



May 2003

BOSTON MARATHON WRAP-UP

Colonial members were well represented, both through runners on the course and the many volunteers at our club-managed BAA water stations (plus other members who cheered on their friends from various spots on the course). The leading story, not for the first time, was the weather. "Where are the clouds?" said one runner who passed by the 16-Mile water station. Where indeed? Proving that weather forecasters cannot predict New England weather five hours ahead, let alone five days, instead of the predicted 60-degree cloudy weather, it was 71 degrees in Hopkinton and most of the way to Boston (where the sea breeze chilled the finishers). Add a bright sun, a cloudless sky and a dehydrating wind, and it all spelled trouble for many runners, particularly New Englanders who had been training in below-normal temperatures all winter. If, like many people, you train in the early morning or late afternoon, running at midday is an added problem on a warm day. Even faster marathoners were clearly "feeling the heat": we saw 2:50 marathoners walking up the hill over Route 128 after the 16-mile water stations.

In spite of the weather conditions, the challenge of running ANY marathon, and the toughness of the Boston course, we are happy to report that **ALL COLONIAL ENTRANTS FINISHED!!** Not as fast as they might have wanted, to be sure, but it was a day to run smart, not fast.

Here's the list of finishing times for Colonial members (based on "chip" timing, which excludes the time spent reaching the starting line):

**Frank Nelson, 3:03 -- Jack Foley, 3:44 -- Kevin Whalen, 3:47-- Susan Makovsky, 3:53 --
Cathy Smith-Papadellis, 3:58 -- Tiffany Walker, 4:00 -- Manny Arruda, 4:00 -- Cedric Baar, 4:28
Sue Simmons, 4:32 -- Chris Miskinis, 4:43 -- Donna Cohen, 4:44 -- Ron Marston, 4:51 --
Pat L'Italien, 4:52 -- Charlie Grainger, 4:56-- Bridget McMahon, 5:33**

Meanwhile, Colonial managed and staffed **two water stations** this year, at 15 and 16 miles. A few weeks before the marathon, **Tom Yellope** learned that the BAA was in need of a captain and volunteers for the 15-mile station. Since we always have a waiting list for volunteers wanting to work our existing 16-mile station, Tom quickly offered to have CRR take on the 15-mile station as well, and just as quickly solicited more than enough workers by an email announcement to the members. Those of us at the water stations worked extra hard this year. The field was 30% larger than last year, and the warm weather meant that, by the time the runners reached our part of the course, most were taking a couple of cups apiece to drink or pour on their heads. We dispensed, and had to sweep up afterwards, about 10,000 cups per station. Congratulations and thanks to **Tom and Susan Yellope** and to **Al Donaghy and Cal Goodwin** for directing the 15 and 16-mile water stations, respectively, and giving so many of us the chance to be a part of the Boston Marathon without having to run it!

INSIDE BOSTON: REPORTS BY COLONIAL MEMBERS

Here are first-hand reports from several of our members about their experiences training for, and running, this year's Boston Marathon:

Susan Makovsky

My Boston story started a few years ago when I triple dog dared my brother into running a marathon. He, being the younger, always accepts a challenge from the big sister. In October 2002, he qualified for Boston. I unfortunately did not. However, thanks to the club, I was able to run with a waiver.

Training in New England is like rolling the dice. You never know what to expect. I found out in late January that running on ice does not always make for sure footing. I took a nasty spill and walked with a modified gait for a few days and had to take nine days off from running. This time off in the early training period took a toll mentally. I did not want to run another disappointing marathon. New England Baptist and my orthopedic surgeon reassured me that nothing was broken - just bruised, badly. My doctor said in a perfect world, I should not run for a month. I was running in a week. I believe that coming back from injury is more challenging than the marathon itself.

