



July 2003

SCHEDULING CHANGES FOR CLUB PICNIC AND SEPTEMBER GRAND PRIX RACE

We have had to make schedule and location changes for the following club events:

The **annual CRR family summer picnic** will now be held on **Saturday, August 9, from 2 to 6 PM** at the home of **Bill and Hillary Hewitson** in Taunton. (**Andy and Beth Corry**, previously announced as our hosts, have sold their home in Bridgewater and expect to be moving to Cohasset in August.) As announced in the last newsletter, this event is **free** and open to all CRR members and their families (yes, children are very welcome). The club will supply hot dogs, hamburgers, beer and soda, and we ask everyone who's coming to contribute a side dish, salad, or dessert. (Also, bring folding chairs if you have them.) So we will know how many to plan for, please RSVP by August 1st to Hillary at (508) 823-9253 or nerissa@attbi.com and let her know what you will be bringing. If you are new to the club, this is a great chance to meet and get to know other members, so please come!

The Hewitsons' house is convenient to Route 24—here are **directions**. Coming south on Route 24 from Brockton or the Bridgewaters: Take Exit 13B for Route 44 West, towards Taunton. Drive on Route 44 a couple of miles through four sets of lights. At the fifth set of lights, turn left onto Gordon Owen Thruway. Go to the end of the street and turn left onto Williams Street. Go about 1.5 miles and turn right onto Pinetree Lane (after Cavalier). The Hewitsons are at 53 Pinetree Lane, the third house on the right.

The September Grand Prix race will now be the Marciano Run in Brockton, on Sunday, September 7 at 10 AM. The race is 5 miles, and begins and ends at the Brockton High School off Forest Street. We had previously chosen the SIDS 10K Race in Hingham for the September Grand Prix event, but it turns out that the SIDS race will be held a week later than we expected, on September 14, which is the same weekend as two other races that club members will be involved in: the Jeffrey Coombs Run in Abington on Saturday, September 13, and the Reach the Beach Relay in New Hampshire on September 12-13 (see below for more details on Reach the Beach). We hope that some of you will still be able to run the SIDS race, which is a small, friendly race that is run mostly on roads and paved bike paths in Wompatuck State Park

SUMMER FUN RUNS—The Heat Is On!

After the cool, wet spring, summer weather has arrived with a vengeance, and the numbers at our three weekly races are climbing. Whatever your pace, you are sure to find company. On **Monday**, there's the "**5K Your Way**" at the **Raynham Athletic Club on Route 44 at 7:15 PM** (note the later starting time, to make it easier to participate). Runners get free entry to the club and use of its facilities (including an outdoor pool). On **Tuesdays**, go to the **3.27M Colonial Fun Run at 7:00 PM** at the **Woodsdale School off Chestnut Street in Abington**. And on **Wednesdays**, come to **D.W. Field Park off Oak Street in Brockton at 6:45 PM** for the **Swamp Rat 3.75 Mile Race**. All races feature accurate computer timing provided by Colonial members, with results reported to Coolrunning and local newspapers. The three series continue through the last week of August, and the cost of each is one dollar per week.

Thanks to **Al Donaghy, Cal Goodwin, Frank Nelson, Mark Sferrazza, Tom and Susan Yellope, and Jim Dupont** for directing the races and to many others who have helped out. For many runners, the summer fun runs are their first exposure to our club, and the result is a lot of new memberships! We have gotten positive comments from visiting runners about the friendly spirit and good organization at the fun runs. If you are running these events, take the time to talk to newcomers and tell them more about our club.

RELAY RACES!

As announced in the last newsletter, we are trying to form CRR teams for several forthcoming relay races. The club will provide partial financial support for these teams to lower the cost for CRR participants. These are **not** just for “fast” or “elite” runners, so review the details and see if you are interested in participating.

