



UPCOMING EVENTS

BOSTON MARATHON TRAINING RUN: Sunday, March 25

The annual CRR Boston Marathon Training Run will be held on Sunday, March 25, three weeks before the Marathon. Assisted by a support crew (yes, we need several non-running **volunteers** to make this work!), our runners will start in Hopkinton and follow the marathon course towards Boston for 22.5 miles, finishing at Cleveland Circle in Brookline. You can run less, of course: for instance, running 20 miles will bring you to the base of Heartbreak Hill, and 21 miles will put you past the crest of the hill at Boston College.

Many Boston Marathon runners agree that doing their last long training run on the course itself helps them strategize for the race and boosts their confidence. As a result, many other running clubs and charity training groups will also be holding training runs that same Sunday, so that there will be a thousand or more runners on the route that morning. (In fact, some towns assign police to handle the heavy flow of runners, just as they would for a real race!) That has turned this "last long run" into an annual tradition of its own, and a great experience for runners and volunteers alike.

Here are the details for this year's CRR Training Run:

Runners and volunteers will meet at 6:45 AM at the Park and Ride lot on Route 138 in Canton. To get there, take Exit 2 North ("Route 138--Milton") from Rt. 128/93, go through a set of traffic lights and past the Dunkin' Donuts on the left, and the Park and Ride lot will be on the left just after the D&D. We'll carpool from there to the starting line in Hopkinton, aiming to get our runners underway by 8 AM. Once the runners have started, the support crew will drive all the cars along the route to track the runners and provide a water stop about every 3 miles.

The Training Run is for club members of all speeds--do NOT worry that your pace will be too slow. There will probably be someone in the group who is close to your pace. If not, you still won't be running alone, because of the many other runners out on the course. You WILL have support from the CRR crew, no matter what your pace is.

After everyone reaches Cleveland Circle, we'll drive to a nearby Bertucci's for a well-deserved meal, and then head back to the Canton parking lot. It's usually about 3 PM before we get back there.

Frank Nelson will be organizing the Training Run this year. If you are going to do the Training Run OR can volunteer for the support crew, please contact him (by March 18, if possible) at fcn10k@msn.com or 508-208-5377. Based on past experience, we need at least four volunteers to drive the cars along the route to provide support, especially once the runners get spread out. As with most of our club events, non-members are welcome, so feel free to bring your friends to run or volunteer.

CRR MARATHON BUS TO HOPKINTON: Monday, April 16

If you are registered for the Boston Marathon, be sure to sign up for the CRR Marathon Bus, which leaves from the Braintree MBTA/ Commuter Rail Station at Exit 17 (Union Street) off Route 3, and goes directly to Hopkinton. That way, you won't have to travel into downtown Boston to take a BAA shuttle bus to Hopkinton. Also, you can leave your car at the Braintree MBTA parking garage (\$5 for the day), and return to your car by subway or train after finishing the race.

We use a full-size intercity "coach" bus, to provide greater space and comfort on the ride to Hopkinton (and during the waiting time there). The CRR Marathon Bus parks in a BAA-designated lot near the Athletes Village at Hopkinton High School. The bus remains in Hopkinton, and available for your use, until race time.

With the new earlier marathon starting time, the bus will have to depart Braintree earlier than in past years. The tentative departure time is 6:30 AM, but that is subject to change, depending on when the BAA wants the bus to reach Hopkinton—we haven't been told that yet.

The cost for the bus is \$15 for CRR members and \$20 for non-members. Last year, the bus "sold out" a week before the Marathon, so don't wait too long!

The Marathon Bus registration form can be downloaded from the CRR website (or, call **John Goldrosen** at 781-447-2812 to be mailed a form if you don't have access to the Internet). You can also register online at www.signmeup.com/56354.

BOSTON MARATHON WATER STOPS: Monday, April 16

Once again, CRR will be directing and staffing the official water stops at the 15-Mile and 16-Mile marks of the Boston Marathon. If you are not running the race yourself, volunteering to work at one of the water stops is a great way to experience and contribute to the atmosphere of the race. It's also an unparalleled opportunity to see world-class runners up close. Our water stops are located at a crucial point of the Marathon, where the lead runners often begin to separate themselves from the "pack."

As we have already informed you by email, those of you who worked the water stops in 2006 should sign up for 2007 on the BAA website, according to instructions from your captains (**Tom & Susan Yellope** for the 15M water stop and **Al Donaghy** for the 16M water stop). If you did NOT work at one of the CRR water stops last year and would like to participate in 2006, contact either Tom & Susan at tyellope@comcast.net or Al at donagha@aol.com right away, and they will add you to the crews if there are any openings

BLUE HILLS TRAIL RACES: Milton, Sunday, May 6.

The Second Annual Blue Hills Trail Races will take place on Sunday, May 6 at 10:00 AM. The start and finish will be next to the Blue Hills Trailside Museum on Route 138 in Canton, just north of the Blue Hills Ski Area. There are two courses: the "Fox Trot" (10 miles), and the "Bunny Hop" (3 miles).

For those who have run the Houghton's Pond Trail Race: the Fox Trot is significantly more difficult, with some rocky and single-track sections, while the Bunny Hop is a much easier route that is a good introductory route for novice trailrunners.

