



March 2003

GRAND PRIX SERIES: *Change In April Race!!!*

The Whitman Firefighters 5K, which was the race that we had selected to be the April Grand Prix event, has been cancelled. (No, it wasn't because they heard we were coming....) So, instead, we have selected the **Run With USS for the Health of It 3.5 Mile Road Race, on Saturday, April 5 at 10:00 AM at the Union Street Elementary School, South Weymouth.** The race flyer is not available on-line, but we will email it as an attachment to everyone whose email address we have. If you need one mailed to you, call **John Goldrosen** at 781-447-2812. This is a small, low-key race where all the proceeds support the school's activities, so we're hoping for a big turnout to help them out. We had 30 Colonials run the Raynham Knights of Columbus Race, so how about 40 at Weymouth? Directions to the race: Drive north on Rt. 18 from Abington. Turn right at the Pleasant Street lights (shopping center on your right), and at Columbian Square, turn right onto Union Street. The School is about one mile south of the square.

PETER DOVELL RUN: *The Running Community Responds!*

When **Peter Dovell** was injured in December, our club members and others who knew him wanted to do something to help him and his children—and what better way than to organize a run with the proceeds to benefit Peter? We could have waited until spring—better weather, more time to organize and promote the run, etc. Most new running events take at least six months lead time to line up a site, obtain sponsors, arrange for police and logistical support, print and distribute flyers and press releases, and so forth....but in this case, everyone wanted to get something done **now**. And so, we plunged ahead, giving ourselves just a month to put the event together. **Dave Gorman** of the Brockton Kid's Races took care of arranging race logistics and contacting suppliers and sponsors. Colonial Road Runners arranged for printing and distributing flyers and passing the word over the Internet, with support as well from **Mark Sferrazza**, through his Hockomock Swamp Rat website. We decided to make it an untimed "fun run," with no timing, prizes, or T-shirts—just a "run for a runner," as we said in the flyer.

On February 2nd, we awoke to snow and rain pelting down, despite better forecasts. But in spite of the gloomy weather, over 300 runners and walkers showed up to participate and contribute. So too did many who came just to volunteer with race-day organization or to make donations. In a scene reminiscent of the closing moments of "It's a Wonderful Life," people lined up at the registration table to drop off cash, checks, collection jars from schools and businesses, and gifts to be raffled and auctioned off. With the \$10 per person donation requested to register, and expecting to get no more than 200-300 runners for a winter event with little advance notice, we had hoped to raise perhaps \$3,000. By the end of the day, we had collected over \$8,000—and with contributions that have continued to arrive in the weeks since the Benefit Run (including a \$500 donation from **Paul Collyer**, race director of the Sheraton Hyannis Marathon), we now have collected \$9,500!

As much as it was a financial success, the Peter Dovell Benefit Run was a success in other ways, giving Peter's friends and runners from near and far a way to come together in a happy event and show their emotional support for Peter's family and for his brave battle to recover from his injuries. We had appealed to the "running community" and we proved it exists. Speaking for the club, this was one of Colonial's finest moments as an organization, to have helped to make this happen.

And the best news—beating all the odds, Peter is now out of the hospital, and undergoing rehabilitation before he returns home. He has a long recovery ahead, but the funds that we and others have collected will help to cover his expenses and support his children in the years ahead.

Additional contributions are welcomed! Please send checks payable to the “Peter Dovell Benefit Fund” to John Goldrosen, 891 Washington St., Whitman, MA 02382.

