



UPCOMING EVENTS

JEFF COOMBS 5K RACE—Sunday, September 9, 9 AM (Abington)

This race is held at the Woodsdale School, which is the site of the Colonial Summer Fun Runs. The race honors the memory of an Abington resident who was on one of the planes that were hijacked and crashed into the World Trade Center on September 11, 2001. Race proceeds benefit the Jeff Coombs Foundation, which supports community activities and individual needs in Abington and throughout the South Shore. Colonial members are always present in great numbers at this race, either as participants or as volunteers. This year, the race is the Colonial Grand Prix race for September. To help on race day, please contact Al Donaghy at donagha@aol.com or 781-878-8622.

LAKE WINNIPESAUKEE RELAY – Saturday, September 22, 8 AM (Weirs Beach, NH)

It's time, once again, for the biggest and best running-club event in New England--the **Lake Winnepesaukee Relay on Saturday, September 22nd**. Starting in Weirs Beach, New Hampshire, teams of eight runners follow a 65-mile-long course along paved country roads and state highways that circle Lake Winnepesaukee, the biggest lake in the state. The individual legs range in distance from 4 to 11 miles, all of which are euphemistically described as "rolling."

As we have done for several years, Colonial will organize as many teams as is warranted by the interest of our members. CRR will pay the race entry fee for all Colonial members on the Colonial-sponsored teams. We hope to field one or two "competitive" teams that are capable of placing in one of the several team categories, but above all, we want as many of you to run on a team as is possible--this event is not just for "fast" runners. A lot of us think that the Lake Winni Relay is the most enjoyable experience that we have as club members, all year long. Unlike conventional road races, where you are, essentially, running by yourself and for yourself, running on a relay team means that you will be supported and encouraged by your teammates (and, for that matter, by runners on other teams!). If you participated in the Marshfield Marathon Relay, you know what we mean—and Lake Winni adds another dimension, with the extra distance and challenge of the course. Because this is a day-long event (though the time passes amazingly fast), there's a lot of socializing that goes on, during the race and afterwards at a post-race dinner. If you are a new CRR member, this is a great way to get to know others in the club.

Don't let worrying about logistics stop you from signing up for the relay teams. The team organizers and the "veterans" will take care of making sure everyone gets to the right spot for their legs. Some runners (especially those who want to do the earliest legs) stay overnight in the Lake Winni area, but that isn't necessary, because it's doable to drive up that day. Once we have the teams organized, we will work on setting up carpools to save you gas and give you company for the trip to Lake Winni. If you can't stay the whole day, that's OK, too, though it's more fun to be around at the finish line when your team gets done.

Jim Dupont is the director for the CRR Lake Winni teams. Contact him to let him know that you are interested, or if you have ANY questions about the race. His email is jdupont01@comcast.net, and his home phone is 508-822-0376. Give him your email, phone, and preferred distance and/or degree of difficulty. (The legs, in order, are the following lengths: 10.7, 11.0, 9.3, 4.0, 10.8, 6.4, 8.5, and 4.4 miles.) Based on the number of runners who sign up by September 1st, we will decide how many Colonial teams to organize. You will be contacted thereafter by Jim (probably more than once!) to let you know what team you are on and what leg you are running.

TUFTS 10K FOR WOMEN—Monday, October 8 (Columbus Day), Noon (Boston)

The Tufts 10K For Women begins at the corner of Beacon and Charles Streets, next to the Boston Common, at noon on Columbus Day. CRR members are involved in the Tufts 10K as participants, spectators, and volunteers...and after the race, we get together to celebrate!

Last year, we put together a contingent of CRR members who volunteered with pre-race activities (our assignment was handing out “goody bags” and race T-shirts). Some of the volunteers were club members who were running the race, but others were those who were coming, anyway, to watch friends and family members run the race. If you would like to be part of the CRR volunteer crew, please contact Ellen Litt at ellenlitt@mfsloan.com, or 781-849-0376.

