupont01@comcast.net](mailto:jdupont01@comcast.net) for more details.

## RACING HIGHLIGHTS

### TUFTS 10K FOR WOMEN—Columbus Day, October 13<sup>th</sup>

A large contingent of Colonial women participated in this year's Tufts 10K, run under near-ideal weather conditions. Friends and family members cheered them on at various points along the course, and many of us got together at Remington's on Boylston Street for a post-race lunch. Thanks to **Susan Makovsky** for helping to organize the get-together. Besides Susan, other Colonials running the race included **Irma Walat, Betsy Knapp, Susan Yellope, Ellen Litt, Beth Hackett, Chris Zepeda, Jeanne Sullivan, Mary Dupont, Cindy Conley, Traci Conley, Marie Ficociello, Ilda Nelson, Lori Noel, Phyllis Padula, and Idalina Gomes.** Spectating were **Tom Yellope, John Goldrosen, Andy Brennan, Clayton Gardner, Jim Conley, Jim Dupont, Jose Tavares, and Tom, Anna Lee, and Brent Noel.**

### RUN FOR PAUL—Sunday, November 2<sup>nd</sup>

A number of Colonial members either participated or helped with race organization at the “Run for Paul,” held at Borderland State Park by the Bay State Triathlon Club to raise funds for **Paul Roberti**, who was critically injured this past summer when he was hit by a car while bicycling in a triathlon. The event raised close to \$4,000. Thanks to all of you who came out to support this event: our presence and assistance were much appreciated by **Eric Averill**, the race director.

## FALL MARATHON WRAP-UP

We've been tracking the achievements of our members in running marathons this Fall, and sending out periodic emails to those of you on our email list. Here's a "print version" wrap-up, in chronological order. Our apologies if we missed anyone—please let us know! **Asterisks indicate a Boston Marathon qualifying time.**

<b>CLARENCE DEMAR (NH) (Sept. 28):</b>	<b>Gail Martin</b>	<b>3:37:--*</b>
	<b>Jack Foley</b>	<b>3:37:--</b>
	<b>David Martin</b>	<b>4:19:--</b>
<b>NEW HAMPSHIRE (Oct. 4):</b>	<b>Gail Martin (yes, again!)</b>	<b>3:54:--</b>
	<b>David Martin (ditto!)</b>	<b>4:11:--</b>
<b>MAINE (Oct. 5):</b>	<b>John Terranova</b>	<b>4:22:44</b>
<b>CHICAGO (Oct. 12):</b>	<b>Renee Sayce-Dant</b>	<b>3:27:10*</b>
<b>OCEAN STATE (RI) (Oct. 12):</b>	<b>Dave Sousa</b>	<b>3:35:24</b>
	<b>Pat L'Italien</b>	<b>4:22:52*</b>
	<b>Mark Rothfuss</b>	<b>5:04:40</b>
	<b>Michelle Rothfuss</b>	<b>5:04:41</b>
<b>MYSTIC PLACES (CT) (Oct. 26):</b>	<b>Chris Miskinis</b>	<b>4:02:04*</b>
<b>CAPE COD (Oct. 26):</b>	<b>Sue Simmons</b>	<b>4:04:52*</b>
<b>MARINE CORPS (DC) (Oct. 26):</b>	<b>Susan Makovsky</b>	<b>3:49:40</b>
	<b>Rick Hayes</b>	<b>4:05:34</b>
<b>NEW YORK CITY (Nov. 2):</b>	<b>Hillary Hewitson</b>	<b>3:35:34*</b>
<b>PHILADELPHIA (Nov. 23):</b>	<b>Frank Nelson</b>	<b>2:52:55*</b>
	<b>Andy Corry</b>	<b>3:26:26</b>
	<b>Jim Conley</b>	<b>3:26:36*</b>
	<b>Cedric Baar</b>	<b>4:06:13</b>

A word about a couple of these performances: at Philadelphia, **Frank Nelson** was 102<sup>nd</sup> overall, out of over 5,000 runners, and **Jim Conley** qualified for Boston in his very first marathon and after less than a year of competitive running. And at the Ocean State Marathon, **Pat L'Italien** was first finisher among 60+ females. In fact, we believe that Pat is the first Colonial woman over 60 years old ever to complete a marathon! As for **Rick Hayes**: read on....

