



October 2003

UPCOMING EVENTS

TUFTS 10K FOR WOMEN—Monday, October 13 (Columbus Day), Noon, Boston

One of the highlights of the fall running season is the **Tufts 10K for Women**, on Columbus Day, Oct. 13, at noon, starting and ending at the Boston Common. We know that many of our female members will be participating, so we are planning a club get-together at this event. This is a great event for both runners and spectators, with a beautiful course and thousand of runners, ranging from world class athletes (Marla Runyan won last year) to people running (or walking) their only race of the year, or maybe their first ever. For the guys: this is your chance to watch and cheer your significant others, friends, relatives, and CRR teammates.

If you are coming to race or watch, meet at 11:15 on the Common at the corner of Beacon and Charles, where the lists of preregistrants are posted, for a group photo. After the race begins, the non-runners will move down to the CRR cheering station at Commonwealth Avenue and Berkeley Street, about half a mile from the finish line. After the race, we'll rendezvous at the Soldiers Monument on the Common, which is on the hill overlooking the finish-line refreshment area. We will leave there at 1:30 PM and head over to Remington's, a restaurant-pub on Boylston Street across from the Common. The Boston restaurants are crowded after the race, but Remington's will accept a reservation. **SO--if you are going to join us for the post-race lunch, PLEASE RSVP TO SUSAN MAKOVSKY by Friday, Oct. 10th**, so we can get a count for the reservation. In fact, let Susan know even if you're not staying for lunch, just so we have an idea of who will be running the race. Susan's email is smakovsky1@comcast.net, or you can leave a phone message at 508-241-2982.

And if you're running and want us to cheer for you, well, we have to be able to spot you, so **be sure to wear your CRR singlet!** If you don't have one yet, get in touch with **Susan Yellope** at tyellope@comcast.net or 508-580-1606.

If you need information or registration material for the Tufts 10K, go to the race website at www.tuftshealthplan.com/tufts10k/index.html.

“RUN FOR YOUR LIFE 10K”—Saturday, October 18, 9 AM, Rockland High School

It's been many years since there has been a road race in Rockland, but there will be one in October—on the old Andy Callahan Memorial Day 10K race course, we believe. The race is being organized by the Holy Family Catholic Church, and will benefit its youth programs. If this fits your schedule, please support the race, to help another local race get established. For details and registration forms, go to www.coolrunning.com/applications/03/basic/RunforYourOct18.html.

“RUN FOR PAUL”—Sunday, November 2, 9 AM, Borderland State Park (Easton)

Last winter, Colonial members participated in large numbers in a “fun run” to raise funds to benefit a fellow runner, **Peter Dovell**, who had been badly injured in an accident. Now, we're asking you to respond again on behalf of another local athlete, who has experienced what many of us fear most during our runs or bike rides: being hit by a car.

Paul Roberti, a member of the local Bay State Triathlon Team, was critically injured when he was struck by an automobile while riding his bicycle in a triathlon in Webster, MA in July. On **Sunday, November 2, at 9 AM**, his club will be holding a **5K Fun Run and 2K Walk** over the dirt roads at **Borderland State Park in Easton** to raise funds to help pay Paul's medical bills and aid with his rehabilitation (he suffered serious

spinal injuries). A donation of \$20 is requested. (Note that the park has a \$2 parking fee.) As was the case with the benefit race for Peter Dovell, the **Run for Paul** will be a true fun run, with no T-shirts, official timing, or awards, but with a lot of fellow athletes joining together to show their support for one of their own. Coffee and bagels will follow the event. Please participate if you can. For full details (including directions to Borderland, which is on the Sharon/Easton border) and registration forms, visit the race website at www.run4paul.ahoy.com . If you can't make it to the run but want to help out, contributions can be sent to **Eric Averill**, 154 East St., East Bridgewater, MA 02333. **Make checks payable to Paul Roberti.**

EDAVILLE RAILROAD RAIL RUN—Saturday, November 15, 10 AM, Carver

One of our members, **Donna Cohen**, is the race director for this 5-mile race and 2-mile fun run on scenic courses over the dirt roads around the cranberry bogs and ponds at Edaville Railroad in South Carver (off Route 58). If you haven't raced on dirt roads before, try it out at the "Run for Paul" on November 2nd, and then come to Edaville for the full experience—you'll enjoy the change of pace! Donna can also use volunteers, so please get in touch with her to race or help. The registration form can be downloaded from www.coolrunning.com . For more information, contact Donna at 508-238-9745 or dcohenmassed@comcast.net .