When we were planning last year's inaugural event, we weren't sure if we'd get much of a turnout beyond a few hard-core trail runners, so we decided to minimize the financial risk by presenting the race as a "low-frills," low-cost event. Awards were limited to the overall winners, and there were no T-shirts or other "goodies." In return, we asked runners to donate just \$5, or bring food for post-race refreshments. As it turned out....over 100 runners showed up, and most of them chose to run the longer, more difficult Fox Trot course. So, we're going to hold the races again--and since everyone liked the "no-frills" approach and told us to keep it, that's what we're going to do.

The CRR website has a link to full information about the Blue Hills Trail Races (including course maps in PDF format). If you'd like to run either of the races, please email race director **John Goldrosen** at jgoldrosen@earthlink.net, with your name, address, sex, age as of race day, phone, email, and choice of race (Fox Trot 10M or Bunny Hop 3M). (This "pre-registration" will save us time with data entry on race day.) And if trail running still isn't your thing....we need at least 25 volunteers, to handle the finish line, staff water stops, and direct runners at key intersections along the courses.

CHRISTOPHER'S 5K RUN/WALK: West Bridgewater, Monday, May 28

The ability to turn a negative situation into a positive is one way to describe the inception of Christopher's 5-K Run & Walk for Diabetes. Now in its 5-th successful year, Christopher's Run & Walk is excited to be partnered with the American Diabetes Association & the Colonial Road Runners once again.

Somehow we managed to deal with a tragic situation by combining the things we enjoy most in life with a positive outcome. In July of 2002, we were handed a stunner when doctors at Boston Children's Hospital diagnosed our two-year-old son Christopher with Type 1 Diabetes. What started out as a great Fourth of July weekend turned into several weeks

at the hospital waiting for test results and getting educated on this disease our son had. After we comprehended what was going on, we wanted do something about it and organized a road race. We thought with the help of the very supportive Colonial Road Runners a road race would be a great way to raise awareness and money for the American Diabetes Association. During our first year of having the event in 2003 - planning for the event started out small, once word got out it was embraced and we had volunteers, corporate sponsorship and runners wanting to participate. Support through the Colonial Road Runners was monumental in getting the event off the ground and has since enhanced its continued success.

The 1st Annual Christopher's 5-K Run held in 2003 was extremely successful, despite heavy rain and cold temperatures. Approximately 250 runners braved the weather for the race. The race has grown in volumes since that time and last year in 2006 for our 4-th annual event we had over 350 participants.

Please join us on Monday, Memorial Day, May 28, 2007 for the Fifth Annual Christopher's Run & Walk for Diabetes to be held in West Bridgewater, Massachusetts. See event website for more details:

<http://www.colonialrunners.org/ChristophersRun/> **Start time this year = 9:45am for the Kids ½ Mile Fun Run & 11:00am for the 5-k Run & Walk.**

Life at the Nelson house has its routines, just like every family. You get up and make coffee to start your day. We get up check blood sugar levels, deliver insulin & and make sure Chris is all set - then think about coffee and what lies ahead for the day. It's all good to us! Today, six-year-old Christopher is a happy kid. He doesn't like the shots he receives or multiple finger sticks each day however, he's an inspiration to all who come into contact with him.

-Frank & Ilda Nelson

1701 Plymouth Street
Bridgewater, MA 02324

P (508) 208-5377

Email= ChristophersRun@colonialrunners.org

MEMBERSHIP NEWS

Club Membership continues to grow. Welcome to all of our new members who joined during the last year. We hope to see you at many of our club events. We currently have 252 members.

Notices for 2007 membership renewal were mailed to all members toward the end of December. To date, approximately half of the membership has renewed.

Just a reminder that membership dues are due now. Please send your renewal form and payment in as soon as possible. If you have misplaced your renewal form, you can visit the club website at www.colonialrunners.org to download a form or renew your membership on-line.

If you joined the club as a new member during the last quarter of 2006 (October, November or December), consider your dues paid for 2007 as this is the club policy.

If you have any questions regarding payment status, you may contact **Jeanne Sullivan** at membership@colonialrunners.org

CLUB NEWS

NEW YEAR'S DAY FUN BrrrRUNch RUN: Monday, January 1

About two dozen Colonials logged their first running miles of 2007 in a cold rain at the annual CRR New Year's Day Fun BrrrRUNch Run, an untimed 4-mile run along the Abington Winter Fun Run course. After the run, everyone

returned to the gym at the Abington Baptist Church for bagels, donuts, juice and coffee. **John Goldrosen** and **Al Donaghy** organized the event.

FROSTBITE 15K: Sunday, January 14, Raynham, MA

The first Colonial Grand Prix event of 2007 was the Frostbite 15K in Raynham, directed by **Jim Dupont**. The race raises money for a very worthy cause, the Mary Arruda Scholarship Fund. The race originated a few years ago as a group training run to prepare for the upcoming 16-mile road race in Derry, NH. Jim figured that he'd alert a few friends, they'd do the training run, then go out for food and drinks afterwards (hey, this is a Jim Dupont idea, right?). Even that first year, sending out a bunch of emails to "friends of Jim" was enough to attract several dozen runners. Since then, the race has become more formal (i.e., with a race flyer, registration, and professional timing), and has moved from its original location to the Raynham Middle School to accommodate the growing field. The weather has almost always been....ummm, interesting. Remember the year that it was 5 degrees? Or the year that the race started in a cold rain and ended in a snowstorm? Or last year, when the temperature dropped below freezing during the race and the back-of-the-packers found themselves running on roads that were turning icy? This year, it was merely cold, and so a record crowd of more than 400 runners showed up. There were over 50 Colonials, a few of whom were running their longest race ever, and a large contingent of Colonials also helped Jim as volunteers before and during the race. The post-race scene featured a catered full breakfast. Congratulations to Jim Dupont for creating a New England racing classic!