THE ANNUAL BANQUET: Friends, Food, and a Famous Guest

The annual CRR banquet, the major social event on the club calendar, was held on January 24th at T.J. Smith’s Victorian House in East Bridgewater. With some ninety club members and guests present, this was the largest gathering in recent memory. We enjoyed fine food, good companions, and the presence of **Bill Rodgers**, who spoke about his approach to running, answered many questions, and stayed long afterwards to autograph books and pose for pictures with club members. **John Goldrosen** introduced the many members who help with club activities and outlined the club’s plans for the year ahead. **Tom Yellope** reviewed the growth in club membership and participation in the summer and winter fun runs over the past year. He also recognized the many new members who were attending their first club banquet. **Ellen Litt** announced and presented club awards for 2002. In addition to the regular awards (listed below), the club presented **Lifetime Achievement Awards** to **Al Donaghy** and **Cal Goodwin** for their many years of service to the club and to the New England running community, and presented a **Member of the Year Award** to **Tom Yellope** for his special efforts to promote club growth and spirit. It was an upbeat and enjoyable evening—so much so, that at least one non-member guest joined the club on the spot!

COLONIAL AWARDS FOR 2002

The following awards were presented at the Annual Banquet:

Ironman / Ironwoman:	Rick Hayes, Betsy Knapp
All State Award:	Rick Hayes, Betsy Knapp
Consecutive Days:	Sue Simmons, Betsy Knapp
Best Club Race Times:	Frank Nelson, Chris Hollander
Harrier Award:	Betsy Knapp

Race Participation Series: **Beth Corry, Jack Foley, John Goldrosen, Beth Hackett, Chris Hollander, Betsy Knapp, John Margie, Frank Nelson, Stephen Smith, Jeanne Sullivan, John Terranova, Tiffany Walker**

Grand Prix Series: **(Male): Stephen Smith 1st, Jim Dupont 2nd, Tom Yellope 3rd**
(Female): Beth Hackett 1st, Beth Corry 2nd, Tiffany Walker 3rd

The available awards for 2003, and the criteria for each, were included in your last newsletter and are listed on the club website, www.colonialrunners.org. Now’s the time to pick a goal for yourself for the year ahead—how about letting a club award be your target?

PADDY KELLY ROAD RACE (Feb. 9, 2002): Winter racing at its best

Our club’s major annual race lived up to its reputation as a well-organized and friendly event for New England’s dedicated winter runners. As has been the norm for the last several years, close to 300 runners showed up to run the five-mile course. D.W. Field Park was a scenic delight thanks to the recent snowstorm. The Brockton public works and parks departments ensured a safe route by taking special efforts to clear and treat the park roads. Back at the Time Out Café, race finishers warmed up with pasta and chili, and cooled off with a beer (or two...). Thanks to **Tom Yellope** who served as Race Director this year, and to all the club members (and some non-members) who assisted with registration, timing, and course support. Here’s a list of the volunteers

(our apologies if we have left anyone out): **Maggie Sheibley, Ann Alspach, Ellen Litt, Mary and Jim Dupont, John Goldrosen, Donna and Joe Cohen, Iris Madore, Julie and Jeff Morrill, Margaret Shuwairi, Susan Yellope, Lori Noel, Andy Brennan, Susan Makovsky, Beth Hackett, Ron Marston, Megan Meyer, Kathryn Sims, Stephen Smith, Hillary and Bill Hewitson, John Margie, Bruce Hall, Dan Gorman, Marty Dolphin, Al and Frank Donaghy, Cal Goodwin, Frank O'Brien, Bob Sheehan, Clayton Gardner, Jeanne and Joe Sullivan, Jim Brown, Eddie Pope, Kyle and Emily Rothfuss, John Terranova, Chris Hollander, Randy Richardson, Joe Comeau, and Dave Muhlen.**

ANNUAL DUES: A REMINDER

Membership renewal forms for 2003 were sent out this past December. To those of you who have responded and sent in the form with your dues: thank you! However, ***if there is a check mark on your address label for this newsletter, it means that we have not yet received your dues for this year.*** If you need another copy of the form, please contact **Curt Jarva** at 781-659-2483 or curtjarva@attbi.com, and he will email you a copy as a Word document, or mail it to you if you don't have email. If you think that our records are incorrect and that you are paid up for 2003, please contact Curt.