NEW!!—WEDNESDAY NIGHT TRACK RUNS—Bridgewater State College

With the sun now setting around 6 PM, it's too dark to safely conduct an evening group run or race on the roads, but we know a lot of you would still like to have company for your runs and a chance to get together. So we're going to try something new. The outdoor track at **Bridgewater State College on Route 104** (the start/finish point for **Christopher's Run**) is lighted at night. Come to the track on **Wednesdays at 6:30 PM, starting October 15**, and meet up with other club members. This will not be formally organized. Some of you may want to join together and set up a track workout, and others will just want to get in an easy run of a few miles without worrying about cars and the other hazards of running in the dark. We'll try this through the fall and winter and see what the response is—it's up to you!

CRR MEMBERS AT FALL MARATHONS

In the last newsletter, we asked to hear from CRR members who will be running a fall marathon. Here are the ones we know about, though we're sure there are others:

Maine Marathon (Portland, ME, Oct. 5):	John Terranova
Ocean State Marathon (Providence, RI, Oct. 12):	Pat L'Italien, Mark Rothfuss, Michelle Rothfuss, Dave Sousa, Chris Miskinis
Chicago Marathon (Oct. 12):	Renee Sayce-Dant
Bay State Marathon (Lowell, MA, Oct. 19):	Sue Simmons
Marine Corps Marathon (Washington, DC, Oct. 26):	Susan Makovsky, Rick Hayes
Philadelphia Marathon (Nov. 23):	Frank Nelson
Northern Central Trail Marathon (Maryland, Nov. 29):	John Goldrosen

Good luck to everyone, especially those of you seeking to meet the qualifying times for the Boston Marathon. A reminder to all members: CRR receives a small number of waivers from the BAA, to allow members to run Boston without a qualifying time. The next newsletter will contain details on applying for the waivers in January, but you should know now that one of the criteria is whether you have run a marathon in the past year. So, if you plan to apply for a waiver for Boston 2004, your chances of receiving one will be much improved by running a marathon in 2003. Volunteering at club races and events is another factor—you can still meet that requirement by helping with the upcoming winter fun runs.

WINTER FUN RUNS—Sundays at 1 PM at the Abington Depot, beginning Nov. 30

Hard to believe these are less than two months away...Join us on Sundays at 1 PM, from November 30 through February 1st, for a 4-mile timed fun run in North Abington, starting at the railroad crossing next to the Abington Depot. The site is off Railroad Avenue, just east of the intersection of Routes 58 and 139. Afterwards, congregate at the Depot for drinks and big-screen football. The fee will be \$2 per week.

NEW YEAR'S DAY "FUN BRRR-UNCH"—Jan. 1, 10 AM, Abington Baptist Church

Last year, we started a new Colonial event: an untimed group run on New Year's Day morning along the winter fun run route, followed by socializing over bagels, donuts, and coffee in the cozy confines of the Abington Baptist Church. Everyone who attended had a good time and welcomed the chance to mark the New Year with their first run, so we will hold this event again. More details will follow in our next newsletter, but "save the date."

SUMMER HIGHLIGHTS

CLUB PICNIC

Thanks to **Hillary and Bill Hewitson**, who hosted several dozen CRR members and their families at the second annual CRR Summer Family Picnic on August 9th. We spent several pleasant hours in the back yard at the Hewitsons' home in Taunton, socializing, eating, sampling Bill's home brewed beer, and engaging in nothing more strenuous than horseshoes.

SUMMER FUN RUNS

Despite the wet and humid conditions through much of the summer that made for some uncomfortable evenings for running, attendance was again markedly higher over the previous year at each of the three summer fun run sites in Abington, Brockton, and Raynham. Thanks to all of you who helped out at some point, and particularly to **Al Donaghy, Cal Goodwin, Tom and Susan Yellope, Ellen Litt, Jim Dupont, Mark Sferrazza, and Frank Nelson**, who were most responsible for registration, timing, and reporting of results to Coolrunning and the newspapers. We'll see you all back there beginning the first week in May 2004.