First up is the **Wakefield (Mass.) 24-Hour Relay, beginning Friday, August 1 at 7 PM** (and ending Saturday, August 2 at 7 PM—duh). A team consists of eight members, who take turns running a 3.5-mile loop on paved roads around a lake in Wakefield (off Route 93 north of Boston). Figure on running 20-25 miles overall during the event. A Colonial team participated several years ago: we covered 175 miles in 24 hours and finished fifth overall. For information, see **Tom Yellope** at the summer fun runs or call 508-580-1606 or e-mail tyellope@comcast.net. *Race Song: Cole Porter, “Night and Day.”*

Next is the **New Hampshire Reach the Beach Relay, on Friday and Saturday, September 12 and 13**. The race will begin sometime on Friday afternoon at the Bretton Woods ski area in northern New Hampshire (the race directors assign staggered starting times based on the projected speed of the teams). This race covers 200 miles and ends at the New Hampshire seacoast. There are twelve members on a team, who alternate running legs of various lengths and difficulty; each member will cover about 17 miles overall. For details, contact **Hillary Hewitson** at 508-823-9253 or nerissa@attbi.com. *Race Song: The Kinks, “All Day and All of the Night.”*

A week later is the venerable **Lake Winnepesaukee Relay, on Saturday, September 20**, starting at Weirs Beach, NH at 8 AM. Eight-member teams cover a 68-mile route on the roads that circle around the Lake. You don't have to be a long-distance runner to participate in this: there are legs that are 4, 6, and 8 miles long, as well as others that are around 11 miles (all with at least some “rolling hills”). We'd like to field more than one team for this, so please contact **Jim Dupont** at 508-822-0376 or jdupont01@attbi.com for details. *Race song: Duane Eddy, “Forty Miles of Bad Road.”*

For all these events, we need to register teams well in advance, so please contact the relay race directors **now**. If your availability is uncertain but you are interested, let the team directors know, and they can keep you in mind as a backup if needed.

TRACK WORKOUTS—The Summer Series begins!

Track workouts will begin on **Wednesday, July 24 at Norwell High School (off South Street) at 6:30 PM**. The series will continue for six weeks. Runners of **all** paces can benefit from track workouts, so give it a try! **Curt Jarva** will coach and structure each week's workout. For details, contact Curt at 781-659-2483 or curtjarva@attbi.com.

“TIMING IS EVERYTHING”: You and the future of the Summer Fun Runs

With the growth in numbers of participants at the summer and winter fun runs, and the expectation of runners that results will be posted on computer websites, the old timing methods of Popsicle sticks and handwritten results are no longer adequate. Therefore, Colonial has invested in computer timing equipment and is distributing bib numbers for all races, and the new procedures are working well—so much so, that we are seeking opportunities to provide low-cost timing for smaller community races, which now wind up paying several dollars per participant to the commercial timing services. However, to continue to service all three summer series and to take on other events, we need to train more people in the use of the equipment, so that the same people don't have to show up every single week. If you have Excel on your computer, we can supply the race results program, and it doesn't take very long to learn what to do. Now is the best time to learn, while the summer fun runs are going on. If you are interested, please see **Al Donaghy** or **Frank Nelson** at any of the summer fun runs for more information.

CHRISTOPHER'S RUN: The First, and not the Last!—by Frank Nelson

On Memorial Day, May 26, 2003 we had a unique opportunity to turn a negative into a positive. On July 7, 2002 our (at the time) two-year-old son was diagnosed with Type 1 (insulin dependent) Diabetes. After feeling sorry for Christopher and ourselves, we decided to do something about it. Though this effort would not have been possible without the massive support from the Colonial Road Runners, family, friends, co-workers and the American Diabetes Association, on Memorial Day 2003, our thoughts and major preparation came to fruition in the form of the First Annual Christopher's 5-K Walk and Run for Juvenile Diabetes.

The race was extremely successful, despite heavy rain and cold temperatures. Approximately 260 runners and over 55 volunteers braved the weather for the May 26th race in Bridgewater, Massachusetts. The 5-K race had net proceeds of almost \$7,000 that was donated to: American Diabetes Association, Juvenile Diabetes Research Foundation and Children's Hospital of Boston (Diabetes Research).

Life at the Nelson house has its routines, just like every family. Ours just includes a daily commitment to care for a child with diabetes. We hope that through fundraisers like this one and increased awareness, one day there will be a cure for Christopher and all the diabetics out there.

Please join us on Memorial Day 2004 for our second installment of this event. Donations can still be forwarded to: Frank Nelson, 1701 Plymouth Street, Bridgewater, MA, 02324, and should be made payable to the American Diabetes Association. All donations are 100% tax deductible.

