



UPCOMING EVENTS

WINTER FUN RUNS

Sundays, November 25, 2007 – February 3, 2008, 1 PM, Abington Depot

Colonial Road Runners [Winter Fun Runs](#) begin on Sunday, November 25 at 1:00 PM. These four mile low key, low cost winter races begin near the Abington Depot Restaurant off Route 139 in Abington. Races begin at 1:00 PM and will run every Sunday from November 25 through February 3. The cost is \$2.00 per race. See the flyer at the end of this newsletter for more information or contact Jim Conley (781) 878-7296, funruns@colonialrunners.org.

NEW YEAR'S DAY "FUN BrrrRUNch RUN"

January 1, 2008, 10 AM, Abington Baptist Church

Our annual Colonial Road Runners New Year's Day "Fun BrrrRUNch Run" will be held on Tuesday, January 1st (duh!), starting at 10 AM at the Abington First Baptist Church at Routes 58 and 139, a block from the Depot Restaurant. (Park and enter the Church on the Route 139 side.) This is our way of celebrating the New Year with the first of what we all hope will be many days of running, in the company of your fellow Colonials. You might say that we're getting the New Year off on the right "foot"!

We will meet at the church from 9:30 AM on, head out at 10 AM for an untimed, noncompetitive group run on the 4-mile Winter Fun Run course, and return to the church afterwards to socialize over coffee, bagels, donuts, and juice. This event is free, and everyone is welcome, so please bring friends and family members--non-runners can hang out at the church during the group run.

So that we will have an idea of how many are coming and how much food to provide, please let Beth Sheibley know if you are coming, by email at bsheib@hotmail.com or by phone at 508-612-9427.

FROSTBITE 15K

January 20, 2008, 9:20 AM, Raynham Middle School

The date for the Frostbite 15K race will be January 20, 2008. The race start time is 9:20 AM and registration will be at the Raynham Middle School. The entry fee for CRR members is \$15 (shirt included!). The non-member entry fee is \$20 (no shirt) and \$25 for race and shirt.

Jim DuPont is seeking volunteers for on-the-course duties. There will be four water stops on the course plus one additional water stop at the finish line. Address any questions to the man in the orange pumpkin suit--Jim Dupont. Jim's e-mail address is jdupont01@comcast.net

COLONIAL ROADRUNNERS ANNUAL BANQUET & DANCE

January 26, 2008, 5 PM, T.J. Smith's Victorian House, East Bridgewater

The CRR Annual Banquet and Dance will be held on Saturday evening, January 26, 2008 at T.J. Smith's Victorian House on North Central Street in East Bridgewater. (A registration form for the banquet is attached at the end of this newsletter.) The festivities begin at 5:00 PM (Drinks and Hors D'Oeuvres). Dinner will be served at 6:00 PM followed by an awards ceremony and finally dancing to cap off the evening. Dinner choices are prime rib of beef au jus or boneless breast of chicken with stuffing. A vegetarian option will also be available. Please see the attached registration form for prices. RSVP by January 16, 2008.

PADDY KELLY ROAD RACE

February 10, 2008, 11 AM, D.W. Field Park, Brockton, MA

The 27th Annual [Paddy Kelly Road Race](#) will be held on Sunday February 10, 2008 in D.W Field Park in Brockton. A race application is attached at the end of the newsletter. This mid-winter classic five mile event is a signature Colonial Road Runners club race. Many CRR members either run the race or volunteer. Volunteers are still needed so if you are interested, please contact Tom and Susan Yellope. Their e-mail address is tyellope@comcast.net.

MEMBERSHIP NEWS

WELCOME NEW COLONIALS!

Colonial Road Runners is not only an active club, but a thriving club—as evidenced by the many new faces in our ranks since June! Almost 45 new members have joined CRR between the end of June and through October 2007. This group consists of a variety of folks—from those who are just new to running to those who are already experienced marathoners. Let's welcome them all, and be sure to say "hi" next time you see a new face at a fun run or local race.

