



December 2004

Volume 26/Issue 3

Dear CRR Members:

It's been a while since our last newsletter, back in August. But as those of you on our email list know, from receiving Dave Morrison's "Weekly Recaps" and other e-mailings, the club has been involved in several new activities, and its members have lots of accomplishments to report on. Our apologies for not having put all this into "print" in a more timely fashion.

And now, it's December, and we have **lots** of time-sensitive material to pass along to you, so let's take care of that. Enclosed with this newsletter is information about the following club activities:

- **NEW YEAR'S DAY BRRRRUNCH RUN—January 1, 10 AM—"Run and Eat!"**
- **ANNUAL CLUB BANQUET: JANUARY 29, 2005—Registration Form Enclosed!**
- **2005 MEMBERSHIP RENEWAL—Application Form Enclosed!**
- **BOSTON MARATHON WAIVERS—Application Form Enclosed, DUE BY JAN. 10!**
- **CLUB AWARDS FOR 2004—Report your awards by January 15<sup>th</sup>!**
- **PADDY KELLY ROAD RACE: FEB. 13, 2005—Registration Form Enclosed!**
- **2005 GRAND PRIX COMPETITION SERIES—Rules and Race Listing Enclosed!**
- **2005 RACE PARTICIPATION SERIES—Rules and Race Listing Enclosed!**
- **HYANNIS 10k/13.1m/ MARATHON, Feb. 27—Volunteers = Free entries!**
- **BOSTON MARATHON WATER STOP—Volunteer now for CRR water stops!**

Those are the headlines, now here are the stories.....

## UPCOMING EVENTS & IMPORTANT DEADLINES

### NEW YEAR'S DAY BRRRRunch Run, 10 AM, Abington

The Third Annual CRR BRRRRunch RUN will be held on Saturday, January 1, 2005, at 10 AM at the Abington Baptist Church, Routes 58 and 139, Abington. (The Church will be open beginning at 9:30 AM—enter from the Route 139 side.) This is an informal, untimed group run along the 4-mile Winter Fun Run route (which begins a quarter-mile from the Church), followed by bagels, donuts, juice, coffee, warmth, and socializing back at the Church. Get your New Year off to a "running" start! This event is free to CRR members, families, and friends. Non-runners can hang out at the Church while we're out on the run. So that we have an idea of how much food will be needed, please let Linda Morris know if you are coming by contacting her at [Linda.Morris@dunkinbrands.com](mailto:Linda.Morris@dunkinbrands.com) or 781-817-5089 by Thursday, December 30<sup>th</sup>.

### ANNUAL CLUB BANQUET: Saturday Evening, January 29, 2005

Our major social event of the year, the Annual Club Banquet, will be held on Saturday, January 29<sup>th</sup>, once again at TJ Smith's Victorian House, North Central Street, East Bridgewater. The fee is \$25 per person. The event begins with cocktails at 5 PM, followed by dinner and the club awards ceremony. This year, instead of having a speaker, we are going to have a **DJ and Dancing** after the dinner and awards ceremony, from about 8 PM until 10:30. See the enclosed registration form for full details. Because we need to give the Victorian House a firm headcount, **please register by January 15<sup>th</sup> by mailing the registration form to Jeanne Sullivan at 47 Ridge Street, Brockton, MA 02302.** Last year we had a record turnout for the Club Banquet, and we hope to see even more of you this year.

## 2005 MEMBERSHIP RENEWAL

**The 2005 Membership Renewal Form is enclosed with this newsletter.** Our dues are the same as for 2004. The Renewal Forms are to be sent to Jeanne Sullivan, so you can save a stamp by sending the Membership Renewal Form and the Banquet Registration Form together! (Such a deal!) Seriously: please send your Membership Renewal Form right away, so we don't have to chase you later in the year, and you don't have to wonder whether or not you paid. Also: please fill out the form completely, to make sure that we have correct up-to-date mailing and email addresses for you.

