



SERVING THE SOUTH SHORE RUNNING COMMUNITY FOR 25 YEARS

August 2004

Volume 26 / Issue 3

## UPCOMING EVENTS

### **HOUGHTON'S POND TRAIL RACE—Sunday, October 3<sup>rd</sup>-- 6 Miles--Milton, Hillside Street, Blue Hills Reservation, 10:00 AM**

This fall, Colonial Road Runners will “take to the trails” by directing a new race in the scenic Blue Hills Reservation. **John Goldrosen**, who has become a trail-running evangelist in the last two years, is the Race Director. John has laid out a course of only moderate difficulty, intended to please experienced trail runners while providing an introduction to trail racing for novices. The race will begin and end at the Houghton’s Pond Recreation Area on Hillside Street, and most of the course is on dirt roads and wide forest paths through the hardwood uplands near Houghton’s Pond. This is a trail race, and there are lots of small rocks and roots along the way, but the course avoids steep climbs and what trail runners euphemistically refer to as “technical” trails. The early October date means fall foliage and comfortable weather. There are very few trail races in eastern Massachusetts, so we are hopeful that this will “find its audience.” A portion of the proceeds will be donated to the Friends of the Blue Hills, which organizes educational and recreational activities in the Reservation.

**A copy of the race flyer is enclosed.** New races are hard to publicize, so please do what you can by making a few copies and taking them to health clubs, sporting goods stores, and local races. For anyone who wants to run the race, note that the race is **half-price for Colonial members who pre-enter by September 23<sup>rd</sup>**. For everyone else—we will need **volunteers**, to handle registration, the finish line, water stops (these will be adjacent to roads), and course support. **To offer help, please contact John Goldrosen at 781-447-2812 or by email at [president@colonialrunners.org](mailto:president@colonialrunners.org)**

### **LAKE WINNIPESAUKEE RELAY RACE—Saturday, September 25, beginning at 8 AM, Weirs Beach, New Hampshire—65 miles!**

We are organizing Colonial teams for the famous Lake Winnepesaukee Relay. This year, **CRR will pay the entry fee for its members who run on Colonial-organized teams. To have priority to be placed on a team, contact Jim Dupont at 508-822-0376 or [jdupont01@comcast.net](mailto:jdupont01@comcast.net) before Labor Day.** We hope to enter several teams, but that depends on how many of you want to participate. This is a lot of fun and a great way to make new friends in the club, so we hope as many of you as possible will sign up.

For those who are new to the Relay, here are the details. A Relay team consists of eight members, each of whom runs one of eight legs, ranging from 4 to 11 miles, on the paved roads that circumnavigate Lake Winnepesaukee in central New Hampshire—a distance of about 65 miles in all. Most of the legs consist of significant “rolling hills,” but this is NOT just a race for fast or elite runners. If you are training for a fall marathon or half-marathon, running one of the longer legs (8 to 11 miles) will fit right into your program. If you are used to shorter distances, ask for the 4 to 6-mile legs. When you contact Jim Dupont, let him know your preference and your usual race pace, and he will bear that in mind when organizing the teams. (Also, let him know your age, in case the numbers allow us to organize age-group teams.)

Don’t worry about the driving; once we know who is running on our teams, we will work to organize car pools to the race (the race start is about a 2.5-hour drive from Brockton), and figure out the logistics of getting everyone to the right relay point at the right time.

This is a unique race and a great New England running tradition. Be a part of it this year!

### **JEFF COOMBS 5K RACE—Sunday, September 12, 9:00 AM, at the Woodsdale School, Chestnut Street, Abington**

Colonial has been heavily involved in this race since its inception. The race honors the memory of an Abington resident who was on one of the planes that crashed into the World Trade Center on September 11, 2001, and the proceeds from the race benefit community activities and needy families in Abington and throughout the South Shore. The race follows the summer-fun-run course from the Woodsdale School (slightly shortened for a 5K distance, and run in reverse direction from our usual summer route). There is also a walkers division. Many Colonials run this race, but CRR also assists the race organizers with race-day registration, finish-line timing, and course support. **If you would like to volunteer for race-day activities, please contact Tom Yellope at 508-580-1606 or [tyellope@comcast.net](mailto:tyellope@comcast.net).** This is a festive race, and one that we are proud to support.

