



May 2004

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## UPCOMING EVENTS

### SUMMER FUN RUNS ARE HERE!!

The Colonial-directed **Summer Fun Runs** began the first week in May, and will run through the last week of August. With three sites, local runners have over fifty opportunities to find a nearby low-cost, competitive race throughout the summer (when larger-scale races become less common locally). For new members and beginning runners, this is a great chance to meet fellow club members and to experiment with your pace and effort from week to week, while “getting your feet wet” at racing. Push a little this summer, and the payoff will come with faster times and better endurance during the fall racing season. Here are the details:

- **MONDAYS, 6:45 PM, RAYNHAM:** Raynham Athletic Club (Route 44)-- "5k Your Way"
- **TUESDAYS, 7:00 PM, ABINGTON:** Woodsdale School, Chestnut Street-- “Colonial Fun Run” (3.27 Miles)
- **WEDNESDAYS, 6:45 PM, BROCKTON:** D.W. Field Park (Oak Street entrance)--"Hockomock Swamp Rat Race" (3.75 Miles)

All races are \$2.00 per week, with computer timing and published results. We use bib numbers for these, so please get there early enough to register and get your bib number (which you save and use through the summer).

For more information, contact **Jim Dupont**, 508-822-0376 or [jdupont01@comcast.net](mailto:jdupont01@comcast.net) about the Raynham fun run, and **Al Donaghy**, 781-878-8622 or [ald@colonialrunners.org](mailto:ald@colonialrunners.org) and **Jim Conley**, 781-878-7296 about the Abington and Brockton fun runs.

Also—if you are going to be coming regularly to one or more of the fun runs, how about volunteering to help out with the race organization for a couple of times during the summer? Check out the sign-up calendars at each fun run. (Some of the tasks can be done before or after the race, so you can still run that week.)

### CHRISTOPHER’S 5K RUN AND WALK FOR DIABETES—Memorial Day, May 31, West Bridgewater Senior Center (off Route 106), 11:00 AM

A final reminder: this 5K race, organized by CRR members **Frank and Ilda Nelson** to benefit the American Diabetes Association, will be held on Memorial Day in its new location. We hope to see many Colonials, either running or volunteering! For information, contact **Frank and Ilda** at 508-583-2440 or [FCN10K@aol.com](mailto:FCN10K@aol.com).

### COLONIAL SUMMER MUSIC CRUISE—Saturday, August 7<sup>th</sup>, Boston, 8:30-11:30 PM

For this year’s summer social event (i.e., no running involved!), we will be getting together on Saturday evening, August 7<sup>th</sup> for a cruise in Boston Harbor aboard the S.S. Provincetown, with on-board music provided by DJ’s from “Mix 98.5”. **See the enclosed registration form for full details.** In summary: The boat leaves from Commonwealth Pier, next to the World Trade Center on Seaport Boulevard, where there is easy access from the Southeast Expressway via the new Airport extension, and plentiful parking. The regular price of tickets is \$20, but we can get a group discount and purchase tickets in advance for \$18. If you want to take advantage of the discount, please **send in the registration form, with your check payable to Colonial Road Runners, by July 1<sup>st</sup>, to Linda Morris, 64 Abby Road, Braintree, MA 02184.** Linda will then place the order, and mail your tickets to you. Tickets should also be on sale at the pier on the day of the cruise. There is a cash bar on board, and light refreshments.

This is a big ship and there's usually several hundred passengers on these cruises, so we'll try to meet at the pier and get on board early to grab a hang-out area for Colonial members. We'll meet in front of the World Trade Center at the corner of the building closest to the pier by 7:15 PM, and board the boat at 7:30. If you get there later, walk around until you find us! We'll also try to have someone hanging out near the gangplank to direct you.

We hope to see many members, spouses, and friends at this event!

## **KID'S FUN-RUN TRACK RACES—Raynham Middle School, Thursdays, 5:45 PM, July 29<sup>th</sup> through August 19<sup>th</sup>**

Colonial Road Runners, in cooperation with the Taunton Division of the Old Colony YMCA, is sponsoring a four-week series of short-distance races for children, to introduce them to the sport of running. We will be using the new track at the Raynham Middle School. Children ages 3-14 are welcome. Participants will be separated by age group, and the race distances will be varied by age (from a hundred yards or so for the youngest, to a mile for the older runners). The cost is \$1 per week. All participants will receive a ribbon each week, and those who attend all four weeks will receive an additional award.