ROOKIE TRIATHLETES "GET THEIR FEET WET"

Last spring, we organized a triathlon training group for CRR members who were interested in building on their running skills and tackling two more sports in the same event: swimming and biking. **Kevin Whalen**, an experienced triathlete, became our coach, and conducted swim practices at the Raynham Athletic Club and at Island Grove Pond in Abington, as well as leading Saturday morning bike rides from Woodsdale School. Participating in the group were **Susan Makovsky** and **Jim and Tracy Conley**, who had never done a triathlon, and **John Goldrosen**, who has done several but wanted to improve his slow swim times. On July 13, our group participated in the Mattapoisett Triathlon, consisting of a quarter-mile swim (probably a bit longer due to high tide), 11-mile bike ride, and 3.5-mile run. All were pleased with the results. Susan Makovsky finished 8th of 21 in her age group, Jim Conley finished 29th of 132 participants in the run portion to pass many of those who had been ahead of him after the swim and bike, and Tracy Conley, in her first open-water swim (i.e., not in a pool), beat her father and went on to a good race, finishing with a smile on her face. John Goldrosen cut about 20% off his previous swim times. All were "hooked" and either did additional triathlons later in the summer or made plans for longer ones next year. Thanks to Kevin Whalen for his time, advice, and encouragement!

WAKEFIELD 24-HOUR RELAY: NO RECOUNTS IN RUNNING?

After several years' absence, CRR returned to the Somerville Road Runners "Around the Lake" 24-Hour Relay Race, an event in which eight-member relay teams complete as many laps as possible during a 24-hour period on a 3.16-mile course around a lake in Wakefield, beginning at 7 PM on a Friday evening. Officially, the team finished a strong third, but as Paul Harvey would say, here's "the rest of the story," reported by **Tom Yellope**:

The 2003 Colonial Road Runners 24-hour relay team was put together for the sole reason to have fun at the race. No one had any idea when we began to assemble at the Best Western Hotel what lay ahead in the coming darkness.

Right at 7 PM on Friday August 1st, **Pat L'Italien** took off on the first loop of the race. It was raining hard and very humid. Pat did two loops on the 3.16-mile course and then retired only to start her next three loops at 4 a.m. Pat finished with a total of nine loops, which works out to be over twenty-eight miles! Pat was the oldest member of the team at 62 and ran more loops than anyone else on the team except **Frank Nelson** (who ran 11 loops!).

At about 12:30 AM on Saturday, we began to see that we were in a dogfight with the Shamrocks, a running club from Woburn. They looked like a very organized team. The fight was for second place and the last slot for a trophy. Neither our team nor any other team was going to challenge the Somerville Road Runners A Team for first place. They were all Frank Nelson or better type runners and they were very serious about winning this relay race.

At 1:30 AM, **Tom Stracqualursi** showed up--after going to work Friday, going to a wake, and going back to work before coming to the Relay! He immediately ran two fast laps, with more to come.

So all through the wee hours of Saturday the battle went on. The lead for second place changed many times. At one point CRR was ahead by more than a loop! Then something happened as the sun was coming up. I noticed at about 6:30 AM that we were a little over a lap behind the Shamrocks! **Paul Clark**, one of our members, said that we'd better look into the counting of our laps, but I never paid much attention to it. We are only here for fun right? That casual attitude on my part was to cost the club second place and a trophy.

As the day went on, we stayed just about one lap behind the Shamrocks for second place. At 2:00 PM the sun broke through and it got hot and very humid! I know because I was running at the time and I happened to look at my watch thinking we have still five hours to go!

At 3 PM another turning point became evident. We noticed that we were gaining on the Shamrocks. We were on the same lap but less than nine minutes behind.

At this point Frank Nelson, Tom Stracqualursi, **Jim Conley** and I got together and said, "Let's beat this team!" You know the competitive juices started when Frank Nelson went out and ripped off a loop in less than twenty minutes! Suddenly their lead was only six minutes. Tom Stracqualursi followed with a 20-minute loop. Jim Conley and I did 22-minute loops. So we took turns: Frank, "Strac," Jim Conley and I in that order went out and put our heart and soul into each remaining lap. In the last few hours each member did three grueling 3.16-mile loops. When it came down to the last loop the Shamrocks were only a minute and forty seconds ahead of us. Tom Stracqualursi took the baton from Frank Nelson for the last go around. Frank had just completed his 11th loop (34.76 miles), with his last loop in under twenty minutes. Thank you Frank for a great effort!!!