Michael Curren, the Executive Director of the American Diabetes Association, attended the club's June meeting and presented plaques of appreciation to **Frank and Ilda Nelson** and to the club. Michael read the following letters from **John Moore** (the manager of Team Diabetes) about the Nelsons and CRR:

Frank and Ilda Nelson turned a negative into a positive. Christopher's diagnosis with diabetes, though upsetting, has not stopped Christopher, and has driven Frank and Ilda to take a pro-active role in the fight against diabetes. The Nelsons looked to their friends and family for support and received tremendous help in the planning and day of event support in the 1st Annual Christopher's 5-K. Frank and Ilda have both represented the ADA and Team Diabetes in races throughout this spring and early summer, by wearing the Team Diabetes singlet in the road races they participate in. The awareness of diabetes and the funds raised by the Nelson family has made a significant contribution in helping the American Diabetes Association to live by its mission "to prevent and cure diabetes and to improve the lives of all people affected by diabetes." Team Diabetes and the American Diabetes Association is incredibly grateful for the hours and efforts of the Nelson family.

The Colonial Road Runners have embraced the efforts of the Nelson family. The American Diabetes Association owes a great thank you to the Colonial Road Runners willingness to help support the fight against diabetes. We at the ADA know that an idea can only be taken so far without the help of others. Volunteers are what make the American Diabetes Association work. Although Christopher's 5-K faced cold temperatures and torrential rain on Memorial Day, many of the Colonial Road Runners were present and volunteering, running, or walking. We thank you for arriving early, staying late, registering runners, working the course, taking great pictures, and supporting the participants.

Congratulations to Frank and Ilda, and thanks to all CRR members who contributed to this new race's success.

"A BENCH FOR FRANK RODRIGUES": Dedication, August 9th

In the last newsletter, we mentioned that Sharon Road Runners planned to place a granite bench at the Sharon Community Center in memory of longtime club member **Frank Rodrigues**, who was killed in an accident in May 2002. The dedication ceremony will take place on Saturday, August 9th, at about 9:30 AM, after the regular 5-mile Saturday run around Lake Massapoag. If you knew Frank, make plans to be there that day. Donations for the bench are still being accepted: send your check to "**A Bench for Frank,**" c/o **Mike Sherman, 19 Belcher Street, Sharon, MA 02067.**

SOUTH SHORE WOMEN'S 5K AND 10K ROAD RACES—NORWELL HIGH SCHOOL, SUNDAY, SEPTEMBER 21—10 AM *by John Goldrosen*

Either inspired by Frank Nelson, not knowing when to stop, or just seeing a need and an opportunity, I am in the midst of planning a new women's-only 5K/10K road race. (There will also be a 5K non-competitive walk, open to both men and women.) There have been some delays and this is coming together later than I had hoped, so once I have the details nailed down, you can bet I'll be contacting everyone and asking you all to spread the word by e-mail and word of mouth, as well as distributing flyers. Assuming we can finalize permission from local officials, this race will start and end at the Norwell High School, and follow the courses of the popular spring race, Evan's Run. The race will benefit **South Shore Women's Center, Brockton Family and Community Services, and Womensplace Crisis Center**, local agencies that work to address the problem of domestic violence through emergency housing, individual counseling, assistance to law enforcement agencies and courts, and public education.

ADDITIONS TO RACE PARTICIPATION SERIES LIST

In addition to the Grand Prix series, which is a competitive event among club members, we also give annual awards for the Race Participation Series, which recognizes your completion of a number of local races throughout the year. The list of eligible races is published on the CRR website and was mailed to all members last December. If you are a new member and don't have a copy (or a prior member who didn't save it!) and don't have access to the Web, please contact **Jeanne Sullivan** at 508-587-1039 or jsull47@comcast.net. Here are some new races that you can add to the list of eligible races. If you ran the **Hanover 5K on July 5**, that will count for Event #8. There will be a new **5K Cross-Country Race at the Martinson School on Forest Street in Marshfield on Sunday, August 3 at 8:00 AM**, which will count for Event #10. The **Wakefield Relay** will also count for Event #10.

MEET THE NEW MEMBERS

We have had many new members join during 2003. Here's a list (sorry if we missed anyone—please let us know):

Randy Richardson, Mark Rothfuss, Michelle Rothfuss, Bonnie King, Gail MacAuslan, Paul Clark, Kathleen Clark, Sara DePesa, Clarinda Santos, William Maloney, Carol Maloney, Idalina Gomes, Jose Tavares, Kevin Donovan, Charlie Dorman, Mary Lou Dorman, Chris Dorman, , Renee Sayce-Dant, Mark Sferrazza, Jim Conley, Cindy Conley, Tracey Conley, Sean Conley, Tracy Myette, Chrissy Bechet, Jim Neilan, Nick Giannaros, James ODenweller, Matthew Clark, Jim Arthur, David Morrison, Linda Williams, Catherine Haley, Sam Baumgarten, and Kathy MacDonald.