BOSTON MARATHON, April 21st : The CRR Express Bus, and more!

The Boston Marathon is fast approaching! Many of you will be involved running, volunteering, or spectating. Here are club activities you need to know about:

- **The Colonial Bus to the Marathon**

As in past years, Colonial Road Runners will sponsor a bus to take registered runners to the starting line of the Boston Marathon. This saves local runners the time and effort of traveling into Boston to take the BAA shuttle to Hopkinton. ***A bus registration form is enclosed with this newsletter.*** Our club helps to underwrite the cost of the bus, and as a result the fee is just **\$10 for club members and \$15 for non-members.** As was the case last year, we have chartered a full-size intercity "coach bus" with comfortable seats and, yes, a bathroom! The bus will leave from the **Braintree MBTA station** (at the Union Street exit off Route 3) at **7:30 AM**. This allows runners to park a car in the T garage and return there after the race by subway or commuter rail. The bus will arrive in Hopkinton by 9 AM (as required by the BAA), and be parked next to the starting line in a lot set aside by the BAA for official club buses. The bus remains in Hopkinton until race time, and you are welcome to "hang out" on the bus (a great convenience in chilly weather!). The bus parking lot is a short walk from the Athlete's Village, where you can place your clothing bag on the BAA buses for transport to the finish line in Boston.

Whether or not you are running the Marathon, you can help us fill the bus, and promote the club to potential members, by contacting local runners and letting them know about this service. A suggestion: visit the Boston Marathon website (www.bostonmarathon.org), go to the listing of registered runners, and do a search for runners from your town. If you see runners you know, give them a call and tell them about the bus's availability.

- **Group Training Run on the Marathon Route: Sunday, March 30th**

Many runners like to get in their last "long run" three weeks before the Marathon by running on the course itself—so much so, that there are literally hundreds of runners along the route from Hopkinton to Boston that day! If there is sufficient interest, we will organize a Colonial group run on March 30th, from Hopkinton to Boston College (past "Heartbreak Hill" at the 21-mile mark). Those of us who are not running would set up water stops along the way to support the runners. Afterwards, we can "replenish carbs" at a restaurant.

Obviously, this will take some advance planning and organization, so **if you are interested in running or in being on the "support crew," please contact John Goldrosen before March 23rd**, at 781-447-2812 or jgoldrosen@earthlink.net.

- **Marathon Expo Lunch: Saturday, April 19th**

For those of you going to the Marathon Expo on Saturday to pick up your race number (or, if you're not running the Marathon, just to shop!): How about meeting at the **Running Times booth at 1:00 PM** and going out for lunch? There is a nearby Bertucci's which (based on last year) is just enough off the beaten track to be uncrowded and not require a reservation. Share your hopes and anxieties, trade some training war-stories, and get last-minute logistical tips for the big day from your fellow runners. Bring your friends, especially out-of-town visitors, and we'll make them feel welcome. No commitment is needed, but if you are expecting to come, please let **John Goldrosen** know so we'll be looking for you.

- **The Water Station...make that, Stations**

For several years, CRR (under the direction of **Al Donaghy** and **Cal Goodwin**) has managed the official water station at the 16-mile mark of the Marathon. There's never been a shortage of volunteers, and usually a waiting list of CRR members wanting to work the station (and yes, Al always reminds us, that it IS work). Recently, the BAA found itself without an organization to supervise the station at 15 miles and provide half the volunteers needed (**Karen Boen** and members of the Stonehill College track teams were already lined up for the other half). No sooner mentioned than done, as **Tom and Susan Yellope** seized the chance to provide more slots for our members. Members quickly stepped forward in response to an email message from Tom, so we're full again...but you can pass along your name to Tom or Al if you are interested, in the event of late cancellations. And for those of you running—look for your club members at both stations, and be sure to wear your singlets so we can spot you coming.