Tom poured his heart out in that last loop but it was not to be. The Shamrocks had sent out a very speedy runner and their lead over us did not shrink. During that last loop everyone gathered at the finish line. The club hosting the event, volunteers, the Shamrocks and the Colonial Road Runners with their supporters were all crowded together. It made a wonderful ending to a long twenty-four hour race!

I would like to thank each member of our team for a great effort. Besides Pat L'Italien and the four members who ran the last four hours, **Steve Brooks** jumped in at anytime we needed a breather. Paul Clark and **Kathy McDonald** both wanted to do their running at night, and that gave the other runners time to sleep.

Frank Nelson, what I can say but GREAT JOB FRANK!!! Frank did four fast loops in a row, went to bed, got up and did four more fast loops in a row then gave his all in his last three loops to get us just a minute and forty seconds behind the Shamrocks! Frank was also running the last three loops with blisters on both feet.

We all are vowing to go back next year—and this time, we'll make sure ALL our laps get recorded by the officials. We hope enough Colonials will come and allow us to have several teams, including an all-female team. We all had a blast this year!

LAKE WINNIPESAUKEE RELAY RACE—Of Guts and Glory

CRR members were well represented at the Fred Brown Relay, a 65-mile race consisting of eight legs, from 4 to 11 miles long, around Lake Winnepesaukee in New Hampshire. Thanks to **Jim Dupont**, who put a lot of effort into organizing several teams consisting wholly or largely of CRR members. This is a great event, and we might add, a real “bonding experience” that gives new and veteran members a chance to get to know each other better and cheer each other on. Congratulations to everyone who participated!

*A couple of members passed along their experiences. First, just to prove that not **everything** goes smoothly, but resourcefulness can prevail...*

Jeff Sprung:

I ran Leg #5 [*editor's note: from an old ski area to Morgan's Farm, with the start reached by a shuttle bus from Wolfeboro High School*]. But not until after a string of mishaps.

The day started off great! I hooked up with **Steve Wood** and my girlfriend and we all drove up together. We left early enough (I thought) to give us the time to be ready for the relay exchanges. At 11:30 we dropped Steve off at the school for the start of Leg #7. That was about 2 hours early. Everything was going according to plan...but, things changed in a hurry. First off, I left the directions to the next drop back home. I just realized it !! So, from memory I remembered that my leg was one that also required a bus ride. We went back to the bus at this school hoping to get to the drop point for my leg #5. WRONG BUS!!! On top of that no one knew how to get to the right bus or where it was!! So, now I started to get a little nervous. I thought maybe the bus was at Morgan Farm!! WRONG AGAIN!! We missed an important turn and went 10 miles in the wrong direction!! Finally, we figured it out and navigated in the right direction. But, after Rachel left me off at the road leading to that exchange point--where I was supposed to **finish** at--I ran half a mile down to the exchange point hoping, praying there would be a bus there to get me to the start of Leg #5. No such luck. Instead again, not one person knew how I could get there!! They did not have radios to ask anyone nor did they try to help me solve the problem... GRRRRR...So, I did what any desperate person would do...I hitchhiked back to my correct drop point. Fortunately a local family helped me but now the time was past the time my hand off partner was to arrive!!! And I wasn't even there yet!!! Well, to end the story, I made it. A concerned (I don't blame her) **Jeanne Viera** was running around for about 5 minutes looking for a guy (she did not know) wearing #109. I ran my leg at my best time but lost 5 minutes because of that start.

And here's another account that captures, in a different way, the spirit and commitment of participating as part of a team:

Dave Morrison:

In the beginning there was just me and my insecurities. You see, Winnepesaukee was to be my maiden voyage into the world of relay racing. Until now my competitive running had been limited to the Abington Tuesday Night 5K Fun Runs. Naively, I had now gone and volunteered to do a leg in the Winnepesaukee Relay. CRR Race Coordinator, Jim Dupont, had sent my instructions beforehand. I'd be running Leg #3 for CRR Team #3. My leg would cover 9.4 miles from Alton Bay to Kingswood Regional High School in Wolfeboro. Immediately upon receipt of my instructions I became apprehensive. 9.4 miles? Could I do that? And even if I could, would I be so-o-o-o slow as to embarrass myself and CRR? My apprehension turned into full-scale alarm when I subsequently learned that Leg #3 included the legendary "Vertical Mile". Still, I decided to press onward.