CRR member **Lori Noel** is the series director. If the response to similar events in other communities is any indication, there will be LOTS of children there, so Lori will need our **help!** This is the first time that our club has put on this type of program, and it's something we have wanted to do for several years, so thanks to Lori for stepping forward to put it together. If you have children (or grandchildren!), bring them down—and if not, come anyway and help out! You'll have as much fun as the kids will, we guarantee it! To offer your help, contact **Lori at 508-823-3320, EXT. 32 OR 774-240-1831, or by email at [ljnoel@tmlp.com](mailto:ljnoel@tmlp.com).**

Directions to the Raynham Middle School (420 Titicut Road):

- From Route 24: Take route 44 east towards Middleboro. Immediately off the exit, get in left lane. At first set of lights, turn left onto Orchard Street. Follow Orchard Street to the 4-way stop sign. Go right at 4-way stop onto Pleasant Street. \*\* Follow Pleasant St for about 1 mile then as you pass the Merrill Elementary School on the right, watch for Darrington Drive on the left. Turn left onto Darrington Drive. At the end, turn right onto Titicut and this brings you into the Raynham Middle School. The track is around the back of the school.
- From route 104. Follow route 104 to 4-way stop in Raynham Center. Turn left at the 4-way stop onto Pleasant Street. Follow directions from above \*\*

## **“EIGHT RACES A WEEK”**

For the second year, **Jim Dupont** is inviting dedicated (obsessed?) runners to join him in a series of eight races in seven days. Winners of the series will have donations made in their names to their favorite charities. The series runs from June 28<sup>th</sup> through July 4<sup>th</sup>, and includes the three Colonial Summer Fun Runs on Monday, Tuesday, and Wednesday; the weekly Thursday night fun run on the Charles River; the weekly Friday night race in Falmouth; the Hanover 5K on Saturday, July 3<sup>rd</sup>, and TWO races on the Fourth of July. For information, contact **Jim Dupont at 508-822-0376 or [jdupont01@comcast.net](mailto:jdupont01@comcast.net).**

## **BOSTON MARATHON REVIEW**

### **“WHAT A FIELD DAY FOR THE HEAT”—A Salute to the Survivors**

If you were to choose a Bruce Springsteen song for the 2004 Boston Marathon, it wouldn't be "Born to Run"—try "Badlands" instead. The only saving grace for the historic heat (the hottest Marathon day in over 25 years) was the advance warning, which helped runners prepare for it as best they could, and adjust their expectations to avoid getting into trouble. But no matter what they tried—more water, slower paces, rest breaks—most runners finished 30 to 60 minutes slower than their normal marathon times.

Here are the times for Colonial finishers:

<b>Megan Aardema</b>	<b>4.23.46</b>	<b>Cindy Meyer</b>	<b>5:58*</b>
<b>Billy Allen</b>	<b>5.17.58</b>	<b>Chris Miskinis</b>	<b>4.22.00</b>
<b>Jim Conley</b>	<b>3.51.26</b>	<b>Mark Rothfuss</b>	<b>3.57.52</b>
<b>Mary Connolly</b>	<b>4:46:12</b>	<b>Dave Sousa</b>	<b>3.47.46</b>
<b>Andy Corry</b>	<b>4.19.35</b>	<b>Jeff Sprung</b>	<b>5.28.30</b>
<b>Chris England</b>	<b>6:03*</b>	<b>Tom Stracqualursi</b>	<b>4.54.55</b>
<b>Nick Giannaros</b>	<b>4.13.23</b>	<b>Mark Woelfel</b>	<b>4.21.59</b>
<b>Charlie Grainger</b>	<b>5.31.11</b>	<b>Steven Woelfel</b>	<b>4:44:02</b>
<b>Hillary Hewitson</b>	<b>4.10.35</b>		

\*--The BAA did not record official results for runners finishing after 6:20 PM, and because of the 20-25 minutes to reach the starting line, Cindy Meyer and Chris England just missed the cutoff for being officially recorded...but yes, they finished!!!

## **WARM MEMORIES—Reports and Recollections from Colonial Runners**

Here's what some of our members had to say about their experiences at this year's Boston Marathon:

### ***Chris England:***

I just wanted to thank all of my running buddies that cheered for me at the marathon. It was a great experience, but next year, I think I'll go back to passing out water!

### ***Mark Rothfuss:***

I would like to add a huge thanks to Colonial for making this possible for me. Not only for the marathon waiver I received, but also for the chance to train with others and all the good information and support from everyone. . it's another piece of the puzzle that made it possible for me.

It was a real test of my physical and mental ability. I was prepared for the hot weather and knew before the start to abandon my attempt at a target time. I used every water table, hose sprayers, and spectators that had ice cubes! It all helped keep me going. Without it all, I'd still be there. My last 4 miles was the amazing part. I slowly ran all the hills and couldn't believe the legs held up. I dramatically picked it up to the end. Don't know how I kept it up. I made it 10 feet over the finish and had to be helped to the curb to sit and rest some before I could collect myself. It was also very emotional.

