



January 2006

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Dear CRR Members:

As usual with our newsletter at this time of year, there is lots of time-sensitive information, much of which we have already passed along in emails to those of you on our club email list. Besides a summary of club activities and members' accomplishments over the past few months, and special articles contributed by our members, here is information about the following club activities:

- **CLUB BANQUET & DANCE:** January 28, 2006—Registration Form Enclosed!
- **2006 MEMBERSHIP RENEWAL:** Application Form Enclosed!
- **CLUB AWARDS FOR 2005:** Report your awards by January 14th!
- **PADDY KELLY ROAD RACE:** February 12, 2006—Runners and Volunteers Wanted!
- **2006 GRAND PRIX COMPETITION SERIES:** Rules and Race Listing Enclosed!
- **2006 RACE PARTICIPATION SERIES:** Rules and Race Listing Enclosed!
- **HYANNIS 10k/13.1m/ MARATHON:** February 26, 2006—Volunteers = Free entries!
- **BOSTON MARATHON WATER STOP:** Information for CRR volunteers!

UPCOMING EVENTS & IMPORTANT DEADLINES

ANNUAL CLUB BANQUET & DANCE: Saturday Evening, January 28, 2006

Our major social event of the year, the **Annual Club Banquet and Dance**, will be held on Saturday, January 28th, once again at TJ Smith's Victorian House, North Central Street, East Bridgewater. The fee is \$30 per person. The event begins with cocktails at 5 PM, and dinner at 6 PM. The Club Awards ceremony will be held after dinner, followed by a **DJ and Dancing** from 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 20th by mailing the registration form to Jeanne Sullivan at 47 Ridge Street, Brockton, MA 02302, or registering online.** (See the CRR website, www.colonialrunners.org, for online registration.) The addition of the DJ last year was a big hit with everyone, and should make everyone feel comfortable about bringing non-running spouses and friends for a great "night out." This is our biggest social event of the year, and a great opportunity to meet old friends and make new ones among club members.

2005 MEMBERSHIP RENEWAL

The 2006 Membership Renewal Form is enclosed with this newsletter. Our dues are the same as for 2005. 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 remind you later. For your convenience: this year for the first time, **you can renew online at www.signmeup.com/52808.** 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. Any CRR member is eligible to apply for a club 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. Because the deadline for applying for a CRR waiver is **January 5, 2006**, we have already sent an announcement by email to club members. If you are interested in applying and did not get the email, or if you have any other questions, please email **John Goldrosen** right away at president@colonialrunners.org or call him at 781-447-2812.

CLUB AWARDS FOR 2005—Apply by January 14th!

Club awards for 2005 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 14, 2006**, by sending a letter to 1701 Plymouth Street, Bridgewater, MA 02324, or by emailing Frank at fcn10k@msn.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. 12, 2006, 11 AM, Harry's Westgate Pub & Grill

Flyers for the Paddy Kelly Road Race were recently sent to all members. This is the Twenty-Fifth Year for this event, which is CRR's major club-sponsored race. In 2005, we moved the race headquarters to Harry's Westgate Pub & Grill, at the rear of Westgate Mall in Brockton, and this turned out to be a large and comfortable site for post-race festivities. With the course now located entirely within D.W. Field Park, we have less concern about weather and traffic. **CRR members can pre-register for just \$8.00 through February 5th.** (On-line registration is available at www.colonialrunners.org, and the membership discount is available on-line as well.) The first 200 pre-registrants will receive Stickman winter racing gloves and, to mark the 25th year of the race, special commemorative mugs.

The Paddy Kelly Road Race is directed, organized, and staffed mostly by CRR members, so please help us make it successful by participating. Proceeds support club activities and youth running programs. If you are not planning to run: **please volunteer!** Contact our race directors, **Susan and Tom Yellope**, at (774) 240-5622 or paddykelly@colonialrunners.org.

2006 GRAND PRIX COMPETITION SERIES

Enclosed on a separate page is a listing of the races that we have selected for the 2006 Grand Prix Competition Series, and an explanation of the rules and procedures. As in 2005, there are three age categories (Under-40, 40-49, and 50-Plus), and twelve races. A maximum of ten races count towards a runner's point totals, so that you can miss a couple of races without affecting your standing for the year. The Grand Prix Competition Series serves several purposes, including: (1) providing a championship series for our competitive runners, (2) encouraging our members to support local races, (3) increasing the club's visibility, and (4) creating an opportunity for club members to socialize regularly at the most likely venue—a race! So--if you are a new member: please don't think that this Series is only for the "best" runners—it's for everyone! The Grand Prix director is **Frank Donaghy**. If you have questions, please contact Frank at grandprix@colonialrunners.org or 781-341-8019.

The first CRR Grand Prix race of 2006 is Jim Dupont's Frostbite 15K, on January 15, at the Raynham Middle School. (A flyer has been sent to all members.) If you are not running, Jim can certainly use your help as a **volunteer**. Contact Jim at jdupont01@comcast.net or 508-822-0376.

2006 RACE PARTICIPATION SERIES

Also enclosed is a tentative list of the 2006 Race Participation Series events, with an explanation of what you need to do to win a Race Participation Award. (Additional races may be added during the year, so check our website for updates.) 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 when we ask you to apply for annual club awards (as we are doing now for 2005).

WINTER FUN RUNS—Sundays, 1:00 PM, through Feb. 5th, Abington Depot Restaurant

Our series of 4-mile winter races is attracting about 40 runners a week. They enjoy a timed race for a mere \$2, with a post-race pub scene (complete with pizza and big-screen football) at the cozy Abington Depot. Thanks to **Jim Conley**, who is directing the series. Come shake the winter blues, brush the icicles away, and join us to run or to help with the timing and race organization.

HYANNIS MARATHON / HALF-MARATHON / 10K: Sunday, February 26

These three races all start and finish at the Sheraton near downtown Hyannis, just 75 minutes from Brockton, and are run on fairly easy courses (depending, of course, on variations in late-winter weather). For those runners still hoping to qualify for Boston, the Hyannis Marathon is, literally, the last chance. For the past few years, Colonial members have served as **volunteers**, taking on the pre-race task of directing cars into the nearby parking lots, as well as helping out at the finish line. In return for our assistance, race director Paul Collyer offers **free entries to Colonial members**. For a free entry, please mail your application 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. In return for this benefit to CRR members, we have to hold up our end of the bargain, so—if you are planning to take advantage of a free entry...how about helping out beforehand with the parking management (you'll still have time to get your warm-up done), or lining up a friend or family member to volunteer with the pre-race activities and then cheer you on during your race? That will help take the load off the "usual crew," many of whom will have been involved with the Paddy Kelly race just two weeks before. **To volunteer, please contact Jim Dupont at jdupont01@comcast.net or 508-822-0376.**

BOSTON MARATHON WATER STOP—Monday, April 17

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.