I arrived at Alton Bay early on race day. Two banquet tables filled with half-gallon water bottles in a virtually empty parking lot were the only signs that this would be the relay point. Plenty of time yet to get a lay of the land. I decided to drive the course. When I turned the car onto Bay Point Road to begin the ascent of the "vertical mile" my sense of alarm turned into full-scale panic. Oh my God, I thought, what have I got myself into? A 60-70 degree incline for a full mile? And at the very beginning of a long, long run? Oh, no! Finally my car, lurching and heaving from exhaustion of its own, crested the summit of Bay Point Road and reached the

junction of Route 28 heading north toward Wolfeboro. Route 28 turned out to be about 8 miles of serpentine roadway with a series of never-ending uphill and downhill ranging from 30-45 degrees. It's a roller coaster disguised as a road. Finally my car passed the "Entering Wolfeboro" sign and soon thereafter the left turn that would go the final 3/4 mile to Kingswood High. Turning into the High School parking lot I took a momentary pause to reflect. My very first thought was, "What have I gotten myself into?" I sat in silence for a moment longer, slowly shaking my head horizontally back and forth, now fully aware of what lay ahead for me this day. A single word came to mind: "daunting".

I drove back to the relay point at Alton Bay. By now the parking lot was filling up with the hip-hopping entourage from Legs #1 & 2 as well as the runners who would be doing Leg #3. I met up with several of the CRR contingent and shared small talk while awaiting the arrival of the first runners completing Leg #2. Jim Dupont arrived and handed out race bibs. The competitive runners soon started coming in. Watching from the sidelines I was amazed at the absolutely fantastic conditioning of all of these athletes. One by one they each finished their 10+ mile leg with the look of a person who had just leisurely jogged around the block. Not long after the competitive teams had all made their exchanges I found myself waiting at the starting line with a long, lean 60-year-old from another team and his somewhat nervous-looking wife. We exchanged a few pleasantries. His teammate from Leg #2 arrived, made the exchange, and he was off. As soon as he left I could audibly hear his wife let out a long sigh. I turned and looked her straight in the eyes. She stared straight back at me and then rolled her eyes heavenward. It was like she was saying, "God help him, I don't know why he does this, but just please let him get through it all right."

A couple of minutes later my Leg #2 teammate, **Ed Dowling**, arrived and I was off. As I turned onto Bay Point Road I could see a few runners ahead of me on the ascent. Only they weren't running. They were walking, or more accurately hiking. Smart! I decided to follow suit. Nobody passed me on the ascent. At the summit I looked at my watch. 11 minutes! Eleven minutes for the first 0.4 mile of a 9.4 mile run? Wow! Still, I was now on the main road fresh and ready to go. I settled into my race pace. My memory of Route 28 is of an almost never-ending series of ups and downs. The sun began to beat down on the asphalt and the heat rose up off the roadway. Like two angels of mercy my teammates, **Betsy Knapp** and **Irma Walat**, miraculously appeared every couple of miles to reassure me and provide me with much needed water. I'll be forever thankful to them and to Jim Dupont who checked on me a couple of times and provided Gatorade. I remember passing two runners and being passed by three while on Route 28. But at least I felt I was holding my own. Never have I been so thankful to see a "Welcome" sign as I was to see the "Welcome to Wolfeboro" sign as I entered that town. When I made the left turn for the final 3/4 mile stretch to my finish I was spent. The final 3/4 mile was all uphill and I could already barely keep my legs moving. In the distance I could see Jim in his ugly orange tee-shirt waiting for me at the half-mile mark to pace me to the finish line. I just had to keep going. And I did. A triumph of the human spirit. Slowly, ever so slowly, but I kept going. Jim brought me home the final few yards for which I am grateful. My teammates from Legs #1 & #2, **Dick Doran** and Ed Dowling, were at my finish cheering me on. I want them to know that I heard them and appreciate them being there.

As I walked to the cooldown area I spotted the long, lean 60-year-old and his nervous wife, arms around each other enjoying a heartwarming moment. And my final time? 1 hour 29 minutes. So, if you subtract the 11 minutes it took to do the first 0.4 mile that means I did the remaining 9 miles at about 8:40 per mile. Not fast, but not embarrassing either for a 53 year old who hadn't run more than 5K before. If you had asked me five minutes after I had finished if I would be back next year I would have said "Are you crazy, there's no way in hell I'll ever do this again!" But if you had asked me the same question an hour later after I had recovered I would have said "Are you kidding, I wouldn't miss it!"