Maria Barajas-Roman, Milton
Andrea Braham, Weymouth
Jeff Bandini, Weymouth
Mike Basson, E. Freetown
Harold Basson, E. Freetown
Joshua Basson, E. Freetown
Rosemary Basson, E. Freetown
Veronica Boyle, Stoughton
Jennifer Buccigross, Abington
Monica Bulger, Pembroke
Emma Bulger, Pembroke
Ana Bulger-Roland, Pembroke
Pat Clougherty, Rockland
Ellen Curtin, Bridgewater

Adam DeMoranville, E. Taunton
Laurene Ellis, Brockton
Kristine Flynn, Abington
Gwynne Gallagher, Norwell
Tom House, Abington
Bruce Hunt, Brockton
Julie-Ann Jolliemore, Brockton
Irene Kelleher, Rockland
JJ Kelleher, III, Rockland
Lori Lantos, Norton
Abbie Lyons, Braintree
Steve MacPherson, Weymouth
Jillian Madison, Hanover
Dolores McKeough, Quincy

Chris Murphy, North Easton
Pamela Onges, North Easton
Paula Post, Bridgewater
Deborah Powers, Quincy
Kevin Sheehan, Rockland
Jillian Smith, Abington
Jennifer Whalen, Abington
Eliot Trowbridge, Rockland
Allan Tufankjian, Scituate
James Walker, Brockton
Diane O'Sullivan, Randolph
Bonnie Singleton, Hingham
Sharon Spivack, Whitman
Steven Whitworth, Holbrook

GRAND PRIX RESULTS

2007 COLONIAL GRAND PRIX COMPETITION SERIES

The final Grand Prix race is scheduled for Saturday, Dec. 1: It is the Ho-Ho-Ho 5K race to be held in Norwood.

For the [latest standings](#), refer to our website. www.colonialrunners.org

2008 RACE PARTICIPATION SERIES

The board decided to make a slight change to our 2008 Race Participation Series. The new series will consist of a 12 calendar month grouping with 2 additional groups for Summer Fun Runs and Winter Fun Runs. To qualify for the Race Participation Award, members will need to participate in at least one race within 8 of the 14 groups of events. The 2008 Race Participation Series will be posted to the Colonial website in December.

CLUB NEWS

LAKE WINNIPESAUKEE RELAY – John Goldrosen

Colonial entered two eight-member teams in this year's [Lake Winnepesaukee Relay](#)—the "Over the Hills" and the "Over the Dales", because there are plenty of both along the 65-plus miles of roads that make up the race course, around New Hampshire's largest lake. (What the heck is a "dale," anyway?)

This year, team organizer Jim Dupont made an effort to put faster runners on each team's first three legs, which are all hilly and long (as compared to the remaining legs, which are all hilly... but not *quite* so long). This kept our teams "in the hunt" well into the middle of the race, and made the race more enjoyable for all our participants, who always had runners in sight throughout the race. Jim's effort to strike a rough balance between the two teams worked out even better

than we expected. After the first five legs, more than six hours into the race, the two Colonial teams were less than a minute apart, as John Goldrosen and Jerry Cuellar pushed and pulled each other through the fifth leg. The balancing of the teams meant that we could follow and cheer for the runners on both teams throughout the race, coordinate transportation better, and hang out together at the relay handoff stations.

In the end, the "Over the Dales" team finished 50th overall (out of 85 teams) in 9:11:30 (8:29 avg.), and the "Over the Hills" team finished 62nd, in 9:32:44 (8:48 avg.) Everyone had fun and was satisfied with their times on this challenging course, in spite of the hot weather late in the day. At the finish line, we were treated to Betsy Knapp's traditional post-relay chocolate-chip cookies, and we then went to a local restaurant for dinner before heading home.

Our thanks to Jim Dupont for organizing the teams, and congratulations to all the Colonial runners (especially the several Lake Winni "first-timers"): Frank Neely, Chris Moulding, Zina Dubowy, Dan Gorman, Jerry Cuellar, Irma Walat, Dave Malliaros, Betsy Knapp, Renee Sayce-Dant, Tom Yellope, Beth Sheibley, Rosemary Basson, John Goldrosen, Ed Chavez, Phil Crawley, and Joy Halvorson.

Next year, we would like to recruit enough Colonials to fill three or four teams, with at least one team intended to be "competitive" and the others balanced in the way that this year's teams were, to keep them in the "middle of the pack". We'll try to get started with the recruitment earlier, a few months before the event. Talk to those who ran this year, and you'll find out how fun and satisfying it is to be part of a Colonial Lake Winni relay team!

TUFTS 10K FOR WOMEN – Ellen Litt

The 31st Annual [Tufts 10K](#) was run on Monday, October 8, 2007, with over 7,000 participants (it's a women's race, but there are men who participate too) on a rainy, damp, yucky day. This is always a great race and the proceeds go to support breast cancer awareness (the long sleeve shirts are nice too).