CLUB TRACK WORKOUTS: “Get up to speed!”

The spring series of track workouts will be held on **Wednesdays** from **April 9th through May 14th** at **6:15 PM** at **Norwell High School**, which is located off Rt. 123, just east of the Rt. 53 intersection. **Curt Jarva** will coach the workouts. Track workouts are **not** just for “fast runners”—whatever your training and race pace, participating in timed running on a track can help you improve your running form and endurance, and it's easier to do this as part of a group. If you are new to running, don't be scared off by “speedwork”—just aim to push yourself beyond your routine training pace, and you are certain to see the benefits in short order.

CHILDREN'S RUNNING: The long and short of it

Children of all ages are welcome at the **Kid's Road Races at D.W. Field Park in Brockton**, directed by **Dave Gorman** who has been doing this for 26 years! The races will be held **Saturdays at 10 AM** from **April 26th through June 14th**. The race distance is **2.2 miles**.

The club is planning to sponsor a series of shorter track runs for children, with distances varied by age, to be held this summer (tentatively, on Thursday evenings in August). A couple of members have already expressed interest in helping to organize this. If you would like to be involved, please contact **John Goldrosen** at 781-447-2812 or jgoldrosen@earthlink.net.

SUMMER FUN RUNS: Sooner than you think!

We may still be in the throes of a long winter, but it's already time to be thinking about the area's **summer fun run series**, which will all begin **the week of May 5th** and run through the end of August. A \$1.00 donation is requested per race. Results are timed and reported to “Coolrunning.” Here's the lineup:

MONDAYS: **Raynham “5K Your Way”:** Raynham Athletic Club, Rt. 44 (1 mile east of Route 24), **6:45 PM**. 3.1 miles. Info: Jim Dupont, 508-822-0376, jdupont01@attbi.com.

TUESDAYS: **Abington “Colonial Fun Run”:** Woodsdale School, Chestnut Street (off Rt. 139, 1 mile west of Rt. 18), **7:00 PM**. 3.27 miles. Info: Al Donaghy, 781-878-8622, ald@colonialrunners.org, or Tom Yellope, 508-580-1606, tyellsusan@webtv.net, and at www.colonialrunners.org.

WEDNESDAYS: **Brockton “Swamp Rat Race”:** D.W. Field Park, Tower Hill (off Oak Street, 1 mile east of Route 27), **6:45 PM**. 3.75 miles. Info: Frank Nelson, 508-697-9190, fcn10K@yahoo.com, or Mark Sferrazza, frazzaweb@yahoo.com and at www.hockomock.net

The race directors for each series could use your help—after all, they like to run, too! If everyone will pitch in and sign up to help with the timing and organization for at least a couple of weeks during the summer, that will help ease the directors' workloads. For anyone unfamiliar with these runs, they are for runners of all abilities. Many runners treat the summer fun runs as competitive races, while others come for the chance to have

company for their regular training runs or as an introduction to road racing in a low-key and low-cost environment. Last summer, attendance at each of the fun runs increased dramatically from past years, so the word is getting around. Pick the day and location that is convenient for you, and put some "fun" in your summer runs!

TRIATHLON TRAINING GROUP

In response to the interest expressed by several members, we are organizing a "Colonial Triathlon Team" for this summer. We have a few members who are experienced triathletes and have offered to help with coaching and support, and others who have thought about trying their first triathlon but would like to have some guidance. Our plan is to choose a "target race" this summer that we would all enter, and organize some training activities in the months ahead, including a "mock" triathlon a couple of weeks before the target race. We will hold a meeting for interested members on **Sunday, May 4th at 7:00 PM at the First Baptist Church in Abington, Rts. 58 and 139**. Please come and tell us what you would like to get out of this training group! For information or questions, please contact **Kevin Whalen**, 781-871-6284 or kjwhalen@statestreet.com.