If you're a new member and would like to tell others about yourself, don't be shy! Send an email to **Stephen Smith** at rangyrunner@yahoo.com or write him at 507 Park Place, East Taunton, MA 02718, and we'll feature you in a future newsletter. Here's a profile of one new member, **Dave Morrison**. Dave grew up in Whitman and now lives in Rockland. After 20 years active duty with the Air Force, he retired and became a letter carrier at the Rockland post office—where CRR member **Rick Hayes** presided as postmaster before being called up for reserve duty after 9/11. Dave is 53 years old and had never been a runner until New Year's Day 2003, when he made a resolution to start running to lose weight. Running 30 miles per week on a treadmill over the winter, he dropped from 245 to about 190 pounds! He then decided to try the Abington summer fun runs, and ran under 8 minutes a mile in his first effort. Congratulations, Dave, and we'll be looking for you at future races.

UPCOMING CLUB MEETING

Our next club meeting will be Thursday, July 25, at 7 PM at the Abington Baptist Church, at the corner of Routes 58 and 139 in North Abington. All members are welcome!

NEW ENGLAND FALL MARATHONS: “Small is Beautiful”—by John Goldrosen

Many people equate marathons with mega-events: Boston, New York, Chicago, London, etc. For lots of runners, the large number of runners and spectators helps to pull them through the tough miles at the end and turn the race into a celebration. But there are minuses, too: crowded starts that make it hard to settle into a steady pace, hoopla that is actually distracting, the expense and wear-and-tear of travel, and high entry fees to offset “amenities” that do little to improve running performance. Personally, I’ve had better results when I’ve stayed close to home and run races that are easy to reach, moderately sized, scenic, and reasonably priced. We are blessed with many such races in New England, especially in the prime fall running season. Whether you are hoping to run a Boston Marathon qualifying time, or just finish a marathon and have priority in the CRR lottery for a qualifying-time waiver, there are plenty of local marathons to choose from: eleven in all over a five-weekend period in September and October, many of them organized by local running clubs, and all located within a few hours’ drive from the South Shore. Many of them also offer half-marathons, marathon relays, or shorter races for spouses and friends to participate in. Here’s a round-up, in chronological order, with the number of 2002 finishers and websites where available. To read what other runners think of these races, check out www.marathonguide.com, which has links to these races and displays runners’ comments and ratings.

*Sunday, September 28: **Clarence DeMar Marathon, Keene, NH:** www.clarencedemar.com (319 finishers).* This is a net-downhill course (buses take runners from the finish line in Keene to the starting point in Gilsum, and most of the first eight miles are downhill), with one significant but short uphill at about mile 18. I ran my fastest marathon ever here, and the easy, rural course had much to do with it. Well-organized and highly-recommended by running veterans. The only potential drawback is its early date, which means a risk of unseasonably warm weather and less time to train after Labor Day.

*Saturday, October 4: **New Hampshire Marathon, Bristol, NH:** no website (116 finishers).* A scenic course that circles Newfound Lake, BUT constant “rolling hills” and rough pavement on old country roads will make for a long day unless you are well trained for constant ups and downs. No PR’s here!

*Sunday, October 5: **Maine Marathon, Portland, ME:** www.mainemarathon.org (577 finishers).* A mix of country roads through coastal towns and views of the rejuvenated Portland downtown district. This course was revamped in the last few years and made easier, with no major hills. It has a reputation for good organization.

*Saturday, October 11: **Hartford Marathon, Hartford, CT:** www.hartfordmarathon.com (1200 finishers).* The first two thirds of the race are in the countryside east of Hartford and fairly flat, but the last section returns to Hartford and has significant ups and downs in the last few miles. The last 10K is out and back, which means you can see the leaders coming back on the other side of the street—either a lot of fun or very discouraging, depending on your frame of mind. Finishes in a large city park with a festival atmosphere—fine on a nice day, but last year it rained and turned the park into a sea of mud.