It was an incredible experience that I'm fortunate enough to be a part of. I'm very pleased with my performance considering the weather. I hope everyone came through this OK. There were sure a lot of others I saw that did not.

### ***Jim Conley:***

I ran a slow 3:51:26 and was disappointed even with the heat. I trained for a 7:40 pace. I was doing OK until mile 15. Once I realized I was not going to make the time I wanted, I pulled back and walked off and on from just after 15 through 26.2. The saving grace for me is that my qualifying time is good for next year and hopefully it will be a little cooler then. Now I know what it takes to run in the heat and will train appropriately.

**[Editor's note: Jim was the first Colonial finisher, and finished closer to his target time than most runners, so no reason to feel badly about your time, Jim!]**

### ***Chris Miskinis:***

I ran in the last few miles with **Gerry Menard**, the 16-year-old son of my good friends, **Dianne and Norman Menard**. Dianne has run in with me in my earlier years. We met through running about 25 years ago and have competed against each other, and traveled and camped together. They have been wonderful family friends for years. It warmed my heart to have them offering to help, and it was a thrill to now run with their son. Friends made through running always seem to know what to do because of the bond built during the times spent together. I also saw my good running partner and wonderful friend, **Donna McDonald**, waiting with the Menards for me to come by. Donna has undergone several surgeries on her foot, but still runs. She was one of the best runners I knew and more importantly, she had the best heart, as well. Running friends are always so very special.

### **Nick Giannaros:**

The Springsteen song that comes to mind immediately for me is "Wreck on the Highway" from The River. My chip time was 4:13.22, exactly 1 hour slower than my qualifying time at the Ocean State Marathon. My goal time was sub 3:10 but when I realized that the forecast was going to be accurate, that went out the window. Standing in the corral I was still hopeful of a decent race in the 3:20 to 3:30 range (obviously I was hallucinating from the heat already). Actually, things went pretty good for about 3-4 miles and then I hit the wall 6 miles into the race instead of with 6 miles to go. The thought of having to cover 20 miles while feeling completely drained was daunting to say the least. Miles 10-21 were a back and forth mind game, trying to decide whether to quit or finish the race. I think what helped me decide to continue was the fact that my wife and some friends were watching at mile 23 and I had no way of contacting them if I dropped out, so having them worry about me being in the hospital for only 45 minutes was better than them worrying for 2 hours-plus.

Anyway, a few hours after the finish I began to get over my disappointment and appreciate the accomplishment of completing the race (and the accomplishment of ALL finishers) considering the conditions. Hopefully next year the weather will be more like the March 28<sup>th</sup> training run and I can enjoy the support of all the spectators and volunteers instead of feeling miserable and cranky for 4 hours.

### **Megan Aardema:**

I had a good time training (as good a time as I could have, at least), and felt pretty good for the marathon. After mile 14 I was so excited that the CRR water stops were coming up. I kept telling the friend I was running with (a guy from my hometown church) that my friends were coming up. I saw my roommate at the 15-mile water stop. At mile 16, it was so nice to see **Dave Morrison's** and **John Goldrosen's** smiling faces. :) I saw my family and more friends at ~16.8.

I started to get a bit tired around 17-18, when I hit the hills. It was probably mental as well as physical. I walked a bit after every water stop after 15. Some walks lasted longer than others. I had been stopping at the second water stops, and at mile 21. I either missed the first one, or there was only one. I whispered (as that's about all the energy I could muster), "I need some water," and my friend kept his eyes out and found a nice spectator who was offering water cups not long after. It was really good to run with him. After he qualified he temporarily retired his watch, so he just had a good time with Boston. He high-fived just about every kid (ages 2-92) on the course. That was fun, especially on miles 22-26, since it got the crowd going even more when he did that. It was good to see my friends and family at the end and have someone to lean on, literally. In a way the heat was nice then, so I didn't get the shivers as soon as I usually do after marathons. I'd do Boston again, definitely!

After the marathon, I went to Florida for a vacation. I got a pedicure, and the technician didn't even scream when she saw my true runner's feet!

## **COLONIAL WATER STOPS**

CRR staffed both sides of two water stops, at Miles 15 and 16, where the runners faced the daunting fact that 11 miles, and most of the hills, still lay ahead—and it wasn't going to get any cooler. For the first time we can remember, the four-high stacks of water cups that we set up in advance were not enough, and had to be replenished during the race, as runners took several cups to drink and pour over their heads. Also for the first time, even elite runners took water from us, even though they have separate water tables and are nearly paranoid about consuming anything that isn't under their direct control. We also had to deal with the strong wind, that threatened to topple our stacks of filled cups. It blew used cups across Route 16, towards the Charles River.