ANNUAL CLUB AWARDS BANQUET: Saturday, January 27

The Colonial Road Runners held the Annual Banquet on Saturday, January 27 at T.J. Smith's Victorian House in East Bridgewater.

During the banquet, the annual race awards were given.

The 2006 CRR **Race Participation Award** was given to **Betsy Knapp, Sue Simmons, Jill Strathdee, Ellen Litt, Frank Nelson, Marc Blandin, Jeanne Sullivan, Pat Everett, Linda Morris, Nora Shanahan, Elisabeth O'Brien, Mike Ferrari, Dick Carnes and Frank Neely**. The CRR 2006 Iron Woman Award was given to **Betsy Knapp** for putting in 439.15 race miles. The CRR 2006 Iron Man Award was given to **Mark Blandin** (552 race miles), **Mike Ferrari** (311.3 race miles) and **Frank Neely** (376.89 race miles). The CRR 2006 Consecutive Running Days Award was given to **Sue Simmons** (365 days), **Betsy Knapp** (274 days) and **Tom Yellope** (365 days for a total of 2,129 miles.) The CRR 2006 Ultimate Award was given to **Mark Blandin**.

Awards were also given for participation in the 2006 CRR **Grand Prix Series**. They are summarized below:

Male Under 40

First Place: **Marc Blandin**
Second Place: **Frank Neely**
Third Place: **Brian Cohen**

Female, 40-49

First Place: **Gail Martin**
Second Place: **Jeanne Sullivan**
Third Place: **Elisabeth O'Brien**

Female Under 40

First Place: **Rebecca Maurer**
Second Place: **Jill Strathdee**
Third Place: **Heather Leeman**

Male over 50

First Place: **Tom Yellope**
Second Place: **Clayton Gardner**
Third Place: **Sam Baumgarten**

Male, 40-49

First Place: **Mike Ferrari**
Second Place: **Dave Martin**
Third Place: **Charlie Morgan**

Female over 50

First Place: **Sue Simmons**
Second Place: **Pat Everett**
Third Place: **Betsy Knapp**

BOSTON MARATHON 2007 “WAIVER” ENTRIES

In return for CRR’s assistance in providing volunteers for the Boston Marathon and the BAA Half-Marathon, the Boston Athletic Association provides CRR with a number of invitational “waiver” entries, which allow a runner who hasn’t met the Boston Marathon qualifying time standards to register for the race. Any CRR member is eligible to apply for one of the club’s waiver entries, but preference is given to those who have actively participated in and assisted with club activities and club-supported races, and who have run a marathon or half-marathon in the year preceding the Boston Marathon. The CRR Board of Directors has awarded the club’s waiver entries for the 2007 Boston Marathon to the following members: **Frank Neely, Rich Ghiorse Sr., Kevin Donnelly, Lisa Perna, Tom Stracqualursi, Charlie Dorman, Chris Dorman, Ilda Nelson, and Cindy Conley.**

PADDY KELLY ROAD RACE: Sunday, February 11

We are happy to report that Paddy Kelly 2007 was a success!!

We were lucky to secure a new sponsor for the gloves and are very grateful to **Brockton Furnace & Duct** for the financial help. We also made the decision to upgrade the gloves to “Cool Max” and that seemed to meet with approval! The weather cooperated this year, much to our relief – whoever was responsible, we certainly appreciated it!!! There were over 300 finishers including 61 CRR club members and there was a lot of positive feedback about the course, organization and food! (For those who didn't know, the overall winner, **Casey Moulton**, is one of the top runners in New England, and has qualified for the 2008 US Olympic Marathon trials--he ran a 2:15 marathon a year ago in Austin, TX.) We would like to recognize the volunteers who helped out in all aspects of the organization of the race: **Sam Baumgarten, Paul Butler, Donna Cohen, Jim Conley, Phil Crawley, Dianne Cullivan, Steve Cushing, Sara Depesa, Frank Donaghy, Al Donaghy, Jim Dorman, Mary Lou Dorman, Mary Dupont, Jim Dupont, Paul Everett, Patricia Everett, Mike Ferrari, Marie Ficociello, Jack Foley, Rich Ghiorse, John Goldrosen, Dan Gorman, Jane Goodwin, Cal Goodwin, Emily Hart, Hillary Hewitson, Bill Hewitson, Ellen Litt, Susan Makovsky, Dave Malliaros, Dave Martin, Gail Martin, Bud Morton, Linda Morris, Frank Neely, Mark Rothfuss, Jim Schneider, Tessa Schneider, Bob Sheehan, Walter Simmons, Stephen Smith, Jeff Sprung and Joe Sullivan.** Apologies if I have omitted anyone – I know many members who were running just came along early and helped out if they were needed. Thank You All!!
Susan & Tom Yellope

