



UPCOMING EVENTS

JEFF COOMBS 5K RACE - Sunday, September 7, 9 AM (Abington)

The Jeff Coombs race is held at the Woodsdale School, and follows (in reverse direction) our Tuesday night Summer Fun Run course. The race is held in memory of an Abington resident who was among those killed in the attack on 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 have always lent a hand to this race, to honor those who fell on 9/11 and as a way of “giving back” to the town that hosts many of our activities, including our track workouts, the Saturday group runs, and the summer and winter fun runs. This year, we are providing the race timing. If you can help with that on race day, please contact Al Donaghy at donagha@aol.com or 781-878-8622.

5th ANNUAL JOHN’S RACE - Saturday, September 14: 10 AM (Halifax)

The fifth annual John’s race will be held on Saturday, September, 14 at 10:00 AM at Pope’s Tavern in Halifax on Route 106. The 5K walk/run and 10 K run is being held to benefit John Kealey’s daughter Kyla who was born five months after John was tragically killed in an automobile crash by a negligent driver who had been drinking. There will be refreshments for all participants, live entertainment, raffles and plenty of planned activities for children. Visit www.johnsrace.com or contact Kaitlyn Bergin at (617) 529-5232 for registration forms and additional race information. Please see a complete description of the race along with a registration form at this end of this newsletter.

LAKE WINNIPESAUKEE RELAY – Saturday, September 20, 8 AM (Weirs Beach, NH)

The Lake Winnepesaukee Relay is, simply, the biggest and best running-club event in New England, with over one hundred teams usually participating. This year, it will be held on Saturday, September 20th. The race begins at 8 AM in Weirs Beach. From there, relay teams of eight runners cover a 65-mile-long route along paved country roads and state highways that encircle Lake Winnepesaukee, the biggest lake in the state. There is variety among the individual legs, which range in distance from 4 to 11 miles, and in degree of difficulty from “gently rolling” to “quite hilly.” In other words, all of the legs are a challenge, but the effort is worth it!

Last year, Colonial fielded two teams...but we used to enter several more than that. Our goal this year is to get five teams entered, if there is enough interest among our members. With enough signups, we can field one or two “competitive” teams that are capable of placing in one of the several age/gender team categories, while balancing the other teams with a mix of runners. CRR will pay the race entry fee for all Colonial members on the Colonial-sponsored teams. We want as many of you to run on a team as is possible--this event is not just for “fast” runners.

If you participated in the Marshfield Marathon Relay, you know that there is a special excitement about being part of a team, compared to what you get from competing in a conventional road race as an individual. Lake Winni adds another element to what you experienced at Marshfield, due to the extra distance and challenge of the course. For a lot of us, the Lake Winni Relay is the most enjoyable experience that we have as club members, all year long. 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!). Although this is a day-long event, the time passes quickly, as the teams move along the course to position and support their runners. If you are a new CRR member, this is a great way to get to know others in the club. We do try to accommodate what you are looking for in length and difficulty—and the more runners who sign up, the easier it becomes to assign people to a leg that suits them. Running any of the Lake Winni legs can help you tune-up for any goal race you have during the fall season, be it a 10K or marathon.

Logistics? Sure, it’s a bit complicated to get everyone in place—but don’t worry about that if you are deciding whether to sign up, because the CRR team organizers and the “veterans” from past years will take care of making sure everyone gets to the right spot for their legs. Although some runners (especially those who running the first two legs)

choose to stay overnight in the Lake Winni area and make a weekend out of the event, that isn't essential—most of us drive up early on Saturday morning and rendezvous at the race. 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, and around, 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. (After the race finishes, most of us head to a local restaurant to have dinner and celebrate, before heading home Saturday evening.)

This year, Frank Neely is taking the lead in organizing the CRR teams—but he could use HELP, if you would like to work on recruiting and organizing the teams. Contact Frank at president@colonialrunners.org, to let him know that you are interested, or if you have ANY questions about the race. 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 to let you know what team you are on and what leg you are running.

HOUGHTON'S POND TRAIL RACE, Sunday, October 5, 9 AM (Milton)

The 5th Annual Houghton's Pond Trail Race is a six-mile trail race at the Blue Hills Reservation, with the start/finish area at the Houghton's Pond main parking lot, on Hillside Street in Milton. This is a CRR-sponsored and directed event, with the proceeds for the benefit of CRR and the Friends of the Blue Hills. The 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.

The registration fee is \$20, and Colonial members receive a \$5 discount. Runners who register by September 22nd are guaranteed to receive our distinctive T-shirt, which is definitely a "keeper". The registration form is available at www.colonialrunners.org/HoughtonsPond. For online registration, go to www.signmeup.com/61197.

Please note that the race is limited to 250 entrants, and there will not be any race-day registration (even if the limit has not been reached before then). These rules 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. 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.

TUFTS 10K FOR WOMEN—Monday, October 13 (Columbus Day), Noon (Boston)

The Tufts 10K For Women begins at the corner of Beacon and Charles Streets, next to the Boston Common, and follows a loop course along the Charles River and through the Back Bay. CRR members will be present as participants, spectators, and volunteers...and at a special CRR lunch after the race!