## **TUFTS 10K RACE FOR WOMEN—Monday, Columbus Day (October 11), Noon, starting and finishing at the Boston Common**

Many of our female members run in this race, which attracts both elite runners (it is the USATF championship 10K race) and thousands of local runners of all abilities. Some will be aiming for a PR on the flat course; others will be running their first 10K ever. All will have a great experience!

This year, we will once again organize a **Colonial Road Runners post-race party** at a Boston restaurant (probably Remington's on Boylston Street, where we gathered last year). **If you are coming to the post-race lunch, please contact Susan Makovsky at (508) 241-2982 or [Susan.Makovsky@serono.com](mailto:Susan.Makovsky@serono.com), by October 1<sup>st</sup>, so that she will be able to give the restaurant a headcount. All are welcome**, including friends, family, and non-CRR members. Here are the race details. We will meet before the race at 11:15 AM next to the registration tables (near the corner of Charles and Beacon Streets), for a group photo and to finalize post-race details. Once the race begins, CRR friends and family members will form a CRR cheering section at Commonwealth Avenue and Berkeley Street, about half a mile from the finish. (Runners: please wear your CRR singlets, so that we can pick you out of the crowd!) After the race, we will rendezvous at the Soldier's Monument at Boston Common on the hill overlooking the finish-line refreshment area, and leave from there at about 1:30 PM to head to the restaurant.

## **CRR "JIMMY FUND WALK" WATER STOP AND GROUP TRAINING RUN—Sunday, September 19, Ashland (on the Boston Marathon Course)**

We have been asked by the BAA to provide volunteers for a water stop for the Jimmy Fund Walk, which follows the route of the Boston Marathon. Our water stop will be at 2.5 miles, in Ashland. In return for our participation, the BAA will provide CRR with three additional club waivers from the 2005 Boston Marathon qualifying times, giving us a total of eight waivers to distribute to interested club members next winter. This obviously will be a big benefit to the club and its members.

The Jimmy Fund Walk begins at 7 AM, so we will need to be in Ashland by 6 AM to set up the water stop—but being at an early spot on the course also means that we will be done early, by around 8 AM. September 19<sup>th</sup> is 2-4 weeks before many fall marathons and half-marathons, and many of us will be planning a long training run that weekend. So--after we're finished at the water stop, we're going to use this as an opportunity for a **group training run along the Boston Marathon course**. For example, those who want to run 20 miles can run to Wellesley and back to the water stop. Those who want to run shorter distances can, of course, turn around at any point, and everyone can run at their own pace, because we will all wind up back at the water stop. The road will be closed to traffic, and we can take advantage of the water stops that are being set up for the Walk.

We have already had a good response to an earlier email about this, but if you have not yet responded, please contact **Paul Clark at (781) 821-1728 or email him at [ktmort@yahoo.com](mailto:ktmort@yahoo.com) by Labor Day**. Once we know who is coming, we will work on coordinating carpooling.

## **SUMMER REVIEW**

### **SUMMER FUN RUNS**

We are in the last few weeks of the three weekly Summer Fun Runs. The last races are scheduled for the week before Labor Day. Overall attendance has been way up this year, with the three events averaging around 150 to 170 total participants each week. New attendance records have been set at Raynham and Abington. We have seen great performances, with runners setting PR's and honing their racing skills for the fall road race season. We have also seen numerous beginning runners "dipping their toes" into competitive road racing by participating in their very first organized events. All have had a great time and have found a supportive atmosphere.

Many of you have helped out with the fun runs, either by bringing supplies, organizing registration, or giving up your own opportunity to race by assisting with the timing and race results. At the great risk of leaving out some names, we want to single out **Jim Dupont, Jim Conley, and Al Donaghy** for directing the fun runs, **Susan Makovsky** for processing the Abington race results, **Ellen Litt** for organizing registration, and the following members for regularly helping out with timing, course support, or supplies: **Bill and Hillary Hewitson, Cindy Conley, Cal Goodwin, Barrett Simms, John Goldrosen, Betsy Knapp, Tom and Susan Yellope, and Peter Dovell**.