If you are running the race, please rendezvous for a group picture with your fellow Colonials at 11:15 AM near the posting of the pre-entry lists. For those who will be spectating: once the race begins, the Colonial “rooting section” will be at the corner of Commonwealth and Berkeley Streets, about a half-mile from the finish, which is a great spot to see all the runners go past and take photos. So, if you are running the race, keep an eye out for us...and please wear your CRR singlet, so that we can spot YOU!

Once the race is over, CRR runners and spectators will meet at the Soldier's Monument (on the hill on Boston Common overlooking the refreshment area). From there, we will leave at 1:30 PM to go to lunch at a nearby restaurant, Remington's on Boylston Street (across from the Boston Common, between Tremont and Charles Sts). Please RSVP to Edie Bottner at ediebeeee@aol.com or 781-344-8831 by Thursday, October 4th to let her know if you will be coming, so that she can give an approximate head count to the restaurant in advance (they usually set aside a separate room for us). We will order individually from the menu, which features burgers and sandwiches. This isn't just for CRR members, so please invite your friends and family—the more the better!

HOUGHTON'S POND TRAIL RACE, Sunday, October 14, 9 AM (Milton)

The 4th Annual Houghton's Pond Trail Race, which is sponsored and directed by Colonial, will be held on Sunday, October 14th at 9:00 AM (please note the earlier starting time this year!). The race starts and finishes at the Houghton's Pond main parking lot, on Hillside Street in the Blue Hills Reservation. The 6-mile course follows dirt roads and forest paths with no street crossings, and is a great introduction to the pleasures (and the challenges!) of trail running. A portion of the race proceeds will be donated to the Friends of the Blue Hills, an environmental advocacy and support group for the Blue Hills Reservation,

The registration fee is \$20. Colonial members receive a \$5 discount (as do members of the Greater New Bedford Track Club, which has designated this race as one of their club's Grand Prix events). Be sure to register before October 1st, to be guaranteed one of our distinctive T-shirts, which is definitely a "keeper". The registration form, as well as a PDF map of the race course, are available at www.colonialrunners.org/HoughtonsPond. For online registration, go to www.signmeup.com/57575.

There are some new registration rules this year, which are necessary in order for us to receive our permit from the Department of Conservation and Recreation (DCR), the state agency that manages the Blue Hills Reservation. With the growth in numbers at our trail races (participation in last May's Blue Hills Trail Races more than doubled from 2006), DCR is concerned that we might fill up the Houghton's Pond parking lot and crowd out other users during the popular foliage season, unless restrictions are imposed. The earlier starting time is one response to DCR's concerns. In addition, we have agreed that registration will be limited to 300 runners, and that there will be NO race-day registration. FYI, last year we had about 160 runners at the Houghton's Pond race, so a 300-runner limit leaves plenty of room for growth. As always, we will need plenty of VOLUNTEERS for this race, to handle timing, runner check-in, water stations, and course support & directions. Please email or call race director John Goldrosen if you can help, at trailrunning@colonialrunners.org or 781-447-2812.

EDAVILLE RAIL RUN —Saturday, November 10, 10 AM (Edaville, South Carver)

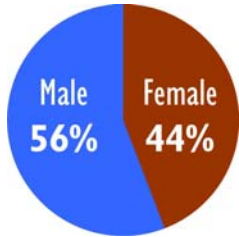
This 5-mile race on the sandy dirt roads around the cranberry bogs at Edaville Railroad is directed by CRR member Donna Cohen, and is the November CRR Grand Prix event. It is a beautiful and unique course. There is also a 2-mile fun run/walk. Proceeds from the race benefit the Dorine Merritt Scholarship Fund. The registration fee for Colonial members is just \$15 (the regular fee is \$20 pre-entry, \$25 post), so sign up now! (The race always has a great T-shirt.) For more information, or to volunteer if you won't be running, contact Donna at dcohenmassed@comcast.net or 508-238-9745. The race website is www.edavillerrailrun.com.

