



UPCOMING EVENTS

SUMMER SERIES RACES

The summer fun run series have begun! Whether you are an experienced runner looking for competition or a high school or college runner maintaining your conditioning and endurance building for the fall season or even if you are a beginning runner interested in meeting other runners, join the Colonials for one (or more!) of these weekly series of low-key, low cost twilight races held at three different South Shore locations.

The race series began on April 30 and runs until August 29.

Mondays, Raynham: Colonial Road Runners/Raynham Athletic Club “**5K Your Way Series**” runs from April 30-August 27. **This 3.1 mile race begins at 6:45 PM at Judson street/Hill Street in Raynham.** The top five male and female finishers will be published in area newspapers. Water, fruit and race number will be provided to all race participants. Also, participants may use the Raynham Athletic Club facilities, including exercise equipment, pool, showers and steam rooms. The cost is \$2.00.

Contact Jim DuPont (508-822-0376) for more information.

Tuesdays, Abington: The Colonial Road Runners Fun Run Series runs from May 1 – August 28. This 3.27 mile course runs through Abington and begins at 7:00 PM. The start and finish is at the **Woodsdale School on Chestnut Street.** Water and usually fruit is provided. There are no streets or intersections to cross and there is a sidewalk along most of the route. The top five finishers are published in area newspapers and on the web, at Coolrunning.com. Runners of all abilities are welcome. The entry fee is \$2.00. Participants in nine or more races will receive a CRR T-shirt. A post-race party will be held after the final race of the season at the Abington depot restaurant.

Contact Al Donaghy (781-878-8622) for more information.

Wednesdays, Brockton: The Hockmock Swamp Rat Road Race Series is being held from May 2- August 29. This is the oldest continuous weekly race program in New England. **The 3.75 race takes place at D.W. Field Park (off Oak Street) in Brockton and is open to all comers.** The final race on August 29 is the famous “Handicap Race” and will be followed by a post-race party. Other special races will be on June 6 when runners will have a choice to run the traditional 3.75 mile loop or run the double loop of 7.25 miles. Also on July 11, the “no wristwatch” race will be held where runners predict their times. The runner who comes closest to predicting their time will win the evening’s contributions. August 1 will be the “reverse direction” race. Race registration is at the Pentangle parking lot in D.W. Field Park; the cost is \$2.00 per race. The 2006 series had more than 200 different participants and an average of more than fifty runners per week.

Contact Ed Dowling (617-696-1810) for more information

KIDS SUMMER FUN RUN SERIES

It's that time of year again!! Mark the dates.. 7/22, 7/29, 8/5, 8/12. Planning for the 4th Annual Kids Summer Fun-Run Track Series is well under way. This year, we have the support of the Raynham Park and Rec. Department, which means the track is already reserved on those dates for us. We also have secured most of our sponsors, except for the Bristol County DA's Office which, unfortunately, will not be giving us a cash donation this year. Even so, Hannaford's (watermelon), Ocean Spray (juice), and Office Depot (10,000 copies) have all stepped up to get us off to a good start. The Superintendent's of Taunton, Raynham, and Bridgewater schools have already given their blessing to sending home flyers with all the elementary and middle school children in those towns.

So, for those of you who aren't familiar with this program, it is a four week kids series held at the Raynham Middle

School outdoor track. It's open to kids aged 3 1/2 - 14 years old. The children are split up into age groups and coaches (volunteers from Colonial!!) teach them the basics of warming up, stretching, and cooling down. Each age group runs a specific distance ranging from 100 m for the 3/4 group to 1 mile for the 13/14 group. Every child gets a ribbon/medal each week and on the final week all children get a t-shirt.

Last year, we set a record of 165 children the 1st week and then we averaged about 115 for the remaining weeks. Each year, we draw more and more kids so I expect this year to be even bigger. With that in mind, registration will be set up a little different this year and we'll start registration earlier each Sunday to handle the larger numbers.