## A YEAR WITH RICK HAYES

As many of you know, **Rick Hayes**, who in civilian life is the Rockland postmaster, was called up for the Air Force Reserves after September 11<sup>th</sup>, and has spent the last two years stationed in Chicago with the military postal services, monitoring international mail. Somehow Rick found the time to do a bit of running... namely, 18 marathons in the past two years, plus several "ultras." Here are the races of marathon distance or longer that Rick has run in 2003 alone:

Jan.--San Diego Marathon; Feb.--Navy Marathon (Pensacola, FL); March—St. Louis Marathon; March—Trailbreaker Marathon (Wis.); April—Whidbey Island Marathon (Wash.); May—Iron Age 50-Mile Trail Marathon (Wis.); June—Grandma's Marathon (Minn.); Sept.—Air Force Marathon (Ohio); Oct.—Des Moines Marathon (Iowa); Oct.—Marine Corps Marathon (DC); and Nov.—Ozark Mountains 50K (Missouri), where Rick finished first in his age group.

In December, Rick will finish the year by running the Huntsville 50-Mile Trail Race (Texas). That's 365 race miles for the year, without counting the shorter races Rick has done (often on his visits home!).

Rick will be released from reserve duty in December and will be coming back home then, so say hi when you see him!

## RUNNING FIRSTS

Congratulations to **Cindy Conley and Ilda Nelson**, who ran their first half-marathons ever at the **Bay State Marathon/Half-Marathon** in Lowell on Sunday, October 19<sup>th</sup>.

**Dave Morrison** ran 22:52 at the **Billy Kelly 5K** in Mansfield on November 23<sup>rd</sup>. That's the first time Dave has broken 23 minutes—not bad to be setting PR's in his 50's!

(Don't be shy--send along your achievements, and we'll spread the word!)

### GRAND PRIX COMPETITION SERIES UPDATE NRT Harvest Fair 5 Miler--October 5, 2003. Easton, MA

#### Males

Under 50					Over 50				
<u>First Name</u>	<u>Last Name</u>	<u>Place</u>	<u>Time</u>	<u>Points</u>	<u>First Name</u>	<u>Last Name</u>	<u>Place</u>	<u>Time</u>	<u>Points</u>
1 Mark	Sferrazza		8 31:41	10	1 Clayton	Gardner		22 34:28	10
2 Jim	Conley		9 32:31	9	2 Cedric	Baar		71 38:56	9
3 Andy	Brennan		26 35:14	8	3 Mike	Lozan		89 41:06	8
4 Tom	Yellope		32 35:32	7					
5 Kyle	Hackett		56 37:55	6					
6 Charlie	Morgan		78 39:57	5					
7 Chris	England		87 41:05	4					

#### Females

Under 50					Over 50				
<u>First Name</u>	<u>Last Name</u>	<u>Place</u>	<u>Time</u>	<u>Points</u>	<u>First Name</u>	<u>Last Name</u>	<u>Place</u>	<u>Time</u>	<u>Points</u>
1 Chris	Hollander		37 34:45	10	1 Sue	Simmons		74 39:16	10
2 Susan	Makovsky		46 36:29	9	2 Irma	Walat		143 47:53	9
3 Jeanne	Sullivan		83 40:21	8	3 Betsy	Knapp		146 48:32	8
4 Beth	Hackett		92 41:17	7					
5 Cindy	Conley		99 42:31	6					
6 Christine	Zepeda		103 42:48	5					
7 Susan	Yellope		149 49:02	4					