### **KIDS TRACK SERIES**

This past spring, **Lori Noel** stepped forward and offered to organize the first-ever **CRR-sponsored running program for children**. She got the cooperation and support of the Old Colony YMCA in Taunton (where she leads children's exercise programs and operates her massage therapy practice), reserved the Raynham Middle School track for

four Thursdays in July and August, publicized the upcoming series in the school systems and local newspapers, and recruited CRR members as volunteers. We chose to have the series available to children from 3 to 14, with distances to be run ranging from 100 meters to 1600 meters, depending on the age group. Our goal was participation, rather than competition: we decided that all the children would receive a ribbon or medal every week, without any awards for top finishers.

When we showed up at the track for the first night of the series, so did ninety children, with the heaviest concentration in the younger age groups. Attendance steadily increased during the four weeks of the series. We set up a timing clock at each race (without recording results) for the benefit of those youngsters who were interested in how their times compared from week to week, and the improvement was noticeable, both in times and in knowledge gained about running at a steady pace.

In every way, the **Kids Track Series** has been a success. The children have gained confidence in themselves and learned to associate running with FUN. The parents have offered nothing but compliments for the effort and positive attitude of the coaches. Those of us who have been involved with the series as coaches and organizers have gotten a lot of satisfaction from giving something back to running and pointing kids in the right direction at a time when the lack of physical activity among children is being recognized as a national health crisis. The series received a lot of coverage in local newspapers (including a Sunday “feature spread” with great pictures of kids running with big smiles on their faces), and CRR has gained goodwill and increased its visibility in the Raynham-Taunton area.

Will we do it again next summer? You bet! Is this a model we can follow in other towns? We think so. The “demand” is clearly there, so it’s an issue of “supply”—i.e., members willing to step forward to organize and recruit volunteers. Thank you, **Lori**, for taking the lead and making it happen!

The CRR members who gave time and energy to make the Kids Track Series such a success include: **Frank, Nicole, and Ilda Nelson, Sam Baumgarten, Jim and Mary Dupont, Cal Goodwin, Clayton Gardner, Beth Hackett, Andy Brennan, Dave Morrison, Rick Hayes, Betsy Knapp, Tom and Susan Yellope, John Goldrosen, Jim and Cindy Conley, Bill and Hillary Hewitson, Megan Aardema, Steve Cushing, Al Donaghy, and Donna Cohen**. As with the fun runs, there is always the risk of leaving someone out of the list of volunteers, so apologies to anyone we have missed.

#### **HOCKOMOCK SWAMP RAT 2003-04 “GP” SERIES**

Several Colonial members finished high in the standings of the recently concluded 2003-04 **Hockomock Swamp Rat GP Series**, consisting of twenty of New England’s toughest road races, carefully selected by HSR editor **Peter Wallan** to promote those classic races and to test the mettle of the region’s most dedicated (and masochistic?) runners. Leading the way for CRR was **Gail Martin**, who finished **third overall** in the series. How tough is Gail? Well, in the next-to-last race of the series, the Northfield Mountain Trail Race, Gail injured her ankle halfway through the 8.5M race, but persisted through climbs and downhill of several hundred feet and finished the race to get her points. It turns out that her ankle was *broken!* A couple of weeks later, Gail preserved her place in the Series standings by showing up for the last event (a 10M race on dirt roads in Montpelier, Vermont), and walking the race on crutches. Also finishing high in the overall Series standings were **Dave Martin (#13), Jack Foley (#15), Tom Stracqualursi (#31), and John Goldrosen (#55)**. Gail, Dave, and Jack completed all 20 of the Series events (including two marathons scheduled just six days apart), and Gail and Dave picked up “bonus” points by running a “clothing-optional” race (not in New England—too cold here for those, we guess).