After the Marathon, **Al Donaghy**, captain at the 16-mile water stop, sent us an email in which he forwarded a laudatory message from the BAA water-stop director, Sue Pernice, and added his comments:

*I was impressed by the teamwork of each of you. While many have done this before, I applaud the way the newcomers were so easily integrated into the team. It didn't take too long for me to realize that my best contribution to our effort was to get out of the way.*

*During a phone conversation with Sue Pernice during the afternoon, I told her that we wouldn't be able to do much of a clean-up due to the way the wind blew the cups around. But once you guys started with the rakes and shovels, amazing things happened! The manager of the A.G. Edwards office (whose rest rooms we were using) came out and complimented me on the unbelievable results. (Especially his front lawn, which had been covered with cups.) I eventually*

had to call back the group that had worked their way down to the Route 128 entrance ramp. The police wanted to open the roads!

*I know the runners appreciated your efforts. For each one who expressed his appreciation, dozens more were thankful but silent. I talked to a couple from Virginia who couldn't continue past our station and waited for the bus. Although they were very disappointed, they vowed to be back next year. The Boston experience overwhelmed them! Take a bow.*

*[Editor's note: Thank you **Al Donaghy** & **Cal Goodwin** for your experienced leadership in this truly memorable event. See you next year!]*

## **THE TALE OF THE HAT—Praise for a Good Samaritan**

The day after the marathon, a runner posted a message on the Coolrunning online runner's forum, about a special experience he had at the CRR 15-Mile water stop:

*“So there I am running, jogging or walking, feeling the heat badly. I left my hat in the wrong bag so I didn't have one for the race. I was hurting. I came to the 15th mile water stop and there was a guy, probably a college student, with a white baseball hat handing out water. I asked him if I could have his hat. He said, “Is it going to help?” I said, “I hope so.” Well the hat did help. I did finish and would like to thank the kid that gave me his hat. I would love to get the hat back to him. It's old and beat up, probably his favorite hat. And he gave it to me. If anyone could help me find this savior let me know.”*

**John Goldrosen** spotted the posting, and alerted **Tom and Susan Yellope**, our 15-mile water stop captains, who checked with their workers and located the “Good Samaritan”: **Tom Vest** of Marshfield Road Runners. Using a link to the Coolrunning poster's email, we were able to put Tom Vest and the runner in touch with each other. Tom emailed him:

*I sensed you had a sincere need for my old gray hat with a torn ragged brim from many cycles in the washing machine. It definitely is my favorite. I thought I would never see it again but understood your need. I can't recall how many training runs and races that hat has shared with me. As a runner, I too, understand the importance of a cap and rarely run without one. This was my first year volunteering at Boston after taking some time off from eighteen marathons. I'm glad I could help and you made the volunteering more personal. Thank you.*

The runner, **John Ottaviani** (finishing time: 3:48), is a man of his word: he came down from the North Shore to Tom Vest's house in Pembroke to personally deliver the well-traveled hat. Here's what Tom told us about the visit:

**I thought that you might be interested in knowing that I received my hat. I personally met John Ottaviani, the runner, who asked the "college kid" for my hat at the mile 15 water stop. He is a marathon hero and a man of honor. John delivered my hat from North Andover to my home in Pembroke on Sunday. What a great ending to a terrific story. I can't believe that my first year volunteering would have such an impact. Perhaps I should set aside running Boston and continue volunteering. Thanks again for having me on your team and a huge thank you to John.**

*Pictures of John and Tom's “reunion” are now on our website. Thanks, Tom, for joining us, and for demonstrating the special spirit of camaraderie among runners.*

## **THE SAUCONY 26: Starring Cindy Meyer!**

A few weeks before the marathon, CRR learned that Saucony was looking for runners in the Boston area to submit applications, to be highlighted in Saucony's Boston Marathon promotional activities. Saucony was planning to choose 26 runners, one for each mile. We passed the word among our members, and some of you applied. One of you was picked: Cindy Meyer, who was running her first Boston Marathon. Cindy and the other runners chosen were featured on a Saucony website and publicized at the Marathon Expo, where poster-sized photographs of the runners

surrounded the Saucony booth. Of all the runners chosen, Cindy was the only one to mention her running club in the write-ups posted on the website and printed in booklets! Thanks, Cindy, for the mention!