A final note or two on my Winnepesaukee experience is in order. Never, and I mean never, have I seen so many strong-willed, single-minded, determined and persevering people come together for an event. Until my dying day I'll remember my Leg #7 teammate **Steve Brooks'** courage. Steve, obviously in discomfort and agony almost from the outset of his 8+ mile leg, nevertheless fought the fight and never gave in. For that he is to be admired. Great job, Steve! Whether young or old, large or small, competitive or non-competitive, we CRR brothers and sisters have something in common--the desire to challenge ourselves and the will power to meet the challenge. I admire all of you for that trait. For me, being a CRR member means I'm willing to challenge myself. I don't have to be the best, just the best that I can be.

In the beginning there was just me and my insecurities. Now at the end there is me and my confidence.

JEFFREY COOMBS RACE—Last year, a novelty; now, a tradition

On September 14th, numerous Colonials either participated in, or helped with the organization of the second annual Jeffrey Coombs Race at the Woodsdale School in Abington, which honors one of the victims of September 11th and raises funds for the Coombs Foundation, which makes grants to Abington community activities. Last year there were a thousand participants, with over 400 runners and 600 walkers. We thought there might be a drop-off the second year, considering that we were a year farther away from 9/11/2001—but instead, the numbers were just about the same in both categories. This year, with our advice, the course was shortened from 4 miles to 5K, which made for a less complicated and safer route. We also took on the task of timing the race and providing age-category results, since this year's event (unlike the first year) was conducted as a full-scale race with numerous awards. Building on the experience gained in the summer fun runs with our new timing equipment, we were able to handle the large field of runners, and thereby provide a service that saved the race organizers several hundred dollars that would otherwise have gone to a commercial timing service. (No knock on those companies, but for smaller races, the fixed fee for "professional timing" is a significant overhead item that costs several dollars per runner.) It was an unexpectedly warm morning, but all went well, and the race raised about \$20,000 for the Coombs Foundation. Thanks to all who helped or ran, especially **Al Donaghy, Frank Donaghy, and Frank Nelson**, who were particularly involved in the timing; **Ellen Litt**, who oversaw the unexpectedly-heavy race-day registration; and **Jim Dupont**, who served as race starter and finish-line commentator.

GRAND PRIX SERIES UPDATE

The last three events in this year's series will be the **Easton NRT 5-Mile Race on Sunday, October 5th**, the **Weymouth Veterans 5K Race on Saturday, November 8th**, and the **Colonial Winter Fun Run on Sunday, December 7th**. If you have suggestions for events to be included in the 2004 Series, please pass them along to **Frank Nelson** or **Cedric Baar**. Here are the results from the July and August events (there was no September event):

Carver Cranberry Classic – July 26, Carver, 5 Miles

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	48	34:59	10	1	Sue	Simmons	118	39:19	10
2	Susan	Makovsky	78	36:27	9	2	Pat	L'Italien	133	40:33	9
3	Jeanne	Sullivan	125	39:56	8	3	Irma	Walat	171	43:31	8
4	Cindy	Meyer	167	43:10	7	4	Mary	Dupont	234	53:01	7
5	Cindy	Conley	184	44:38	6	5	Betsy	Knapp	245	55:58	6
6	Tracy	Conley	215	48:55	5						
7	Susan	Yellope	233	52:44	4						
8	Ilda	Nelson	238	54:08	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	5	28:19	10	1	Clayton	Gardner	36	33:43	10
2	Mark	Sferrazza	17	30:58	9	2	Cedric	Baar	111	28:52	9
3	Tom	Stracqualursi	27	32:48	8	3	John	Goldrosen	137	40:43	8
4	Jim	Conley	35	33:29	7	4	John	Terranova	172	43:37	7
5	Tom	Yellope	62	35:40	6	5	Mike	Lozan	194	45:11	6
6	Andy	Brennan	85	36:51	5	6	John	Shirriff	203	46:47	5
7	Charlie	Morgan	89	37:04	4	7	Dick	Carnes	221	49:52	4
8	Stephen	Smith	93	37:27	3						
9	Bill	Hewitson	130	40:05	2						
10	Chris	England	159	42:40	1						
11	Jim	Dupont	248	59:50	1						