Because of the large number of children we get, especially in the younger groups, it takes about 25 volunteers each week to handle all duties from registration, coaching, watermelon table, finish line etc. **WE NEED YOU!!!** If you can help, even if only for one of the weeks, please contact Lori Noel, via e-mail at ljnrunner@verizon.net or at 508-386-2774. I look forward to seeing you at the track!!

Lori Noel
Nationally Certified Massage Therapist
NCSF - Certified Personal Trainer
508-386-2774
www.activehealthmtf.com

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

A reminder to all members, Christopher's 5K run/walk will take place on Memorial Day (Monday, May 28). The kids race start time is 9:45 AM while the main race will begin at 11:00 AM.

This annual race is presented by the American Diabetes Association and the Colonial Road Runners. The West Bridgewater Senior Center-Council on Aging will host this year's event. The race is in honor of Christopher Nelson who is now 7 and was diagnosed with diabetes soon after turning two years old. Upon diagnosis, his family and the Colonial Road Runners were determined to make a difference. Christopher's father, Frank Nelson and mother Ilda Nelson started the race in 2003 and teamed up with Team Diabetes and the Colonial Road Runners to help raise money for diabetes to support the entire mission of the American Diabetes Association: **To prevent and cure diabetes and to improve the lives of all people affected by diabetes.** To date, this event has raised nearly \$50,000 in our efforts to help all those affected by diabetes.

For more information, contact Frank Nelson (508 208-5377)

Email= ChristophersRun@colonialrunners.org. Also see the CRR website:

CRR 2007 GROUP TRACK WORKOUTS

Starting on Thursday June 7th and continuing each Thursday night in June, members are welcome to join in a series of Group Track Workouts at the Abington High School Track. Warm-up starts at 6:30PM, workouts begin at 7PM sharp. Total workout time should be < 1 hour. If the interest is there, the program can be continued into early August.

A once a week speed workout is a great way to improve as a runner, if you have not done this type of training before, you are in for a pleasant surprise. These workouts do not need to be gut busting to bring results.

The workouts will follow a basic speed development program using interval repeats at various distances (400m, 600m, 800m, and 1600m) run at slightly better than current 5K pace. A typical workout for an 8:00min/mile 5k runner is shown below:

Warm-up: Jog a mile, stretch, and do a few striders.

Intervals: Run 6x400m in 1m50s, with 200m recovery jog/walk in between.

Cool Down: Jog a mile, stretch. Go have pizza and beer.

(Total distance= 4mi, 1.5mi at speed)

Abington High School is located at 201 Gliniewicz Way, Abington MA (Right off of Rte 18, ~ 1 mi south of the Rte 139 intersection).

For more information contact Rich Ghiorse at 781-331-5131 or email Training@colonialrunners.org.

CLUB CHALLENGE CUP MARATHON RELAY – Saturday, July 7, 2007, Marshfield

The Third Annual Club Challenge Cup Marathon Relay will be hosted again by Marshfield Road Runners, on Saturday, July 7th, beginning at 8 AM behind the Martinson Junior High School in Marshfield. Colonial Road Runners has participated both years, and won the Cup in 2005. Last year there were four running clubs entered, and director Steve Lanzillotta is hoping to have six to eight clubs participate this year.

The format of the event is that each of 26 members of a club's team runs one mile around the Marshfield High School track, passing a baton to the club's next runner. Participants must be club members, and 18 or older. A minimum of 10 runners must be women. In addition to the club receiving the championship cup, members of the winning team receive individual medals, and there are also awards for the fastest mile overall in various age groups.

This is a fun event, with a lot of camaraderie among club members, and among the various clubs from around Massachusetts. If you are interested in being on the Colonial team, please contact Phil Crawley at crawleyjr@yahoo.com or 617-943-2578, and he will send you the required entry form and waiver to fill out. Colonial picks up the tab for the \$200 team entry fee, so it won't cost you anything. Contact Phil right away—last year, the team filled up quickly!