#### **CRR BOSTON HARBOR MUSIC CRUISE**

On Saturday, August 7, two dozen Colonials gathered on the Boston waterfront and boarded a Boston Harbor Cruises vessel for the first CRR Music Cruise. There was dancing all night long on the upper deck to music furnished by a Boston radio station, and on the other decks, views of the Boston Harbor shoreline as the boat cruised up to Charlestown and all the way out past Long Island to the vicinity of Boston Light. It was a beautiful and comfortable night for the cruise. Thanks to **Linda Morris** who took the initiative in proposing a summer social outing, investigating our options, and handling the ticket ordering and organization.

#### **MATTAPOISETT TRIATHLON**

Over the last couple of years, we have had more triathletes joining our ranks. Conversely, we have seen a number of members who, until now, had been “only” runners, decide to give triathlons a whirl. On July 11<sup>th</sup>, ten Colonials competed in the Mattapoisett Triathlon, which consisted of a quarter-mile swim, 10-mile bike ride, and 3.5 mile run. First Colonial finisher was **Dave Sousa**, who was eleventh overall and 3rd in the 40-49 age group. First-time triathletes included **Frank Nelson** (who was 24th overall), **Andy Brennan**, and Kevin Whalen’s son **Brendan Whalen**, who at 11 years old was the youngest finisher in the race. Colonial also fielded the oldest participant in the race: **Pat L’Italien**, who competed in her

first triathlon by doing the bike and run segments as part of a team with swimmer **Tracey Conley**. Other CRR finishers were **Donald Morse** (23<sup>rd</sup> overall), **Jim Conley**, **Kevin Whalen**, and **John Goldrosen**. Thanks to **Jim Conley**, who "got his feet wet" for the first time himself at Mattapoisett last year, for organizing this Colonial effort and encouraging this year's crop of "newbies."

## CLUB NEWS

### CLUB CLOTHING

Our new **singlets** are now available! These are high-quality Nike "Dri-Fit" singlet (that's the same material used in Nike's high-tech running suits at this year's Olympics). The new singlets are lighter than the style we had previously used, and this makes the new singlets more comfortable in all conditions. The sizing of the new singlets is similar to the former model, which was also made by Nike. The new singlets are white in front and red in back, with red lettering across the front--very distinctive! The cost is \$20 per singlet (cash or check payable to Colonial Road Runners). To purchase one, see **Beth Hackett** at a club Grand Prix event or at the Saturday fun runs, or **contact Beth at (781) 857-2379 or [bhack361@yahoo.com](mailto:bhack361@yahoo.com)**. We can't promise that wearing a CRR singlet will make you run faster, but it will guarantee you friendly faces and cheers at many local (and even distant) races. If you are among our many new members, don't be shy--please wear a club singlet at all your races, so other members can spot you and meet you. And likewise, if you are a "veteran" in the club, wearing your singlet identifies you to both new and prospective members as a contact person for the club.

As we get into the cooler fall weather, it will be time to start wearing the classy **CRR running suit** for pre-race and post-race warmth. The suit is made by Charles River Apparel, and is navy blue with white piping. The jacket has a "CRR" logo on the front breast pocket and the club name in script on the back. You can order the jacket or pants separately, or together. The cost is \$50 for the jacket, \$30 for the pants, or \$75 for the two together. Because there are minimum order requirements for our running suits, we do not keep these in stock, but instead collect individual orders from members and place a group order when we have enough to meet the minimum. This means that we can only order the suits once or, at most, twice a year, so this is the time to do it! Please contact **Beth Hackett** and let her know the size and quantity you want. We won't ask for your check until we are ready to place the order.

### NEW MEMBERS

A big "welcome" to the following runners, who have joined our club since May:

**Joseph Galligan**  
**Amy Federico**  
**Michelle Dutcher**

**Patricia, Paul &  
Norman Everett**  
**Ronald Lohse**

**Cheryl Ungar**  
**Kristen Wiley**

### A VACANCY FILLED

As of our last newsletter, our Board of Directors had one vacancy: the position of Vice-President, which had previously been occupied by **Tom Yellope**. We are happy to announce that the vacancy has been filled, and our new Vice-President is... **Tom Yellope!** Yes, fortunately for the club, Tom's "sabbatical" turned out to be just a few months long, and he's "back in the saddle."