Marathon day was very exciting. The pulse of Hopkinton was intense. I was so proud to have made it to that point. After waiting in the corral for 20 minutes, I finally reached the starting line. The crowd support was like none other I have ever seen. I felt great the first part of the race - I did not even mind the heat. My quads started to scream around mile 15. I kept thinking - 'just keep moving'. I had not stopped at all, which is a huge breakthrough for me. I usually walk through the water stops, but I guess I was afraid I'd see someone I knew and I wanted to be in motion. Once I turned the corner at mile 17 and saw my Colonial crew, my spirits picked up. Screaming like crazy were **Beth Hackett, Lori Noel, Clayton Gardner** and **Andy Brennan** (I think I mentioned everyone). Andy ran up the first few hills and it made all the difference for me. Mentally I could keep running, but my legs were done. I managed to run the rest of the hills, round the bend onto Beacon St., and finally walked through the mile 23 water stop. The break did not last long, because fellow Colonial member **Art Fontes** spotted me and jumped in for a mile. I also saw **John Shirrif** at mile 24. With the Citgo sign in full view, I knew I could make it the rest of the way - no stopping now! Once past mile 25, the screams from the crowds were deafening. I relished every moment. It is true what they say about the crowds carrying you the last few miles. Once I made the left onto Boylston Street, I spotted a bright pink sign I made so I could spot my family. Making it to that point was worth every minute spent training - countless hours in the gym, running in cold, inclement weather. My chip time was 3:53:22, my personal record. So fitting that I did it in Boston.

I could not have made it through the day without the support of the club. I have many people to thank: the club for offering the waiver to run, **CherylAnn Dorsey** who was there when I fell and supported me through the tough times (she was certainly missed on race day), my Saturday morning crew, **Lori Noel** whose massage therapy kept me moving, and **John Goldrosen** and **Ilda Nelson** for sacrificing an entire Sunday to support the 22 mile training run in ugly weather. See you on the roads.....

(Editor's Note: Susan's brother, Eric Makovsky, finished in 2:55!)

Donna Cohen

Boston 2003 is over and I'm able to walk down the stairs normally again! It was an unbelievable day filled with emotions ranging from nervousness, exhilaration, excitement and more! I made it - 4 hours, 44 minutes and 22 seconds.

The weathermen all weekend were predicting high 50's to low 60's, some overcast skies and rain later in the day. I have never trusted them before and will never trust them again! At the start it was around 71 degrees, gorgeous blue sky with an occasional breeze. It was beautiful day for catching some rays but not for running a marathon!

Our Team in Training group was spread out throughout the many corrals however, there was about 20 of us in corral #17. We were high-fiving each other, stretching, drinking and talking about everything - from how the pace right then was just right (we weren't moving!), what we were going to eat for dinner, who we would be seeing on the course and hoping the clouds would show themselves soon.

It took us 15 minutes to get to the start but we finally started running though slow. It's real hard to take it easy at the beginning because first, you're excited and second you start downhill. The crowded field of runners help hold you back and that was one of the few blessings that day. It's hard to run fast with around 16,000 runners in front of you anyway!

One of my running partners, Terry, re-injured himself at mile 3! He had to start walk/running that early! Myself with two other running partners, Bill, Michelle kept together off and on through 17 miles. Our pace was 9:15 - 9:30's and felt good for about 12 miles. Then the heat started kicking in and I remember saying to Bill,

“You know how after something is over and you can’t believe it’s over already? I wish I could say right now I can’t believe it’s over!” I was alternating between water and Gatorade every mile, making sure I was drinking, very nervous about getting dehydrated. We all were drinking so much we felt water logged! Then I started having stomach cramps – maybe from the Gatorade but I know it was at least from the heat. Bill kept pulling me along, Michelle catching up at the water stops.

Mile 15 was the best. This was the major pit stop of the day. I had 15 family members there. My husband **Joe** had a fresh water bottle ready, **Brian**, my son, had the body glide ready so I could put more on those places that chafe. **Justine** restocked my supply of gels – the gooey stuff you suck down that restores your carbohydrates, potassium and sodium. Then there were pictures to be taken while I was reloading! Everyone was chanting, “Go, Donna, Go!” as I left giving me the boost I thought would get me through the hills. Well, mentally I was ready for the hills but the stomach cramps were still there and hurt. I was having a hard time drinking and forget about another gel! So I changed my tactics. I had planned on getting through a hill then walking as my reward. I decided that the hill would take too much out of me and it was more important to save whatever I could for the last 5 miles. So I walked the hills, ran when I could after. During the first two hills I had been telling Bill to go ahead, don’t wait for me. He was going to stay with me because we had made a pact but I’m so glad he realized I wanted him to go on. I knew I was holding him back. He went ahead but I kept seeing TNT members and each one of them gave me a boost as Bill had from the beginning.