If you worked the water stops in 2005 and have received information from the BAA by mail or email about volunteering for 2006, please wait for signup instructions from our water stop captains, Tom & Susan Yellope (for the 15-Mile water stop) and Al Donaghy (for the 16-Mile water stop). The BAA is creating a new system for online signups, and we are working with them to establish a procedure that ensures you will be assigned to your usual spot.

If you did NOT work at a CRR water stop in 2005 and would like to participate in 2006, please contact Tom & Susan Yellope or Al Donaghy for instructions. If there are any openings on the 2006 water-stop crews, they will fill those openings from the CRR members who apply to them. We will send out more information by email, as it becomes available.

BLUE HILLS "FUN RUN" TRAIL RACES – Sunday, May 7, 2006, 10:00 AM, Milton

Following up on the success of the October Houghton's Pond Trail Race, **John Goldrosen** has figured out routes for another trailrunning event: the first-ever Blue Hills Trail Fun Runs, on Sunday, May 7th. The Trail Fun Runs will both begin and end near the Trailside Museum on Route 138, a half-mile north of Rt. 128/93 (adjacent to the Blue Hills Ski Area), and will follow trails in the Great Blue Hill section of the Blue Hills Reservation. One course will be about 10 miles long, and will be tougher than the Houghton's Pond Trail Race course. The other course will be about 4 miles long, and will be ...well, OK, it will ALSO be tougher than Houghton's Pond, but at least it will be shorter! We're calling this a "Fun Run," because to keep things simple (and cheap), the trail races will be timed but won't offer T-shirts or a lot of prizes. We'll ask for a \$5 contribution, or the equivalent in donated post-race refreshments. Stay tuned to our website and emails for further information (and a call for volunteers!).

CHRISTOPHER'S RUN – Monday, May 29, 2006, 11:00 AM, West Bridgewater

The Fourth Annual Christopher's 5K Run and Walk for Diabetes will be held on Memorial Day at the West Bridgewater Senior Center on Rt. 106. A flyer has been sent to all CRR members. New this year is a free half-mile kids fun run, which will be held at 10:15 AM. **Frank Nelson** is the race founder and director. Frank's son, Christopher, has juvenile diabetes, and the event raises funds for the American Diabetes Association. CRR is proud to be a participant in this race—please run or volunteer! **Contact Frank at 508-583-2440 x308, or christophersrun@colonialrunners.org.**

FALL 2005 REVIEW

CRR WINS INAUGURAL MARATHON CLUB CHALLENGE RELAY!

President's Note: In an event that wasn't decided until the final lap, Colonial Road Runners WON the First Annual Marathon Club Challenge Relay on November 6th at the Marshfield High School track, beating the host Marshfield Road Runners, 3:01:50 to 3:03:30—a difference of just 100 seconds! Each of our first 25 runners ran 4 laps on the 400-meter track, with our "anchor," **Stephen Smith**, running 5.5 laps to complete the marathon distance and break the tape.

Afterwards, there was pizza for all, ribbons for each member of the winning CRR team, and special awards for the overall winners in each age group. The event was a lot of fun for the participants from both clubs, and an inspiration to many of us to attempt something we had either never done or hadn't tried in many years: to run our fastest over a short distance, and to push beyond our "comfort zone." Thanks to **Steve Lanzillotta** of MRR for dreaming this up...to all the Colonials who responded in such numbers that we were able to field a full team without anyone having to "double up" on laps...and especially to **Gail Martin**, who agreed to be Relay Captain and to organize the CRR team. Gail spent a LOT of time and energy recruiting runners, keeping them informed of the details, and accommodating their scheduling wants and needs. If Gail hadn't stepped forward, there might not have been a CRR team—it takes volunteers like her to make these things happen. Here is Gail's report, followed by the times for the CRR runners (in the order that they ran), and the CRR winners of age group awards. Meanwhile, mark your calendars...next year's Challenge is tentatively scheduled to be held on Sunday, July 23rd, to make it a summertime event.

Colonial Road Runners Hit the Track-- by Gail Martin

There are many advantages to growing our running club to over 200 members. One of them is flawlessly filling a team of twenty-six men and women of all ages (over eighteen) and abilities to meet the Marshfield Road Runners marathon track relay challenge...and WIN! Okay, we did have a few minor snafus...who doesn't when attempting to field a team of any size? Yes, it's frustrating to have the team "all sewn-up" and watch it unravel slowly just days before the race...BUT, we had a list of alternates who stepped to the plate as soon as a space opened up for them to run. The bottom line was that any Colonial who wanted to run on our team did! All but three were totally surprised by their timed-mile, running 30-60 seconds faster than imagined. The three who didn't run faster (I was one of them) were right around their predicted time...I was only off by a second, for example.

As a result of our awesome performance, we hold the winning trophy cup, engraved with our club name and 2005, for the year. With repeat performances, we could keep the cup from year-to-year...so get to the track once in a while, and work on those mile times! Hoo-Hah!

It was truly a team effort, with everyone giving his or her best effort. A special thank you goes to **Dave Martin** and **Bill Bolter** for timing our runners, as well as team members who helped out before or after their leg had been run. Also, thanks goes to our team Mascot **Jim Dupont** and his lovely wife, **Mary**, for helping out tirelessly as they typically do. What would an event be without Jim, orange (long tube socks that day) and the megaphone? Thanks goes to everyone there...without you, the event would not have been the same. Special mention goes to **Clayton Gardner**, who apparently has dual-citizenship with both clubs. Sadly, he did not run for our team that day, but he did run an awesome mile for team MRR! I bet he wishes he was on the other side now!

From the fun everyone had, I get the feeling that this is an event that CRR will participate in again in the future, but as with any relay, I am passing the baton off to the future team captain...who will be next?