### THE "WEEKEND RECAP"

A big "thank you" to **Dave Morrison**, who over the past few months has been preparing a weekly "email newsletter" that we have been forwarding to our club members. Dave's "Weekend Recap" reviews and highlights the participation of our members in local races, and gives us an occasion to pass along other news of interest. Once the fall comes, with many more races near and far, the task becomes more challenging and time-consuming. So if you want to be sure that your racing is covered, send Dave an email by Sunday night and let him know where you've been. This is especially true for those of you who travel out of the region for half-marathons and marathons—we want to let your fellow members know about it, so share your news with us! And if you want to write up your own review of a race, we'll be glad to forward it to our members and/or include it in the (print) newsletter as well.

### FUTURE ACTIVITIES AND PROGRAMS?

For the last few months, the focus of CRR activity has necessarily been on the Summer Fun Runs and, more recently, the Kids Track Series. As those come to a close, and the ideal fall running weather beckons, it's time to ask you all, especially the newer members, what new activities and programs you would like to see the club offer or try to organize.

Of course, the **Saturday group-training runs** continue at the Woodsdale School year-round, and we regularly get 15-20 runners doing different distances and paces, so please take advantage of that. But what else would be of interest? For instance, should we have evening talks, such as on training programs for particular goals, injury protection, or selecting the right shoes and clothing? Would you like us to try to organize a mentor or “virtual running partner” program, matching up new and beginning runners with more experienced members? Do you have other ideas for club training activities? Simply put, we won’t know unless you tell us. Please pass along your thoughts to **Jeanne Sullivan** at (508) 587-1039 or [membership@colonialrunners.org](mailto:membership@colonialrunners.org).

## MEMBERS CONTRIBUTIONS

### **LOUISE ROSSETTI WOMEN’S 5K RACE—By Ellen Litt**

On June 16, **Mary Dupont** and I drove to Beverly to participate in the **Louise Rossetti Women’s 5K Race**. When we left the South Shore, it was hot and humid and by the time we reached Beverly we were happy to find it sunny but not humid. There was a field of 265 runners who completed the race, and a separate field of walkers who started earlier. This race is put on by the North Shore Striders (of which Louise is a member—this is one of many she belongs to). The race started and finished in a park surrounded by water, and we ran through some beautiful neighborhoods. Louise started the race after getting the runners off, and she was the last to finish with a loud cheer from the crowd. After the race there were lots of great refreshments.

We were happy to be there to represent the Colonial Road Runners. Not only did we have Louise as our keynote speaker at our annual banquet this year, but she participates in the Paddy Kelly Race every year and this year participated in Christopher’s Run as well. Louise was happy to see us at her race.

After the race, Louise invited Mary and me to attend a pizza party at her son’s restaurant in Beverly. We were thankful, but declined. We had already decided we wanted to go to Applebee’s in Saugus to eat and see the ‘wall’ dedicated to Louise. It was awesome. In fact, one of the awards hanging on the wall was a Paddy Kelly Plaque she won!!! We were thrilled for CRR to see this.

This was a well-run race and worth the trip to Beverly. Let’s try and get more Colonials to attend next year for Louise and for the great time.

### **WHY YOU SHOULD NOT RUN A MARATHON—By John Goldrosen**

This will be a case of “do as I say and not as I do.” I enjoy running marathons and having a marathon serve as the goal of my training, and I am training for one (or two) this fall. But I’m bothered by what I think is an overemphasis on running marathons, fostered somewhat by the rise of “charity” running and the attraction it holds for new runners especially. There is a widespread, if unspoken, sentiment that anyone who has not run a marathon is not a “real” runner—and conversely, that marathons are the races most worthy of attention and participation. So, to balance all the running-magazine articles about why every runner can (and, implicitly, should) run a marathon, here are some reasons why it isn’t for everyone:

- 1. Marathon training can make you a slower runner.** One way to “stretch” yourself as a runner, and set new goals, is to increase your race distance, and for that the marathon is the ultimate goal (except, of course, that ultrarunning beckons next ...). But another worthy goal, and maybe the more difficult one, is to become faster at medium distances (i.e., 5K to 10K). The two goals are not necessarily compatible, for a couple of reasons. First, the physiological effect of most marathon training is to improve endurance as well as speed for long distances, but for most runners that “marathon pace” is slower than their middle-distance potential. Second, as a practical matter, scheduling high-mileage training runs on the weekends, as most marathon trainees do, rules out running shorter races on those days. In fact, most marathon-training schedules don’t recommend more than one or two shorter races during the four-month training period. If you’re not training for a marathon, you can race every week, and do other training activities that better prepare you for middle-distance racing. Add to that the weeks-long recovery period after a marathon, and still more of the racing calendar gets sacrificed by a decision to run a marathon.
- 2. Marathon training raises the risk of injury.** I don’t think running 40-plus miles a week is inherently unhealthy, but what it does do is bring out latent tendencies to injury that may not be triggered at lower mileage. As a result, while a runner with good form can increase mileage without risk, a runner with inherent biomechanical imbalances may be less fortunate. Another problem is that marathon runners are too likely to keep on training in spite of injuries in order to be ready by a specific date for their target race, either because they are committed to raising funds for a charity marathon and “can’t let people down,” or because they have signed up far in advance

for a limited-entry marathon. (The big marathons know that many runners will get hurt or discouraged: they “overbook,” in the expectation that 20 to 30% of the registered runners will not show up.) Runners who stick to shorter races are less likely to face those pressures.

3. **Marathon training is time consuming.** Marathon novices tend to overlook or underestimate the demands of marathon training. To be done properly, marathon training consumes time and energy, and may detract from family life, social life, and work performance. Yes, almost anyone can run (or at least walk) a marathon, but not everyone can make the commitment to train for it.
4. **Marathons are unpredictable.** Part of the attraction of running is that it is orderly. It is one aspect of our lives that we can subject to a degree of control and scheduling—we decide where to run and when, we keep logs of where we’ve been and how far we’ve run, and we make schedules for when we are going to train and race. Marathon training is more (*much* more) of the same. But *running* a marathon is not so orderly or mechanical, and a finish time cannot be projected as readily as for a shorter distance race. The greater time and distance in a marathon allows more opportunity for Murphy’s Law to come into play—“If something can go wrong, it will.” Sometimes your body betrays you in unexpected ways, and sometimes there are external factors wholly outside your control—most notably, the weather—and your efforts in training do not pay off. Now, some of us *enjoy* this uncertainty—for us, running a marathon is a leap into the unknown, in a way that shorter races are not. But for many other runners, this unpredictability is a source of stress and disappointment. You need to know what kind of runner/person you are.

So what do I suggest, if you decide that a marathon will do your running more harm than good? If you want a longer-distance goal, consider half-marathons or other races from 15K (9.3M) to 25K (15.5M). You can train for those races on 25 to 30 miles a week, with less time demands and risk of injury than in marathon training, and without sacrificing as many shorter races. Your recovery time from a half-marathon is measurable in days, rather than weeks. Setting a half-marathon as your goal allows you to experiment with long-distance running, without making the full commitment to marathon training.

Here are some nearby races to think about for this fall, roughly in chronological order:

- September: John Gray Half-Marathon (Orleans, MA); Martha’s Vineyard Half-Marathon; Cape Ann 25K (Gloucester); Plymouth “Run to the Rock” Half-Marathon; a long leg of the Lake Winnepesaukee Relay; Marshfield 20K; Ocean State Half-Marathon (Providence).
- October: Hollis (NH) Applefest Half-Marathon; Newport (RI) Half-Marathon; also, the half-marathons run in conjunction with the Maine Marathon (Portland), Hartford Marathon, and the Bay State Marathon (Lowell). (The BAA Half-Marathon (Boston) has already closed registration.)

### GRAND PRIX RESULTS

Here are the Grand Prix results and standings through the Carver Road Race. (The Raynham 5K on August 16<sup>th</sup> took place after we “went to press” and the results will be printed in our next issue.) There will not be a September Grand Prix race, to allow everyone to help with the Jeff Coombs Race and participate on a Colonial team in the Lake Winnepesaukee Relay. The remaining Grand Prix events are the Canton 10K on Sunday, October 31<sup>st</sup>, the Edaville Rail Run 5M on Saturday, November 13<sup>th</sup>, and a December race (most likely, the Abington Winter Fun Run on Sunday, December 5<sup>th</sup>).