By the time the hills were over I said okay, here we go to the end. Well, my knees were doing fine, my foot was okay but those stupid cramps wouldn’t go away. So, I decided to “enjoy” the race, listen to the crowd, watch all the different runners, their outfits, the sayings on their shirts and take pictures of friends along the way. I kept telling myself I couldn’t believe I was there, I couldn’t believe this was my last marathon and how lucky I was.

I had a fellow runner take a picture of me at the Citgo sign, I found my friends at miles 17, 24 and 26 and took their pictures but when I saw my family again on Hereford Street, I had the biggest smile on my face! I didn’t think I’d see them again until after the finish! I took their picture as they were taking mine, turned the corner and crossed the finish line! It had finally reached 60 degrees!

On Tuesday night our Team in Training group had a victory party. We received our 26.2-mile pins, team tee shirts, there was dancing (!) and the chance to hear how everyone did. Everyone I talked to was disappointed with their times. From qualifiers who ran an entire hour slower than anticipated to those middle runners walking around in crutches, we all agreed it was a very, very tough day. Paul, a fellow teammate who has run several other marathons, commented on how tough Boston is for a couple reasons: it is rated the hardest marathon due to its hills and we had a real long, wet and cold winter. Because of this we didn’t have a chance to train in anything close to the conditions we had – heat!

Our coach spoke Tuesday night and reminded us of something that I would like you to remember as well: it’s not the race that is important but what we have been able to do prior to the marathon – raise funds that are allowing research to find ways to cure Leukemia, Lymphoma and other related cancers.

Thank you so very much not only for your emotional support but your financial support as well. Seeing survivors Tuesday night dancing and enjoying themselves is the best reward. Yes, the medal is great but if one more child were cured through our efforts, I would give it back.

Cathy Smith-Papadellis

I was about a week late getting this article to our esteemed leader, **John Goldrosen**, who asked me to write about my training regime for Boston three weeks before the marathon. (I agreed because at that time, it was going well!) I was thinking of all the wonderful things I was going to write about: how I hit my goal of 3:44 and qualified for next year’s run, what a great day I had along the course and how many friends and family I saw along the way. Although I did see many friends and family, I missed several others, including my 7 year old niece, Lexi, at the finish line. I also died at mile 21 and while I was on a 3:44 pace up until that point, I was unable to hold on and finished a disappointing (and non-qualifying) 3:58:40. The “8:40” was especially painful because that was the pace I had been running up to the 21 mile mark and had trained for all this lovely winter. I was exactly one mile off my time!

Anyhow, I have tried to recover from my disappointment and sit down to write this as promised. I would not change my training routine because it has served me well. I have had qualifying times for Boston in

4 of 6 marathons I have ran in the past 3 ½ years, including a PR 3:38:20 pace. (This race did not have chip times!) As of yet, my worst performance has been a 3:58 twice at Boston (2001 and 2003).

I receive coaching from **Tim Crowley**, Fitness Director for the Longfellow Clubs, Wayland, MA where I have been a member for seven years. Crowley is also a multi-sport coach for Carmichael Training Systems, the Strength Coach for the USA Triathlon Northeast Junior Development Team and holds several coaching certificates in Olympic weightlifting, triathlon and cycling. His approach is pretty basic: How can I get the best performance out of any athlete given all the other distractions life brings their way? Most of Crowley's athletes are working professionals, moms and dads, kids going to school, not professional athletes. Although athletics are important to his clients, it is not their primary daily function. I swear by his method and hope you may benefit from it as well.