Hockomock Swamp Rat Fun Run--August 20, Brockton, 3.75 Miles

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	Susan	Makovsky	37	27:25	10	1	Irma	Walat	71	33:48	10
2	Chris	Hollander	41	27:33	9	2	Betsy	Knapp	77	39:34	9
3	Jeanne	Sullivan	53	30:04	8	3	Mary	Dupont	78	40:45	8
4	Cindy	Conley	69	33:46	7						
5	Ilda	Nelson	79	41:17	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	6	21:16	10	1	Clayton	Gardner	20	25:16	10
2	Mark	Sferrazza	10	23:11	9	2	Cedric	Baar	54	30:13	9
3	Tom	Stracqualursi	12	23:44	8	3	John	Terranova	59	31:11	8
4	Jim	Conley	15	24:29	7	4	Mike	Lozan	64	31:49	7
5	Jeffrey	Spring	21	25:17	6	5	Charles	Dorman	66	31:58	6
6	Andy	Brennan	24	25:52	5						
7	Billy	Allen	28	26:14	4						
8	Jim	Dupont	42	27:34	3						
9	Charlie	Morgan	46	28:27	2						
10	Kyle	Hackett	47	28:34	1						

Overall Standings as of October 1, 2003

(Please note the new "Change" column in the overall standings. This column will indicate the difference in the standings from the previous update.)

Females

Under 50					Over 50			
	<u>First Name</u>	<u>Last Name</u>	<u>Points</u>	<u>Change</u>		<u>First Name</u>	<u>Points</u>	<u>Change</u>
1	Chris	Hollander	75		1	Betsy	42	1
2	Susan	Makovsky	67		2	Mary	41	-1
3	Jeanne	Sullivan	38	1	3	Sue	30	
4	Beth	Hackett	37	-1	4	Pat	28	
5	Hillary	Hewitson	26		5	Irma	18	
6	Jill	Strathdee	20					
7	Cindy	Conley	18	2				
8	Susan	Yellope	17	-1				
9	Cindy	Meyer	13	-1				
10	Ilda	Nelson	12	6				
11	Lori	Noel	11	-1				
12	Beth	Corry	10	-1				
13	Renee	Sayce-Dant	8	-1				
14	Tracy	Myette	7	-1				
15	Tiffany	Walker	7	-1				
16	Carol	Cahill	6	-1				
17	Tracy	Conley	5					
18	Christine	Zepeda	3					

Males

Under 50					Over 50			
	<u>First Name</u>	<u>Last Name</u>	<u>Points</u>	<u>Change</u>		<u>First Name</u>	<u>Points</u>	<u>Change</u>
1	Frank	Nelson	80	1	1	Clayton	Gardner	68
2	Thomas	Stracqualursi	58	2	2	Cedric	Baar	55
3	Andy	Brennan	38	1	3	John	Goldrosen	48
4	Tom	Yellope	37	-1	4	Mike	Lozan	38
5	Paul	Clark	33		5	John	Terranova	33
6	Jim	Conley	21	2	6	John	Shirriff	21
7	Andy	Corry	18	-1	7	Dave	Regan	13
8	Mark	Sferrazza	18	7	8	Dick	Carnes	10
9	Kevin	Whalen	17	-2	9	Jack	Foley	10
10	Charlie	Morgan	15	-1	10	Charles	Grainger	6
11	Jim	Dupont	15	-1	11	Charles	Dorman	6
12	Jeffrey	Spring	12	5				
13	Chris	England	11	-2				
14	Gary	MacDougall	11	-2				
15	Donald	Morse	11	-2				
16	Billy	Allen	11					
17	David	Backeberg	10	-3				
18	Stephen	Smith	4					
19	Bill	Hewitson	2					
20	James	Campbell	1					
21	Kevin	Donovan	1					
22	Kyle	Hackett	1					

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

BEST WISHES TO DAVE REGAN

As some of you already know, one of our running stalwarts, **Dave Regan**, is undergoing treatment for cancer. He and his family are optimistic that he will overcome this and return to racing before too long. One thing for sure, his doctors couldn't have a more fit patient for someone Dave's age! Our best wishes and prayers to Dave and his family, including his daughter, CRR membership director **Jeanne Sullivan**.

NEXT CRR CLUB MEETING: Sunday, October 26, 7 PM, Abington Baptist Church

We have shifted our monthly meeting date to Sunday evenings, which most of the regular attendees felt was more convenient than our previous Thursday meeting night. As always, everyone is welcome—you do not need to be a member of the Board of Directors to come and participate. The Abington Baptist Church is at the corner of Routes 58 and 139 in Abington, with the parking lot and entrance located on the Route 139 side.