MEMBERSHIP NEWS

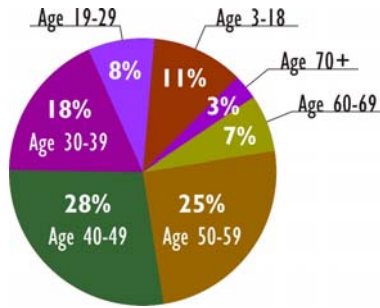
CRR 2007 MEMBERSHIP SNAP-SHOT – by Frank Neely

Did you know that the current active (dues-paying) membership of Colonial stands at 248? Though counting official canine members that equals 250-strong—thanks Ashley & Wynonna Dupont! Here are some other interesting facts about our current membership roster:

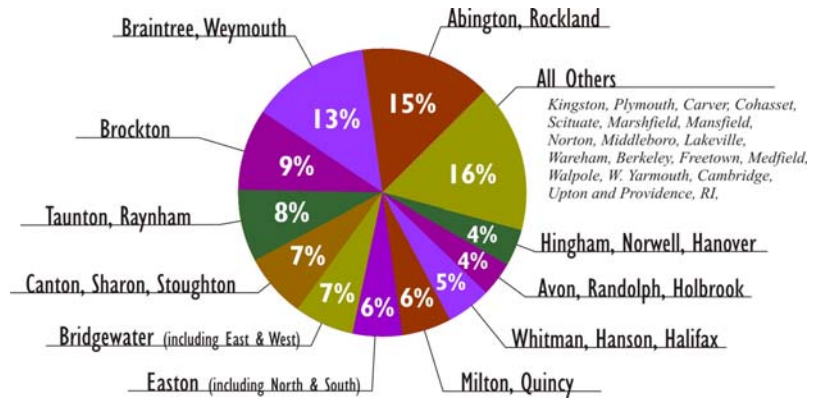
Which gender has the lead?



Which age group sets the pace?



Where are we all from?



If you happen to be a non-active member and reading this newsletter, please contact Jeanne Sullivan (jsull47@comcast.net) for info about renewing—we want you to count on you into 2008!

COLONIAL ROAD RUNNERS RACE CALENDAR

The CRR Calendar had been updated to include a variety of area road races with potential interest to members. In addition, if available, links have been provided to Race Info, Registration, Results and Photos. Every effort has been made to include as many local road races south of Boston as possible, as well as other races popular with CRR members and sister running clubs. We hope that the CRR Calendar will become your running calendar of choice.

If you're not familiar with the online calendar, just go to the club website (<http://www.colonialrunners.org/>). At the top left you'll see a Colonial Road Runner Links table. Click on Calendar. The calendar for the current month will display. Click on an underlined event name and a pop-up will appear with more information, if available. To advance to another month/year, just click on the name of the month/year at the top of the screen.

Colonial Road Runner Links

- Home **UPDATED!**
- Membership
- Calendar
- Training Runs
- Summer Fun Runs
- Winter Fun Runs
- Club Races
- Newsletter
- Annual Banquet
- Club Clothing
- Grand Prix Series **UPDATED!**
- Race Participation Series
- Awards
- Boston Marathon
- Links
- Calculators
- Guestbook
- Contact Us

Partner organizations

- Hockomock Swamp Rats
- Kids Road Races

Navigate: 2006 Jan Feb Mar Apr May Jun Jul Aug **Sep** Oct Nov

September 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
26 <u>Aug</u>	27	28	29	30	31
<p>9:00a CRR Grand Prix #8 - Marshfield Road Runners 20k</p> <p>10:00a Butterfly 5K (N. Attleboro)</p>	<p>6:45p 5k Your Way (Raynham)</p> <p>Labor Day (Fed)</p> <p>8:00a Pyka Iron Girl 4.5 mi. - Boston</p> <p>10:00a Walpole Road Race (5k/10k - Walpole)</p>	<p>7:00p CRR Fun Runs (3.27 mi. - Abington)</p> <p>8:00p CRR Summer Fun Run Social (Abington)</p>	<p>6:45p HSR Fun Run (3.75 mi. - Brockton)</p>	<p>6:30p CRR Summer Track Workouts</p>	<p>10:00a Run to the Rock (5k/10k/13.1 mi. - Plymouth)</p> <p>10:00a Ollie Road Race (5 mi. - S. Boston)</p>
9	10	11	12	13	14
15					

http://plus.calendars.net - Popup - Microsoft Internet Ex...