In training, I run no more than 4 times a week. Each day is specifically geared toward a goal: speed, economy, strength or endurance. I NEVER do a recovery run. It is more important to rest. I also always use a heart rate monitor during training and try very hard not to time my runs to mileage. My weightlifting routine utilizes mostly free weights and is done twice a week. It takes no more than 40 minutes and can be done at home. The weight routine incorporates core body movements which help stabilize your body and are particularly beneficial during long runs. A sample week looks like this:

Running: 4x week:

- Tuesday – 55 minutes w/ 10 minute tempo run (HR @ 165-170)
- Wednesday – 30 minutes w/ 3 x 100 meter strides (HR @ 160-165)
- Thursday – 55 min. w/ 2x10 minutes @ 8% grade OR 20 minutes hill repeats if outside (HR not to exceed 172 on hills)
- Sat/Sun – 2 hours with 4x100 strides at finish (HR @ 160-165)

**Please keep in mind that your training heart rate may be different from mine!*

Weights - 2x week (usually Mon/Thurs or Tues/Fri):

- Medicine Ball warm up; ABC floor ladder warm up (agility, balance, coordination)
- Ham/Glute lift 3x8
- Stick sit-ups 3x12 (can be done w/medicine ball)
- Oblique Bridge 3x12
- Dumbbell Routine – repeat 3x8 with 2 minute rest
- Rows – Squats -- High Pulls -- Split Squat Jumps -- Curl Press -- Power Step Ups –
- DB Push up to Row

I have my routine changed every 6 to 8 weeks in the gym and, of course, the running program changes weekly. I pick up my routine at the gym, but you can reach Tim at TCrowley@trainright.com if you are interested in speaking to him about a training program specific to your needs.

I guess I got over my disappointing time fairly quickly, because I said to my husband **Randy** and my daughter **Annie**, who watched me cross the finish line and walked me to the car at Copley Place, “You know this means I need to run Bay State this fall.” They already knew. I also went in to get a triathlon program from Tim the Friday after the marathon. It's a Sprint and it keeps me focused after the long training months of Boston. The course is a 400 yd. swim, 7.3 mile bike ride and 2.3 mile run. Tim also knew I would be asking for a training program for the Bay State Marathon. I guess running makes you pretty consistent all around!

CLUB-SPONSORED RACES

SUMMER FUN RUNS

“Summer's here, and the time is right, for racing in the streets.”

—Bruce Springsteen, with a nod to Martha and the Vandellas

From the first week in May through the last week in August, you have over fifty chances to run for fun, or for speed, at one of the three series of South Shore evening fun runs that are organized and directed by Colonial and its members. On **Mondays**, it's the **Raynham 5K Your Way Fun Run**, at **6:45 PM** at the Raynham Athletic

Club on Route 44, directed by **Jim Dupont**. On **Tuesdays**, come to **Abington at 7:00 PM** for the **Colonial 3.27 Mile Fun Run** at the Woodsdale School on Chestnut Street (off Route 139), directed by **Al Donaghy** and **Tom Yellope**. And on **Wednesdays at 6:45 PM**, run the **Swamp Rat 3.75 Mile Race in Brockton** at Tower Hill in D.W. Field Park off Oak Street, directed by **Frank Nelson** and **Mark Sferrazza**. The cost for each race is \$1.00—for which you get a measured course, accurate timing, and friendly competition. Whether you are tuning up your racing skills or getting your first experience at participating in organized events, these fun runs are a great opportunity for making the most of the summer. You do not need to be a Colonial member to run in any of these fun runs—and indeed, we hope you will spread the word to non-members, because the summer fun runs are a great way for them to meet and befriend CRR members and learn the benefits of membership.

Because of the huge growth in the attendance at these fun runs, we are now assigning race bib numbers to all entrants so that we reduce the burden of recording times and supplying results to newspapers and Coolrunning. Please arrive enough ahead of time to check in and receive a bib number, and try to bring your number with you each week (hint: keep it in your car's glove compartment) to speed up the process.

If you enjoy the fun runs, and especially if you are a “regular” at one or more of the series, you should recognize how much of a commitment the series directors are making to put on these races for four months straight—a third of the whole year. They simply can't do it all themselves, without “burning out.” Please share the burden by picking two or three weeks during the summer to volunteer instead of run, and help with timing, course support, etc. Please talk to the race directors and let them know when you would be available.

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

The inaugural Christopher's 5K Run, directed by **Frank Nelson**, is fast approaching. We hope everyone will either run or help as a volunteer. As you should all know by now, this race will benefit research into juvenile diabetes, a disease that afflicts Frank and Ilda's young son, Christopher. Race entry forms were sent out with our last issue, and will be available at all the fun runs as well as through our website, www.colonialrunners.org

ABINGTON “NIGHT BEFORE THE FOURTH” ROAD RACE: CANCELLED!

