



February 2004

UPCOMING EVENTS

BOSTON MARATHON, April 19th—“On Course” with CRR

Colonial Road Runners will be well represented at the world’s most famous marathon. Whether you are running or volunteering, here’s what you need to know.

CRR Water Stations

As was the case last year, CRR will be directing and staffing the official BAA water stops at Miles 15 and 16 in Wellesley and Newton. This provides CRR members with an opportunity to have “front-row seats” as thousands of marathoners come by, from world-class athletes to the back-of-the-packers—a unique perspective you can’t get in any other sport (so OK, you can have courtside seats at the Fleet Center, but how much will those tickets cost you?). It’s a day-long commitment to be sure, but there’s the satisfaction of performing a necessary service to the runners, at a point far enough along in the race where it is much appreciated. As of now, both stations are fully staffed, but if you haven’t signed up, there may be late cancellations, so contact **Al Donaghy** (781-878-8622, ald@colonialrunners.org) or **Tom and Susan Yellope** (508-580-1606, tomy@colonialrunners.org) if you are interested.

The Colonial Bus to the Marathon

Colonial Road Runners sponsors a bus to take registered runners to the starting line of the Boston Marathon. This saves local runners the time and effort of traveling into Boston to take the BAA shuttle to Hopkinton. ***A Colonial Bus registration form is enclosed with this newsletter, and can also be downloaded from our website.*** The fee is just **\$10 for club members and \$15 for non-members**. This is a full-size intercity “coach bus” with comfortable seats, and yes, a bathroom! The bus will leave from the **Braintree MBTA station** (at the Union Street exit off Route 3) at **7:30 AM**. This allows runners to park a car in the T garage and return there after the race by subway or commuter rail. The bus will arrive in Hopkinton by 9 AM (as required by the BAA), and be parked next to the starting line in a lot set aside by the BAA for official club buses. The bus remains in Hopkinton until race time, so runners can “hang out” on the bus (a great convenience in chilly weather!). Bus riders can still place their clothing bags on the BAA “baggage buses” for transport to the finish line in Boston.

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

Hopkinton-to-Boston Group Training Run: Sunday, March 28th

As we did last year, CRR is organizing a group training run along the first 22 miles of the Boston Marathon route, from Hopkinton to Cleveland Circle (past Boston College and “Heartbreak Hill”), to be held three weeks before the Marathon, on Sunday, March 28th. This is a great way to have company and logistical support for your last long run. (This isn’t just our idea: literally thousands of other runners from many clubs will be on the course that day). If this is your first Boston Marathon, becoming familiar with the course ahead of time will help you immensely on race day. And don’t worry that you are “too fast” and will outrun our water stops, or “too slow” to keep up with other runners—we expect you to go at your own pace, and we will make sure that everyone gets support. Obviously, to make this work, **we need a few volunteers for a “support crew”** to drive along the course and provide water stops every few miles. (Having three or four drivers “leapfrogging” each other along the way will ensure this.) After the run, we will “replenish carbs” at a restaurant before heading home.

We will meet at 7:30 AM at the Honey Dew Donuts in West Bridgewater on Route 106, ¼ mile east of Route 24. From there we will carpool to Hopkinton, and begin the training run by 8:30 AM. Based on last year, we should return to West Bridgewater by 3 PM.

If you are interested in running or in being on the “support crew,” please contact John Goldrosen (781-447-2812, johng@colonialrunners.org) by March 23rd.

CRR Marathoners: Please let us know!

We'd like to compile a list of all club members who are running at Boston, so that our water stop volunteers can be looking and cheering for you (wearing your Colonial singlet, we hope!), and so we can recognize you in our post-Marathon race reports. If you register for the CRR Marathon Bus, we'll know that way, but if you are getting to the starting line by other means, please email or call **John Goldrosen** to let him know.