*Sunday, October 12: **Ocean State Marathon, Providence, RI:** www.osm26.com (696 finishers).* This is a very well-organized and runner-friendly race that is less than an hour’s drive from our region, so it is one that you should seriously consider. The race has migrated over the years from Newport to Warwick and now to Providence. It used to be held in November, but was changed to Columbus Day weekend in hopes of ideal weather. The course now is contained entirely within Providence, starting and finishing in the same point, with post-race food (and massages!) in the downtown Convention Center. There are some uphill stretches from about mile 18 to 24, then it’s downhill to the finish.

*Saturday, October 18: **Green Mountain Marathon, South Hero, VT:** www.gmaa.net (104 finishers).* This is the prettiest marathon route I’ve ever run, with fall foliage, country farms, and views of Lake Champlain. The race is on Grand Isle, a large island in Lake Champlain about 30 minutes north of Burlington—it is NOT a mountain race, so don’t let the title fool you, but the course does include a lot of gradual ups and downs. About half of the out-and-back course is on hard-packed dirt roads, which is less wearying on the legs. Some years, there has been a strong wind off the lake that has slowed times. With just over a hundred runners, you

(MARATHONS continued)

may not have a lot of company as the field spreads out in the second half, but if you are used to setting your own pace, this is a great race. (Oh, by the way: register by October 1 and the entry fee is just \$20! After that, it's a lofty \$25.)

*Sunday, October 19: **Mohawk-Hudson Marathon, Albany, NY:** www.hmrrc.com (371 finishers).* Closer than Vermont or Maine, so I consider it a "New England" marathon. It's a point-to-point course, in which runners are bused to the starting line, west of Albany, and run eastward (hopefully, with the prevailing west wind at their backs). About two-thirds of the race is on paved bike paths, much along the Mohawk and Hudson Rivers, and the course is net downhill. The last part of the race is not as scenic and lacks shade, so be prepared on a warm day. I haven't run this one, but anyone I have met who has run it, has had good things to say about it.

*Sunday, October 19: **Bay State Marathon, Lowell, MA:** www.baystatemarathon.com (609 finishers).* This race has long had a reputation for the easiest, fastest course in New England (a double loop along the Merrimack River), and therefore many runners put up with its frequent organizational deficiencies (inadequate on-site parking and poor shuttle bus service to off-site parking, delayed starting times, traffic jams getting to and from the site). But last year, things got much worse. The start/finish line was moved to downtown Lowell, and the course was changed (though the old course is still used for much of the second half of the race). For some reason, plans to use indoor facilities at the convention center fell through. There were numerous post-race complaints about a lack of porta-johns at the start, inaccurate mile markers (a big problem for runners who were trying to set a particular pace to qualify for Boston), poor course support, and even mistakes in race results. Plus, this race has a runner-unfriendly policy of requiring that race packets be picked up the day before the race—which means you either must stay overnight in Lowell, or make an extra trip there on Saturday to pick up your race number. Bay State still offers a flatter course than most sites, but there is more to a satisfying marathon experience than that. There are plenty of other races more deserving of your support.

*Sunday, October 19: **Mount Desert Island Marathon, Bar Harbor, ME:** www.mdimarathon.org (392 finishers).* This follows the paved roads along the rocky Maine coastline surrounding Acadia National Park. Last year's inaugural running got rave reviews for spectacular scenery and solid organization, but be warned: this course is HILLY! If you like a challenge and enjoy hills, you'll have a good time, but if you are a first-time marathoner, this is probably not your best bet.

*Sunday, October 26: **Cape Cod Marathon, Falmouth, MA:** www.capecodmarathon.com (777 finishers).* This is a well-organized and easy-to-reach race, and very scenic. It was my first marathon and I kept meaning to get back there, but...it was ten years before I thought I was in good enough shape to tackle it again. It's a challenging circular course within Falmouth, with rolling hills from miles 16 to 24, and uphill in the first half of the race, too. It's always a good idea to drive a marathon route ahead of time, but especially so here, because, like the Boston Marathon, this is a race that rewards runners who plan and run a strategic, controlled race. This race has a cap on entrants and has sometimes filled up as early as Labor Day.

*Sunday, October 26: **Mystic Places Marathon, East Lyme, CT:** www.mysticplacesmarathon.com (717 finishers).* This race was started two years ago. For those who want to choose the latest possible date for a New England marathon to ensure cooler weather, this is an easier alternative to the Cape Cod Marathon. It follows coastal roads, and there are a lot of ups and downs, as well as many turns and curves in the roads, so it's not as "fast and flat" as race organizers advertise. But if you know that ahead of time and train properly, you can probably post a good time here.