For many years, Colonial's **Al Donaghy** has directed an early-evening four-mile road race as part of the Abington Night Before the Fourth celebration, which features one of the most popular fireworks shows on the South Shore. This year, the crisis in state and local budgets has put the Night Before the Fourth events in jeopardy, because of the potential layoff of several Abington policemen. Even if there are enough police available for the carnival and fireworks to be held (which may depend on the result of an upcoming Prop 2 ½ override vote), the Abington police department can't assure us at this time that they will be able to provide the traffic control needed for the road race. Therefore, we have regrettably decided to cancel this year's race, with hopes that we can resume the race in 2004.

NEW RACE!! SOUTH SHORE 5K/10K WOMEN'S ROAD RACE

We are in the midst of organizing a new fall road race for women runners, which we think will fill a need in our area for such a race and help to promote the club to women, while serving as a fundraiser for local groups which focus on women's issues. Plans are still tentative, but here's where things stand as we “go to press.” The race will have both 5K and 10K distances, and be held on **Sunday, September 21**, with the start and finish at **Hanover Mall** (which will serve as the principal sponsor for the race). Profits from the race will benefit the **South Shore Women's Center** (based in Kingston) and **Brockton Family and Community Resources**, which are nonprofit agencies that provide counseling and emergency shelter for victims of domestic violence, assist local police and prosecutors in court proceedings, and conduct educational programs throughout Plymouth County. The date will make the race a perfect local tune-up for the Tufts 10K, which is three weeks later. Look for full details in our next newsletter! Meanwhile, save the date, and if you would like to be involved in planning the race, contact **John Goldrosen**. (Thanks to those of you who have already responded to an earlier email.) Guys: you **will** volunteer to help on race day, so all our women members can run!

CLUB EVENTS AND ACTIVITIES

SUMMER FAMILY PICNIC—AUGUST 2ND

Last year's summer picnic for club members and their families was a popular event, and we expect even a larger turnout this year for this relaxing social occasion. **Beth and Andy Corry**, who hosted last year's event, have graciously volunteered to host the picnic again at their home in Bridgewater. The picnic will be held on **Saturday, August 2nd from 2 to 6 PM**. The picnic is free. The club will provide burgers and liquid refreshments, and we ask everyone attending to bring snacks, salad, desserts, or a side dish. If you are coming, please contact Beth and Andy at bethcorry@attbi.com or 508-697-8999, and let them know how many adults and children will be attending and what food you would plan to bring.

TRIATHLON TRAINING GROUP

We are organizing a training and support group for Colonial members interested in doing triathlons this summer. First-timers are especially welcome! **Kevin Whalen**, an experienced triathlete and veteran of an Ironman triathlon, has offered to help organize training events and provide coaching tips. For our first "target race" that we will participate in as a group, we have chosen the **Mattapoisett Triathlon on Sunday, July 13th**. This race consists of a quarter-mile swim (yes, as short as you'll find in a triathlon!), a 10-mile bike ride, and a 3-mile run. If you are interested in being notified of group training events, please contact Kevin at 781-871-6284 or kjwhalen@statestreet.com.

FALL RELAY RACE TEAMS

Do you sometimes feel "the loneliness of the long distance runner"? One way to combine the solitary effort of road racing with the interdependence of a group effort is to participate in a relay road race. As in past years, we will be helping to organize Colonial teams for the **Lake Winnepesaukee Relay Race**, which will be run over its 68-mile course on **Saturday, September 20th**. There are eight members to a team (which can be male, female, or coed), and the individual "legs" range from 4 to 11 miles in length—all with abundant "rolling hills." Contact **Jim Dupont** at 508-822-0376 or jdupont01@attbi.com if you are interested in running on a "Lake Winni" team.

We will also try to organize a team for the **Reach the Beach Relay**, a 24-hour relay covering about 200 miles from Bretton Woods in northern New Hampshire to the seacoast, which will be held this year on **Friday and Saturday, September 12-13th**. A team consists of twelve runners, each of whom must run three legs during the course of the race, totaling about 17 miles per runner. Considering the location, you can count on hills! Speed is not essential for this race, but overall endurance, and the ability to run several times in the course of a day without risking injury, are a necessity. If you are interested, please contact **Hillary Hewitson**, at 508-823-9253 or nerissa@tmlp.com.