COLONIAL SUMMER FAMILY PICNIC – Saturday, July 21, 2007, Plymouth

Last summer, Dan Gorman hosted the annual Colonial Summer Family Picnic at his waterfront home in Plymouth. We had plenty of food, lounged on his deck and in his hot tub, and went swimming and boating in the pond. So...we're going back! CRR will provide hot dogs and burgers, and liquid refreshments, and attendees are asked to bring side dishes, snacks, and desserts.

Linda Morris, our Social Events Director, is organizing this event. If you are planning to come, please RSVP by July 14th, so that she can make plans for enough food and supplies. You can contact Linda at buzzymum@comcast.net or 781-817-5089. If you have outdoor games for either children or adults (i.e. volley ball set, horseshoes, etc.) please bring them along. Also, we could use some extra chairs if you have them. Tentative time for the picnic is Noon to 4 PM.

Dan Gorman's home is at 81 Old Bog Road in Plymouth. Here are directions:

Head South on Route 3, and take Exit 5. At the bottom of the exit ramp, turn right onto Long Pond Road. Go about 2 miles, and turn right onto Boot Pond Road. Continue on Boot Pond Road, and do NOT take the left fork, which becomes College Pond Road. When Boot Pond Road turns to dirt, go straight, and you will now be on May Hill Road. After about 0.25 mi., where May Hill Road bears right, instead go straight onto Hog Rock Road. Follow Hog Rock Road for 0.25 mi., and then bear left onto Old Bog Road. Travel down Old Bog Road about 0.25 mi., and take a left fork where there is a sign on a tree that says "Gorman". Continue to Dan's cottage, which has solar panels on the roof.

MEMBERSHIP NEWS

BABY COLONIALS

This may be the only “non running” report in the newsletter, but these additions are certainly noteworthy!!

Six of our members had babies over the past year:

- * **Rene Sayce-Dant** and her husband **Bill**, had their second daughter
- * **Amy Federico** and her husband **Anthony** had their first baby, a son, Will on July 11th 2006. **Bill Bolter** our Race Reporter is also the proud Grandfather!
- * **Megan Ann Corry** was born on July 19th 2006, a third daughter for **Beth and Andy Corry**.
- * **Chris England** and his wife **Margaret** had their first baby, a son **Matthew** on November 2nd 2006.
- * **Chris Galvin** and her husband **Mike** had their second son, **Jarod Michael** on November 6th, 2006
- * **Tracey Littlefield** and her husband **Eric** had their first baby, a daughter **Brooke Elizabeth** on January 6th, 2007.
Proud Grandparents **Jim & Cindy Conley**.

Congratulations to you all from us!!!! Hope to see them out on the roads soon!

A big thanks to Susan Yellope for this update!

GRAND PRIX RESULTS

2007 COLONIAL GRAND PRIX COMPETITION SERIES

The 2007 CRR Grand Prix Competition Series is underway! The series concludes on December 1 so there is still an opportunity to participate. The schedule is below; the next race in the Grand Prix Series will take place on Saturday, May 19. It is the Strawberry Shortcake 10K race in Plympton.

Sun, Jan. 14: Frostbite 15K, Raynham
 Sun, Feb. 18: Old Fashioned 10M, Foxboro
 Sun, March 11: Knights of Columbus 5M, Raynham
 Sun, April 1: Road Race by the Sea 10K, Cohasset
 Sat, May 19: Strawberry Shortcake 10K, Plympton
 Sun, June 17: Children's Museum 5M, Easton

Wed, July 11: Hockomock Series 3.75M, Brockton
 Sun, August 26: Marshfield 20K, Marshfield
 Sun, Sept. 9: Jeffrey Coombs 5K, Abington
 Sun, Oct. 28: Canton Classic 10K, Canton
 Sat, Nov. 10: Edaville Rail Run 5M, Carver
 Sat, Dec. 1: Ho-Ho-Ho 5K, Norwood