Here's Cindy's account of her experiences during Marathon weekend, including the race itself:

*Sometimes very special things come into your life and you can't help but be amazed at the enormous capacity out there for elevation above the everyday and the mundane. Butterflies experience this through a metamorphosis: after crawling around to tramp out their existence they suddenly find themselves wrapped in warm breezes and admiration. I experienced this through Saucony as a part of their Saucony 26 Boston Marathon team, and believe me, I did feel like a monarch trying to make it to Capistrano.*

*Being a part of the best running club on earth has its advantages, and one of these for me was the application for the Saucony 26. I submitted an application at John Goldrosen's request, explaining that my grandmother had just died suddenly in Georgia. I live too far away to get back to see her much and couldn't even get to the funeral. I saw how she was a happy and fulfilled woman even though she lived in poverty and tried to provide for six children by herself. If I ever think I have it tough, I think of her. She would have been 85 on April 24th, very close to the marathon date. She never did anything for herself, always for others. That's why I wanted to run it for her last birthday present, because I never really was good about sending her birthday presents while I had her.*

*The Saucony 26 people were awesome. They contacted us by phone several times to let us know what was going on. The first excitement was going to Marathon Sports in Cambridge for a shoe fitting. Yes, we got free Saucony shoes! If that was not enough, we then received our choice of outfits, shorts and shirt. When we got the outfits, we were also given running pants, socks, and we were told we would receive jackets at the Expo! How can you ever complain about that?*

*Saucony came through with everything and more. We were invited to a press conference at the Marathon Expo at the World Trade Center. There we had HUGE pictures of ourselves posted and a flat screen television telling our reasons for running the marathon.*

*The Saucony 26 Group of selected runners was fantastic, including the Hoyts and one runner who was guiding a blind Kenyan runner. I met the Kenyan, he was probably the very sweetest man I have ever met. I overheard him thanking his guide from the bottom of his heart. He was also telling him he brought a gift for him. I almost cried hearing this very sweet and unassuming man pouring out his gratitude!*

*We had picture booklets made of our photographs, which had been taken at the location of our choice by a professional photographer. These were also posted on a wonderful website for Saucony.*

*After the race we met at the restaurant in the Lenox hotel on Boylston, "Sola's", and were treated to cake, open menu and open bar for us and our families. After the meal we received a free private massage in the back of the restaurant, and this was one awesome massage. The coup de grace was the check we received for running, \$10 per mile. How could it get any better?*

*I learned three things in this experience. First of all, my boyfriend **Joe Egan** is the best connected man in Boston, his college roommate was another of the Saucony 26 team. Second, my daughter **Megan** is truly amazing. She and Joe worked the Mile 15 water stop for the marathon, and it was the thrill of my life to run up to that stop and see her beautiful little smile above a poster signed by all of her class at Gordon Mitchell Middle School saying "Go Cindy". She ran with me a little and got a Happy Birthday song, her 12<sup>th</sup> birthday was the next day. If only my son **Mitch** were there it would have been absolutely perfect! Third, don't say can't, only you can determine your capabilities. If **GRITS (Girl Raised In The South)** and the Boston Marathon can go together, anything is possible. The Boston Marathon has been a dream since I started running at age 26. If you would have told me then that I would do it at age 40, I would have laughed myself silly.*

*Thanks to the Colonials for helping me out of my cocoon, thanks to Saucony for the "butterfly" part, they certainly gave me the greatest wings, and thanks to Joe and Megan for the uplifting breezes to keep me fluttering to the finish. Megan, that medal looked great on you, baby doll!*

## CLUB NEWS

### CLUB SINGLETS

Our apologies for running out of stock of most sizes of our club singlet. The style that we have been using was discontinued by the manufacturer (Nike), and so we could not reorder it. We have now selected a replacement, which is also made by Nike, and has a fit similar to the previous singlet. The big difference is that the new singlet is a lighter-weight fabric, and will definitely be more comfortable for warm-weather running. This singlet will have a white front and a red back and shoulders, with the club name printed in red across the front. We are now ordering the singlets, and will have them available for sale as soon as possible at fun runs and Grand Prix races. We still have the following sizes available in the previous singlet: Women's small, men's XL, and men's XXL.

### CLUB OFFICERS AND DIRECTORS

At the April 25<sup>th</sup> meeting, the following members were elected as officers and directors for the coming year:

**President:** John Goldrosen

**Secretary:** Susan Yellope

**Treasurer:** Ellen Litt

**Membership Director:** Jeanne Sullivan

**Club Races Director:** Al Donaghy

**Website Director:** Frank Donaghy

**Newsletter Director:** Stephen Smith

**Directors-at-Large:** Susan Makovsky

Frank Nelson

Ilda Nelson

Clayton Gardner

Jim Dorman

Linda Morris

Cal Goodwin

Wayne Smith

Curt Jarva

Jim Conley

Dave Morrison.

The position of Vice-President was not filled at the meeting, and may be filled later.

A special salute to **Curt Jarva**, who has stepped down as Treasurer, after serving in that position for most of the club's history. Also, thanks to **Tom Yellope**, who has stepped down as Vice-President. After making a list of all the things Tom was doing for the club, both in organizing events and publicizing the club to non-members, we realize it will take about ten people to take his place!