CLUB BOARD OF DIRECTORS

The Board of Directors for 2003-04 was chosen at the club meeting on April 24th. It was decided to amend the by-laws to increase the number of Directors-at-Large from two to five, to allow for broader participation. All current directors agreed to stay on, with the exception of **Beth Hackett**, who declined re-election as Director-at-Large but will continue to help with club activities (including investigating options for a club warm-up jacket). The officers and directors for the coming year are: **John Goldrosen**, President; **Tom Yellope**, Vice-President; **Curt Jarva**, Treasurer; **Susan Yellope**, Secretary; **Jeanne Sullivan**, Membership Director, **Al Donaghy**, Club Races Director; **Stephen Smith**, Newsletter Director, and **Ellen Litt**, **Cal Goodwin**, **Clayton Gardner**, and **Frank Nelson**, Directors-at-Large. There is one remaining opening for Director-at-Large, which will be filled at the next **club meeting on Thursday, May 22nd, at 7 PM** at the First Baptist Church, Routes 58 and 139, Abington.

NEWS ABOUT CLUB MEMBERS

GOOD NEWS ABOUT PETER DOVELL

Peter Dovell continues his remarkable recovery from the severe burns and other injuries he suffered last December. After months of treatment at Massachusetts General, and an extended rehabilitation period at Spaulding Hospital, he is now living in a house on Cape Cod with his mother, close to the homes of his brother and sister. He is learning to walk on a prosthetic leg, and has every intention of running again! We will keep you posted.

A SALUTE TO WAYNE SMITH

Congratulations to longtime CRR member and Abington Savings Bank director **Wayne Smith**, who recently completed his annual week-long run across the South Shore to collect contributions from local banks for the Lion's Club Eye Research Fund. He covered about 90 miles, running 10 to 20 miles per day. That would be a lot of miles for even elite runners, and although Wayne looks like he's 40 years old, he's really...well, not 40. Wayne has been doing this since 1987, and has raised over \$100,000 during that time. We hope to work with Wayne next year to involve Colonial in his efforts, by giving him support and company along his route and soliciting contributions.

FAREWELL and BEST WISHES...

To CRR members **CherylAnn and David Dorsey**, who will shortly be leaving the South Shore. As many of you know, David serves in the Coast Guard and has been based in Boston for the last few years, but is now being transferred to Staten Island. We understand that the military housing on Staten Island is close to the starting line for the New York City Marathon...got room for house guests, guys? Anyway, our best wishes to the Dorseys and their children, and we hope to see them back here for the Boston Marathon or other races.

RUNNING ACROSS YOUR RADIO DIAL...

Those of you who listen to **Jordan Rich**, who does the overnight show on Friday and Saturday nights on **WBZ-AM**, heard a familiar voice a week before the Boston Marathon: our own **Cedric Baar**, who was on the air as a guest! Cedric talked about his efforts to raise pledges for his Boston Marathon run to benefit his church, the Congregational church in Rockland. And he put in a plug for Colonial Road Runners, by mentioning our club and how much it had helped him with his training. Thanks for the publicity, Cedric, and congratulations on your fundraising!

"A BENCH FOR FRANK"

One of our longtime members, **Frank Rodrigues**, was killed in an accident a year ago this month, one day after running his last race at the Strawberry Shortcake 10K in Plympton. Frank regularly attended the Saturday morning fun runs around Lake Massapoag in Sharon. So, to honor his memory, his fellow runners are raising funds for a granite stone bench that will be installed on the grounds of the Sharon Community Center, where the Saturday runs are held. If you would like to make a contribution in Frank's memory, please send it to "**A Bench for Frank**," c/o **Mike Sherman, 19 Belcher Street, Sharon, MA 02067**. The bench has been ordered and once it is delivered (expected in June), the bench will be installed and a dedication ceremony will be held after a Saturday run. For further information, please contact **Betsy Knapp** at 781-337-7137.