PANERA BREAD STROLL

Last year Tom came up with idea of having a monthly short run/jog in **DW Field Park** on a Sunday morning then head off to Panera Bread for coffee (& maybe some goodies..mmmmm ?!) and some chat. The emphasis was more on the social aspect as opposed to the running & would hopefully attract new members. We did not have huge numbers coming along, but it was successful & enjoyed by all and we intend to start it back up in March. Watch the website for details. Thanks to **Patty & Paul Everett** for their support on this too.
Susan Yellope

2007 COLONIAL GRAND PRIX COMPETITION SERIES

Each year, CRR selects a series of twelve local races for its Grand Prix Series, in which CRR members earn points based on their performance in the races compared to other Colonials. Everyone who completes a Grand Prix race receives at least one point. A maximum of ten races count towards a runner’s point total for the year, so you can miss a couple of races without affecting your standings. The complete rules are presented on the CRR website. The Grand Prix Series offers a way to recognize the achievements of our competitive runners, but it has other purposes, too. The series boosts attendance at local races, it increases the club’s visibility at these events, and it creates a social gathering spot for club members (after all, where better to meet than at a road race!). We urge all of you to wear club singlets and other club clothing to these races—it will identify you as a Colonial member to other members that you may not yet know, and will indicate our presence to race organizers.

Most of the 2006 Grand Prix races attracted 30-40 Colonials, and 105 different Colonial members participated in at least one Grand Prix event. Over 50 CRR members ran in the first 2007 Grand Prix event, the Frostbite 15K, so we're off to a great start this year. 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.

Here is the 2007 schedule of Grand Prix races and dates (some dates may be tentative). There will be links from the schedule on our website to individual race application forms and websites, once they become available:

Sunday, Jan. 14: Frostbite 15K, Raynham

Sunday, Feb. 18: Old Fashioned 10M, Foxboro

Sunday, March 11: Knights of Columbus 5M, Raynham

Sunday, April 1: Road Race by the Sea 10K, Cohasset

Saturday, May 19: Strawberry Shortcake 10K, Plympton

Sunday, June 17: Children's Museum 5M, Easton

Wednesday, July 11: Hockomock Series 3.75M, Brockton

Sunday, August 26: Marshfield 20K, Marshfield

Sunday, Sept. 9: Jeffrey Coombs 5K, Abington

Sunday, Oct. 28: Canton Classic 10K, Canton

Saturday, Nov. 10: Edaville Rail Run 5M, Carver

Saturday, Dec. 1: Ho-Ho-Ho 5K, Norwood

2007 RACE PARTICIPATION SERIES

CRR also has a non-competitive Race Participation Series, which allows you to receive an award at the Annual Banquet by participating in a number of designated local races, spread over the course of the year. The complete Race Participation Series list, which includes over one hundred races, can be found on the CRR website. As explained in the rules on the website, volunteering for one of the designated Colonial-directed or supported races counts as "participation" in that race. You are responsible for keeping a record of your participation in these races during the year, and then reporting it to the club at the end of the year, when we notify members about applying for the annual club awards.

Thanks to **Linda Morris** and **Bonnie King**, who reviewed 2006 race results in order to update and revise the Race Participation Series for 2007.

2006: THE YEAR IN REVIEW

Although CRR members have received frequent emails with information on Colonial events and races, it has been a year since our last "print" newsletter. Here's a month-by-month summary of the many activities in which our club was involved during 2006. Short version: we've been busy!

JANUARY

More than 50 Colonials participated, either as runners or volunteers, in the first Grand Prix race of the year, the aptly-named **Frostbite 15K** in Raynham. Despite falling temperatures that turned sleet and rain into ice as the morning progressed, **Jim Dupont's** race attracted a record attendance. Later in the month, Colonials gathered at T.J. Smith's Victorian House in East Bridgewater for the **Annual Banquet**, where the 2005 club awards were presented. Grand Prix Series winners for 2005 were **Marc Blandin** (Male Under 40), **Jim Conley** (Male 40-49), **Tom Yellope** (Male Over 50), **Jill Strathdee** (Female Under 40), **Beth Corry** (Female 40-49), and **Sue Simmons** (Female Over 50).

FEBRUARY

The winter's biggest snowstorm struck the night before the scheduled date of the club's **Paddy Kelly Road Race**, forcing its postponement until March. Director **Tom Yellope** ran the course anyway, to keep his "consecutive days" streak alive. At the end of February, many Colonials ran in the **Hyannis Marathon/Half Marathon/10K**, and **Jim**

Dupont led a crew of Colonials who volunteered to organize the parking of thousands of cars and to assist at the finish line.

MARCH

The previously-postponed **Paddy Kelly Road Race** attracted over 250 runners, who received a special commemorative glass mug to mark the race's 25th running. 41 Colonials ran the race, and about three dozen more served as volunteers to make the race a success. On the last Sunday of March, a dozen Colonials participated in the CRR Boston Marathon Group Training Run along the first 22 miles of the course, with support in the form of water, food, and encouragement provided by the CRR "crew": **Megan Aardema, Rich Ghiorse Sr., Ilda Nelson, Kevin Donnelly, and John Goldrosen.**

APRIL

As always, the **Boston Marathon** was the club's focus in April. More than 25 Colonial members ran the race, while a hundred more staffed the official **water stops** at Miles 15 and 16, captained respectively by **Tom and Susan Yellope** and by **Al Donaghy and Cal Goodwin.** The CRR-sponsored **South Shore Marathon Bus** transported runners from Braintree to Hopkinton in comfort and style, and was sold out for the first time in ten years. On the day of the marathon, the **Quincy Patriot-Ledger** featured Colonial runners **Chris Miskinis, Jill Strathdee, Andy Corry, Sue Simmons, Phil Crawley, and Ed Dowling** in a front-page article on their marathon training and CRR's role in helping them meet their goals.