Monday, September 3, 2007

10:00a

Walpole Road Race (5k/10k - Walpole)

Distance: 5k/10k

Location: Walpole, MA

Website: <http://www.walpoleroadrace.org/>

Register: <http://www.walpoleroadrace.org/registration.htm>

Close

If there's a race you'd like to see added to the calendar (or even an update/correction to an existing entry), please e-Mail Frank Neely (fnely_running@yahoo.com).

SATURDAY MORNING TRAINING RUNS

The Colonial Road Runners holds year-round training runs every Saturday morning. This year-round activity is held at 8 AM and meets at the Woodsdale School, 120 Chestnut Street in Abington. (Chestnut Street is off of Rt. 139.). Distances vary from 3 miles to over 10 miles and are great for beginning runners as well as the more experienced. The pace is typically more casual than that of a road race. There is no charge for this activity and non-members may also participate.

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 Sunday, September 9th. it is the Jeffrey Coombs 5K in Abington.

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

The overall current Grand Prix Series standings through August 11 are:

Males			Females		
Name	Points	# of Events	Name	Points	# of Events
Under 40			Under 40		
1 Marc Blandin	45	5	1 Jill Strathdee	30	3
2 Frank Neely	42	6	2 Rebecca Maurer	19	2
3 Brian Cohen	37	4	3 Tamara Kramer	18	2
4 Frank Nelson	30	3	4 Pamela Jolliemore	9	1
5 Christopher Moulding	30	4	5 Heather Leeman	9	1
6 John Shuster	26	3	6 Teresa Norton	8	1
7 George Balestino	19	4	7 Emily Flaherty	7	1
8 Thomas Stracqualursi	15	3	8 Adriel Edwards	6	1
9 Norman Everett	13	2			
10 William Simms	12	2			
11 Bill Hewitson	11	3			
12 Adam Kempner	10	2			
13 Mark Blackwell	6	1			
14 Karl Amber	6	2			
15 Brendan Whalen	5	1			
16 Paul Ghelfi	4	1			
17 Steve Smith	2	1			
18 Chris Dorman	1	1			

40 - 49			40 - 49		
1	Stephen Warren	47 5	1	Jeanne Sullivan	52 6
2	Charlie Morgan	37 5	2	Gail Martin	49 5
3	Michael Ferrari	28 3	3	Lisa Burke	35 4
4	Jerry Cuellar	27 4	4	Elisabeth O'Brien	29 5
5	Ted Coyle	20 2	5	Beth Corry	24 3
6	Michael Ryan	17 2	6	Elizabeth Sheibley	23 3
7	Dave Martin	17 3	7	Lisa Perna	15 2
8	James Pike	14 2	8	Nancy MacDonald	10 1
9	John Saville	10 1	9	Lori Lantos	8 1
10	Bruce Hunt	9 1	10	Anne Duffy	8 2
11	Nick Giannaros	8 1	11	Elaine Polito	8 2
12	Steve Cushing	7 1	12	Patricia Mason	7 1
13	Andy Corry	7 1	13	Nancy Marvonek	7 2
14	Tom Doyle	4 1	14	Beth Hackett	6 1
			15	Christine Hollander	5 1
			16	Lori Noel	3 1