MARATHON TRAINING PRESENTATION—Sunday, March 7th, 3 PM, Abington

Dave Baston, the director of the Kennedy Brothers Physical Therapy & Fitness office in Braintree, will present a talk on **injury-free marathon training** on **Sunday, March 7th at 3 PM at the Abington Baptist Church, Rts. 58 and 139**. The monthly club business meeting will follow at 4 PM (open to all). Dave is a Boston Marathon veteran and has given this presentation to other running clubs and charity marathon groups. The presentation will be of interest to those of you training for the Boston Marathon, but also to others planning on fall marathons, or novices still deciding whether to try a marathon. Come and let Dave put you on the right path!

CHRISTOPHER'S 5-K RUN & WALK FOR DIABETES—2004 EDITION

--A note from Frank and Ilda Nelson

We are very excited to be directing **Christopher's Run** again on **Memorial Day, May 31, 2004**. This year we are very fortunate to have the **American Diabetes Association** as the race supporter, as well as its beneficiary. We are equally excited and thankful to have Christopher's Run as an organized event of Colonial Road Runners again for 2004. Lastly, we are fortunate to have a **NEW race site and course for 2004**. For those of you who participated or volunteered last year (**Big Thanks**), you are aware that the set-up we had was not conducive for inclement weather. Now, for this year the race site will be the **West Bridgewater Senior Center ~ Council On Aging**, which boasts a brand new beautiful building that will accommodate the race, and any kind of weather we may have on that day. The course too is a newly designed 5-K (3.1 mile) route that is run on beautiful country roads in West Bridgewater. We hope that **everybody** will consider either participating this year and/or volunteering. *An application is enclosed with this newsletter*, or you may **sign up online at www.colonialrunners.org/ChristophersRun/**.

Thank you everybody for your continued support, and a special thank you from Christopher.

HYANNIS MARATHON/HALF-MARATHON/10K, Feb. 29th—The Colonial Role

The Hyannis Marathon is our “other local marathon,” just an hour's drive for most of our members, so we feel an interest in seeing the Marathon (and the associated half-marathon and 10K) do well and continue to offer a tune-up or qualifying race for Boston. We have struck a deal with the director of the Hyannis Marathon: we provide about a dozen volunteers, and in return, **CRR members can run any of these races for free**. (Just note your membership on your entry form when we send it in—this will NOT apply to online signups.) If you are able to be a race volunteer, please contact **Jim Dupont (508-822-0376, jdupont@comcast.net)**. The Colonial volunteers will be assisting with pre-race activities (registration, parking, etc.), so if you are running the race and have friends and family members coming to cheer you on, please consider asking them to help out beforehand.

CRR GRAND PRIX SERIES: UPCOMING RACES

Our monthly CRR Grand Prix series is “off and running,” with the first two events, the January Frostbite 15K and the February Abington Winter Fun Run. (Race results and overall standings are elsewhere in this newsletter.) Here's an advance view of the next three events:

Sunday, March 21: New Bedford Half-Marathon: This classic race can be a fast course: just ask Ingrid Kristianssen, who set a world record for women on this course back in the 1980's. Hills come in the first 3 miles, followed by downhill or flat terrain until the last mile. BUT: the “X-Factor” is the weather, with the possibility of snow, and the likelihood of strong winds. If the wind is blowing from the north, save some energy for the last three miles, because you'll need it to battle the headwind once you “turn the corner” before the 10-mile mark.

Sunday, April 4: Cohasset “Race By the Sea” 10K: The Grand Prix series returns to Cohasset, which was part of the 2002 series as well. Spectacular ocean views in the middle of the race, along with some notable hills, but the last two miles are flat.

Saturday, May 15: Plympton “Strawberry Shortcake” 10K: an old-fashioned low-key country race along rural roads and past cranberry bogs, with the uphill coming mostly in the second half of the race. Named for its unique post-race refreshment, this race also offers an odd collection of post-race raffle prizes, sometimes almost as many as the number of runners.

To obtain race forms for these and future races (as they become available), check the links from the “Grand Prix” page on the CRR website. We will also have paper forms available at club races and events.