2007 Colonial Road Runners Grand Prix - Overall Standings (through April 1)

Males				Females			
Name		# of Points Events		Name		# of Points Events	
Under 40				Under 40			
1	Frank Nelson	30	3	1	Jill Strathdee	20	2
2	Brian Cohen	27	3	2	Tamara Kramer	10	1
3	Marc Blandin	26	3	3	Rebecca Maurer	9	1
4	Christopher Moulding	21	3	4	Teresa Norton	8	1
5	Frank Neely	18	3	5	Emily Flaherty	7	1
6	William Simms	12	2	6	Adriel Edwards	6	1
7	Bill Hewitson	11	3				
8	John Shuster	7	1				
9	Mark Blackwell	6	1				
10	Karl Amber	6	2				
11	Paul Ghelfi	4	1				
12	George Balestino	3	1				
13	Steve Smith	2	1				
14	Thomas Stracqualursi	1	1				

40 - 49			40 - 49				
1	Stephen Warren	30	3	1	Lisa Burke	28	3
2	Charlie Morgan	22	3	2	Jeanne Sullivan	25	3
3	Michael Ferrari	18	2	3	Beth Corry	24	3
4	Jerry Cuellar	16	2	4	Elisabeth O'Brien	23	4
5	Ted Coyle	10	1	5	Gail Martin	19	2
	40-49-continued				40-49-continued		
6	Michael Ryan	9	1	6	Lisa Perna	15	2
7	Nick Giannaros	8	1	7	Nancy MacDonald	10	1
8	Steve Cushing	7	1	8	Elaine Polito	8	2
9	Andy Corry	7	1	9	Elizabeth Sheibley	7	1
10	Dave Martin	6	1	10	Beth Hackett	6	1
				11	Christine Hollander	5	1
				12	Anne Duffy	3	1
				13	Lori Noel	3	1

Over 50			Over 50				
1	Thomas Yellope	40	4	1	Sue Simmons	35	4
2	Richard Ghiorse	26	3	2	Patricia Everett	28	3
3	Mike Lozan	25	4	3	Beverly Coronis	20	2
4	Mark Woelfel	18	2	4	Susan Yellope	16	2
5	Eugene Gallagher	15	3	5	Mary Dupont	8	1
6	Steve Lanzillotta	11	3	6	Judy Conroy	8	1
7	Philip Crawley Jr	10	2	7	Edie Bottner	7	1
8	Thomas Hyde	9	3	8	Betsy Knapp	6	1
9	Charlie Hudson	8	1				
10	Clayton Gardner	7	1				
11	Sam Baumgarten	7	1				
12	Ed Dowling	6	1				
13	Dick Carnes	5	1				
14	Andy Brennan	4	1				
15	Dan Gorman	4	1				
16	Dave Morrison	3	1				
17	John Goldrosen	2	1				
18	Charlie Dorman	1	1				
19	Chuck Coronis	1	1				
20	Cameron Snyder	1	1				
21	Bud Morton	1	1				

Marathons do NOT count towards total number of events. Marathon points ARE NOT INCLUDED in these totals.

*Participants with more than 10 events will have their worst event dropped from their point total.

CLUB NEWS

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.

BLUE HILLS TRAIL RACES - Sunday, May 6, 2007 -- by John Goldrosen

This was the second year for the Blue Hills Trail Races (the 10-mile “Fox Trot” and the 3-mile “Bunny Hop”). Last year, the events drew a total of about 100 runners. This year, participation surged to 247 finishers, making it one of the largest trail events in eastern New England. Frankly, the leap in entries was stunning—I expected some growth, but nothing like this. We seem to have reached a “critical mass” of trail runners, who are spreading news about our races by word of mouth (and, mostly, email) to their friends and co-workers. We also benefited from a feature article in the May issue of *New England Sports*, which is distributed in many health clubs. Many of the runners were taking part in their first trail race ever. There were lots of local runners, but we also had participants from several states (and even a runner from Australia, who was visiting locally and spotted our race on the Internet).