Over 50			Over 50		
1	Thomas Yellope	69 7	1	Sue Simmons	62 7
2	Eugene Gallagher	37 6	2	Patricia Everett	58 6
3	Mike Lozan	37 7	3	Susan Yellope	39 5
4	Richard Ghiorse	32 4	4	Betsy Knapp	26 4
5	Steve Lanzillotta	28 6	5	Beverly Coronis	20 2
6	Sam Baumgarten	25 3	6	Judy Conroy	16 2
7	Mark Woelfel	18 2	7	Mary Dupont	8 1
8	Thomas Hyde	17 5	8	Edie Bottner	7 1
9	Ed Dowling	14 2			
10	Jim Dupont	10 1			
11	Philip Crawley Jr	10 2			
12	Dave Morrison	10 2			
13	Jim Conley	8 1			
14	Charlie Hudson	8 1			
15	Clayton Gardner	7 1			
16	Dan Gorman	6 2			
17	Dave Malliaros	5 1			
18	John Goldrosen	5 2			
19	Dick Carnes	5 1			
20	Bud Morton	4 2			
21	Paul Everett	4 2			
22	Andy Brennan	4 1			
23	Charlie Dorman	1 1			
24	Chuck Coronis	1 1			
25	Cameron Snyder	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 MARSHFIELD MARATHON RELAY - CRR Outshines All Others!

Everywhere you looked there were red and white CRR singlets, 3 CRR Banners, a CRR Clock & 2 CRR Announcers!!!!!!!!!!!!!! Yes, by far Colonial Road Runners Club outshone the other three clubs taking part (that's our story and we are sticking to it!). We were the only club that fielded 2 complete, full teams, as well as a number of members who volunteered and/or supported.

Now for the cold hard facts! Our A Team finished with a time of 2 hrs 39 minutes and 6 seconds (6:04 Pace) this was an improvement over last year's time by 20 minutes and 45 seconds. Unfortunately for the second year in a row we came in 3rd Place! The B Team finished with a time of 3 hours 18 minutes and 30 seconds (7:35 Pace).

Even though we did not finish first, the spirit of the club was very evident, the support and camaraderie was amazing. We hope to field three teams in 2008!

Tom and Susan Yellope

PRESIDENTS CORNER

It has been a busy few months since I ascended to the dizzy heights of Presidency of CRR! There is certainly, never a dull moment.

As most of you probably realize, we are a very active club and all these activities take time and organization. We have been very lucky in having so many members step up to the plate to volunteer and help keep all these activities going. A **BIG** thank you to all. For those of you who are new to the club or have not yet volunteered – please consider doing so! Not only do “many hands make light work” – but it is a great way to get to know one another.

I will jump way ahead and put in a plug for our Club Banquet, which is held on the last Saturday in January. This is our annual party – we have cocktail hour, dinner, presentation of awards, last but not least dancing and making merry!!!

Please put this important date on your calendar – Saturday, January 26th 2008.

Look forward to meeting more of you as the year progresses.

Tom Yellope

2007 SUMMER TRACK WORKOUT RECAP

Starting June 7th and continuing through the summer until August 30th a series of track workouts were conducted at the Abington High School track. The workouts were for runners of all abilities; they served many different purposes from trying to improve race times to offering a change of running venue and a opportunity to run with fellow members. The Abington High School Track is a fabulous facility, a very pleasant place to run offering a nice change of surface from the roads.

Attendance at the sessions averaged about 10 runners each week. The group was quite diverse with ages varying from 14 to 69, with very experienced runners to newbies, and fairly even split male to female (men had the numbers edge 13 to 9). At this writing over 20 different Colonials (and some non-Colonials) had taken advantage of these workouts. I am happy to report that virtually all runners came through these sessions injury free.