GRAND PRIX COMPETITION SERIES REPORT

The fourth event in the Colonial Road Runners Grand Prix series was the U.S.S. for the Health of It 5k, held in Weymouth on April 5, 2003. This race was a last minute substitution due to the cancellation of the Whitman Firefighters 5k this year. There was quite a strong showing of Colonials as more than 1/3 of the finishers were CRR members, with Frank Nelson (1st Male Overall) and Jill Strathdee (1st Female Overall) leading the way.

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 Jill	Strathdee		9 23:06	10	1 Betsy	Knapp	59	37:34	10
2 Chris	Hollander		21 25:07	9	2 Mary	Dupont	67	41:27	9
3 Susan	Makovsky		27 26:19	8					
4 Beth	Hackett		32 27:44	7					
5 Lori	Noel		34 27:57	6					
6 Jeanne	Sullivan		44 29:01	5					
7 Susan	Yellope		61 37:22	4					
8 Ilda	Nelson		62 37:27	3					
9 Carol	Cahill		63 37:43	2					

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		1 19:59	10	1 Clayton	Gardner	33	27:50	10
2 Kevin	Whalen		11 23:23	9	2 Mike	Lozan	38	28:34	9
3 Tom	Stracqualursi		18 24:45	8	3 John	Goldrosen	42	28:49	8
4 Tom	Yellope		19 24:49	7	4 John	Terranova	51	30:58	7
5 Andy	Brennan		23 25:34	6					
6 Paul	Clark		24 25:51	5					
7 Jim	Dupont		25 25:55	4					
8 Chris	England		40 28:43	3					
9 James	Campbell		60 36:52	2					

Overall Standings as of April 6, 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	36	1 Mary	Dupont	18
2 Susan	Makovsky	30	2 Betsy	Knapp	10
3 Hillary	Hewitson	26	3 Pat	L'Italien	10
4 Beth	Hackett	22			
5 Jill	Strathdee	20			
6 Jeanne	Sullivan	16			
7 Lori	Noel	11			
8 Beth	Corry	10			
9 Tiffany	Walker	7			
10 Susan	Yellope	7			
11 Carol	Cahill	6			
12 Cindy	Meyer	6			
13 Ilda	Nelson	3			
14 Christine	Zepeda	3			

Males

Under 50			Over 50		
First Name	Last Name	Points	First Name	Last Name	Points
1 Frank	Nelson	40	1 Clayton	Gardner	29
2 Thomas	Stracqualursi	24	2 John	Goldrosen	25
3 Tom	Yellope	23	3 Cedric	Baar	20
4 Paul	Clark	21	4 Mike	Lozan	18
5 Andy	Corry	18	5 Dave	Regan	13
6 Kevin	Whalen	17	6 John	Shirriff	7
7 Andy	Brennan	14	7 John	Terranova	7
8 Gary	MacDougall	11	8 Dick	Carnes	6
9 Donald	Morse	11			
10 David	Backeberg	10			
11 Billy	Allen	7			
12 Chris	England	6			
13 Jeffery	Sprung	6			
14 Jim	Dupont	5			
15 James	Campbell	2			
16 Charlie	Morgan	2			
17 Kevin	Donovan	1			
18 Stephen	Smith	1			

Results compiled and supplied by:

Frank Donaghy, Grand Prix Competition Series director


Tel: (781) 341-8019; Email: FrankD@colonialrunners.org

(Results for the Strawberry Shortcake 10K in Plympton (May 17th) will be included in the next newsletter. Coming up: **the Abington Tuesday Night Fun Run** will be our next Grand Prix event on **June 17th**, and the July event will be the **Carver Cranberry Classic** 5-mile race on **Saturday, July 26th**.)

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



**MORTGAGE FINANCIAL
SERVICES, INC.**


45 POND STREET, SUITE 100 (RTE.228) • NORWELL, MA 02061

ELLEN R. LITT
Senior Mortgage Loan Officer

(888) 722-5088
(781) 871-9958
E-mail: ellenlitt@mfsloan.com

Fax (781) 871-9945
Voice Mail (781) 226-2925

*Paperhanging ~ Painting
Power Washing*



RICHARD HERDEGEN **TEL. (781) 878-4208**

77 EMERSON STREET **ROCKLAND MASS. 02370**

If you are satisfied with my work, tell others, if not, please tell me.

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