### Vietnam Veterans 5K - Weymouth. MA - November 8, 2003

#### Males

Under 50					Over 50				
<u>First Name</u>	<u>Last Name</u>	<u>Place</u>	<u>Time</u>	<u>Points</u>	<u>First Name</u>	<u>Last Name</u>	<u>Place</u>	<u>Time</u>	<u>Points</u>
1 Frank	Nelson		3 17:43	10	1 Clayton	Gardner		22 21:34	10
2 Jim	Conley		15 20:16	9	2 Cedric	Baar		48 23:41	9
3 Andy	Brennan		18 21:18	8	3 Mike	Lozan		73 25:11	8
4 Tom	Yellope		24 21:49	7	4 Charles	Dorman		87 25:52	7
5 Jim	Dupont		28 22:10	6	5 John	Terranova		107 27:26	6
6 Kyle	Hackett		42 22:56	5					

#### Females

Under 50					Over 50				
<u>First Name</u>	<u>Last Name</u>	<u>Place</u>	<u>Time</u>	<u>Points</u>	<u>First Name</u>	<u>Last Name</u>	<u>Place</u>	<u>Time</u>	<u>Points</u>
1 Chris	Hollander		19 21:25	10	1 Sue	Simmons		53 23:58	10
2 Susan	Makovsky		41 22:50	9	2 Betsy	Knapp		151 31:01	9
3 Beth	Hackett		67 24:51	8	3 Mary	Dupont		161 32:40	8
4 Cindy	Conley		106 27:11	7					
5 Ilda	Nelson		136 29:53	6					
6 Susan	Yellope		137 29:56	5					

### Overall Standings – as of December 1, 2003

#### Males

Under 50

Over 50

<u>First Name</u>	<u>Last Name</u>	<u>Points</u>	<u>Change</u>	<u>First Name</u>	<u>Last Name</u>	<u>Points</u>	<u>Change</u>
1 Frank	Nelson	90		1 Clayton	Gardner	88	
2 Thomas	Stracqualursi	58		2 Cedric	Baar	73	
3 Andy	Brennan	54		3 Mike	Lozan	54	1
4 Tom	Yellope	51		4 John	Goldrosen	48	-1
5 Jim	Conley	39	1	5 John	Terranova	39	
6 Paul	Clark	33	-1	6 John	Shirriff	21	
7 Mark	Sferrazza	28		7 Dave	Regan	13	
8 Jim	Dupont	21	3	8 Charles	Dorman	13	3
9 Charlie	Morgan	20	-1	9 Dick	Carnes	10	-1
10 Andy	Corry	18	-1	10 Jack	Foley	10	-1
11 Kevin	Whalen	17	-1	11 Charles	Grainger	6	-1
12 Chris	England	15					
13 Jeffery	Sprung	12					
14 Kyle	Hackett	12	4				
15 Billy	Allen	11					
16 Gary	MacDougall	11					
17 Donald	Morse	11					
18 David	Backeberg	10	-1				
19 Stephen	Smith	4					
20 Bill	Hewitson	2					
21 James	Campbell	1					
22 Kevin	Donovan	1					

**Females**

<u>Under 50</u>				<u>Over 50</u>			
<u>First Name</u>	<u>Last Name</u>	<u>Points</u>	<u>Change</u>	<u>First Name</u>	<u>Last Name</u>	<u>Points</u>	<u>Change</u>
1 Chris	Hollander	95		1 Betsy	Knapp	59	
2 Susan	Makovsky	85		2 Sue	Simmons	50	1
3 Beth	Hackett	52	1	3 Mary	Dupont	49	-1
4 Jeanne	Sullivan	46	-1	4 Pat	L'Italien	28	
5 Cindy	Conley	31	1	5 Irma	Walat	27	
6 Hillary	Hewitson	26	-1				
7 Susan	Yellope	26					
8 Jill	Strathdee	20					
9 Ilda	Nelson	18	1				
10 Cindy	Meyer	13	-1				
11 Lori	Noel	11					
12 Beth	Corry	10					
13 Renee	Sayce-Dant	8					
14 Christine	Zepeda	8					
15 Tracy	Myette	7					
16 Tiffany	Walker	7					
17 Carol	Cahill	6					
18 Tracy	Conley	5					

The final race in the 2003 Grand Prix Series is the **Abington 4-Mile Winter Fun Run on Sunday, December 7<sup>th</sup> at the Abington Depot Restaurant on Railroad Avenue.**

## GRAND PRIX COMPETITION SERIES—2004 SCHEDULE and procedures

Listed below are the monthly races that will be included in the 2004 Grand Prix Competition Series. We have held off designating a race for September, because of uncertainty at this time in the dates of several popular races. December is also "TBA," so we'll have a chance to check out some races in the next month for inclusion in the 2004 Series. If race registration forms are available over the Internet, we will provide links from the Competition Series page on [www.colonialrunners.org](http://www.colonialrunners.org) to the race website.