If you are running a fall marathon, please let me know (jgoldrosen@earthlink.net), so we can publish the information in our next newsletter in September. If you are running the same marathon as another Colonial member, you may want to coordinate travel plans, and even if not, you may still find yourself on the same training schedule as others and could plan training runs together. As of now, I know that **John Terranova** is running the Maine Marathon, and **Susan Makovsky** and **Kevin Whalen** will be running the Marine Corps Marathon in Washington, DC.

TRAIL RUNNING: “Happy Trails to You”--by Stephen Smith

I recently participated in the Great Lincoln Steeplechase with John Goldrosen. This is not a steeplechase, rather it is a 6.7 mile trail race held on the conservation woodlands in Lincoln, Massachusetts. However, due to the large amounts of rain we'd received recently, we did find ourselves having to leap-frog across some portions of the course that were underwater. So I guess steeplechase isn't a totally inaccurate description of the race this year. Despite the soggy conditions I really enjoyed the scenic course. The counter-clockwise, loop course was moderately challenging with a few tough hills. There were several areas where you were forced to run single file, so you had to run strategically or risk being slowed up by those in front of you. Trail running is a different sport than road racing and by looking around at the faces of people and recognizing only a few, you come to realize this. It's a different crowd for sure.

Since I live conveniently close to Massasoit State Park, I spend a lot of time running on trails. I realize one of the big benefits of trail running is the softer surface. Less pounding means more training and saves me from injuries I usually receive from running on harder surfaces. There's also no traffic to contend with unless off-road vehicles are allowed where you are running. You do need to be aware of your surroundings and know where you are at all times. Most state parks will offer trail maps at no charge. Footing can be tricky so you have to be wary of roots, stumps, rocks and other possible surface hazards that can trip you up. This is especially important when you become fatigued and you've lost that bounce in your step. If you run the trails by yourself, it's always a good idea to let someone know where you're going and when you're expecting to return. If it's warm out then bugs can be a pest, so I recommend applying repellent before setting out for your run. If you have to travel to where you're running it's also a good idea to bring a change of shoes and sox in case of messy conditions. Toilet paper would be another recommendation, since many parks don't have any facilities.

Trails races are few and far between when compared to road races. They are often pretty low key and you have to really do your homework to find out about them. Two good sources for finding a trail race are the New England Runner magazine or the New England Trailrunner website:
www.newenglandtrailrunner.com/Home_Pages/HomePage.htm

Trail running and cross-country have their similarities. Where they differ is in the difficulty of the course, the limited support (water/aid stations) and that cross-country can include paved sections. For instance, I did a trail race at Blue Hills on the Skyline trail. I was climbing rocks at points on the course and the footing was very difficult throughout due to the rocky surface. It was definitely much more difficult than any cross-country race I've done. I also had to navigate my way through the course by looking for trail markers on trees and rocks. I missed a marker and ran off course. I got disqualified along with several other runners. It happens...

Whether or not trail running is for you is your decision. I personally can't get enough of it and hope to see more of these types of races popping up. It's both fun and rewarding. Anyone with an interest of training and racing off-road can contact me at (508)880-0743 or e-mail me at rangyrunner@yahoo.com . Happy trails to you! ☺

GRAND PRIX SERIES UPDATE—by Frank Donaghy

Strawberry Shortcake 10K—Plympton, May 17th

Frank Nelson finished first overall, and **Tom Stracqualursi, Susan Makovsky, Sue Simmons,** and **Pat L'Italien** were first place finishers in their respective divisions

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		1243:58	10	1 Sue	Simmons		3849:10	10
2 Susan	Makovsky		1745:27	9	2 Pat	L'Italien		5653:08	9
3 Renee	Sayce-Dant		2446:47	8	3 Betsy	Knapp		821:02:37	8
4 Beth	Hackett		3448:08	7					
5 Susan	Yellope		851:05:17	6					

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		137:13	10	1 Jack	Foley		1143:39	10
2 Tom	Stracqualursi		1043:26	9	2 Clayton	Gardner		2747:00	9
3 Tom	Yellope		1444:54	8	3 Cedric	Baar		3247:39	8
4 Paul	Clark		1545:14	7	4 John	Goldrosen		4751:18	7
5 Andy	Brennan		2045:53	6	5 Charles	Grainger		5252:20	6
6 Chris	England		4550:23	5	6 John	Terranova		5953:28	5
					7 John	Shirriff		801:00:41	4