CRR Runners / Ages / Times ("in order of appearance")

- | | | |
|-------------------------------|------------------------------|------------------------------|
| 1. Tom Yellope, 51, 5:53 | 10. Nora Shanahan, 46, 7:19 | 19. Kevin Whalen, 45, 6:39 |
| 2. Pat L'Italien, 64, 7:45 | 11. Beth Corry, 40, 6:27 | 20. Gail Martin, 40, 7:01 |
| 3. Hillary Hewitson, 33, 6:13 | 12. Andy Corry, 40, 5:36 | 21. Susan Makovsky, 35, 6:30 |
| 4. Cindy Conley, 47, 7:53 | 13. Bonnie King, 37, 7:16 | 22. Megan Aardema, 27, 6:29 |
| 5. Jim Conley, 50, 6:11 | 14. Mark Woelfel, 49, 6:39 | 23. Teresa Norton, 33, 6:53 |
| 6. Amy Bolter, 28, 8:27 | 15. Bill Hewitson, 34, 6:10 | 24. Irma Walat, 65, 8:31 |
| 7. Kevin Reino, 23, 5:34 | 16. John Goldrosen, 55, 7:51 | 25. Betsy Knapp, 60, 8:46 |
| 8. Dave Morrison, 55, 7:33 | 17. Andy Brennan, 52, 5:57 | 26. Stephen Smith, 36, 6:45 |
| 9. Mark Rothfuss, 42, 5:53 | 18. Wayne Smith, 67, 6:58 | |
- (9:15 total for 5.5 laps)**

Colonial Age-Group Winners

Women: Megan Aardema (18-29), Beth Corry (40-49), Pat L'Italien (60-69)

Men: Kevin Reino (18-29); Andy Corry (40-49), Tom Yellope (50-59)

(Note: Kevin Reino was the fastest runner overall at the Relay!)

LAKE WINNIPESAUKEE RELAY (September 24, 2005)—by John Goldrosen

Colonial runners had an enjoyable day of running at the annual Lake Winnepesaukee Relay on Saturday, September 24th. We were blessed with the best weather in years--cool, dry, and sunny, perfect for long-distance running.

We had three teams. Our Mixed-Open team (4 men, 4 women), the **CRR Hot Shots**, finished 3rd of 19 teams in that division, and were awarded a set of the coveted Lake Winni "Loon" beer glasses for their feat. This is the first time in recent and not-so-recent memory that a Colonial team has finished "in the money" at Lake Winni. Members of that team were **John Saville, Marc Blandin, Dave Sousa, Peggy Schmidt, Megan Aardema, Nora Shanahan, Lori Noel, and Stephen Smith**. Our Mixed Seniors team (50+), the **CRR Silver Streakers**, finished second in their division...well, OK, so there were only two teams, but who's counting? That team consisted of **Pat L'Italien, Cedric Baar, Mary Connolly, Rick Hayes, John Goldrosen, Irma Walat, Phil Crawley, and Betsy Knapp**. Our third team, **The Good, the Bad, and the Dupey**, included Colonials and a few friends-of-Colonials to fill out the roster: **Dick Doran, Ed Dowling, Mary-ellen Sawyer, Jay Hunt, Dave Sousa, Carl Brugnoli, Lisa Lawrence, and Dave Malliaros**. No, that's not a typo, Dave Sousa did run two legs for two different teams, about 22 miles in all! After the race, we had a festive dinner at a local restaurant before heading back home.

I also want to congratulate **Frank Nelson**, who ran a leg for the elite "Hurtin' For Certain" Mens Open team, which finished first overall. Frank ran the 4-mile 4th leg in 22:20 (5:35 pace), and was the second-fastest runner overall on that leg.

Congratulations to everyone, especially the first-timers. Talk to anyone who participated, and you will hear what a great event this is. If you've never participated in this, put it down on your calendar for next year, because you won't regret it,

Finally, an enormous THANK YOU from the club to **JIM DUPONT**, who recruited and organized the teams. This is a hugely complex undertaking, between recruiting the runners, assigning them to the various legs (and accounting for desired distances and routes), figuring out how to get the right mix of ages and sexes to satisfy the entry rules, and then providing logistical support and direction to three teams, running at different paces, spread out across 65 miles of New Hampshire countryside. The amount of time and energy it takes to do all this is tremendous, and we're all in Jim's debt for taking this on.

Now, for another view from our "man in the streets." Here's ED DOWLING's take on Lake Winni, as only he can tell it...

The call came early this year, **Jim DuPont**, team organizer for the Colonial Road Runners attack on the Fred Brown Relay put on by the North Medford Club (NMC). This was my fifth year participating and one of the best. I told Jim, yeah, I'd run a leg and then nothing. Weeks go by and no word. Literally on the eve of the race the emails came flooding in. I said I'd run anything and Jim did me a great favor and put me on the second leg, 11 miles, my favorite. A flurry of emails more and "The Good, the Bad, and The Dupey" was set to go. We had 7 of the eight legs for this 65 mile circumnavigation of Lake Winni covered, with one leg open with two possible runners penciled in. I call **Dave Malliaros** to see if he can take his gas-sipping car up there as I have a hulking SUV any OPEC member would love.

"Dave, wanna carpool up to the race?"

"Sure what time"

"We gotta be on the road by 5 am"

"Sure"

"Uh, if you drive, I'll pay for gas?"

"Okay"

Note to the wimmin folk, this is how guys talk on the phone.

Morning comes quick and I wake to hear the dogs growling as Dave pulls in. I laid out my clothes the night before so all I have to do is pull them on, blast the sonicare toothbrush through my mouth, that thing could wake the dead! Off to Drunkin Blownuts for a large and a bagel at Neponset Circle. Heading north on 93 they've got the Big Dig tunnel closed for repair and we're shunted off onto the remnants of Atlantic Avenue to navigate north with no signage...in the dark.

Nice. 14 billion and still travelers are mistreated.

An easy cruise north and in no time we're pulling into the Fun Spot parking lot with 35 minutes to the start. As we pull in I start scanning for Colonials and find none. Experience has been to spot someone right off the bat, so this isn't good. We park and begin the search for the "orange one". It isn't until we reach the tent we spot not him but Mary DuPont his tolerant wife also dressed in orange, hmmm, I hope she puts a stop to that fashion faux pas quick, it's okay Jim - only you look good in protestant orange.

Then Jim jumps in grabs me and immediately knuckles me to run a leg for the Marshfield Road Runners (MRR) team. Jim came up lame and is looking for someone to fill his spot.