THE PARTICIPATION SERIES: SUPPORTING LOCAL RACES

Besides organizing the Grand Prix series, CRR promotes other local races by including them in our noncompetitive Participation Series. To win an award, you must participate in at least 9 of 16 “events”—which means choosing from among the groups of races that make up each of the “events.” The complete list is on our website; if you don’t have internet access, contact **Jeanne Sullivan (508-587-1039)** for a paper copy. This is a way for us to identify local races worthy of your support, and leaving it to you to choose among races that are on the same day or weekend. Here are a few examples:

The 10th Annual **Thomas J. Giunta 5K Memorial Race** in **Fall River** raises money for a scholarship in honor of a city police officer who was killed in the line of duty in 1994. The race will be held on **Sunday, April 4th**, which is the same day as the Cohasset Grand Prix race, but if you’d rather run a 5K race that day, this is a good choice, for a good cause. For information and application forms, go to www.officergiuntaroadrace.org.

New this year is **Ellie’s Run** in **Marshfield**, to be held on **Saturday, May 8th**. On July 26, 2003, Ellen Englehardt’s cruiser was rear-ended by a drunk driver on Route 25 South, just as she neared the end of her midnight shift. She was struck by a drunk driver traveling at speeds in excess of 90 m.p.h., while positioned in the breakdown lane. She suffered life-threatening injuries and still suffers to this day. Let’s show our support for those that protect us, and plan on attending this worthwhile cause. If you cannot attend, please consider making a donation. All proceeds from the event will be divided equally (50/50) between the Trooper Ellen Engelhardt Fund and the Massachusetts Brain Injury Association. Anyone looking for an application or who would like to make a donation, or otherwise needs further information can go to the race website (www.elliesrun.com), which should be up and running in the coming weeks. Further information can also be obtained by contacting **Stephen Smith** at **508-880-0743** or by email, rangyrunner@yahoo.com. Applications will also be available at club functions, as well as many local road races.

Also new this year, is **John’s Race** in **Halifax**, which will be held on **Sunday, May 16th**. There will be both a 5K run/walk and a 10K run. (For those of you who remember the Mike Miller Race, the 10K route will be similar to that race.) The races will raise funds to support the family of a Halifax resident, who was killed in a car accident last year. This race is the day after the Strawberry Shortcake 10K. Please support this race if you can’t make that one, or if you like running more than one race on a weekend.

WINTER HIGHLIGHTS

PADDY KELLY ROAD RACE—A record field!

It was typical conditions for the Paddy Kelly Road Race—cold and clear out on the course, and warm and cheerful inside the Time Out Café. This year, the Paddy Kelly race was named as the first race in the New England Runner Pub Series, and this certainly contributed to a large increase in the size, and the quality, of the field. We had nearly 390 finishers, a full 100 more than the past several years, and there were about thirty runners who averaged under six minutes a mile, despite the cold temperatures and the strong headwind in the first half of the race.

This was a complete club effort, with 46 members running, and just about as many volunteering for registration, timing, and course set-up and support. Our special thanks to race directors **Tom and Susan Yellope**, and to **Al and Frank Donaghy** who enabled us to time the race ourselves without having to pay an outside firm, but the race could not have gone off so smoothly without all of you who helped out in one fashion or another. Also, we want to thank **Gail Martin**, who sponsored the running gloves this year on behalf of her new company, GM Body Aware. Please visit her website, www.gmbodyaware.com, for more information on her clothing line and her services as a sports massage therapist.

The following members and friends served as race volunteers (apologies to anyone we have overlooked): Ann Alspach, Dan Gorman, Dave Backeberg, Dave and Judy Gorman, Sam Baumgarten, Kyle and Kenzie Hackett, Steve Brooks, Chrissy Bechet, Curt Jarva, Jim Brown, Rikki Lee Craig, Carol Cahill, Ellen Litt, Paul Clark, Iris Madore, Donna and Joe Cohen, Susan Makovsky, Cindy and Megan Meyer, Jim Conley, Beth Corry, Lori Noel, Bill Dant, Phyllis Padulla, Sara Depesa, Dave Regan, Mark, Michelle, Kyle, and Emily Rothfuss, Jim Dorman, Jim and Mary Dupont, Bob

Sheehan, Joe Egan, Maggie Sheibley, Margaret England, Walter Simmons, Joe Galligan, Kathryn Sims, Bob Geary, Stephen Smith, Stephanie Gildea, Jeanne and Joe Sullivan, Cal and Jane Goodwin, and John Goldrosen.