Colonial Summer Fun Run—Abington, June 17th

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		1022:42	10	1 Sue	Simmons		1624:54	10
2 Susan	Makovsky		1222:58	9	2 Betsy	Knapp		3732:12	9
3 Beth	Hackett		2225:30	8	3 Mary	Dupont		3935:29	8
4 Tracy	Myette		2326:01	7					
5 Jeanne	Sullivan		2927:49	6					
6 Cindy	Conley		3430:06	5					

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		118:18	10	1 Clayton	Gardner		521:53	10
2 Tom	Stracqualursi		622:04	9	2 Cedric	Baar		2025:11	9
3 Andy	Brennan		922:28	8	3 John	Goldrosen		2426:09	8
4 Jim	Conley		1122:43	7	4 Mike	Lozan		2626:58	7
5 James	Dupont		1724:58	6	5 John	Terranova		2727:06	6
6 Paul	Clark		1824:59	5	6 John	Shirriff		3531:00	5
7 Charlie	Morgan		1925:03	4					

Overall Standings through June 2003

Females

Under 50			Over 50		
<u>First Name</u>	<u>Last Name</u>	<u>Points</u>	<u>First Name</u>	<u>Last Name</u>	<u>Points</u>
1 Chris	Hollander	56	1 Betsy	Knapp	27
2 Susan	Makovsky	48	2 Mary	Dupont	26
3 Beth	Hackett	37	3 Sue	Simmons	20
4 Hillary	Hewitson	26	4 Pat	L'Italien	19
5 Jeanne	Sullivan	22			
6 Jill	Strathdee	20			
7 Susan	Yellope	13			
8 Lori	Noel	11			
9 Beth	Corry	10			
10 Renee	Sayce-Dant	8			
11 Tracy	Myette	7			
12 Tiffany	Walker	7			
13 Carol	Cahill	6			
14 Cindy	Meyer	6			
15 Cindy	Conley	5			
16 Ilda	Nelson	3			
17 Christine	Zepeda	3			

Males

Under 50			Over 50		
<u>First Name</u>	<u>Last Name</u>	<u>Points</u>	<u>First Name</u>	<u>Last Name</u>	<u>Points</u>
1 Frank	Nelson	60	1 Clayton	Gardner	48
2 Thomas	Stracqualursi	42	2 John	Goldrosen	40
3 Paul	Clark	33	3 Cedric	Baar	37
4 Tom	Yellope	31	4 Mike	Lozan	25
5 Andy	Brennan	28	5 John	Terranova	18
6 Andy	Corry	18	6 John	Shirriff	16
7 Kevin	Whalen	17	7 Dave	Regan	13
8 Jim	Dupont	11	8 Jack	Foley	10
9 Gary	MacDougall	11	9 Dick	Carnes	6
10 Donald	Morse	11	10 Charles	Grainger	6
11 David	Backeberg	10			
12 Chris	England	10			
13 Charlie	Morgan	9			
14 Billy	Allen	7			
15 Jim	Conley	7			
16 Jeffery	Sprung	6			
17 James	Campbell	1			
18 Kevin	Donovan	1			
19 Stephen	Smith	1			

The **July** race in the series will be the **Carver Cranberry Classic on July 26, 2003 at 9:00 AM** in Carver Center on Route 58. For more information visit the race website at <http://freshpcs.com/carvergreatrace/>.


The **August** Grand Prix event will be the **Swamp Rat Race at D.W. Field Park in Brockton on Wednesday, August 20 at 6:45 PM.**


As always, please contact me if you have any questions: Frank Donaghy, (781) 341-8019, FrankD@colonialrunners.org

NEWSLETTER BY E-MAIL?

If you would like to receive this newsletter electronically (as a Word document attachment) instead of by "snail mail," please email Carol Cahill at carolcahill209@hotmail.com. You'll get the newsletter a few days faster, and it will save the club the cost of printing and mailing.

MEMBER-TO-MEMBER BUSINESS NOTICES

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Would you like to let your fellow Colonials know about your business? For \$25 for the rest of 2003, we will print your business-card-sized ad. Just send your card (or email it, if it's available in electronic form), with a check for \$25 payable to Colonial Road Runners, to Carol Cahill, 33 Bigelow Ave., Rockland MA 02370. Carol's email is carolcahill209@hotmail.com