## BOSTON MARATHON WAIVERS

The Boston Athletic Association has once again provided CRR with a number of "invitational" entry "waiver" forms, which permit a runner to enter the Boston Marathon without having met the qualifying times. Enclosed is an Application Form for the 2005 Boston Marathon waivers. Any club member is eligible to apply for a waiver, but preference will be given to those who have participated in and volunteered at club races and events, and to members who have run a marathon or half-marathon in the past year. Please see the enclosed form for full details. As noted on the form, you can provide the requested information either by mailing the form, or by sending the information in an email, to **John Goldrosen, 891 Washington Street, Whitman, MA 02382, [president@colonialrunners.org](mailto:president@colonialrunners.org)**. If you have questions, email John or call him 781-447-2812. **The deadline for applying for a Boston Marathon Waiver is January 10<sup>th</sup>.**

## CLUB AWARDS FOR 2004—Apply by January 15<sup>th</sup>!

Club awards for 2004 are presented at the Annual Banquet. We don't know if you are entitled to an award unless you tell us! (The exception is the Grand Prix Competition Series: we know who the winners are, so no further application is needed.) To see if you are eligible for an award, please check the list of awards on the enclosed list. The awards include the Ironman/Ironwoman Award, the Ultimate Award, New England Award, Consecutive Days (90 or more), Race Participation Series, President's Awards, and Club Record Times. **Please notify Frank Nelson by January 15, 2004**, by sending a letter to 1701 Plymouth Street, Bridgewater, MA 02324, or by emailing Frank at [fcn10k@aol.com](mailto:fcn10k@aol.com) if you are eligible for an award, with details on how you have met the criteria (i.e., number of miles or consecutive days run, names of races, race times, etc., depending on the award involved), so that we can properly recognize you at the Annual Banquet. Please contact Frank by email or at 508-697-9190 if you have any questions.

## PADDY KELLY ROAD RACE—Feb. 13, 2005, 11 AM, Harry's Pub, Westgate Mall, Brockton

Plans are moving ahead for the 24th running of our club's major annual road race, which will take place on Sunday, February 13<sup>th</sup>. This year, we will start the race at 11:00 AM, which will reduce traffic issues. Also, we have a new race headquarters. Our previous race site, the Time Out Café, has closed, but we have found a bigger and better site nearby that will allow us to keep the course within D.W. Field Park. The new race headquarters is Harry's Westgate Pub and Grill, which is within the Westgate Mall area to the south of the main Mall building. The "lower" section of D.W. Field Park, between Oak and Pleasant Streets, runs behind the Pub. A registration form is enclosed. CRR members can pre-register for just \$8.00 through February 5th. (On-line registration is available at [www.colonialrunners.org](http://www.colonialrunners.org), and the membership discount is available on-line as well.) The Paddy Kelly Race is directed, organized, and staffed by our members, and is a significant source of club income, so please help us make it successful by entering the race or volunteering to help with race-day activities. This year, race proceeds will also support donations to Dave Gorman's Kids Road Race Series, and to the Brockton High School cross-country & track teams. Our race directors are Susan and Tom Yellope, so please contact them at (508) 580-1606 or [paddykelly@colonialrunners.org](mailto:paddykelly@colonialrunners.org) for information, or to volunteer.

## 2005 GRAND PRIX COMPETITION SERIES

Enclosed on a separate page is a listing of the races that we have selected for the 2005 Grand Prix Competition Series, and an explanation of the rules and procedures. Please note that there are some rule changes. Most significantly: we now

have three age categories: under-40, 40-49, and 50-and-over. Also, if you run ten or more of the twelve races, your best ten race finishes will count. (Putting it another way: you can miss a couple of races without falling out of competition, because runners can only count ten of the twelve races towards their point totals.) If you are a new member: please don't think that this Series is only for "the good runners," although certainly one purpose is to recognize our best racers. The Series also serves as a chance to get together at local races across the South Shore with fellow club members, and to encourage members to run a variety of distances, locations, and terrains. The Grand Prix director is **Frank Donaghy**. If you have questions, please contact Frank at [grandprix@colonialrunners.org](mailto:grandprix@colonialrunners.org) or 781-341-8019.