COLONIAL AWARDS BANQUET

Our annual banquet was held on January 24th at T.J. Smith's Victorian House in East Bridgewater, and was attended by a record number of club members and guests, including **Peter Dovell** (see next article). After socializing beforehand and enjoying a delicious meal, we gave recognition to the many club members present who contribute to the club by directing or assisting with club events, and presented plaques and trophies to honor our members' running achievements for 2003. After that, we listened to our special guest, **Louise Rossetti**, talk about her life as a trailblazer for older women runners, and about how running has helped her find a community of like spirits and persevere through a personal tragedy: the brutal murder of her daughter twenty years ago. As always, Louise was charming and inspirational, while being modest and self-deprecating about her achievements. (In fact, she forgot to mention, and we forgot to ask, about her being selected as an Olympic torchbearer in 2002. Some of us took a look at the torch, which Louise brought—and we can report that it is heavy, and must have been awkward for anyone, let alone an 80-year-old, to carry while running.) The club presented Louise with a Lifetime Achievement Award—and free registration for the upcoming Paddy Kelly Road Race. Louise has sent the club a lovely note, thanking us for a wonderful evening and the chance to meet so many of us. Our pleasure, Louise!

PETER DOVELL—A SPECIAL MOMENT

Just a year ago, our member **Peter Dovell** was the object of our prayers, sympathies, and community support, in the aftermath of an accident that had left him battling for his life at Massachusetts General Hospital. Many of you turned out to participate in a benefit fun run, and heard people who knew him speak about his fighting spirit and their hopes that it would pull him through, despite the critical burns and other injuries he had suffered (including the loss of a leg). Those hopes are being fulfilled. Last summer, Peter came to the Brockton fun run and, aided by his daughter, completed the course in a wheelchair. By the time of our Annual Banquet, Peter was walking with braces—next, he promises, is a run around a track. At the banquet, Peter gave an impromptu talk about his outlook on life, the importance of his family, and his determination to run again. It was an extremely moving moment for Peter and all of us.

2003 AWARDS

The following awards were presented at the annual banquet:

Ultimate Award:	Susan Makovsky
Ironman / Ironwoman:	Betsy Knapp, Susan Makovsky, Clayton Gardner, Rick Hayes
Consecutive Running Days:	Sue Simmons, Betsy Knapp
Club Records:	Chris Miskinis (marathon, over-50 female)
President's Award:	Frank Nelson (half-marathon, 1:18:00)
Race Participation Series:	Betsy Knapp, Bonnie King, Sue Simmons, Susan Makovsky, Jeanne Sullivan, Maureen Shea, Linda Morris, Ellen Litt, Susan Yellope, John Terranova, Frank Nelson, Clayton Gardner, Charlie Morgan, Chris England, John Goldrosen, Jack Foley
Grand Prix Series:	<u>Male Under 50:</u> Frank Nelson 1st, Tom Stracqualursi 2nd, Andy Brennan 3rd <u>Male 50+:</u> Clayton Gardner 1st, Cedric Baar 2nd, Mike Lozan 3rd <u>Female Under 50:</u> Chris Hollander 1st, Susan Makovsky 2nd, Beth Hackett 3rd <u>Female 50+:</u> Betsy Knapp 1st, Sue Simmons 2nd, Mary Dupont 3rd

WINTER FUN RUNS

The Winter Fun Runs presented runners with a low-key, low-cost way to battle the winter racing blahs, and they responded, with record attendance (about as many as we get for the summer fun runs!). We generally had 40-50 participants, and attracted runners from several other New England states, hungry for a racing opportunity. Thanks to **Al Donaghy, Cal Goodwin, Tom and Susan Yellope, Bill and Rene Sayce-Dant, Hillary Hewitson, Mark Woelfel, John Goldrosen, Jim Conley, Mark Rothfuss, and Megan Meyer** for volunteering on a regular basis, and to many others who also pitched in during the course of the series.