“Sure, anything to help out”

Luckily, MRR found someone else. I'm off the hook.

We're the first to arrive but more Colonials quickly converge and the teams gel. The sun is out in a cloudless sky, promising to be a spectacular day. Team Dupe has six of eight members present with **Carl Brugnoli** and the mysterious woman from the Antarctic showing up at their respective exchange points later in the day. It seems John Goldrosen happened to be chatting up the relay while down in the Antarctic – ask him, and **Lisa Lawrence** committed to helping out our team. The running club she's with is too competitive and she's happy to run with us. When not in the Antarctic she can be found in New Hampshire – go figure.

For our Team, **Dick Doran** is running leg one, I'm running leg two, **Mary Ellen Sawyer**- Dicks-gal pal, leg three, **Jay Hunt** leg four, either **Dave Sousa** or **John Saville**, leg five, Dave M running leg six, the mysterious Antarctic woman Lisa Lawrence, leg seven and Carl Brugnoli leg eight.

It's incredible how Runners/Teams from all over New England (and the Antarctic) converge on the Fun Spot in Weirs Beach, New Hampshire to run this awesome event, Still can't over it. A lot of time and effort organizing these things – Thanks Dupe! and it works!

Dick's ready, everyone queues up at the start,

“Five minutes!”

A few words from race organizer NMC'er Ken Robichaud and Dupe sounds the siren.

They're off!

Dick's running eights for 10.8 miles, so we join the car conga line to the exchange point at the Gunstock Ski Area for leg two.

For you skiers/shredheads who pass by Gunstock take another look: a new high speed quad and a new terrain park.

Dick sets the pace finishing leg one for Team Dupe in 73rd place. Dupes got radios and a lookout a third of a mile out as I get ready.

“Dicks Comin' in.” crackles the radio.

I stage in the chute and take the hand off. **Cedric Barr** is running for the second CRR team- The Silver Streakers and makes the exchange at the same time. Cedric sets a consistent eight-minute pace and we quickly fall in lock step and knock off five miles just south of 40 minutes. Cedric is running the Philadelphia Marathon in November and is in prime shape, we're side by side the whole way.

Irma Walat and Betsy Knapp are the angels, providing water and Gatorade every two miles, without them we'd of been fried. I spy a gaggle of runners ahead and zero in, reeling in four before the hand off for leg 3 in 68th place.

I spy **Mary DuPont** calling my arrival in Alton Bay and Mary Ellen Sawyer is waiting with Dupe for the handoff. In a blink my portion of the relay is over, 93 minutes, and now I can do my post-run jump in the lake. Something I've been thinking about since I found out I'd be running leg two. The water was inviting, peeling off the shoes and a leap off the dock into that delicious fresh water to soak off the sweat and bugs from the 11 mile jaunt. Floating there, relaxing seeing the spectacle before me was worth the price. None better. Not to be outdone, Cedric shows off his fine cannonball jump off the dock.

I towel off and Dave's waiting, On the way to the exchange spot for leg 4 we stop at a local grocery to fortify Dave with a snickers and myself with a well deserved cold and frosty and a bag of jerky. The craving for any junk food is incredible.

Heaven on earth.

At the Kingswood Regional High School, Jay Hunt is waiting, Mary Ellen gives up only one spot for 69th overall and John Saville's sore so it's Dave Sousa running leg 5 for the team. He ran Leg 2 for the first CRR team and he's back for more!

Jay Hunt picks up two positions and we're in 67th.

Dave and I go to the exchange at the Morgan Farm. The sun's out in force, mild, in the low 70's, perfect for running. I like waiting at the Morgan farm cause every year fellow Hockomock Swamp Rat Peter Orni and his lovely wife are the timekeepers. We catch up on our running and ponder the upcoming Grand Pricks Series #6.

Like clockwork at 2:18, Dave Sousa comes barreling in and hands off to Dave M. Sousa's second blazing performance of the day and our ringer moves Team Dupe into a heady 43rd place.

With Dave M. off and running I take his car to the next exchange point to locate the mysterious Antarctic woman. As I walk up to the relay chute, I'm approached by a lithe (look it up) woman with kids in tow asking:

“Are you Jim?”

“No, Sorry” and take a half step, realize I'm wearing a bright orange shirt and the mysterious woman from the Antarctic doesn't know Jim whom she's supposed to meet.

“Yes, Yes, I know Jim...Are you the Antarctic Woman?”

She smiles, rolls her eyes, with a half curtsy, relieved she's made the connection set way down south and we introduce ourselves, at that point Jim, Mary, **John Goldrosen** appear and prepare for leg seven, Dave M. comes and we're in 67th place.

At the final leg exchange point Carl is nowhere to be found, a search of the parking lot and precious minutes go by with Lisa fast approaching. It looks like one of us might have to run, Dave M, Dick, Mary Ellen or myself. We eye each other nervously. Things don't look good. Minutes pass. Then out of thin air, Carl is standing there asking what to do. With great relief, smiles appear all around, high fives, Team The Good, The Bad, The Dupey, as well as all the CRR teams are complete and on the road for good finish times. Lisa comes in, gaining a few positions and we're in 63rd. With Carl and Betsy off, well before the 5pm cut off, we move onto the finish, everyone ready to celebrate another Winni!

Memo to self, take any of the friggin eight working cameras I've got next time.

HOUGHTON'S POND TRAIL RACE (October 2, 2005)—by John Goldrosen

The Second Annual Houghton's Pond Trail Race was as blessed with good weather, and good spirits, as the 2004 edition. We had exactly the same number of runners as the first year, with many finishers saying “What a great course! I had a blast! When's the next trail race?” and yes, a few overheard muttering “@#*\$&%@#&%*, I'm never doing THIS again!!!” Hey, I never said trailrunning was for EVERYONE.

As race director, I want to thank our primary sponsors, **Planet Subaru/ Chrysler-Jeep, Dunkin' Donuts, and Ocean Spray**, whose help made it possible to make a contribution from the race proceeds to the environmental organization, Friends of the Blue Hills. But most of all, I want to thank the 35 Colonials who served as volunteers. We needed them all, because with a trail race, one wrong turn and CHAOS looms, so it's important to have human beings to direct the runners at the critical points along the race course. Many volunteers did double or triple duty before, during, and after the race. The runners were very appreciative of their presence and their enthusiasm along the course, and that will help us “grow” this race in future years.