The following Colonials ran and finished the race: (In no particular order):

Edie Bottner	1:07:50	Rosemary Basson	1:06:04
Irma Walat	59:44	Chris Murphy	52:58
Laurene Ellis	1:07:48	Linda Morris	1:05:55
Michele Brokmeier	48:44	Patty Everett	52:34
Mary Lou Dorman	1:25:51	Betsy Knapp	1:07:49
Elizabeth Sheibley	46:31	Ana' Amaral-Bulger-Roland	56:30

This was Ana', Rosemary and Laurene's first 10K race ever. Edie, Betsy and Laurene ran together the whole way. The Colonial cheering section waited at the corner of Berkeley Street and Comm Ave for our runners to go by.

Special thanks go out to the Colonials who volunteered their time to work at the Tufts 10K. We assisted with the T-shirt distributions again this year. Luckily we were under a tent to do this so we were protected from the downpours (except for the flood waters streaming down Boylston Street getting our feet soaked). Someone at Tufts slipped up and forgot to order the volunteer t-shirts this year (that would never happen if the Colonials were in charge!). We all got regular t-shirts instead (after all we were working the t-shirt area!). All proceeds that we receive for volunteering to work this event will go to our treasury and be used towards the annual banquet.

Volunteers were:

Ellen Litt	Mary DuPont
Edie Bottner	Ana' Amaral-Bulger-Roland
Betsy Knapp	Joy Halvorson
Irma Walat	Pam Jolliemore
John Goldrosen	Michele Brokmeier
Bud Morton	Emily Hart
Laurene Ellis	Beth Sheibley

After the race about 25 of us went to lunch at Remington's on Boylston Street (our usual hangout after the race) for eats and drinks. A great time was had by all.

All in all this was a great day (in spite of getting soaked). Hopefully we can get more Colonials next year to participate as either volunteers or runners, to be part of the cheering section, or just join us for lunch and have fun!

HOUGHTON'S POND TRAIL RACE – John Goldrosen

The Fourth Annual Houghton's Pond Trail Race was blessed with great fall weather, a record turnout (despite our permit restriction that barred race-day entries), and an abundance of volunteers who made the event as stress-free as possible for the race director (me!). There were over 200 registrants, with 176 finishers, ranging in age from 10 to 69. Among the runners were over a dozen members of Greater New Bedford Track Club (which included the race in that club's Grand Prix series), and a half-dozen Norwich University students from Vermont who were engaged in a military training program that included running the race after being awake for 24 hours. (Hey, when I was in college, I pulled all-nighters for less reason than that.) A lot of the runners were first-timers on the course, and many were running their first trail race ever. We had many compliments about the quality of the event, including the supportive volunteers along the course, the care taken in marking the course, and the attractive T-shirts.

In addition to the many Colonials who volunteered for the event, about 15 members of the Stoughton High School boys and girls cross-country teams (led by their coaches, Harvey Blonder and Bob Clarke) helped out along the course. In return for their help, Colonial has made a donation to Stoughton High for the support of the X-C teams.

The following Colonial members served as volunteers: Dick Carnes, Jim Conley, Bev Coronis, Al Donaghy, Frank Donaghy, Jim and Mary Dupont, Pat and Paul Everett, Rich Ghiorse, Cal and Jane Goodwin, Emily Hart, Pat L'Italien, Ellen Litt, Mike Lozan, Steve MacPherson, Dave Malliaros, Gail Martin, Sandy Mealey, Linda Morris, Bud Morton, Chris Moulding, Frank Neely, Frank Nelson, Lori Noel and her children, Elaine Polito, Beth Sheibley, John Shuster, Sue Simmons, and Bruce Talanian. (My profound apologies if I missed anyone!)

Profits from the race will be divided between Colonial and the [Friends of the Blue Hills](#), a private nonprofit organization that sponsors trail maintenance programs and other activities in the [Blue Hills Reservation](#).

MEMBER CONTRIBUTIONS

CHICAGO MARATHON

Many of you probably heard about the ordeals during this year's [Chicago Marathon](#) that took place on October 7. The weather was oppressively hot and humid. In fact it was so bad that the race was stopped. A number of Colonials ran the race. One of our intrepid club members has authored a little ditty in memory of the race.