The Bachelorette Run: a particularly memorable occasion was the day that about a dozen female friends of a bride-to-be from Rhode Island decided to mark her impending nuptials by sharing in one of her favorite activities—running a road race! They found our race on the web and got in touch with **Tom and Susan Yellope**. They took it from there, by getting the “regulars” to “get in the spirit” and arranging for a celebration in the upstairs room of the Abington Depot after the fun run, with a cake and presents. The event was covered by reporters for the Abington Mariner and the Quincy Patriot-Ledger, whose articles showed us in a good light by highlighting the sociable aspects of our club. Later, the honoree, **Beth Ward**, sent the following note to Tom and Susan:

“I was astounded by the kindness of your running club a few weeks ago—the race was awesome (a personal best for me), but most of all, you and your club were such gracious hosts. Thank you for the cake (my fiancé and I ate it for a few days!), the gifts, and the warm wishes. How fortunate your community is for having you within it. I shall pay this forward!”

Thanks to everyone in the club who made Beth Ward and her friends feel so welcome!

Holiday Clothing Drive: To mark the holiday season, we waived the entry fee for a winter fun run in December and asked members instead to bring winter clothing, to be donated for the use of residents at homeless and family shelters in Brockton. We figured, “Hey, we’re runners—we all have jackets, hats, gloves, etc. that are in good condition but we no longer use.” Well, we thought we’d get a couple of items from each runner and fill a couple of bags. Instead, we wound up with enough clothing to fill a van. Considering the bitter winter weather that followed in January, the clothing certainly was put to good use. We’ll plan to repeat this event next year. Thanks to **Mark Rothfuss** for making the delivery to the Brockton agency that supplies clothing to the shelters.

NEW YEAR’S DAY “BRRRUNCH”

Three dozen Colonial runners met on New Year’s Day morning for their first run of the year. They ran the winter fun run route and then returned to the Abington Baptist Church for coffee, juice, bagels and donuts. As was the case last year, we enjoyed some of the best weather of the month—little did we know that the coldest January in over 100 years was just beginning! Thanks to **Al and Frank Donaghy** for warming up the bagels while the rest of us were out on our run!

CLUB NEWS

CRR RUNNING SUITS—Going in Style!

Our new running suits arrived just in time for distribution at the Annual Banquet. We’ve heard positive comments about the quality of the suits, and the embroidered lettering came out looking even better than we had hoped. It’s nice to be able to identify our members, both during and after races. You’re a classy bunch now, folks!

For anyone who missed out on the initial order: we will put another order in, as soon as we get enough to meet the minimums. The order form is available on the website.

Special thanks to **Beth Hackett** for researching many clothing lines, locating a local supplier for the line of clothing we selected, and coordinating the ordering and pickup of the suits.

NEW WEBSITE DIRECTOR

A few months ago, **Frank Donaghy** agreed to take over management of our club website from **William Leitch**, who had originated it (thanks, William!). Frank has been working hard to keep the website up-to-date, easy to navigate, and informative. We now have a **club calendar**, which shows all our club activities in one place—a benefit to members and non-member visitors alike. If you have any suggestions, please pass them along to Frank at frankd@colonialrunners.org

MEMBERSHIP RENEWALS: A REMINDER

We sent out a LOT of material with the last newsletter, including forms for the club running suits, the annual banquet, the Paddy Kelly race, etc. So, we can understand that some people overlooked the registration renewal form. If you have not yet renewed for 2004, please fill out the form and send it in. If you need another, you can download it from the “membership” page on the website.

CLUB MEETINGS

The next club meetings will be held on **Sunday, March 7th and on Sunday, April 25th, at 4 PM at the Abington Baptist Church, Routes 58 and 139.** Our meetings are open to all members. (As noted earlier in the newsletter, physical therapist **Dave Baston** will give a talk on marathon training at 3 PM before the March 7th meeting.) **Election of club officers and directors for 2004 will take place at the April 25th meeting.** If you have any questions about club activities and ways to participate in helping to manage club activities, please contact **John Goldrosen** at johng@colonialrunners.org.