As with the current year, we ask you to register with Series Director **Frank Donaghy at (781) 341-8019 or [FrankD@colonialrunners.org](mailto:FrankD@colonialrunners.org)** to be recorded in the standings for the 2004 Grand Prix Competition Series. If you are registered for the 2003 Series, you do not need to re-register for 2004. This system is in place so that Frank knows whose names to look for when scanning the race results. The more who are registered, the better, so please don't think that this Series is only for "the good runners," although certainly one purpose is to recognize our best racers. The Series also serves as a chance to get together at local races across the South Shore with fellow club members, and to encourage members to run a variety of distances, locations, and terrains.

We will retain the same system of point totals for 2004 (10 for first club finisher, 9 for the next, etc., within separate Under-50 and 50+ men's and women's divisions). Age category is based on your age as of January 1, 2004, so "50+" means born in 1953 or before.

### 2004 Grand Prix Competition Series (most dates tentative!!)

1. Sunday, January 11—Raynham "Frostbite 15K" 9.3M
2. Sunday, February 1—Abington Winter Fun Run (4M)
3. Sunday, March 21—New Bedford Half-Marathon
4. Sunday, April 4—Cohasset 10K
5. Saturday, May 15—Plympton "Strawberry Shortcake" 10K
6. Sunday, June 13—Braintree Hollis PTO 5K
7. Saturday, July 31—Carver "Cranberry Classic" 5M
8. Monday, August 16—Raynham "5K Your Way" Fun Run
9. (September—TBA)
10. Sunday, October 31—Canton Classic 10K
11. Saturday, November 13—Edaville Rail Run 5M
12. (December—TBA)

## MEMBERS' CONTRIBUTIONS

### "WHY WE DO WHAT WE DO"—By David Morrison

This article is my attempt to explain to all CRR members "why we do what we do." It is also my attempt to explain to myself why I spend hour after hour nightly, running on my Nordic Track, while listening to an endless series of WROR 40-minute rock n roll classics. God, I'm getting awfully tired of listening to "Hungry Heart," "Paradise by the Dashboard Lights," and the ever popular Jackson Browne tune "Running on Empty"!

Years ago, a behavioral scientist named Richard Maslow developed a theory later entitled "Maslow's Hierarchy of Needs." Maslow theorized that all human beings had certain categories of needs that they tried, either intentionally or unintentionally, to attain. He prioritized these need categories as follows: Safety, Security, Belonging, Self-Esteem and Self-Fulfillment. As the theory went the lower ranking needs would have to be satisfied before humans tried to satisfy the higher ranking needs. Today most everyone's Safety and Security needs are satisfied, barring wars or natural disasters. So, that leaves most of us spending most of our time trying to satisfy our needs to Belong, increase our Self-Esteem, and attain Self-Fulfillment.

If you believe Maslow's theory, it goes a long way toward explaining why we are all CRR members. First, it gives us a feeling of Belonging. We're all now part of a group having similar interests and experiences. We can talk to each other secure in the knowledge that the other person really understands what we are saying. Second, being CRR members makes us feel better about ourselves. Regardless of what performance level you are at, the work ethic, self-discipline, and mental toughness all CRR members share increases their Self-Esteem. Finally, being a CRR member gives us all a chance to attain Self-Fulfillment. In other words, it gives us a chance to "be all that we can be." What gathering of CRR members does not include the latest buzz concerning recent accomplishments, personal records and future goals? All of these things fulfill individual aspirations.

Why do we do what we do? Blame it on Mr. Maslow! As my buddy Jim Dupont is fond of saying, "we do it for ourselves."


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## NEWSLETTER BY E-MAIL?

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