NEW ENGLAND RUNNER PUB SERIES—Kudos to Colonials!

Several Colonials participated in the year-long 2006 Pub Series, sponsored by New England Runner magazine. Leading the way was Chris Hollander, who rallied from behind in the final races to capture first place in the female masters division by a single point. Beth Hackett finished sixth in the same division, while Andy Brennan and Clayton Gardner finished in a tie for fourth place among the male seniors. An (appropriate) toast to all of you!

CRR WINTER CLOTHING DRIVE—Thanks for the Donations!

For the third year in a row, the Winter Fun Run on the Sunday before Christmas was the occasion for the CRR Winter Clothing Drive, where, in lieu of the usual registration fee, we collected articles of adult and children's outerwear for donation to Brockton-area homeless shelters. Once again, we filled an SUV full of clothing items. Thanks to all of you who participated, and to **Susan Makovsky**, for handling the donations and bringing them to their destination.

A MILESTONE....

In November 2005, CRR passed the 200-member mark. Back 20-25 years ago in the heyday of the “running boom,” we were larger than that, but by 2002 we were down to about 60 members, so this is quite a turnaround. Welcome to everyone, and thanks to all of you who have “talked up” the club at races or convinced your running friends to join a running club for the first time. Without that increase in numbers, we wouldn't be able to field relay teams, organize new events, or provide volunteers for our own races and those to which we provide assistance, like the Jeffrey Coombs Race and the Edaville Rail Run. So, while an increase in membership alone didn't guarantee a rise in CRR activity and enthusiasm, it was a necessity for the club's survival and renewal. There is more that can be done, if we can “spread the load” so that our most dedicated volunteers don't get overloaded by the increase in activity. Please offer to “pitch in” at some time during the year when you receive one of our (frequent) requests for volunteers—you'll be helping us serve both CRR members and the running community, and you'll have fun as well!

The New Las Vegas Marathon (December 4, 2005)--By Gail Martin

Quite a Southeastern Massachusetts contingent ventured to Nevada the first weekend in December. Las Vegas had the privilege of several visitors from CRR and our friendly marathon relay rivals, MRR. From CRR, participants included **Tom Yellope, Bill Hewitson, Charlie Hudson, David and Gail Martin**. Our support crew was none other than **Susan Yellope and Hillary Hewitson**. From MRR, Marianne Withington, Brad Powers, and Leslie Hibbard took to the streets – a marathon debut for Leslie.

I'm renaming Charlie to Charlie Harley, because rumor has it he ventured out a few days ahead and rented a Harley to ride around the city of lights. Rumor also has it that a few games of fast black jack had his heart rate elevated to levels well-beyond running the 200 yd dash! None of his pre-race activities adversely affected his race – he ran his second best marathon time ever!

I'm renaming Tom to Marathon Man. He's got a daily running streak going that has him running all kinds of PRs wherever he goes, and that includes a good two-minute-plus PR right in Vegas. Marathon Man has been turning out very impressive times at his ripe age – so either he's got something in his Wheaties, or there is something to never missing a run – rain, snow or shine!

I'm renaming Bill to Bajan Bill – because that's the name he would have wanted. He had to do a coin toss for choosing to run in Vegas or Barbados – he had been in Barbados for a hotter run that weekend the previous year. Bill also turned out a PR for his second marathon ever.

I'm renaming my husband Dave to Comeback Kid. With regular training hindered by recurrent injuries, he's managed to run three marathons this fall – and his finishing times keep improving! (Vegas was our 6th marathon for 2005).

And, to stay with the program, I've renamed myself Damn Consistent. Like every other marathoner who doesn't meet their finishing time goals, I am happy to settle with the fact that my finishing times are pretty consistent with one another. Someday, I'll see something that will surprise the heck out of me...it's happened before!

Okay, now on to the race – from my point of view, since that's all I had in the moment. The race start was at 6 am. Most places would be pretty dark that time of day in December, but not Las Vegas! That place uses tons of electricity as you well know, but I bet you didn't know that only one percent comes from the electrical sources from Hoover Dam! Their contract was written years ago and won't be renegotiated until the year 2017!! (I thought you'd like a few factoids thrown in the mix...) Anyway, pre-race wasn't as well-organized as we had hoped...nor was post-race for that matter. In the mayhem of 11,000 runners, we aimlessly wandered to find baggage drop (there's nothing like a little signage!). We also were given long, yellow stickers in our race packets that were attached to our chip envelope. Ah! This race gave us a means to label our race bags! Well, that's what we thought, and that's what Dave & I did. As it turns out, those labels were wrist bands that would get runners who could run under 4 hours into a leading corral. Oops! Not us! Our labels were already neatly stuck to our bag handles!

We (Dave & I) did the best we could positioning ourselves close to the start – we could at least see the starting banner. There were no wrist-banded runners around us, though. Rumor has it that Tom Yellope didn't have a band...he registered on the late side. Apparently, he was asked to leave that area, but he can be stubborn, ya know!! It's a good thing, too, because he had a good place to take off from! I think Bill Hewitson was near him somewhere there. Bill thought that the band might have been a corral indicator, but he was unsure. He did not stick his to his bag as we had. I don't know where Charlie Harley was in the mix.

The temperatures began somewhere in the thirties. There was a strong 20 mph head wind for a tad more than the first half of the race. I didn't mind the head wind as much as I minded how freezing cold it was! Stupid me...I threw away my throw-away gloves by mile 5 because I was starting to warm-up and I figured they'd get soaked at the water stations. By mile 10, I regretted not having them. My hands and face were frozen – all I could think was that it's a good thing that I don't run on them! Being uncomfortable in any way certainly affects performance, though. I lost time during miles I normally wouldn't have, but I was sure to run comfortably the entire way – slow or not.

The course was very nice – beautiful, unchanging backdrops of mountains in the distance. The roadways out in the desert were much like running on the track. To my feet, the asphalt felt rubberized. There were maybe 2-3 inclines on the whole course. Otherwise, it was flat as a pancake! Water stations and volunteers were very well organized. Too bad there were a few miles that were marked multiple times in different places. Where do I click my watch? Certainly not at 2 ½ minutes – I couldn't even run a ½ mile that quickly!!