As noted, the **first Grand Prix race of 2005 is Jim Dupont's Frostbite 15K in Raynham, on January 16**. Note that the race will be held this year at the Raynham Middle School. We have race applications at the winter fun runs. If you are not running, Jim can certainly use your help as a volunteer. Contact Jim at [jdupont01@comcast.net](mailto:jdupont01@comcast.net) or 508-822-0376.

## 2005 RACE PARTICIPATION SERIES

Also enclosed is a list of the 2005 Race Participation Series events, with an explanation of what you need to do to win a Race Participation Award. This is our way of recognizing, and encouraging, regular participation in road racing, particularly in the many races that take place throughout the year in or near our "home area." To get the award, you keep a record of the races that you run during the year, and then report them at the end of the year when we ask you to apply for annual club awards (as we are doing now for 2004). If you have any questions, or if you have suggestions for including local races that we have missed in our list, please contact **Linda Morris at Linda.Morris@dunkinbrands.com or 781-817-5089**.

## HYANNIS 10K/ HALF-MARATHON/ MARATHON: Sunday, February 27

These races offer a variety of distances, all starting and finishing in the same location. Hyannis is an easy drive in February, about 75 minutes from Brockton. Weather conditions can be "variable" (hey, it's New England, you take your chances). For marathoners, this can be "one more shot" at a Boston qualifier, literally the day before entries are due, on a fairly easy course. For the past couple of years, Colonial members have served as volunteers (our abilities to pack cars into the Melody Tent parking lot are now legendary: we could only do better by stacking them on top of each other). In return for our help, race director Paul Collyer offers **free entries to Colonial members**. It's always a bit of a scramble for us to line up volunteers, especially just two weeks after the Paddy Kelly race, so...if you are planning to take advantage of that offer of a free entry, how about "convincing" a friend or family member to come along with you, volunteer with the pre-race activities, and then cheer you on during your race? For the free entries, please send them directly to Paul Collyer and note that you are a CRR member—don't register online, because then you'll be charged the regular price. To volunteer, please contact **Jim Dupont at [jdupont01@comcast.net](mailto:jdupont01@comcast.net) or 508-822-0376, or John Goldrosen at [president@colonialrunners.org](mailto:president@colonialrunners.org) or 781-447-2812**.

## BOSTON MARATHON WATER STOP—Monday, April 18


Our club directs and staffs the official water stops at the 15-Mile and 16-Mile marks of the Boston Marathon. For those who are not actually running the race, working at a water stop (and, as Al Donaghy is fond of reminding us, it IS work!) is a great way to contribute to this historic race and seeing a world-class event up close. The volunteer application forms have recently been sent to those who served at the water stops in 2004. **If you worked the water stops in 2004 and have received a 2005 volunteer form, please fill it out and return it before January 15<sup>th</sup> to Tom & Susan Yellope, 104 Oak Lane #10, Brockton, MA 02301 (for the 15-Mile water stop), or to Al Donaghy, 16 Harriet Road, Abington 02351 (for the 16-Mile water stop).**  
*If you did NOT work at a CRR water stop in 2004 and would like to participate in 2005, please download a volunteer form from the BAA website, [www.bostonmarathon.org](http://www.bostonmarathon.org), fill it out, and send it to either Tom & Susan Yellope or Al Donaghy. There isn't too much "turnover" from year to year, but if there are any openings on the 2005 water-stop crews, they will fill those openings from the CRR members who apply to them.*


## 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

 **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

*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.

  
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**ELLEN R. LITT**  
*Senior Mortgage Loan Officer*  
Toll Free: (888) 722-5088 Voice Mail: (781) 226-2925  
Tel: (781) 871-9958 (ext.13) E-mail: [ellenlitt@mfsloan.com](mailto:ellenlitt@mfsloan.com)  
Fax: (781) 871-9945 [www.mfsinc.com/elitt](http://www.mfsinc.com/elitt)  
Voice Mail: (781) 226-2925 MC0167  
Serving: MA, RI, CT, ME, NH, VT, FL, CA

Would you like to let your fellow Colonials know about your business? For \$25 for 2005, 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)