### NEW MEMBERS

The following runners have joined our club in the last few months. Please say "hi" and get to know them when you see them at club races and events:

David Johnson, Avon

Dawn Pelletier, Avon

Denise Abbott, Avon

Dianne Cullivan, Middleboro

Jean Sansevero, Quincy

Kevin Grow, Holbrook

Mary Connolly, Mansfield

Michael Hardiman, Avon

Barrett Simms, Hingham

Stephen Cushing, Raynham

Steven Woelfel, Westwood

Susan Walsh, Randolph

Patty Quintero, Stoughton

Judy Deame, Rockland

Teresa Norton, Abington

## MEMBERS' CONTRIBUTIONS

In addition to the Boston Marathon-related members' notes printed earlier in this newsletter, here is Rick Hayes' account of a 50-mile race. Also, for those of you who have noticed Frank Nelson's recent absence from local races and the Boston Marathon, here's an explanation:

### **TO DO OR NOT TO DO: The Texas Sunmart 50-miler—by Rick Hayes**

*Everything is big in Texas. We've all heard that saying for years. It all started two years earlier for me, I was sent out to Chicago on two years active duty. Met up with this crazy running group. They even do 100 milers! I said, "I wouldn't even do 50." Well, I ate my words, for this Texas 50 was incredible.*

*I flew down Friday night December 12th and arrived at the Host Hotel in Houston, eager for this "BIG" Texas experience. The Sunmart 50 Race drew over 1,000 runners, 750 did the 50K, which they refer to as the "diaper dash" or "kiddie run," while over 250 of us REAL men/women did the 50 miles. This race is one of the largest ultra marathons in the country.*

*Arriving at the expo to pick up our number we received a Sunmart duffle bag, which they proceeded to fill with a hat, sunglasses, bandana, gloves, camera, leather organizer, waist belt and bottle, golf shirt and more! All this included in the entry fee! Next, off to the pre-race buffet dinner, in an elegant ballroom. Baked boneless chicken breasts, sliced beef on noodles, veggies, salad, several side dishes, drinks and desert. All included in the entry fee.*

*Saturday, race day, we were bused over to the race area, an hour away. You must get there early, for they serve a full breakfast, scrambled eggs, french toast, muffins, juice and hot cocoa. It was fantastic. An hour later we are off. Cloudy and in the 50's. It was a very nice course, 95% on trails in the Huntsville State Park woods. It was mostly flat, a few hills but nothing like the Kettle Moraine State Forest 50M I had run last May in Wisconsin (11 hrs and 19 minutes). The race was very well supported, with friendly volunteers and aid stations that were well stocked with fluids, eats, etc.*

*Upon completing the race, 9hrs and 15 minutes later, I had a choice of their Sunmart Wind jacket or a hand made Sunmart afghan at the finishers line, along with the medal. Once you cool down and change your clothes, all runners and friends were invited to come into the big tent for a nice sit down BBQ meal with all the fixins. Then we had our final ride back to the hotel. These folks in Texas know how to host an event. The vote from all of us who went...*

*"EVERYTHING IS BIG IN TEXAS"*

### **OF INJURY AND RECOVERY—by Frank Nelson**

*Some of you may be aware that I have been injured, and as a compulsive runner, I thought that I would share information about the injury with you, as well as the recovery that is also involved.*

*First off, try to minimize or reduce injuries before they spiral by listening to your body. If you are experiencing pain (not general discomfort) for more than a couple of days, especially if it is not a uniform pain (ie: left leg, not right), get it checked out by your physician before you do DAMAGE.*

*In my case, I suffered a fairly severe stress fracture in my hip joint socket just above my femur. The pain I felt was in my groin area and when I first felt it, I continued to run for over a week in complete pain. Then, before being properly diagnosed, I was going to physical therapy and still trying to run through the pain. In the end I may have made the fracture worse and increased my recovery process by NOT listening to my body and others. I could not stop running because I am compulsive (like other people I know), but in the end I made my situation worse.*

*Now on to recovery: I expect to be back to running in late May/early June. Physical therapy can make a huge difference in recovery time and there is no better than Kennedy Brothers Physical Therapy (<http://www.kennedybrospt.com>). They specialize in running-related injuries. Because of my fracture, I am limited to non-weight bearing activities, in order for the fracture to heal. I am doing deepwater aqua-jogging and that has proven to be an awesome alternative to running, with no impact at all. Water provides twenty times the resistance of air, and you would be shocked at the quality workout you achieve. Fitness levels should be able to be maintained for when you return to running (I'll let you know if this is truth or fiction).*

*The point is that with almost any running injury, you must remain positive, and not get depressed (a positive attitude has proven to speed up recovery times). In addition, depending on injury, there is almost always a good alternative to running that can aid in recovery, keep you fit, keep you motivated, and cure that compulsion to run.*