MAY

The **Summer Fun Runs** began in Raynham, Abington, and Brockton, and endured several weeks of gloomy, rainy weather before true summer weather arrived. **Jim and Mary Dupont, Jim and Cindy Conley, Al Donaghy, Cal Goodwin, Mark Rothfuss, Ellen Litt,** and many others contributed time and energy at each site throughout the 18-week series to make these races possible. CRR's newly-purchased race clock gave a professional touch to these races, which averaged 30-50 runners weekly at each site.

Many Colonials volunteered to help **Dan Gorman** present a new race in Plymouth, the **Herring Run**, which had the misfortune to take place during a cold, driving rainstorm. It was hard to say who got wetter: the herring, or the runners. CRR members timed the race and served as course monitors.

Better weather prevailed at the inaugural **Blue Hills Trail Races**, a pair of races (the 10-mile "Fox Trot" and the 3-mile "Bunny Hop") directed by **John Goldrosen.** Over 100 runners participated in a race that was mainly publicized by email and word of mouth, and the low-key, low-cost event was praised by **New England Runner** columnist Tom Derderian in an article on club-directed races. 25 CRR volunteers staffed the course intersections, water stops, and finish line.

Many Colonials also assisted at the **Fourth Annual Christopher's 5K Walk/Run for Diabetes** in West Bridgewater on Memorial Day, directed by **Frank Nelson.** The race attracted hundred of runners and raised thousands of dollars for diabetes research.

JUNE

CRR provided timing services for the second annual **Father Bullock's 5K Run** in Sharon, which moved to an early-evening start that runners appreciated for avoiding mid-day heat. Colonial members **Dave and Gail Martin** and **Jeff Sprung** have been instrumental in providing a runner's perspective to the organizers of this community race.

JULY

A full 26-member team of Colonials competed in the second annual **Marathon Club Challenge Relay** in Marshfield, the brainchild of dual Marshfield/Colonial member **Steve Lanzillotta.** We didn't win the overall team trophy this year, but we did beat our previous year's time by several minutes, with many new participants on this year's team. **Phil Crawley** served as captain of the Colonial squad.

The annual **Kids Fun-Run Track Series**, directed by **Lori Noel,** took place at the Raynham Middle School on four consecutive Sundays in July and August, with Colonials providing most of the volunteer coaches for the various age groups (from 3 to 14). Attendance rose dramatically over previous years, peaking at a record 157 children one week.

AUGUST

Dan Gorman hosted the Colonial Summer Family Picnic on a warm summer day at his waterfront home in Plymouth. Colonial members and their families made full use of Dan's swimming dock, boat, hot tub, and deck, and there was no shortage of food. **Linda Morris** organized this social event.

Mark Rothfuss directed the **Brockton Rox 5K**, which raised money to support the Brockton High School boy's cross-country team. Many Colonials either ran in the race (which was a Grand Prix event) or assisted as volunteers.

SEPTEMBER

The new **Marathon Sports** store in Norwell hosted an evening workshop for Colonial members, focusing on the selection of correct-fitting running shoes and tips on purchasing and caring for cool-weather clothing. Colonial members who attended received an extra discount on their purchases, beyond the 10% discount that Colonials normally receive at Marathon Sports. The event was arranged and organized by **Edie Bottner**.

At the fifth annual **Jeffrey Coombs 5K Road Race** in Abington, a team of CRR members provided timing services and assistance with registration and course support. This race honors the memory of an Abington resident who was killed on September 11, 2001, and raises funds for a community foundation.

Three Colonial teams participated in the annual **Fred Brown Lake Winnepesaukee Relay**, the highlight of the New England running-club scene, in which eight-member teams run legs of lengths up to 11 miles along 66 miles of hilly roads that encircle the lake. As he has done for several years, **Jim Dupont** recruited and organized the CRR teams.

OCTOBER

The **Third Annual Houghton's Pond Trail Race** attracted record attendance for this six-mile race, in spite of threatening weather (fortunately, the rain held off until after the race was over). About 25 Colonials, along with several members of the environmental group the Friends of the Blue Hills, provided the volunteers for this race, which was directed by **John Goldrosen**.

On Columbus Day weekend, many Colonials either ran or volunteered at the **BAA Half-Marathon** on Sunday and the **Tufts 10K for Women** on Monday. **Paul Clark** organized the Colonial volunteers at the BAA Half finish line, and **Ellen Litt** recruited Colonials to assist with pre-race T-shirt pickup at the Tufts race. After the Tufts race, Colonial runners, volunteers, and spectators met at Remington's Restaurant for a celebratory lunch.

NOVEMBER

The annual **Edaville Rail Run** in Carver, a five-mile race and two-mile fun run over the dirt roads that surround the cranberry bogs at Edaville Railroad, saw a huge jump in attendance, thanks to positive word of mouth from previous entrants and the best weather the race has ever experienced. Many Colonials ran in this Grand Prix event, and several helped out race directors **Donna and Joe Cohen** by setting up the course and assisting at the race start. The Rail Run raises money for a scholarship fund in memory of Donna's sister.