We kept the “low-frills” approach from last year— no T-shirts or trophies, but with a minimal \$5 entry fee, waived for those who brought food for post-race refreshments. There were gift certificates from Marathon Sports for the overall winners, and several raffle prizes (including shoes from Etonic). Age-group winners received a round of applause and a strip of pink trail-marking ribbon, and that seemed enough. The Blue Hills Trailside Museum is designated to receive the profits from these races, and even with the low entry fee, around \$700 was raised for the Museum.

Thanks to the many Colonials who volunteered their time and enthusiasm to making this event safe and successful by handling registration, parking, water stops, course support, and timing. The Colonial volunteers included: Dick Carnes, Jim Conley, Jerry Cuellar, Al Donaghy, Kevin Donnelly, Ed Dowling, Anne Duffy, Jim Dupont, Patty Everett, Marie Ficociello and her children, Jack and Colin Foley, Rich Ghiorse, Sr., Rich Ghiorse, Jr., Dan Gorman and his friend Rosemary, Bill and Hillary Hewitson, Charlie Hudson, Ellen Litt, Chris Miskinis, Linda Morris, Dave Morrison and his son-in-law Shane, Bud Morton, Frank Neely, Frank Nelson, Nora Shanahan, Jill Strathdee, Bruce Talanian, and Elizabeth O’Brien’s parents, Arnold and Marcia Briggs. (My apologies if I missed anyone!) In addition, about ten members of the Oliver Ames High School boys and girls cross-country teams helped out on the course, which was a huge help in making sure that the key intersections were covered. A special mention, too, to Richard Kelly of Walpole, who is running the Vermont 100-mile race this summer—that race requires its participants to contribute at least eight hours of volunteer time to another trail event, and Richard more than met his target by helping Frank Neely, Jerry Cuellar, and me to mark the course on Saturday, and then by serving as “sweeper” for the 10-mile race on Sunday.

Next up--the Fourth Houghton’s Pond Trail Race, which is scheduled for October 14th!

“NO CHILD LEFT INSIDE” - COLONIAL SUPPORT FOR YOUTH RUNNING

For several years, CRR has become more involved in children’s and youth running programs, through personal participation by our members as volunteers and by financial contributions from the club. We now have a successful summer children’s track series in Raynham, directed by Lori Noel and staffed largely by Colonial members (see the separate article in this newsletter, for information on this year’s series). We have provided some financial support for this series in past years, and will be underwriting much more of the cost this year, due to a cutback in funding from other sources. The Board of Directors has also decided to make donations to other programs. We are donating \$250 to the Brockton High School cross-country and track team (which has frequently provided volunteers for the Paddy Kelly Road Race), and \$200 to the Oliver Ames High School program, which furnished volunteers for the Blue Hills Trail Races. If you know of other youth programs that could use our support (financial or otherwise), please let members of the Board of Directors know about them. We’d be particularly interested in hearing about running programs at the middle-school level, which could serve as “feeder” programs for high-school running teams.

The Paddy Kelly Road Race is the principal source of funds for these efforts to support youth running. Thanks to all of you who have participated in the Paddy Kelly race or served as volunteers, for helping to make it a success!

MEMBER CONTRIBUTIONS

RUNNER TURNED WRITER!

Our very own Gail Martin has just had her first book published. *Not Just Four Show* is a humorous yet poignant novel that reveals what happens when four people brought together for a one-month reality show find themselves on journey’s of self-discovery.

CHARLIE AND CHRISTOPHER DORMAN'S WONDERFUL ADVENTURE – April 16, 2007

It was a cold Sunday afternoon in early January when I was finishing the winter fun run in Abington. As I was running I was also deciding whether to get a pizza that day after the race at The Depot while watching the football game. As I came in my usual spot of next to last position in the race Jim Conley, who was working the finish line, cornered me and wanted to know if I had made my decision. I said I was going for the pepperoni this week. He said “No! Are you putting in for the Marathon Waiver?”