*I have run for 15 years and this is my first real injury. I am fortunate. But I have learned, that taking care of your body, and listening to your body is often taken for granted, and not given the attention it needs. A couple of days of rest is better than 12 weeks of not running a step, and missing the Boston Marathon, for which you were training so very hard.*

**GRAND PRIX UPDATE  
New Bedford Half Marathon**

**New Bedford, MA**

**Males**

<b>Under 50</b>				<b>Over 50</b>			
<u>First Name</u>	<u>Last Name</u>	<u>Place Time</u>	<u>Points</u>	<u>First Name</u>	<u>Last Name</u>	<u>Place Time</u>	<u>Points</u>
1 NICK	GIANNAROS	207 1:29:31	10	1 CLAYTON	GARDNER	538 1:39:28	10
2 MARK	SFERRAZZA	322 1:30:59	9	2 ANDY	BRENNAN	688 1:44:10	9
3 DAVE	SOUSA	338 1:31:32	8	3 DAVID	MORRISON	738 1:45:17	8
4 ANDY	CORRY	388 1:33:37	7	4 JOHN	GOLDROSEN	1209 1:59:17	7
5 MARK	ROTHFUSS	404 1:34:20	6				
6 JAMES	CONLEY	593 1:41:09	5				
7 MARC	BLANDIN	608 1:41:29	4				
8 DAVID	MARTIN	622 1:41:57	3				
9 CHARLES	MORGAN	857 1:49:19	2				
10 STEPHEN	CUSHING	894 1:49:30	1				
11 THOMAS	STRACQUALURSI	926 1:50:02	1				
12 WILLIAM	HEWITSON	1236 2:00:22	1				

**Females**

<b>Under 50</b>				<b>Over 50</b>			
<u>First Name</u>	<u>Last Name</u>	<u>Place Time</u>	<u>Points</u>	<u>First Name</u>	<u>Last Name</u>	<u>Place Time</u>	<u>Points</u>
1 HILLARY	HEWITSON	418 1:34:41	10	1 CHRISTINE	MISKINIS	900 1:49:35	10
2 SUSAN	MAKOVSKY	629 1:42:14	9	2 SUE	SIMMONS	1007 1:52:38	9
3 LORI	NOEL	969 1:51:30	8				
4 MEGAN	AARDEMA	1066 1:54:39	7				
5 DONNA	COHEN	1200 1:58:56	6				
6 JENNIFER	BUCCIGROSS	1386 2:06:14	5				
7 JEANNE	SULLIVAN	1440 2:08:01	4				
8 CINDY	CONLEY	1633 2:19:22	3				

**Road Race By the Sea 10k (6.21mi)  
April 4, 2004  
Cohasset, MA**

**Males**

<b>Under 50</b>				<b>Over 50</b>			
<u>First Name</u>	<u>Last Name</u>	<u>Place Time</u>	<u>Points</u>	<u>First Name</u>	<u>Last Name</u>	<u>Place Time</u>	<u>Points</u>
1 JJ	Prior	8 35:56	10	1 Sam	Baumgarten	113 45:19	10
2 Mark	Rothfuss	46 41:36	9	2 Jim	Dupont	152 46:58	9
3 Andy	Corry	48 41:46	8	3 David	Morrison	164 47:23	8
4 Jim	Conley	52 41:58	7	4 John	Goldrosen	301 51:22	7
5 Dave	Sousa	58 42:35	6	5 Mike	Lozan	437 55:52	6
6 Bart	Simms	91 44:17	5				
7 Stephen	Smith	136 46:09	4				
8 Charlie	Morgan	232 49:36	3				

**Females**

<b>Under 50</b>				<b>Over 50</b>			
<u>First Name</u>	<u>Last Name</u>	<u>Place Time</u>	<u>Points</u>	<u>First Name</u>	<u>Last Name</u>	<u>Place Time</u>	<u>Points</u>
1 Jill	Strathdee	56 42:17	10	1 Sue	Simmons	272 50:52	10
2 Susan	Makovsky	95 44:25	9				
3 Hillary	Hewitson	100 44:41	8				
4 Beth	Corry	258 50:22	7				
5 Tiffany	Walker	267 50:37	6				
6 Cindy	Conley	581 61:33	5				