Participants in the program at one point or another (as of 8/2/2007):

Keith Baldwin
Jeff Bandini
Sam Baumgarten
Michele Brokmeier
Pat Clougherty
Jerry Cuellar
Beverly Coronis
Jim Dorman

Emily Flaherty
Gene Gallagher
Mike Lozan
Abbie Lyons
Theresa Norton
Greg Pavelo
Sue Simmons
Jill Smith

Wayne Smith
Eliot Trowbridge
Brendan Whalen
Linda Williams
Susan Yellope
Tom Yellope

The first 4 sessions gave runners a basic introduction to track work, consisting of repeats at distances from 400m to 800m run a 5k pace or better. Many of the runners used these workouts to prepare for the Marathon Relay. On the fourth week, we ran a mile time trial to give the group a idea of where they stood fitness wise, and to help seed runners on Colonial A or B team for the marathon relay.

The remaining 10 weeks continued to build speed and endurance through various types of workouts from all out 100m sprints to long repeats up to 1600m. On August 30th “graduation” time trial run of 2 miles is planned, a good measure of how much improvement runners realized during the 14 weeks of the program.

Enough of the official account, now some insights from the season (Names have been left out to protect the innocent, but you know who you are):

- Running your last 400m repeat on the first night of training in 90 sec when you should be aiming for 110 sec will cripple you for a week.
- Your feet get real wet when running a mile time trial in a downpour.
- You get real wet timing or watching someone run a mile in a downpour even when you have a chair on top of your head for protection.
- 50 and 60 something runners can train with high school runners and look good doing it.
- Never bet an ice cream cone you can run a certain distance in a certain time when you are betting with the guy holding the watch.
- 8 laps of “running the straights and walking the corners” is always a good workout.
- Runners try really hard to do what you tell them to do except when it is: “slow down you’re running too fast.”
- If you run your first few repeats too hard, you will pay for it later on.
- Training with a group makes things go easier.

By the way, we will be doing this again in the Spring of 2008. The plan is to start sometime in April.

Thanks to Rich Ghiorse for the August 1 update.

FATHER BULLOCK RUN WALK & SHUFFLE

June 10, 2007: The third annual Father Bullock Run Walk & Shuffle was the most successful yet with over two hundred participants. It raised over \$20,000 for charities-Facing History and Ourselves and the Jimmy Fund. As usual, the Colonial Road Runners were instrumental in the success of the event by supplying timing and volunteers. *Dave Martin would like t express his thanks to CRR.* Also, many CRR members ran the race. With the help of the Colonial Road Runners, the Father Bullock 5 K race has quickly become one of the area’s most popular races.

FOURTH ANNUAL KIDS TRACK SERIES

August 12th wrapped up the fourth and final session of the 4th Annual Kids Track Series held in Raynham. Once again, we set a new record for the number of kids attending. Week 2 was preceded by heavy downpours and lightning, but we still had 100 children show up. Week 1 brought 180 kids and the final two weeks each brought 150 kids. Overall, we had about 225 different children show up over the four-week period.

A change in registration procedure all but eliminated lines at the registration tables, which was a big improvement over the bottleneck we encountered on the first week last year. The only drawback to the new procedure is that the coaches don't get rosters, but no one seemed to mind.

I heard many positive comments, mostly from the grandparents, about what a great program it was and several of the volunteers told me they received similar comments from parents. We all know that the kids seem to love it. My best moment from this year's series was when a little girl, probably 4 years old, was running across the infield with her ribbon grasped in her hand. I commented to her, 'nice ribbon' and when she looked at me, she was beaming ear to ear - you would have thought she won the Olympics.

I've said it before and can't stress it enough..... this program would not happen without the dedication of a huge group of volunteers. With over 40 kids EACH in the 3/4, 5/6 and 7/8 groups, it takes 11 coaches just to cover those three groups. The older groups are smaller and easier to manage in general but still require at least two coaches for each group, plus a starter, someone at the finish line/clock, another person doing the cooldown stretch and handing out ribbons, and two people doing hardhat duty (watermelon table).