Finally at about 14 or 15 miles, the wind was either a cross wind or at our back, except for one short stint when it was in our face again. With the sun getting hotter and the temps rising, I was able to warm-up and run my typical pace again. Along the course at various places were gangs of Elvis look-alike singers, go-go & hula dancers, and musical entertainment. Dave & Bill saw some guy running in nude-colored underwear – apparently someone asked that man if he

was cold and he admitted that his choice of apparel had a negative affect on his run. Too bad! He should have thought smarter than running in his skivvies! (And I thought I was bad for tossing my gloves! Cheez!)

The finish line (Mandalay Bay Hotel area) could be seen for miles, and that was a tease. I think the finish line would have been better suited at the Mirage, because certainly the view of Mandalay Bay for all those miles seemed like a mirage! Upon finishing, we received really cool finisher's medals – sparkly Vegas signs with “26.2 the luckiest number” on the back. It was worth the run, I'd say, but many would say, “What a head case!” And, just as the starting-line was chaotic, so was the finish. Disoriented (as most finishers are) I asked where I could find my gear...the official-looking man with the walkie talkie in-hand didn't have a clue. In fact, if I had followed his directions, I would have been on a wild goose chase!! Fortunately, I was able to figure it out for myself, and I found the food goodie bags along the way. I understand that Charlie never found the food, but he got a pretty good post-race massage!

Hindsight is 20/20, and perhaps many of us traveled on the later side to get to this event. Most of us were up very late Friday night traveling to Vegas. I know that Tom's race wasn't affected by that scenario...and neither was Bill's for that matter. I don't think my race was hindered, but I did wonder if traveling Thursday would have made a difference. I won some money from the house on their coupons, and managed to gamble it all back, but it was pure fun and I never lost a dime of my own, hard-earned moola. As a result of all “their” money I gambled away, I got meal vouchers which Dave & I used on Monday to have a breakfast fit for king and queen! Tom, Susan, Dave & I rented a car Monday to tour the Hoover Dam, which is how I got that wonderful information shared earlier in this story. Afterwards, we ventured to a Boulder City Casino called “Haciendas”, where we killed time before our flights. We dined and played cheap Black Jack and Roulette. You'll never find tables for that price except for a Vegas night fundraiser. It was a quiet casino where I learned new gambling strategies. I'm not a big gambler, but I do find entertainment value in it on occasion. To me, a casino is an “adult Disney World”... at least with gambling, you may have an opportunity to get some of your money back!!

Congratulations to all for excellent performances, and thanks to Susan and Hillary for your support!

Here are the CRR results for the marathon:

Tom Yellope, 3:20:14 (7:38 avg.)

Bill Hewitson, 3:49:29 (8:45 avg.)

Charlie Hudson, 3:35:40 (8:13 avg.)

Dave Martin, 4:01:07 (9:11 avg.)

Gail Martin, 3:43:33 (8:31 avg.)

GRAND PRIX RESULTS

Old Colony YMCA Fall Frolic (4m) October 16, 2005 - East Bridgewater, MA

Males				Females			
Name	Place	Time	Points	Name	Place	Time	Points
Under 40				Under 40			
1 BILL HEWITSON	6	28:21	10	1 JILL STRATHDEE	4	26:19	10
2 STEPHEN SMITH	13	29:58	9	2 MEGAN AARDEMA	12	29:57	9
3 NORMAN EVERETT	37	37:32	8	3 BONNIE KING	15	30:35	8
				4 ELISABETH O'BRIEN	26	32:55	7
40-49				40-49			
1 MARK ROTHFUSS	7	28:50	10	1 BETH CORRY	10	28:56	10
2 CHARLIE MORGAN	23	32:21	9	2 NORA SHANAHAN	27	32:57	9
				3 JEANNE SULLIVAN	31	33:42	8
				4 CINDY CONLEY	34	36:11	7
Over 50				Over 50			
1 RICK HAYES	8	28:51	10	1 PATRICIA EVERETT	17	31:18	10
2 KEVIN DONNELLY	11	29:33	9	2 MARY CONNOLLY	25	32:43	9
3 JOHN GOLDROSEN	32	33:48	8				
4 JOE COMEAU	45	42:25	7				
5 PAUL EVERETT	47	43:00	6				

Edaville Rail Run (5.2m)
November 12, 2005
Carver, MA

Males				Females			
Name	Place	Time	Points	Name	Place	Time	Points
Under 40				Under 40			
1 Frank Nelson	1	29:49	10	1 Jill Strathdee	16	34:44	10
2 Marc Blandin	9	33:07	9	2 Gail Martin	42	38:46	9
3 Bill Hewitson	32	37:46	8	3 Megan Aardema	55	39:50	8
4 Karl Amber	41	38:41	7	4 Bonnie King	92	42:56	7
5 Stephen Smith	45	39:00	6	5 Elisabeth O'Brien	125	45:07	6
				6 Michelle Dutcher	188	52:17	5
40-49				40-49			
1 Charlie Morgan	78	42:14	10	1 Beth Corry	36	38:20	10
				2 Beth Hackett	121	44:56	9
				3 Cindy Conley	140	47:25	8
Over 50				Over 50			
1 Tom Yellope	14	34:05	10	1 Sue Simmons	79	42:19	10
2 Dave Morrison	95	43:23	9	2 Irma Walat	146	48:04	9
3 Thomas Hyde	133	46:00	8	3 Betsy Knapp	200	55:07	8
4 Mike Lozan	169	49:30	7	4 Ellen Litt	207	63:33	7

Winter Fun Run (3.95m)
December 4, 2005
Abington, MA

Males				Females			
Name	Place	Time	Points	Name	Place	Time	Points
Under 40				Under 40			
1 Marc Blandin	1	25:49:00	10	1 Bonnie King	18	34:41:00	10
40-49				40-49			
1 Billy Allen	6	29:04:00	10	1 Christine Zepeda	17	33:40:00	10
2 Charlie Morgan	14	33:05:00	9	2 Nora Shanahan	19	34:45:00	9
3 Rich Ghiorse	21	34:56:00	8	3 Janet Calhoun	23	36:13:00	8
4 David Malliaros	25	36:21:00	7				
Over 50				Over 50			
1 Bob Wallace	3	26:49:00	10	1 Patricia Everett	15	33:10:00	10
2 Gary Calhoun	13	32:23:00	9	2 Irma Walat	28	38:05:00	9
3 John Goldrosen	22	36:12:00	8	3 Betsy Knapp	31	43:06:00	8
4 Mike Lozan	29	39:03:00	7				