CLUB MEETINGS: Thursdays, March 20th and April 24th , 7:00 PM

Our monthly club meetings are held at the First Baptist Church in Abington, Routes 58 and 139 (enter from the parking lot on the Rt. 139 side). As you can tell from this newsletter, we have many activities in mind for the months ahead, so please come and share your ideas. The April 24th meeting will be our **annual election meeting** for the selection of the club's officers and directors for the next year.

CHRISTOPHER'S 5K RUN: May 26th (Memorial Day), 11 AM, Bridgewater

Club members **Frank and Ilda Nelson** are organizing a new race, to raise money for research on Juvenile Diabetes. Their son, Christopher, was diagnosed with this disease in 2002. The race will be held on Memorial Day, starting and ending at the Bridgewater State College track on Route 104. **A copy of the race application is enclosed.** Colonial Road Runners will be assisting with this event, so we hope many of you will either volunteer to help with race organization, or support the race by running it. (If you ran at Paddy Kelly, how about volunteering at this one?) Please contact **Frank Nelson** at 508-697-9190 or fcn10K@yahoo.com for information and to offer your help.

THE COLONIAL "YELLOW PAGES": Reach your fellow members!

Do you have a business or service that you would like to advertise to your fellow club members? As a benefit to you (and to the members who might wish to do business with "someone they know"), we will accept business-card-sized ads from club members for the newsletter, beginning with the next issue (early May). We will charge a nominal \$25 for the rest of 2003. If you are interested, please submit your card or ad (ideally, in electronic form), with a check for \$25 payable to Colonial Road Runners, to **Carol Cahill, 33 Bigelow Ave., Rockland, MA 02370**, carolcahill209@hotmail.com. The deadline for the next issue will be April 30th.

27th COHASSET ROTARY ROAD RACE BY-THE-SEA 10K: April 6th, 1 PM

Yes... I know it's the day after our Grand Prix race in South Weymouth (see beginning of newsletter). However, for those who can't make Saturdays race and/or those inspired by **Jim "Back-To-Back Race" Dupont's** sometimes three-in-a-day attitude... I ask, why not?!? ***We won the male and female team competition last year!*** Anyone interested in defending our titles? Please make sure you write/type "Colonial Road Runners" on the entry blank, in the team name box. Then, let your feet do the rest! Please contact **Stephen Smith** at 508-880-0743 or rangyrunner@yahoo.com so he'll have a good idea of how many people are interested. The race starts and finishes at the South Shore Community Center, 3 North Main Street. It is a beautiful and challenging course. For further information about the race, contact:

Tom Gruber c/o Cohasset Rotary, PO Box 36, Cohasset, MA 02025. or 781-383-2811 or tlg@dreamcom.net.
 You may also get information and register online at: <http://www.roadracebythesea.com>

GRAND PRIX COMPETITION STANDINGS

The competition in the Colonial Road Runners Grand Prix is heating up. This past weekend saw a large contingent of Colonials at the Raynham K of C 5 miler. The results from Raynham....

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 Hillary	Hewitson	48	36:48	10	1 Pat	L'Italien	145	44:11	10
2 Chris	Hollander	50	37:02	9					
3 Susan	Makovsky	89	39:58	8					
4 Tiffany	Walker	113	41:51	7					
5 Beth	Hackett	123	42:24	6					
6 Lori	Noel	149	44:44	5					
7 Carol	Cahill	211	58:25	4					
8 Susan	Yellope	213	58:37	3					

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	6	30:43	10	1 Clayton	Gardner	97	40:27	10
2 Tom	Yellope	29	35:32	9	2 Mike	Lozan	98	40:36	9
3 Paul	Clark	55	37:23	8	3 John	Goldrosen	121	42:17	8
4 Billy	Allen	60	37:52	7	4 John	Shirriff	163	47:28	7
5 Tom	Stracqualursi	61	37:57	6	5 Dick	Carnes	178	48:56	6
6 David	Backeberg	68	38:27	5	6 Dave	Regan	204	53:02	5
7 Gary	MacDougall	69	38:36	4					
8 Donald	Morse	90	39:59	3					
9 Charlie	Morgan	101	40:54	2					
10 Kevin	Donovan	114	41:52	1					
11 Chris	England	119	42:10	1					
12 Andy	Brennan	122	42:23	1					
13 Stephen	Smith	176	48:50	1					