A special thank you goes to Jim and Mary Dupont who have never missed a week AND provide many of the 'props' in putting on such an event - cones, tape, timing clock, bullhorns, and the kids' favorite, Gatorade! Also, Frank Nelson and John Goldrosen who have never missed a week in four years!! A big thank you also to Sam Baumgarten, Kathy Sanderson, Cathy Jackson, Heather and Rick Leeman, Mark and Michelle Rothfuss, Jim and Cindy Conley, Bill and Hillary Hewitson, Tom and Susan Yellope, Emily Flaherty, Ellen Curtain, Charlie Hudson, Maria Madalonis, Adam DeMoranville, Steve Cushing, Al Donaghy, Chris and Katie Moulding, Jenny Donahue, Jerry Cuellar, Stephen Smith, Betsy Knapp, and Beth Scheibley. If I missed anyone, please forgive me!!

Sponsors for this year's program were: Colonial, which puts out a lot of \$\$ for this program; Raynham Park and Recreation Department, which made reserving the field much easier and also saved us from having to pay a usage fee for the track; Hannaford Supermarkets, watermelon; Shaw's, mosquito repellent; and Ocean Spray, juice.

Thank you again to everyone that helped out. I look forward to seeing you all at next year's series!!

Lori Noel

CRR & NEW ENGLAND RUNNER

The July/August 2007 issue of *New England Runner* has some nice things to say about the Colonial Road Runners. An article by Lonny Townley talks about the busy times for Colonial Road Runners this summer that include the **Summer Fun Runs (M-W) in Raynham, Abington and Brockton** as well as the **Weekly Kids Summer Fun Run track series in Raynham**. In addition, the Townley article mentions the **CRR Group Track Workouts** on Thursday evenings, **The Club Challenge Cup Marathon Relay** and the **Summer Picnic**. *The article is under Club Notes by Lonny Townley on p. 33.*

COLONIALS PLACE HIGH IN "HOCKOMOCK SWAMP RAT" SERIES

Several CRR members were among the top finishers in a year-long series of races throughout New England, organized by the "Hockomock Swamp Rat" magazine for its subscribers. The series consists of twenty-plus races billed as "New England's Toughest Races." Points are awarded through an esoteric system based on a combination of finishing position, age, difficulty of the course, weather conditions, and overall participation in the series. Four Colonials were among the top 16 finishers in the series--**Gail Martin** finished 4th overall (and first woman), **Dave Martin** was 9th, **Mike Ferrari** was 11th, and **Ed Dowling** was 16th. Other high-placing Colonials were **Tom Stracqualursi** (32nd), **John Goldrosen** (50th), and **Dave Malliaros** (52nd). A special congratulations to **Ed Dowling**, who was the only subscriber to run all of the races (including optional "wild card" events) and who gained "bonus" points by running in a "clothing-optional" race!

CRR PICNIC

Our CRR annual picnic was hosted by Dan Gorman on Saturday, July 21, 2007. Approximately 30 members came to Dan's home in Plymouth, MA. We even got to meet our youngest member of the club, Jim and Cindy Conley's beautiful 6 month old granddaughter who was a perfect angel.

There were plenty of hot dogs and hamburgers and an array of dishes brought by our members. The weather was perfect for mingling, swimming, fishing, boating, turtle watching and lounging in Dan's hot tub. Ellen Litt just returned from a vacation to Israel and delighted us with a slide show of her pictures.

A great time was had by all! Thanks Dan for hosting the picnic for the second year in a row and we look forward to next year's picnic. (hint, hint). If you couldn't make the picnic this year, make plans for next year and enjoy this wonderful annual event with your fellow Colonials.

MEMBER CONTRIBUTIONS

LOUISE ROSSETTI 5K RACE/RUN GRAMMIE RUN' MOVIE PREMIER

On Sunday, July 29, Irma Walat, Edie Bottner, Betsy Knapp, Ellen Litt, Patty Everett and Cindy Conley traveled to Wakefield, MA to participate in the **Run Grammie Run 5K Roadrace** to celebrate the movie premier starring legendary runner, Louise Rossetti as "Grammie".