The **Abington Winter Fun Runs** began on the Sunday after Thanksgiving, under the direction of **Jim and Cindy Conley**. With mild early-winter weather, the fun runs averaged 30-40 runners throughout the winter.

DECEMBER

Numerous Colonials assisted **Jim Dupont** in providing course organization and timing for the **Taunton Jolly Jaunt 5K**, which raises funds for Special Olympics.

In what has become an annual holiday-season event, CRR conducted a **Winter Clothing Drive** at a Winter Fun Run, where runners brought donations of adult and children's outerwear in lieu of the race entry fee. **Mark Rothfuss** collected the clothing and transported it to the Brockton Charity Guild.

We hope that this summary demonstrates the range of CRR activities for its members, and shows how much Colonial members contribute to the local road running scene. Of course, many of you support local races through your registration fees, but that's only the beginning. Colonial members direct and provide volunteers for at least eighty running events...a contribution of thousands of person-hours to make these local races successful and provide numerous running opportunities for both adults and children.

In 2007, we hope that even more of you will participate in CRR events and take advantage of what the club offers....and we also hope that you will contribute your time, energy, and skills to the club, so that we can maintain and improve on our record of supporting runners and community activities throughout our region.

MEMBER CONTRIBUTIONS

From Ed "Coach Guido" Dowling

DIARY OF MY 2006 BOSTON MARATHON

Run till you puke

Always heard that gem of running advice. Well, I'm here to tell you all about it... Right down to that last little chunk that finally gushed forth allowing me to move again. Nothing like being doubled over in public next to other collapsed runners, heaving my guts out, shaking uncontrollably, mucous streaming from both nostrils, tears splashing down my cheeks, frantic bystanders, clearly worried, desperately looking for medical assistance.

I was ready for the marathon; I trained hard, even kept on a healthy diet. The day started with being the first one in Braintree to meet the bus. As the time inched toward 8:30 all passengers were accounted for. The trip out to Hopkinton went by quickly. I was seated up front with Sue Simmons and two other gorgeous women that like an awkward teenager at a school dance, I forgot their names! Not only them, but there where 5 or 6 more in back I was to shy too talk to with. You know, I'm a recently divorced guy on the rebound, and this seating arrangement had me tongue tied! Getting back to chatting it up with the fairer sex is going take more training than this marathon! I love the Colonial Road Runners Club; where else do you get to hang out with scantily clad beautiful women! Amen. Soon we were camped out in the parking lot with two hours to kill. A few reconnaissance laps around the crowd of 22 thousand plus was quite a treat. I really looked forward to having some fun this day.

The first wave takes off amid the din of the helicopters. The second wave begins to move to the start. I queue up with the other folks wearing numbers 19000+ and we wait. The mass of human's inch forward and we're running. The day starts cloudy and cold but as we begin to move the sun reveals itself and soon I've got my shirt off enjoying the warm air and energy of the emotional crowds. I'm running my self appointed leisurely pace of ten minute miles. I'm taken aback and totally floored by the crowds. 19,000 runners have already passed by and still the crowds cheer enthusiastically.

Amazing

Let's get to the puking part

I'm on my pace through 15 enjoying the vibe, feeling great, feeding off the crowd's energy and for some reason still unclear I see a young girl, couldn't be more than 7 years old, holding out an orange slice. There were hundreds of people holding out everything imaginable for the runners to partake, but I just saw this girl and greatly accepted her offering. Now I'm not saying that was the problem but by mile eighteen I felt like I was being eviscerated with an old rusty knife and by mile twenty two I'm on my knees in the drugstore parking lot in Cleveland Circle desperately trying to extract the venom that had a hold on me.

Now a sane person would have called it a day.

I lurched to my feet, wiped my mouth and runny nose with the back of my sweaty hand, swaying gently, took a moment to focus and fell in with the other walking wounded still an hour away from the finish. Can't say as I remember much, the only way I could stop the world from spinning wildly was to stagger on with my eyes closed like some B movie zombie with what felt like a stomach full of ground glass, topped off with the gritty acrid taste of hot bile in my mouth.

Try that for four more miles after cresting Heartbreak hill. 5 hours 20 minutes was a good finish time.

From Sandy Winkler

OPERATION HOMEFRONT

Sandy Winkler would like to inform CRR members about the 2007 Marine Corps Marathon (a Boston Marathon qualifier!) that will be held in October to raise money for OPERATION HOMEFRONT. Operation Homefront provides emergency assistance to military families during deployment and helps wounded service members when they return home. Sandy and husband Jon run the Operation Homefront Patriot Chapter serving CT, MA, ME, NH and RI and have several slots open for runners. This is a fundraiser for the organization. The runner must raise \$1000 for Operation Homefront and they will get a slot to run in the Marine Corps Marathon. (*Sandy and Jon are both running*). They are in the process of accepting sponsors. If interested, please contact them at

patriot@operationhomefront.net

or call at 1-800-291-8565.