YOUTH RUNNING

CRR plans to start a series of children's track races, at short to moderate distances, this coming summer, probably in the Raynham area. **Lori Noel** has offered to take the lead in organizing this. We will have more news about this in the next newsletter. Meanwhile, here's news about two children's running series this spring:

Dave Gorman will again be conducting an eight-week series of kid's races, on a course about two miles long starting at Tower Hill in D.W.Field Park. For information, contact Dave at IrishDaveG@aol.com.

Sam Baumgarten, longtime head of the Bridgewater Running Club and now a member of CRR, is a phys-ed instructor at Bridgewater State. For 17 years, he has conducted an instructional track and field program for Bridgewater children ages 8-14 (grades two through eight). The sessions are conducted on Tuesday and Thursday nights, from 5:00-6:30, beginning after the April school vacation and continuing through mid-June. The children are divided into instructional groups by age and grade, and participate in two events each night. The event groups are sprints, hurdles, relays, long/triple jump, high jump, throws, and distance running. The emphasis is on instruction and self-testing, rather than competition. Over the years, the program has grown from 50 children to well over 150--which is about all that Sam and his assistants can handle! Sam would be happy to have some help from CRR members, especially with track events. If you are interested in helping, and in observing how such a program is operated, please call Sam at **508-697-6848**. (Sam also directs a one-mile race for children in October that will mark its 25th year this fall, with up to 200 participants—we'll let you all know the details as that approaches.)

MEMBER CONTRIBUTIONS

THE BANQUET—by Dave Morrison

CRRs' Annual Awards Banquet was a rousing success. Some 90+ club members, family and friends were in attendance dressed to the hilt, rivaling any Academy Awards Night red-carpet nominees. The theme of the evening, and rightfully so, was inclusiveness. From the time of entrance until the time of departure all attendees were made to feel at home.

Regardless of differences in age, gender, race, careers, education, or performance levels we were all one on this night. To me, this overriding theme of inclusion is what sets our club apart from other clubs. In our club, nobody gets left behind!

John Goldrosen served as emcee for the evening and did a masterful job. First on the agenda was the introduction of **Peter Dovell**. Being new to the club I had only read of Peter's plight prior to the banquet. But actually seeing Peter and hearing him tell his story first-hand brought tears to my eyes and renewed my faith in the strength of the human spirit. It was a tremendous way to kick off a great night. Peter, our thoughts and prayers are with you for a complete comeback. Think of all of us when you're doing that first lap around the track. We'll be behind you to give you a little extra push if needed.

Our keynote speaker of the evening was 80+ year-old runner **Louise Rossetti**. Louise turned out to be another shining example of the triumph of the human spirit. Despite losing a daughter to murder and four nephews to leukemia before they reached the age of 13, Louise fought on and continued her life, inspired in her running by her losses. Tips from the pro? "Just keep putting one foot in front of the other and plugging along". It's as simple as that. No fancy diets, no regimented training schedules, no targeted goals. Just keep going.

Summing up, it was a great, great night that we can all look back on fondly--a lasting memory.

BOSTON MARATHON TIPS: "What the BAA doesn't tell you"--by John Goldrosen

The Boston Marathon information booklet, sent out to all runners, has much useful information, but here's ten additional tips you won't find in the booklet:

1. Avoid pre-race hoopla. All the pre-race activities can be physically and mentally taxing. To avoid crowded aisles and delays at the Expo, get there just after it opens at 9 AM on Saturday or Sunday. Skip the Sunday pasta dinner entirely (unless you are staying downtown and have no place else to eat), or at least beat the lines by arriving just as it opens, regardless of the time suggested on your ticket.