I really had not thought about it much, but seeing that I had finished the BAA Half-Marathon in October I said what the heck, let's do it. The board was voting right after the race that day and I was told to hang around. I figured I was probably the last person in the club who should run the Marathon. I was getting good at working the Mile 15 water stop with my wife and looked forward to the time together and our traditional lunch on Marathon day listening to the Red Sox. (Once Tom and Susan Yellope stopped bossing me around) Raking up thousand of cups seemed more enjoyable than training and running the Boston Marathon!

I damned near had a heart attack when Jim came over and handed me the waiver at the Depot that day. I figured it would be like picking the Pope and it would take at least 2-3 weeks to figure out who was getting the waivers. After going home and telling my wife that I would be running the Marathon, I was scared to death on how I was going to do this. My idea of a long run is a 5 mile race and when we have the choice to sign up for 5K or a 10K I always opt for the 5K and my wife make me re-fill out the form for the longer race. My son Christopher also received a waiver and we were going to train and run it together.

At this point I have to thank Bev Coronis, Jim Conley and my son Christopher for bringing me to my senses and putting together the plan to make this happen. They thought of the correct races to do and planned out the training runs on the course. They constantly checked in with me and made sure that I was on target to achieve this great goal of running Boston. My only set back was running the Half-Marathon in Hyannis in February. I ran the first 7-8 miles fine, but hit the wall after that and walked most of the way in. I seriously considered turning in the waiver as my legs were killing me. Running outside was tough as the weather had turned cold and I had a lot of excuses not to run. I started to cross train at the gym and ran 4-5 mile outside whenever I could. My legs seem to get stronger and I finished the long training run with the rest of the Colonials in late March. I knew now that I could do it.

Running the race with my son Christopher made it special to me as well, I had become interested in running with the Colonials because of his interest in running. It was something we could do together. Even though we usually only see each other at the start and he is always waiting for me at the finish, there was also the time going and coming from all of the events that we shared together.

As race day approached it was apparent that we were going to have to deal with some weather and the casually observer wanted to know if we were still going to run or better yet would the Race be cancelled. I think Bill Rogers on an interview on WBZ radio prior to the Marathon put it best, “The runners started seriously training after the New Year and have run in Ice, Snow, extreme cold and heat. This race will not be cancelled because of rain and wind.” Off we went to Hopkinton the morning of the event on the “Colonial Bus.” Everybody was chatting about how they feel and what they were going to wear. The time flew by; I always dreaded waiting around for a race and would rather get out of bed and run. Chris, Bev and I headed for the start line and one more trip to the bathroom. All of this seemed like a blur and as we separated from Bev so she could join her “Wave of Starters” I knew we were getting closer. Seeing New England Patriots star Teddy Bruschi at the start was another on of my highlights. Everybody was yelling his name and he waved back and gave the Teddy smile. We were then off and going, it was slow going at first but then I was surprised at how much it opened up after about 3 miles. My famous left leg started hurting me around mile 6 and I took a couple of Tylenol. That helped until Mile 10 when I saw my good friends Chuck, Cathy and their son Steve. I was listening to the Red Sox at that point and told them the Sox were winning. They called ahead to my son Chas and wife Marylou and told them if everything was on schedule I would be there with them at Mile 17 around 2:15-2:30 and I needed more Tylenol. My brother Jim was at Mile 14 then going through the Colonial Mile 15 and 16 water stops helped get me over 128 and my way to the Hills. Thanks for all of the support! I arrived on schedule to meet my wife and son at Mile 17 and I will always remember her saying that I did not look happy! I asked where the Tylenol was and she gave me the baggy I had given her and there were no Tylenol in there. I had Aleve's in there for after the race, she had told me not to take them during the race because of hypothermia, dehydration or some other problem we heard about all weekend that I was probably going to get because I have high blood pressure and weigh 230 lbs. The heck with it, in order to finish I had to have something and at the next water stop in went the Aleve's. I was feeling good now and made it through the hills half walking & running. The 5k after the hills got me back on track and I knew that the end was in sight. People always say that when you see the Citgo sign you know that you are almost there. That is one long road to run! I made the turn on Hereford St. and there in front of my were my son Chas and my wife. They were the last ones to see me out on the course and had time to take the train back to the finish area and it was awesome that they were there to see me make the turn on the home stretch. Of course they could have stopped and had a sandwich got a haircut and the car washed on the way! At the finish line were