Song of the 2007 Chicago Marathon

by [Gail Martin](#)

(Sung to The M-O-T-H-E-R Song: "M is for the many things she gave me...")

C is for the **crowd** of well-trained runners,

H is for the record-breaking **heat**.

I is for the **incredible** marathon story—

C because it's **cancelled** at mile 23?!

A leads to an **anticlimactic** finish (but at least I'm still around to write a song!)

G is for **goals** not-so-easily relinquished...

O we're **off** to Harrisburg to try again!

THANK YOU NOTE

Thank you for all your care and concern for our son-in law's tragic death.
Your thoughts and prayers have meant so much to us.

Most Sincerely,

Nancy Gibbons
Cal and Jane Goodwin

STRETCHES FOR RUNNERS – PART 1 – Frank Neely

Do you stretch? Do you know which stretches are good, especially for runners? It goes without saying that there are regular Colonials who make proper stretching a regular part of their running and workout routines. However, there are just as many of us taking the lazy route, and you know exactly who you are! Regardless, conventional wisdom holds that proper stretching improves flexibility, which may help increase speed and reduce the possibility of injury.

We asked [Hal Higdon](#), author of [Marathon: the Ultimate Training Guide](#), for permission to reproduce five basic stretching exercises. We'll start with just one stretch with this issue, and add the rest over the next few issues. If you can't wait for all five, want additional information about stretching or want information about other running topics check out Hal's website.

1. Quadriceps Stretch:

The quadriceps is the muscle in the front of the thigh, important for lifting your knees and increasing your speed. It is the "quads" that often go at the end of marathons, causing runners to come shuffling across the finish line because they have a hard time lifting their feet off the ground. To do this exercise while standing, simply grab hold of a stationary object for balance with one hand and use the opposite hand to grasp the leg around the ankle, lifting it toward your buttocks. Pitchford points out several form faults: "You want to keep your back straight and not allow the knee to drift forward ahead of the stance leg. A lot of runners slouch forward, which effectively negates the stretch's effectiveness."


An even more effective way to do this exercise, however, is lying on a bench, using a towel wrapped around the ankle to pull your foot toward your buttocks. You should position yourself on the edge of the bench with the foot of your dangling leg forward, knee bent, leg relaxed. As with the other stretching exercises, hold each stretch for 10 seconds and repeat as many as 10 times for each leg.

Quadriceps Stretch Positions



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MEMBER-TO-MEMBER BUSINESS NOTICES


MORTGAGE FINANCIAL
Your Lifetime Lender™
175 DERBY STREET ♦ SUITE 12 ♦ HINGHAM, MA 02043
ELLEN R LITT, CMPS
Certified Mortgage Planner
Toll Free: (888) 722-5088 ext. 13 Email: ellenlitt@mfsloan.com
Telephone: (781) 740-1740 Web: www.ellenlitt.com
Fax: (978) 863-7274 MC0167
Serving: MA, RI, CT, ME, NH, VT, FL, SC, VA, CA



ANNUAL BANQUET and DANCE

Saturday Evening, January 26, 2008
T. J. Smith's Victorian House
North Central Street, East Bridgewater

Come socialize with your fellow Colonial members, enjoy an elegant dinner, catch up on club news and activities, and honor our annual club award recipients. Following the awards presentations, dance to music provided by Lee Rosoff of LPR Productions DJ Services (same as last year).

Schedule: 5:00 PM Drinks (cash bar) and Hors D'Oeuvres
6:00 PM (Sharp) Dinner
7:15 PM Annual Club Awards Ceremony
8:00 to 10:30 PM Dancing

Dinner: Includes: mixed green salad, choice of entrée, roasted or whipped potatoes, fresh garden vegetables, hot breads, dessert pastries and sweets, and coffee or tea.

Choice of Entrée: Choose from Prime Rib of Beef au Jus or Boneless Breast of Chicken with Stuffing. A Vegetarian Option will also be available.

Registration: The price is \$30.00 per person for Chicken or Vegetarian, or \$35.00 per person for Prime Rib. (Same as last year) Please return the form below, with your check and dinner selection, to Colonial Road Runners, c/o Ellen Litt, 346 Tilden Commons Lane, Braintree, MA 02184, by January 16, 2008 OR—SIGN UP ONLINE—visit www.colonialrunners.org for information.