2. Dress Disposably. You will need warm clothes for the several hours from arrival until race time, including the period after you drop off your clothing bag for transport back to Boston. The Athlete's Village in Hopkinton is a fancy name for a tent, and won't be much of a refuge. So bring lots of layers of old clothes that you won't mind ditching before the race alongside the starting line (it'll be collected for the Salvation Army after the race begins). Also, in case of rain or wind, bring plastic trash bags (lawn-size) to wear over your body. Of course, the best way to stay warm is to hang out on the Colonial club bus until race time.
3. Bring Food! Even if you eat breakfast before heading to Hopkinton, it's still many hours until race time. It's not a good feeling standing at the starting line and already feeling hungry, before you've even begun to burn up your glycogen stores in the race itself. There isn't much decent food to buy in Hopkinton, so bring more food and drinks than you think you could ever need. (Anything left over can go in your finish-line bag—see Tip #9, below.)
4. Use Sunblock. The sun in April is as intense as in August. You will be running with the sun in your face the whole way, most likely after months of winter training in the early morning or evening. This is a prescription for serious sunburn, if you don't take precautions.
5. Know Where the Woods Are. After trying to stay hydrated all morning, the runners line up in the corrals—and stand there for 30-45 minutes before the race even begins. Many therefore have one thing on their minds once the race begins, and it's not their first-mile splits. Fortunately, there are lots of woods in the first two miles, especially to the left of the course. (And yes, women use them too.) Afterwards, opportunities dry up, so to speak, through the urbanized sections of Ashland and Framingham, and the next best site is alongside Lake Cochituate just after the 9M mark (but beware of poison ivy). After that, you're limited to the few Porta-johns, willing gas stations and fast-food joints.
6. Course Myth #1: "The first 16 miles are downhill." Overall, yes—but there are LOTS of uphill (and downhill) long before you reach Newton. Pace yourself on the hills early in the race, to be in better shape for the better-known ones later.
7. Course Myth #2: "The Newton Hills begin at Commonwealth Avenue." The famous hills begin shortly after 17M, at the turn from Route 16 onto Commonwealth Avenue, and end with Heartbreak Hill before the 21M mark at Boston College. But the hills really begin at the 16M mark in Newton Lower Falls, where the course starts a half-mile climb to the opposite side of Route 128, before descending to the turn onto Commonwealth Ave. The Route 128 hill is a shock to the system after the easy miles preceding it, but the shock will be less if you prepare mentally for five, not four, hilly miles.
8. Course Myth #3: "It's all downhill after Heartbreak Hill." Yes, the worst is over, but anyone who is struggling at that point is hardly home free. There is a noticeable uphill stretch after the Boston College trolley station, and a gradual climb for a mile from Cleveland Circle to Washington Square along Beacon Street.
9. Pack food for the finish line. The official Boston Marathon post-race refreshments have consisted, in the past, of a can of juice, a granola bar, and a bag of potato chips. That's it, folks! So—be sure to stock your clothing pick-up bag with the fruit, bagels, energy bars, drinks, etc. that you would expect from your average local 5K. (Pack water, too, for the trip home or to your hotel room.)
10. On Marathon Day, your last name begins with "B." When you leave the gated finish area, you come upon the Family Meeting Area, which has signs with letters on them. If your name is Zaworski, do you really want to walk all the way to "Z"? So--tell your friends and family to meet you at "B." (I'd tell you "A" but too many people already figured this out, and that's where THEY are going.)

Bonus Tip: Avoid the Arlington Street Station. The nearest subway station to the exit from the finish area is at Arlington Street on the Green Line, but it'll be mobbed and the stairs are painfully steep. If you must take the Green Line, walk a few minutes to Boylston Street. Better still, head for the less-crowded Orange Line at Back Bay Station on Clarendon Street. If you are heading to South Station from Back Bay Station, and your timing is right, you may be able to catch an inbound commuter train that'll get you to South Station in five minutes.

GRAND PRIX RESULTS

Frostbite 15k January 11, 2004, Raynham, MA

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	3	0:54:58	10	1	Jack	Foley	35	1:09:05	10
2	Nick	Giannaros	17	1:01:06	9	2	Andy	Brennan	40	1:10:19	9
3	David	Sousa	18	1:01:17	8	3	Clayton	Gardner	55	1:12:53	8
4	Mark	Sferrazza	20	1:02:07	7	4	David	Morrison	56	1:13:09	7
5	Marc	Blandin	31	1:08:12	6	5	Sam	Baumgarten	61	1:14:27	6
6	Mark	Rothfuss	45	1:11:02	5	6	Cedric	Baar	94	1:19:34	5
7	Tom	Stracqualursi	48	1:11:44	4						
8	Tom	Yellope	49	1:11:55	3						
9	James	Conley	51	1:12:06	2						
10	Paul	Clark	85	1:18:07	1						
11	Chris	England	108	1:23:24	1						