my brother Paul, Christopher who had already finished Bev and Chuck Coronis, and my best friends and neighbors Richard and Geri Burns. Everybody who supported me over the past 3 months was there to celebrate with me. Two weeks later I still ponder that I am one of 377,000 people in the world who have ever finished the most famous Marathon of them of the all –Boston. Now Jim Conley, let's go get that Pepperoni Pizza.

Thanks

Charlie Dorman 26.2 -2007

THE JEFFREY COOMBS MEMORIAL FOUNDATION

The **Jeff Coombs Memorial Road Race** is held annually to bring together the community and raise money for the foundation in memory of Jeff. The Foundation also hosted an auction at the Charlie Horse in West Bridgewater and raised more than \$50,000 to help the causes that the Foundation supports. **Christie Coombs who represents the Foundation recently sent a letter of thanks to the Colonial Road Runners for the club's contribution and support of the past year's events.**

The Foundation was established four years ago in commemoration of the events that occurred during 9/11/01. At that time, there was a sense of a real need to find something positive out of a tragedy. Christie's husband Jeff was an Abington father of three who quietly reached out to help others, whether it was helping extended family with home projects, assisting Christie with PTO events, coaching his children, selling concessions at Foxborough stadium for the Abington Education Foundation or sending a check during the holidays to help the less fortunate. Jeff was a dedicated family man and recognized the importance of being there for others and used those opportunities to set examples for his children. The Foundation carries out his legacy by providing assistance to families in emotional or financial need due to a death or illness in the family or other circumstances that affect the family dynamics. The Foundation also helps fund grants within the schools to enrich childrens' education through special programs and it provides scholarships to deserving high school students, both college-bound and those attending private school. Please contact Christie if you have any questions about the Foundation.

Christie Coombs

781 982-1608

www.jeffcoombsfund.org

VOLUNTEER OPPORTUNITIES

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Ellen Litt would like to alert the club to volunteer opportunities through Coventures. Coventures manages many local racing events and has request Colonial Road Runner volunteer participation at the following events.

- Thursday, June 28, 2007, JP Mortgage Chase Corporate Challenge, Boston
- Sunday, September 30, 2007, Boston Marine Corps. Honor Run in the Blue Hills, Milton
- Monday, October 8, 2007, Tufts Health Plan 10K for Women

If you would like to volunteer for any of these events, please contact Ellen Litt. These are opportunities to both participate and give exposure to the club.

Ellen Litt
781 871-9958
888 722-5088 X 13
ellenlitt@mfsloan.com
www.ellenlitt.com

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.



6K Race on the Beautiful Trails of DW Fields Park

Sunday July 1, 2007 9:00 AM

DW Fields Park, Brockton, MA

Road Runners Club of America Massachusetts State Championship!

Help Support The Brockton Kids Road Race Series!!!

Colorful 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 info call (603) 429-8879; go to www.3craceproductions.com/Luv2Run2007.htm;
or email: michael@3craceproductions.com. Register on line at:
http://www.active.com/event_detail.cfm?event_id=1400570

Make check payable to the 3C Race Productions,
and mail to: Luv2Run Brockton 6K #2, 160 Amherst Road, Merrimack, NH 03054
Entry Fee: \$16.00 (Post Entry: \$20.00)

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