Directions: T.J. Smith's Victorian House is in East Bridgewater, on North Central Street, 0.6 mi. west of East Bridgewater Center. To Reach East Bridgewater Center: Take Route 24 to Exit 16A (Route 106 East). Follow Route 106 four miles through West Bridgewater to Route 18. Turn left (north) on Route 18, and proceed one mile to East Bridgewater Center (first set of lights). Bear left after the Prime gas station onto North Central St. T.J. Smith's Victorian House is 0.6 miles on the left, at the corner of Cross Street. If coming from the Weymouth-Abington area: Take Route 18 South to the traffic lights at East Bridgewater Center. Take a sharp right onto North Central Street. T.J. Smith's Victorian House is 0.6 miles on the left.



CRR 2008 BANQUET REGISTRATION FORM

Send this form by Jan. 16, 2008 with a check for \$30.00 or \$35.00 per person, payable to Colonial Road Runners, to: Colonial Road Runners, c/o Ellen Litt, 346 Tilden Commons Lane, Braintree, MA 02184.

Nmbr. Roast Beef: Nmbr. Chicken: Nmbr. Vegetarian:

NAME(S):

TEL: E-MAIL:



Sunday, Feb. 10th, 2008
11:00 a.m.



Paved, traffic-free roads through scenic D.W. Field Park (Brockton/Avon)



*available each mile. One water station.

Trophies for First Male/Female Overall and Top-3 in each M/F Age Division (29 and under, 30-39, 40-49, 50-59, 60-69, and 70+)



Join us for the first Irish race of the '08 season!

\$25 Marathon Sports gift certificates to M/F Overall and 40+ winners.



Pasta/chill and one free beer or soft drink for each registered runner



*first 200 pre-entrants only



Offers bowling, billiard and video games for family entertainment



Race day registration 9:30 - 10:30 a.m.

Mail in race entry below

www.colonialrunners.org

LOCATION:

Registration and Number pickup is at Harry's Westgate Pub & Grill, 65 Westgate Drive, at the Westgate Mall. Race start is in D.W. Field Park, .25 mi. from pub.

DIRECTIONS:

Take Route 24 to Exit 18A, onto Route 27 East. At the first traffic light, turn left into Westgate Mall, and immediately bear right onto the perimeter road. At the end of the road, turn right. Harry's Westgate Pub and Grill is 0.2 mile on the left.

BENEFICIARY:

Proceeds will support CRR Kids Summer Fun-Run Track Series and other local youth running programs.

NOTE:

Entry fees are non refundable. The race is on-rain, snow or shine. Please check www.colonialrunners.org for race updates.

INFORMATION:

Contact Race Directors Tom & Susan Yellope by phone (774) 240-4622 or e-mail paddykelly@colonialrunners.org



FEE: \$20 before 2/2/08, \$25 after 2/2/08 (CRR Members: \$15 before 2/2/08, \$25 after 2/2/08)

Make checks payable to: COLONIAL ROAD RUNNERS

SEND TO: Colonial Road Runners, c/o Frank Donaghy, 207 Park Street, Stoughton, MA 02072

Name (PRINT CLEARLY): _____ M/F: _____ Age on 2/10/08: _____
Street: _____ City/Town: _____ State: _____ Zip: _____
Telephone: _____ Email: _____

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 Colonial Road Runners, the City of Brockton, the Town of Avon, Harry's Westgate Pub and Grill, Road Runners Club of America, my 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)

WINTER FUN RUNS

4 miles

Sundays at 1:00 p.m.
Abington MA

November 25th through
February 3rd

Registration: Abington Depot
Restaurant ~ Fee: 2:00
101 Railroad Street (off Rt. 139),
North Abington



Whether you are:

- *looking for competitive races during the winter...*
- *seeking company and encouragement for maintaining your conditioning year-round...*
- *interested in meeting other runners of all abilities...*

Come join us for this weekly series of low-key, low-cost winter races. The course is a flat and fast route along residential streets. Runners of all ages and abilities are welcome. The races are timed, and results are posted on www.coolrunning.com.

After each race, gather at the Abington Depot Restaurant, for your favorite brew, pizza, and NFL Football on wide-screen TV's!

Directions: From the intersection of Routes 18 and 139 in Abington: Take Route 139 East, towards North Abington and Rockland. Go through a set of traffic lights at Route 58. About ¼ mile further ahead, turn left onto Railroad Street (just before the railroad tracks). The Abington Depot Restaurant is on the right.

INFORMATION: www.colonialrunners.org