OVERALL GRAND PRIX STANDINGS AS OF March 10, 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	27	1 Pat	L'Italien	10
2 Hillary	Hewitson	26			
3 Susan	Makovsky	22			
4 Beth	Hackett	15			
5 Jeanne	Sullivan	11			
6 Beth	Corry	10			
7 Jill	Strathdee	10			
8 Tiffany	Walker	7			
9 Cindy	Meyer	6			
10 Lori	Noel	5			
11 Carol	Cahill	4			
12 Susan	Yellope	3			
13 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	30	1 Cedric	Baar	20
2 Andy	Corry	18	2 Clayton	Gardner	19
3 Paul	Clark	16	3 John	Goldrosen	17
4 Thomas	Stracqualursi	16	4 Dave	Regan	13
5 Tom	Yellope	16	5 Mike	Lozan	9
6 Gary	MacDougall	11	6 John	Shirriff	7
7 Donald	Morse	11	7 Dick	Carnes	6
8 David	Backeberg	10			
9 Andy	Brennan	8			
10 Kevin	Whalen	8			
11 Billy	Allen	7			
12 Jeffrey	Sprung	6			
13 Chris	England	3			
14 Charlie	Morgan	2			
15 Kevin	Donovan	1			
16 Stephen	Smith	1			

Please contact **Frank Donaghy** at (781) 341-8019 or FrankD@colonialrunners.org to be included in future races or if you have already signed up and were missed in the results.

GREAT TIME HAD BY ALL IN RAYNHAM – by John Goldrosen

There were 30 Colonials at this race (including one new member who joined CRR at the race!), making up more than 10 percent of the field. Always plenty of food and raffle prizes afterwards, and this year was no exception. For the second year in a row, we battled a strong headwind in the last 2 miles. Colonial runners who placed in the results were: **Frank Nelson**, 2nd 30-39 male (and 6th overall); **Hillary Hewitson**, 3rd in 30-39 female; **Chris Hollander**, 2nd 40-49 female; and **Dave Regan**, 3rd 70+ male. Congratulations to all!

FOXBORO 10 M: Victory for CRR women masters - by John Goldrosen

22 Colonials ran the Foxboro 10M, the second race in this year's Grand Prix series, in a light drizzle with temps in the upper 30's, but little wind. **Jill Strathdee** finished 2nd in the 20-29 group and was 8th woman overall, and **Bridget McMahan** was third in the 50-59 category. The Big News: **CRR captured the female masters team award**, thanks to the sterling efforts of **Chris Hollander**, **Cathy Smith-Papadellis**, and **Jeanne Sullivan**! In doing, they prevented a clean sweep of the team awards by the BAA. Our women's open team finished 2nd to the BAA, while the men's open and master's team each finished 8th overall. Congrats to everyone for the strong Colonial presence at this nice country race organized by the Wampanoag Road Runners. Congratulations, also, to **Dave Regan** who ran the accompanying 5K and finished first in the 70+ category.

If you would like to include anything in future newsletters please contact **Stephen Smith** at rangyrunner@yahoo.com or call 508-880-0743. Thanks from your "Editor-In-Brief." ☺

*Editor's note: Thanks to **John Goldrosen** for reporting on the Raynham race and for most of the content in this newsletter. Thanks also to **Frank Donaghy** who has been tracking and reporting all our Grand Prix competitors results, and to **Carol Cahill** for making the newsletter look so good, and getting it printed and in the mail. ☺*