**Final 2005 Colonial Road Runners Grand Prix
Overall Standings
(as of December 5, 2005)**

Males				Females			
	Name	Points	# of Events		Name	Points	# of Events
Under 40				Under 40			
1	MARC BLANDIN	99	10	1	JILL STRATHDEE	90	9
2	BILL HEWITSON	73	9	2	BONNIE KING	77	9
3	FRANK NELSON	40	4	3	GAIL MARTIN	58	6
4	ANDY CORRY	26	3	4	MEGAN AARDEMA	56	6
5	STEVEN WOELFEL	23	3	5	MICHELLE DUTCHER	46	7
6	BRENDAN WHALEN	21	3	6	ELISABETH O'BRIEN	27	4
7	NICK GIANNAROS	18	2	7	HILLARY HEWITSON	22	3
8	THOMAS STRACQUALURSI	16	2	8	AMY FEDERICO	16	2
9	STEPHEN SMITH	15	2	9	CHRISTINE GALVIN	13	2
10	NORMAN EVERETT	12	3	10	MARIE FICOCIELLO	6	1
11	JEFF CALLAHAN	8	1	11	ILDA NELSON	6	1
12	KARL AMBER	7	1				
13	RICHARD GHIORSE JR	7	2				
14	RONALD LOHSE	7	1				
15	CHRIS ENGLAND	5	1				
40 - 49				40 - 49			
1	CHARLES MORGAN	84	11	1	BETH CORRY	100	10
2	JIM CONLEY	78	8	2	NORA SHANAHAN	78	10
3	DAVE MARTIN	57	7	3	BETH HACKETT	76	9
4	RICHARD GHIORSE SR	28	3	4	CINDY CONLEY	59	9
5	MARK WOELFEL	24	3	5	JEANNE SULLIVAN	51	7
6	DAVE SOUSA	22	2	6	CHRISTINE ZEPEDA	23	3
7	DAVID MALLIAROS	20	3	7	DONNA COHEN	21	2
8	MARK ROTHFUSS	19	2	8	SUSAN YELLOPE	12	2
9	BILLY ALLEN	17	2	9	JANET CALHOUN	8	1
10	BILL BOLTER	13	2	10	JEAN GUGLIELMI	8	1
11	WAYNE SOUTHWORTH	8	1	11	MAUREEN SHEA	6	1
12	KEVIN WHALEN	7	1				
13	BRUCE HOLBROOK	6	1				
14	PETER DOVELL	5	1				
15	JOE SULLIVAN	4	1				
16	STEPHEN CUSHING	4	1				

**Final 2005 Colonial Road Runners Grand Prix
Overall Standings
(as of December 5, 2005) *continued***

Males			Females		
Name	Points	# of Events	Name	Points	# of Events
Over 50			Over 50		
1 TOM YELLOPE	91		9 1 SUE SIMMONS	79	8
2 JOHN GOLDROSEN	57		9 2 MARY CONNOLLY	55	6
3 PHIL CRAWLEY	47		6 3 PATRICIA EVERETT	45	5
4 RICH MELLON	44		5 4 BETSY KNAPP	39	5
5 KEVIN DONNELLY	43		6 5 PATRICIA L'ITALIEN	32	4
6 CEDRIC BAAR	43		7 6 ELLEN LITT	21	3
7 RICK HAYES	37		4 7 COCHRANE	21	2
8 MIKE LOZAN	34		6 8 IRMA WALAT	18	2
9 GARY CALHOUN	29		4 9 SUSAN WALSH	17	2
10 DAVID MORRISON	25		3 10 SUSAN RAGON	11	1
11 THOMAS HYDE	15		3 11 CHRIS MISKINIS	10	1
12 FRANK O'BRIEN	15		3 12 DENISE LANDERS	7	1
13 BOB WALLACE	10		1 13 DIANNE CULLIVAN	7	1
14 SAM BAUMGARTEN	10	1			
15 JOE COMEAU	7	1			
16 PAUL EVERETT	6	1			
17 CARL BRUGNOLI	2	1			
18 CHARLES DORMAN	2	1			
19 CHUCK CORONIS	1	1			
20 PAUL CALLAHAN	1	1			


*Point totals include 3 bonus points for marathons.
Marathons do NOT count towards total number of events.
Participants with more than 10 events have had their worst event dropped from their point total.*

NEWSLETTER BY EMAIL

Would you like to receive your CRR Newsletter by E-mail?

Just send a quick note to **Carol Cahill** at esmedickenson@netzero.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.

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2006 Race Participation Series

To qualify for the Race Participation Award, **participate in at least one race within 9 of the 16 groups of “events.”** You *cannot* count more than one race from a single event group towards the required total of events.

Note: *Volunteering* at a CRR-sponsored or assisted race counts as *participation* in that race. CRR-sponsored or assisted races include: Frostbite 15K, Paddy Kelly, Hyannis Marathon, Boston Marathon (CRR water stops), Christopher’s Run 5K, Abington/Brockton/Raynham Summer Fun Runs, Jeff Coombs Race, Houghton’s Pond Trail Race, BAA Half-Marathon, Edaville Rail Run, and Abington Winter Fun Runs.

Group #	Month(s)	Races
1	January-February	Bourne 5.0 (Weary Travelers) Raynham 9.3 (Frostbite 15K) Wakefield 3.4 (Angel Flight Penguin) Brockton 5.0 (Paddy Kelly) Foxboro 3.1/10.0 (Old Fashioned 10 Miler) Hyannis 6.2/13.1/26.2
2	March	Raynham 5.0 (Knights of Columbus) New Bedford 13.1 (Half Marathon) South Boston 3.1 (St. Patrick’s Day 5K) Boston 5.0/13.1 (Run to Remember)
3	April	Fall River 3.1 (Officer Thomas Guinta Memorial) East Bridgewater 3.1 (Viking Sports Parents 5K) Jamaica Plain 5.0 (Doyle’s Emerald Necklace) Cohasset 6.2 (Road Race by the Sea) Upton 9.3 (Boston Tune-Up) Scituate 3.1/6.2 (Patterson) Boston Marathon (includes CRR Water Stop)
4	April-May	Quincy 3.1 (Lions Club) Dedham 6.2 (James Joyce Ramble) Canton 3.1 (Luce) Norwell 3.1/6.2 (Evan’s Run) Quincy 3.5 (Paul Harold Memorial) Attleboro 3.1/6.2 (YMCA) Scituate 3.1 (Firefighters)
5	May	Plympton 6.2 (Strawberry Shortcake) Halifax 3.1/6.2 (John’s Race) Stoughton 3.1 (Striar JCC) Taunton 3.1 (Run for Kids) Sharon 6.2 (Chef’s Classic) Bridgewater 3.1 (Christopher’s Run) Pembroke 3.1 (Run to Remember)
6	Summer Fun Runs	Participate in at least NINE weeks of the Raynham Monday Fun Runs, the Abington Tuesday Fun Runs, or the Brockton Wednesday Fun Runs (OK to run a mix of the three series to get a total of 9 fun runs)