It was an exceptionally hot and humid morning, but the race was held in a park similar to DW Field in Brockton. The first 1.5 miles was nothing but hills, hills and more hills that made the DW Field course seem tame (even Tower Hill)! Although race timing was performed, there were no actual winners and no race prizes. The event was held to honor Louise and her movie premiere. Approximately 125 runners participated.


After the race, a pre-release screening was held for the "Run Grammie Run" movie. This screen was shown in its raw stages. The audience was able to offer suggestions for the final editing. There was a 50/50 split on whether CRR members liked the movie.

After the movie the six starving CRR runners stopped in Kelley's Roast Beef in Saugus and gouged on onion rings, French fries, and world famous Kelley's Roast Beef sandwiches (the original Kelley's Roast Beef is still located at Revere Beach). Delicious!!!!

All had a fun day. Participants received a free DVD of the music used in the movie and a copy of the movie will be sent out after final editing.

-Thanks to Ellen Litt for this update.

MEMBER-TO-MEMBER BUSINESS NOTICES



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Colonial Road Runners Presents...the 4th Annual **HOUGHTON'S POND TRAIL RACE**

BLUE HILLS RESERVATION - MILTON, MA.

SUNDAY, OCTOBER 14, 2007 - 6 MILES

New Starting Time: 9:00 AM

Where: Houghton's Pond, 0.2 mi. west of the Blue Hills Reservation HQ, 695 Hillside Street, Milton. *Directions: From Route 93 (Rt. 128), take Exit 2 to Rt. 138 North ("Milton"). Turn right at the first full set of traffic lights (Mobil station is on left corner). At stop sign (1 mi.), continue straight. The Houghton's Pond parking lot is on the right, 0.2 mi. after the stop sign.*

The Course: A rolling course over dirt roads and forest paths in the Houghton's Pond section of the scenic Blue Hills Reservation, a 7000-acre state-owned park just south of Boston. The course avoids steep hiking trails, but this IS a trail race, with plenty of small rocks and tree roots along the way!

Registration: \$20 (\$15 for Members of Colonial Road Runners and Greater New Bedford TC) **T-Shirts for All Runners Registered Before October 1st**
ON-LINE REGISTRATION: www.signmeup.com/57575 .
NOTE: Due to permit restrictions:
-- **REGISTRATION IS LIMITED TO 300 RUNNERS**
-- **PRE-ENTRIES ONLY - NO RACE-DAY REGISTRATION!**
Entries are non-transferable and non-refundable.
A portion of the proceeds will be donated to the Friends of the Blue Hills

Amenities:

- Two Water Stations on the course
- Post-race refreshments (bagels, fruit, juices, and snacks)

Awards: First Overall Male and Female, and top three Male and Female finishers in each age division: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ \$25 MARATHON SPORTS gift certificates to first Overall and 40+ finishers

Sponsors: Thanks to: OCEAN SPRAY -- DUNKIN' DONUTS -- MARATHON SPORTS

Information: John Goldrosen, 781-447-2812, trailrunning@colonialrunners.org, or visit the Colonial Road Runners website, www.colonialrunners.org

HOUGHTON'S POND TRAIL RACE -- Entry Form

FEE: \$20 (\$15 CRR and GNBTC members). Make checks payable to: **COLONIAL ROAD RUNNERS**
MAIL TO: John Goldrosen, 891 Washington St., Whitman, MA 02382

NAME (Please print!) _____ **M/F** _____ **Age on 10/14/07:** _____

Street _____ **City/Town** _____ **State** _____ **Zip** _____

Telephone: _____ **Email:** _____

T-SHIRT SIZE: **S** _____ **M** _____ **L** _____ **XL** _____

RELEASE AND WAIVER: I assume all risks associated with running in this event. I acknowledge that a trail race is inherently more dangerous than a road race, with an increased risk of injury. I hereby for myself and my heirs, executors, or administrators, waive and release all rights and claims for damages I may have against the Colonial Road Runners, RRCA, the Department of Conservation and Recreation, Friends of the Blue Hills, 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)** **DATE:** _____