Hollis PTO 5k (3.1 mi) June 6, 2004, Braintree MA											
MALES											
Under 50						Over 50					
	First	Last	Place	Time	Points		First	Last	Place	Time	Points
1	Frank	Nelson	4	18:28	10	1	Andy	Brennan	20	20:45	10
2	Dave	Sousa	6	19:10	9	2	Clayton	Gardner	29	21:17	9
3	Marc	Blandin	8	19:28	8	3	John	Goldrosen	77	25:00	8
4	Mark	Rothfuss	9	19:41	7	4	Dave	Morrison	87	25:25	7
5	Jim	Conley	18	20:30	6	5	Charlie	Dorman	141	28:39	6
6	Charlie	Morgan	56	23:36	5						
7	Bill	Hewitson	218	42:51	4						

<b>FEMALES</b>											
<b>Under 50</b>						<b>Over 50</b>					
	First	Last	Place	Time	Points		First	Last	Place	Time	Points
1	Hillary	Hewitson	31	21:32	10	1	Sue	Simmons	67	24:28	10
2	Susan	Makovsky	37	22:10	9	2	Betsy	Knapp	159	30:16	9
3	Megan	Aardema	39	22:33	8	3	Ellen	Litt	212	38:40	8
4	Chris	Holander	41	22:39	7						
5	Christine	Zepeda	55	23:32	6						
6	Mary	Connolly	59	23:51	5						
7	Jeanne	Sullivan	70	24:46	4						
8	Lori	Noel	74	24:51	3						
9	Cindy	Conley	97	26:06	2						
10	Maureen	Shea	105	26:24	1						
11	Linda	Morris	138	28:28	1						
12	Christine	Galvin	157	30:00	1						
13	Valerie	Mulready	164	30:59	1						
14	Susan	Yellope	172	31:43	1						
15	Carol	Cahill	198	35:22	1						

<b>CARVER CLASSIC 5 mile July 31 2004, Carver MA</b>											
<b>MALES</b>											
<b>Under 50</b>						<b>Over 50</b>					
	First	Last	Place	Time	Points		First	Last	Place	Time	Points
1	Frank	Nelson	15	29:20	10	1	Clayton	Gardner	45	34:09	10
2	Dave	Sousa	25	31:30	9	2	Andy	Brennan	55	34:55	9
3	Mark	Rothfuss	37	33:22	8	3	Rick	Hayes	57	35:02	8
4	Tom	Stracqualursi	50	34:37	7	4	Dave	Morrison	67	36:03	7
5	Dave	Martin	66	35:53	6	5	John	Goldrosen	136	43:00	6
6	Bill	Hewitson	83	37:30	5	6	John	Shirriff	166	45:38	5
7	Tom	Yellope	89	37:56	4	7	Mike	Lozan	169	45:58	4
8	Charlie	Morgan	99	38:38	3	8	Dick	Carnes	172	46:14	3
9	Chris	England	185	47:59	2						
<b>FEMALES</b>											
<b>Under 50</b>						<b>Over 50</b>					
	First	Last	Place	Time	Points		First	Last	Place	Time	Points
1	Jill	Strathdee	28	32:08	10	1	Sue	Simmons	119	40:20	10
2	Hillary	Hewitson	60	35:16	9	2	Pat	L'Italien	127	41:04	9
3	Susan	Makovsky	68	36:07	8	3	Irma	Walat	176	46:43	8
4	Gail	Martin	73	36:31	7	4	Betsy	Knapp	190	48:18	7
5	Lori	Noel	84	37:40	6						
6	Beth	Corry	91	38:02	5						
7	Bonnie	King	102	38:59	4						
8	Mary	Connolly	104	39:09	3						
9	Donna	Cohen	125	40:57	2						
10	Jeanne	Sullivan	131	41:38	1						
11	Beth	Hackett	191	48:22	1						
12	Susan	Yellope	212	52:00	1						