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	Hilary	Hewitson	44	1:10:44	10	1	Pat	L'Italien	113	1:25:24	10
2	Susan	Makovsky	62	1:14:32	9						
3	Lori	Noel	77	1:17:34	8						
4	Jeanne	Sullivan	95	1:19:56	7						
5	Jennifer	Buccigross	115	1:25:53	6						
6	Maureen	Shea	121	1:28:12	5						
7	Marie	Ficociello	123	1:33:25	4						

Colonial Road Runners Winter Fun Run (3.95mi) February 1, 2004, Abington, MA

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	Mark	Rothfuss	1	25:18	10	1	Andy	Brennan	6	27:19	10
2	Dave	Sousa	2	25:23	9	2	Clayton	Gardner	7	27:30	9
3	Jim	Conley	3	26:46	8	3	Sam	Baumgarten	9	27:45	8
4	Marc	Blandin	5	27:01	7	4	Dave	Morrison	12	28:35	7
5	Jim	Dupont	13	29:06	6	5	John	Goldrosen	24	32:04	6
6	Tom	Yellope	16	30:12	5	6	Mike	Lozan	32	33:36	5
7	Charlie	Morgan	18	30:36	4	7	Charlie	Dorman	40	36:09	4
8	Bill	Hewitson	20	31:10	3						
9	Paul	Clark	26	32:40	2						
10	Chris	England	29	33:06	1						

CRR Winter Fun 2/1/4 (cont.)

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	4 26:57	10	1	Sue	Simmons	25 32:31	10
2	Susan	Makovsky	15 29:56	9	2	Irma	Walat	39 35:49	9
3	Megan	Aardema	21 31:18	8	3	Ellen	Litt	45 50:30	8
4	Bonnie	King	22 31:20	7					
5	Jeanne	Sullivan	30 33:07	6					
6	Beth	Hackett	31 33:29	5					
7	Jennifer	Buccigross	33 33:48	4					
8	Maureen	Shea	37 35:27	3					
9	Cindy	Meyer	42 36:57	2					
10	Christine	Galvin	44 39:36	1					

2004 Colonial Road Runners Grand Prix

Overall Standings

(as of February 2, 2004)

Males

Under 50			Over 50				
<u>First Name</u>	<u>Last Name</u>	<u>Points</u>	<u>First Name</u>	<u>Last Name</u>	<u>Points</u>		
1	David	Sousa	17	1	Andy	Brennan	19
2	Mark	Rothfuss	15	2	Clayton	Gardner	17
3	Marc	Blandin	13	3	Sam	Baumgarten	14
4	James	Conley	10	4	David	Morrison	14
5	Frank	Nelson	10	5	Jack	Foley	10
6	Nick	Giannaros	9	6	John	Goldrosen	6
7	Tom	Yellope	8	7	Cedric	Baar	5
8	Mark	Sferrazza	7	8	Mike	Lozan	5
9	Jim	Dupont	6	9	Charlie	Dorman	4
10	Charlie	Morgan	4				
11	Tom	Stracqualursi	4				
12	Paul	Clark	3				
13	Bill	Hewitson	3				
14	Chris	England	2				

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	Susan	Makovsky	18	1	Pat	L'Italien	10
2	Jeanne	Sullivan	13	2	Sue	Simmons	10
3	Jennifer	Buccigross	10	3	Irma	Walat	9
4	Hilary	Hewitson	10	4	Ellen	Litt	8
5	Jill	Strathdee	10	5			
6	Megan	Aardema	8				
7	Lori	Noel	8				
8	Maureen	Shea	8				
9	Bonnie	King	7				
10	Beth	Hackett	5				
11	Marie	Ficociello	4				
12	Cindy	Meyer	2				
13	Christine	Galvin	1				

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