7	June	Quincy 3.5 (PAL) Middleboro 3.1 (Middleboro YMCA) Milton 6.2 (Milton Road Race) Cohasset 3.5 (Clark Fund) Quincy 5.0 (Kennedy Squirrel Run) Sharon 3.1 (Father Bullock Run) Braintree 3.1 (Hollis PTO) Easton 5.0 (Children's Museum) Pembroke 3.1 (Clancy Darling)
8	June-July	South Boston 6.2 (POW-MIA) Sharon 5.0 Quincy 5.0 (Sqauntum Race) Beverly 3.1 (Louise Rossetti 5K) Hanover 3.1 Dorchester 4.3 (McKeon Post) <i>Any local Fourth of July road race</i>
9	July	Plymouth 5.0 (Pilgrim Station) Dorchester 5.0 (Sugar Bowl) Carver 5.0 (Cranberry Classic) Marshfield Marathon Relay Club Challenge (1-mile leg)
10	August	Falmouth 7.1 (Falmouth Road Race) Mansfield 3.1 (Hockomock YMCA) Marshfield 3.1 (Cross-Country) Wakefield 24-Hour "Around the Lake" Relay Dartmouth 3.1 (Natural Resources Trust) North Attleboro 5.0 (Runaways) Marshfield 12.4 (Marshfield Road Runners 20K) Hull 4.0 (Nantasket Seaside)
11	September (early)	Marshfield 3.1 (Run for the Hills) Walpole 3.1/6.2 (Labor Day 5K/10K) Plymouth 3.1/6.2/13.1 (Run to the Rock) Quincy 3.1/6.2 (Marshall Degan) Abington 3.1 (Jeff Coombs) Fall River 3.1 (Run for the Woods)
12	September (late)	New Hampshire Reach the Beach Relay Hingham 6.2 (SIDS Race) Boston 5.0 (Police Chase) Lake Winnepesaukee Relay South Boston 5.0 (Ollie Kids Classic) Milton 6.2 (Marine Corps) Pembroke 3.1 (Handi-Kids)
13	October (early)	North Easton 5.0 (N.R.T. Fall Fair) Scituate 3.1/6.2 (Scituate Police) Milton 6.0 (Houghton's Pond Trail Race) Braintree 3.1/6.2 (Bayshore Athletic) Taunton 3.1 (Run for Ricky) Boston 13.1 (BAA Half- Marathon) Boston 6.2 (Tufts 10K for Women)

14	October (late)	Brockton 3.1 (Caring For Kids 5K) Lowell 26.2 (Bay State Marathon) Scituate 4.0 (Joshua's Run for the Jimmy Fund) East Bridgewater 4.0 (YMCA) Canton 3.1/6.2 (Canton Fall Classic) Cape Cod Marathon (Full, Relay Leg)
15	November (early)	Taunton 5.0 (Turkey Trot) Weymouth 3.1 (Vietnam Veteran's Memorial) South Carver 5.0 (Edaville Rail Run)
16	November (late)-December	Hingham 3.1 (Plymouth River School) Norwood 4.0 (Turkey Trot) Mansfield 3.1 (Billy Kelly) South Weymouth 5.0 (Dreamcatcher) Easton 5.0 (Tiger Turkey Chase) Braintree 3.1 (Thanksgiving Race) <i>Or any other local Thanksgiving Day race</i> Norwood 3.1 (HFCYO Ho-Ho-Ho 5K)

Bonus Event

Participation in 6 of the 11 Abington Winter Fun Runs from November 27, 2005 through February 5, 2006 can be used as a "wild card" event in place of one of the numbered events above.

COLONIAL ROAD RUNNERS

2006 GRAND PRIX COMPETITION SERIES

RULES

1. There are 12 races in the series. Up to 10 races will be counted in a runner's point total for the year. If a runner competes in more than 10 races, his/her 10 best finishes will be counted.
2. **Age Categories** for both Men and Women will be: **Under 40, 40-49, and 50 & above.** A runner's age category for the year will be determined by his/her age as of January 1, 2006.
3. **Race point system:** 10 points to the top Colonial finisher in a race in each age category, 9 points to the second Colonial finisher, etc. All finishers receive at least one point.
4. All members will be recorded in the Grand Prix results unless they inform Frank Donaghy at grandprix@colonialrunners.org that they do not wish to be included.
5. **Marathon bonus points:** anyone who finishes a marathon between January 1 and November 30, 2006 will receive 3 bonus points. (No extra points for running more than one!) To receive the bonus points, a runner must report the marathon results to Frank Donaghy.
6. When Frank Donaghy has computed the member point totals for a race, he will post the results on www.colonialrunners.org and notify the membership by email. Members should review the results and notify Frank of any corrections or omissions within one week.
7. Awards will be given at the annual club banquet to the top three men and women in each age category.

LIST OF GRAND PRIX EVENTS (with expected dates)

Sunday, January 15:	Frostbite 15K, Raynham
Sunday, February 19:	Old Fashioned 10M, Foxboro
Sunday, March 12:	Knights of Columbus 5M, Raynham
Saturday, April 1:	Viking Parents 5K, East Bridgewater
Saturday, May 20:	Strawberry Shortcake 10K, Plympton
Sunday, June 18:	Children's Museum 5M, Easton
Saturday, July 29:	Cranberry Classic 5M, Carver
Sunday, August 20:	Brockton Rox 5K, Brockton
Sunday, August 27:	Marshfield RR 20K, Marshfield (<i>note new date for this race!</i>)
Sunday, October 29:	Canton Classic 10K, Canton
Saturday, November 11:	Edaville Rail Run 5M
Saturday, December 2:	HFCYO Ho-Ho-Ho 5K, Norwood

Information: contact Frank Donaghy at 781-341-8019 or grandprix@colonialrunners.org .