(**Sandy Winkler, Operation Homefront Patriot Chapter, President**)

GRAND PRIX RESULTS

Frostbite 15 K—Raynham, January 14, 2007

Males				Females			
Name	Place	Time	Points	Name	Place	Time	Points
Under 40				Under 40			
1 Frank Nelson	30	57:28	10	1 Jill Strathdee	89	1:03:41	10
2 Brian Cohen	40	59:08	9	2 Rebecca Maurer	100	1:05:03	9
3 Marc Blandin	72	1:02:38	8	3 Teresa Norton	192	1:13:05	8
4 John Shuster	76	1:02:42	7	4 Emily Flaherty	207	1:13:54	7
5 William Simms	82	1:03:20	6	5 Adriel Edwards	230	1:15:38	6
6 Christopher Moulding	122	1:07:35	5				
7 Paul Ghelfi	129	1:08:16	4				
8 Frank Neely	140	1:09:23	3				
9 Bill Hewitson	166	1:10:51	2				
10 Thomas Stracqualursi	217	1:14:39	1				
11 Chris Dorman	258	1:17:53	1				
12 Karl Amber	276	1:19:21	1				
40-49				40-49			
1 Stephen Warren	37	58:44	10	Nancy			
2 Michael Ferrari	43	59:43	9	1 MacDonald	189	1:12:59	10
3 Nick Giannaros	59	1:00:38	8	2 Gail Martin	202	1:13:30	9
4 Andy Corry	67	1:02:06	7	3 Jeanne Sullivan	238	1:16:05	8
5 Dave Martin	138	1:08:59	6	4 Lisa Perna	242	1:16:19	7
6 Charlie Morgan	212	1:14:12	5	5 Beth Corry	265	1:18:36	6
				6 Elisabeth O'Brien	303	1:22:50	5
				7 Nora Shanahan	320	1:23:58	4
				8 Lori Noel	335	1:25:45	3
				9 Elaine Polito	400	1:40:55	2

50 and Over				50 and Over			
1	Thomas Yellope	83	1:03:21 10	1	Beverly Coronis	210	1:14:05 10
2	Mark Woelfel	137	1:08:55 9	2	Patricia Everett	277	1:19:23 9
3	Charlie Hudson	148	1:10:04 8	3	Sue Simmons	288	1:20:41 8
4	Sam Baumgarten	173	1:11:56 7	4	Edie Bottner	382	1:34:42 7
5	Ed Dowling	213	1:14:20 6				
6	Mike Lozan	282	1:19:39 5				
7	Steve Lanzillotta	300	1:22:09 4				
8	Philip Crawley Jr	313	1:23:50 3				
9	John Goldrosen	361	1:29:37 2				
10	Bud Morton	369	1:31:12 1				
11	Thomas Hyde	372	1:32:10 1				
12	Eugene Gallagher	378	1:33:35 1				

NEWSLETTER BY EMAIL

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

Just send a quick note to **Dave Malliaros** at dmalliaros@msn.com to request that your newsletter be sent electronically. You will receive your newsletter a little quicker this way, and the club will save the cost of copying and postage.

MEMBER-TO-MEMBER BUSINESS NOTICES

Would you like to let your fellow Colonials know about your business?

For \$25 for 2007, we will print your business-card-sized ad. Just send your card, with a check for \$25 payable to *Colonial Road Runners*, to **Dave Malliaros**, 29 Parkway Crescent, Milton, MA 92186. Dave's email is dmalliaros@msn.com.



6K

6K Race on the beautiful trails of DW Fields Park

**Saturday March 31, 2007 10:00 AM
DW Fields Park, Brockton, MA**

\$16 Pre Entry	\$20 Post Entry	Register On Line At: http://www.active.com/event_detail.cfm? event_id=1399105
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Strict 250 runner limit per race

**Multi-Color Luv2Run T-Shirts guaranteed to all runners!
Luv2Run Beer Mugs to top 3 Male and Female Overall and top 2 Male & Female in 7 Age Groups
Raffle Prizes Include: 2 Pairs of Vasque Trail Running Shoes, FuelBelts, RoadID Kits, and more.**

For more information call (603) 429-8879; go to <http://www.3craceproductions.com/Luv2Run2007.htm>;
or email: michael@3craceproductions.com. Make check payable to the 3C Race Productions,
and mail to: Luv2Run Brockton 6K #1, 160 Amherst Road, Merrimack, NH 03054

Name: _____ Circle Gender: M F Age: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip Code: _____ Email: _____

Running Club: _____ Circle T-Shirt Size: S M L XL

I know that running is a potentially hazardous activity. I should not enter or run this event unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release 3C Race Productions LLC, Vasque, and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. All fees are nonrefundable.

Signature

Date

Parent's Signature if under 18



Second Annual **BLUE HILLS TRAIL RACES**

“FOX TROT” (10 Miles) & “BUNNY HOP” (3 Miles)