**Strawberry Shortcake 10k (6.21mi)  
May 15, 2004  
Plympton, MA**

**Males**

<b>Under 50</b>				<b>Over 50</b>			
<u>First Name</u>	<u>Last Name</u>	<u>Place Time</u>	<u>Points</u>	<u>First Name</u>	<u>Last Name</u>	<u>Place Time</u>	<u>Points</u>
1 Dave	Sousa	15 41:28	10	1 Clayton	Gardner	31 44:02	10
2 Mark	Rothfuss	22 43:08	9	2 Sam	Baumgarten	42 46:02	9
3 Marc	Blandin	32 44:22	8	3 Andy	Brennan	52 47:08	8
4 Tom	Stracqualursi	39 45:08	7	4 Dave	Morrison	55 47:14	7
5 Charlie	Morgan	78 49:30	6	5 Jack	Foley	61 47:41	6
6 Bill	Hewitson	112 53:57	5	6 John	Goldrosen	98 51:59	5
7 Dave	Martin	145 59:37	4	7 Mike	Lozan	141 59:20	4

**Females**

<b>Under 50</b>				<b>Over 50</b>			
<u>First Name</u>	<u>Last Name</u>	<u>Place Time</u>	<u>Points</u>	<u>First Name</u>	<u>Last Name</u>	<u>Place Time</u>	<u>Points</u>
1 Jill	Strathdee	19 42:08	10	1 Sue	Simmons	105 52:43	10
2 Hillary	Hewitson	38 44:59	9	2 Betsy	Knapp	177 1:09:02	9
3 Susan	Makovsky	44 46:12	8				
4 Gail	Martin	45 46:13	7				
5 Chris	Hollander	50 47:03	6				
6 Megan	Aardema	54 47:13	5				
7 Lori	Noel	63 48:02	4				
8 Mary	Connolly	87 50:43	3				
9 Christine	Zepeda	95 51:27	2				
10 Tiffany	Walker	116 55:00	1				
11 Jeanne	Sullivan	117 55:14	1				
12 Beth	Hackett	125 56:57	1				
13 Cindy	Meyer	161 1:04:13	1				

**2004 Colonial Road Runners Grand Prix  
Overall Standings  
(as of May 16, 2004)**

**Males**

<b>Under 50</b>				<b>Over 50</b>			
<b><u>First Name</u></b>	<b><u>Last Name</u></b>	<b><u>Points</u></b>	<b><u>Change</u></b>	<b><u>First Name</u></b>	<b><u>Last Name</u></b>	<b><u>Points</u></b>	<b><u>Change</u></b>
1 David	Sousa	41		1 David	Morrison	37	
2 Mark	Rothfuss	39		2 Clayton	Gardner	37	1
3 Marc	Blandin	25	2	3 Andy	Brennan	36	-1
4 James	Conley	22	-1	4 Sam	Baumgarten	33	
5 Nick	Giannaros	19	-1	5 John	Goldrosen	24	
6 Mark	Sferrazza	16		6 Jack	Foley	16	1
7 Charlie	Morgan	16	1	7 Jim	Dupont	15	-1
8 Andy	Corry	15	-1	8 Mike	Lozan	14	
9 Tom	Stracqualursi	12	5	9 Cedric	Baar	5	
10 Frank	Nelson	10	-1	10 Charlie	Dorman	3	
11 JJ	Prior	10	-1				
12 Bill	Hewitson	10					
13 Tom	Yellope	9	-2				
14 Dave	Martin	7	4				
15 Bart	Simms	5	-2				
16 Paul	Clark	4	-1				
17 Steve	Smith	4	-1				
18 Chris	England	3					
19 Stephen	Cushing	2					

**Females**

<b>Under 50</b>				<b>Over 50</b>			
<b><u>First Name</u></b>	<b><u>Last Name</u></b>	<b><u>Points</u></b>	<b><u>Change</u></b>	<b><u>First Name</u></b>	<b><u>Last Name</u></b>	<b><u>Points</u></b>	<b><u>Change</u></b>
1 Susan	Makovsky	44		1 Sue	Simmons	39	
2 Hilary	Hewitson	37		2 Pat	L'Italien	10	
3 Jill	Strathdee	30		3 Chris	Miskinis	10	
4 Lori	Noel	20	1	4 Irma	Walat	9	
5 Megan	Aardema	20	1	5 Betsy	Knapp	9	1
6 Jeanne	Sullivan	18	-2	6 Ellen	Litt	8	-1
7 Jennifer	Buccigross	15					
8 Cindy	Conley	8					
9 Maureen	Shea	8					
10 Beth	Corry	7					
11 Bonnie	King	7					
12 Tiffany	Walker	7	1				
13 Gail	Martin	7	5				
14 Donna	Cohen	6	-2				
15 Beth	Hackett	6	-1				
16 Christine	Hollander	6	3				
17 Marie	Ficociello	4	-2				
18 Cindy	Meyer	3	-2				
19 Mary	Connolly	3	1				
20 Christine	Zepeda	2	1				
21 Christine	Galvin	1	-4				

Please review each individual race and the overall standings to verify your point total. Contact Frank Donaghy, [FrankD@colonialrunners.org](mailto:FrankD@colonialrunners.org) if you feel your point total is in error.

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