**2004 COLONIAL ROAD RUNNERS GRAND PRIX**

**Overall Standings - (as of August 1, 2004)**

**MALES**

<b>Under 50</b>					<b>Over 50</b>				
	First	Last	Points	Change		First	Last	Points	Change
1	David	Sousa	59		1	Clayton	Gardner	56	
2	Mark	Rothfuss	54		2	Andy	Brennan	55	
3	Marc	Blandin	33		3	David	Morrison	51	
4	Frank	Nelson	30	2	4	John	Goldrosen	38	1
5	James	Conley	28	-1	5	Sam	Baumgarten	33	-1
6	Charlie	Morgan	24	-1	6	Mike	Lozan	18	2
7	Nick	Giannaros	19		7	Jack	Foley	16	-1
8	Bill	Hewitson	19	2	8	Jim	Dupont	15	-1
9	Tom	Stracqualursi	19	2	9	Charlie	Dorman	9	
10	Mark	Sferrazza	16	-2	10	Rick	Hayes	8	1
11	Andy	Corry	15	-2	11	Cedric	Baar	5	-1
12	Tom	Yellope	13	1	12	John	Shirriff	5	
13	Dave	Martin	13	1	13	Dick	Carnes	3	
14	JJ	Prior	10	-2					
15	Bart	Simms	5						
16	Chris	England	5						
17	Paul	Clark	4	-1					
18	Steve	Smith	4	-1					
19	Stephen	Cushing	2						

**FEMALES**

<b>Under 50</b>					<b>Over 50</b>				
	First	Last	Points	Change		First	Last	Points	Change
1	Susan	Makovsky	61	1	1	Sue	Simmons	59	
2	Hilary	Hewitson	56		2	Betsy	Knapp	25	
3	Jill	Strathdee	40		3	Pat	L'Italien	19	1
4	Lori	Noel	29	1	4	Irma	Walat	17	2
5	Megan	Aardema	28	-1	5	Ellen	Litt	16	2
6	Jeanne	Sullivan	23		6	Chris	Miskinis	10	-1
7	Jennifer	Buccigross	15						
8	Gail	Martin	14	8					
9	Christine	Hollander	13	-1					
10	Beth	Corry	12	3					
11	Mary	Connolly	11						
12	Bonnie	King	11	2					
13	Cindy	Conley	10	-4					
14	Maureen	Shea	9	-4					
15	Christine	Zepeda	8	-3					
16	Donna	Cohen	8	1					
17	Tiffany	Walker	7	-2					
18	Beth	Hackett	7						
19	Marie	Ficociello	4						
20	Cindy	Meyer	3						
21	Christine	Galvin	2						
22	Susan	Yellope	2	2					
23	Linda	Morris	1	-1					
24	Valerie	Mulready	1	-1					
25	Carol	Cahill	1						

Please review each individual race and the overall standings to verify your point total.

Contact: [GrandPrix@colonialrunners.org](mailto:GrandPrix@colonialrunners.org) if you feel your point total is in error.

NEWSLETTER BY EMAIL

Would you like to receive your CRR Newsletter by E-mail? Just send a quick note to Carol Cahill at [carolcahill209@hotmail.com](mailto:carolcahill209@hotmail.com) to request that your newsletter be sent electronically. You will receive your newsletter a little quicker this way, and the club will save the cost of copying and postage.

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 Fax (781) 871-9945  
 (781) 871-9958  
 E-mail: [ellenlitt@mfsloan.com](mailto:ellenlitt@mfsloan.com) Voice Mail (781) 226-2925  
 SERVING: MA, RI, CT, ME, NH, VT, FL

*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.*



**Old Colony YMCA**

**LORI NOEL**  
*Nationally Certified Massage Therapist*

TAUNTON DIVISION  
 71 Cohannet Street, Taunton, MA 02780  
 tel 508 823-3320 ext. 32 cell 774 240-1831

Would you like to let your fellow Colonials know about your business? For \$25 for 2004, we will print your business-card-sized ad. Just send your card, 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](mailto:carolcahill209@hotmail.com)