**SUNDAY, MAY 6, 2007: 10:00 AM
BLUE HILLS RESERVATION - MILTON, MA.**

Presented by Colonial Road Runners

- Where:** Start and Finish next to the Blue Hills Trailside Museum, 1907 Canton Avenue (Rt. 138), in Milton. *Directions: From Route 93 (Rt. 128), take Exit 2 to Rt. 138 North (“Milton”). Follow Rt. 138 for 1.2 miles to the parking lots for the Trailside Museum and the Blue Hills Ski Area.*
- The Event:** Choose from two races with different lengths and terrain, along miles of beautiful trails in the scenic Blue Hills Reservation, just south of Boston. This is a low-frills, and low-cost, event. The courses will be well-marked (with ribbons, lime dust, and human beings at key intersections), and there will be water stops on each course. The races will be timed (results to be posted on *Coolrunning*), and there will be awards for the overall winners. However ...there will *not* be T-shirts, goodie bags, or age-group awards.
- The Courses:** Both courses are laid out on dirt roads and forest paths, except for short paved sections at the beginning and end of the races.
The FOX TROT (~10 miles) offers a mix of double and single-track trails with some hilly and rocky stretches.
The BUNNY HOP (~3 miles) is recommended for first-time trailrunners. This course offers easier terrain on wide paths--but this is still a trail race, with plenty of small rocks and tree roots along the way!
Water stops: three on the Fox Trot, and one on the Bunny Hop.
- Course maps (pdf files) can be downloaded from the race information page on the Colonial Road Runners website, www.colonialrunners.org.
- Cost:** A minimum \$5 donation is requested, or bring food items for post-race refreshments. *Suggestions:* soda, juice, bagels, bananas, cookies, baked goods, chips, and pretzels. (This is a public park, so alcoholic beverages are NOT allowed.)
- Net proceeds will be donated to the Blue Hills Trailside Museum.*
- Registration:** Pre-registration will be appreciated, as it will help us plan for water, etc. and save us time with data entry on race day. To pre-register: send an email to John Goldrosen at jgoldrosen@earthlink.net, with the following information: *Name, Address (Town-State-Zip), Phone, Email, Sex, Age (on race day), and whether you will be running the Fox Trot (10 mi.) or the Bunny Hop (3 mi.).*
Race Day registration will be held on-site from 8:30 to 9:40 AM.
- Amenities:** Restroom facilities are available in the separate building next to the Trailside Museum parking lot (we do not have use of the Museum’s facilities).
- Information:** Contact John Goldrosen, Race Director, at jgoldrosen@earthlink.net, and 781-447-2812, or visit the CRR website, www.colonialrunners.org.



The American Diabetes Association & Colonial Road Runners proudly present:

The 5-th Annual

Christopher's 5-K Run & Walk for Diabetes

Memorial Day: Monday May 28, 2007

5-k Run/Walk=11:00AM

Kids 1/2 Mile Fun Run Start Time = 9:45AM

West Bridgewater Senior Center-Council On

Aging: 97 West Center Street, W Bridgewater MA 02379

(Next to the W.Bridgewater Fire Dept.)



Course:

The **3.1 mile** race is run on paved roads, along a loop through the scenic town of West Bridgewater. Race starts in front of Friendship Park (Howard Street).

Kids Run:

1/2 mile fun run which is **\$5.00** and open to all children 3-12 years old <must have parents permission>. Ribbons for all participants. **MUST OFFICIALLY SIGN UP. Kids Run starts promptly at 9:45am.**

Entry Fee:

\$15 Pre-Entry (postmarked by May 7): \$20 after May 7 through race day.

Race-day registration: **Kids Run**-8:00-9:30am **5k**-8:00-10:45am **both** at W.Bridgewater Senior Center

Amenities:

- TEE SHIRTS to FIRST 200 Pre-Registered 5-k Runners & Walkers-None for Kids Run – Sorry!
- Professionally Timed with Mile Markers and (1) Water Station on the Course.
- \$5.00 Discount for Diabetic Participants. • Post-Race Refreshments.

Awards:

Trophies for Male and Female Overall and Division Winners.

Divisions:0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+(Special Awards for diabetic finishers)

Directions:

Route 24 to Exit 16-A(Route-106) Towards West Bridgewater. Follow Route-106 for about 1.6 miles to West Bridgewater Senior Center ~ Council On Aging, which is on the left: 97 West Center Street, West Bridgewater, MA 02379 (next to W.Bridgewater Fire Department).

Information:

Frank Nelson, (508) 208-5377, email: ChristophersRun@colonialrunners.org

Online Information -& Registration: <http://www.colonialrunners.org/ChristophersRun/>

~Net proceeds & donations will benefit The American Diabetes Association~

[Please CUT Christopher's 5-K Entry Form on the dotted line and RETURN with APPROPRIATE PAYMENT.]

*FEE: \$15 postmarked by May 7, \$20 thereafter, through race day. Race Amount: \$ _____

__ YES, I would like to make an additional contribution to the American Diabetes Association. Amount: \$ _____

__ KIDS FUN RUN \$5.00 <AGES 3-12> 1/2 MILE - Kid's Run Starts at 9:45am \$5.00 \$ _____

__ DISCOUNT OPTION > Diabetic Participants <\$5.00> __ Type 1 __ Type 2 __ Other DEDUCT: \$ < _____ >

MAKE CHECKS PAYABLE TO: American Diabetes Association Total Enclosed: \$ _____

Send to: Frank Nelson, 1701 Plymouth Street, Bridgewater, MA 02324

Name (first) _____ (last) _____

Diabetic ___ M/F ___ Street _____

Age on 5/28/07 ___ City/Town _____ State ___ Zip _____

Telephone _____ Shirt Size _____ E-mail _____ @ _____

RELEASE AND WAIVER: I assume all risks associated with running in this event. In consideration of your accepting this entry, I hereby for myself and my heirs, executors, or administrators, waive and release all rights and claims for damages I may have against the American Diabetes Association, the Colonial Road Runners, the Town of W.Bridgewater, W.Bridgewater Council On Aging, any sponsors, all race officials and volunteers, and any other individuals or organizations associated with this event, for any death, personal injury, or property damage arising from or in the course of my participation in this event.

SIGNATURE: _____ (Parent/Guardian if Under 18)



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