Several CRR members volunteer with pre-race activities (last year, our assignment was to hand out "goody bags" and race T-shirts). If you would like to be part of the CRR volunteer crew, please contact Ellen Litt at erl024@aol.com or 781-849-0376.

For those who will be spectating, you can meet other Colonials after the race begins, 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. If you are running the race, keep an eye out for us...and be sure to wear your CRR singlet, so that we can spot YOU among the thousands of participants!

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 head to a nearby restaurant, Remington's on Boylston Street, for lunch. (The menu features burgers and sandwiches.) If you are coming to lunch, please let Edie Bottnor know by Thursday, October 9th at ediebeeee@aol.com or 781-344-8831, so that she can reserve space for us at the restaurant. Friends and family members are welcome to join us!

EDAVILLE RAIL RUN —Saturday, November 8, 10 AM (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 pre-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.

September 2008

Sep 1 Mon Labor Day (Fed)

10:00a Walpole Labor Day Road Race (5K/10K - Walpole, MA)

10:00a Run for the Hills 5K (Marshfield Hills, MA)

Sep 5 Fri 6:30p Marathon Sports End of Summer Classic (4 mi. - Hingham, MA)

Sep 6 Sat 8:00a CRR Group Training Runs (Abington)

9:00a CRR GP#9 - Run to the Rock Half Marathon (Plymouth, MA)

10:00a USATF Race: Ollie Road Race (5 mi. - South Boston, MA)

10:00a Matthew Bean Memorial 5K (Pembroke, MA)

Sep 7 Sun 9:00a Jeff Coombs Memorial Road Race (5K - Abington, MA)

9:00 Komen Massachusetts Race for the Cure (5K - Boston, MA)

9:00a Montrail Run Like a Girl (8K trail - Carlisle, MA)

10:00a Officer Jamie Cochrane Memorial Road Race (10K - Quincy, MA)

Sep 9 Tue 7:00p CRR Board of Directors Meeting (Abington, MA)

Sep 11 Thu 6:30p *SOLD OUT: Under A Boston Red Sky (4.2 mi. - Cambridge, MA)

Sep 13 Sat 8:00a CRR Group Training Runs (Abington)

9:00a Crackerbarrel Classic (5K - Wrentham, MA)

Sep 14 Sun 9:00a Flaherty School 5K (Braintree, MA)

10:00a John's Race (5K/10K - Halifax, MA)

Sep 20 Sat 8:00a CRR Group Training Runs (Abington)

8:00a Lake Winnepesaukee Relay (65.1 mi. Relay - Weirs Beach, NH)

Sep 21 Sun 10:00a DARE to Run 5K (Norfolk, MA)

11:00a Melanoma Education Foundation Race (5 mi. - Hingham, MA)

11:15a USATF Race: CVS Caremark Downtown 5K (Providence, RI)

Sep 27 Sat 8:00a CRR Group Training Runs (Abington)

9:00a Reebok Homecoming Road Race (5K/10K - Canton, MA)

Sep 28 Sun 8:30a YMCA Fall Frolic Road Race (4 mi. - East Bridgewater, MA)

10:00a Boston Marine Corp Honor Run (5K/10K - Milton, MA)

11:00a Plymouth Police & Fire 5K (Plymouth, MA)

October 2008

Oct 4	Sat	8:00a	CRR Group Training Runs (Abington)
		9:00a	New Hampshire Marathon (Bristol, NH)
		10:00a	Applefest Half Marathon (Hollis, NH)

Oct 5	Sun	9:00a	Houghton's Pond Trail Race (6 mi. - Milton, MA)
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Oct 11	Sat	8:00a	CRR Group Training Runs (Abington)
		8:00a	Hartford Marathon/Half Marathon (Hartford, CT)

Oct 12	Sun	8:00a	*SOLD OUT: B.A.A. Half Marathon (13.1 mi. - Boston, MA)
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Oct 13	Mon		Columbus Day (Fed)
		12:00p	USATF Race: Tufts 10K for Women (10K - Boston, MA)

Oct 18	Sat	8:00a	CRR Group Training Runs (Abington)
		8:00a	Breakers Marathon (Newport, RI)
		9:00a	CRR GP #10: Carol Mulloy Cuttle 5K Aloha Classic (5K - Bridgewater, MA)

Oct 19	Sun	8:30a	Bay State Marathon / Half Marathon (Lowell, MA)
		10:00a	Boston Firefighters L718 Memorial Road Race(10K - Dorchester, MA)
		12:30p	Groton Town Forest Trail Races (9.5 mi. - Groton, MA)

Oct 25	Sat	8:00a	CRR Group Training Runs (Abington)
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Oct 26	Sun	8:30a	Cape Cod Marathon / Relay (Falmouth, MA)
		10:00a	Canton Fall Classic (5K/10K - Canton, MA)

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.

2008 MARSHFIELD MARATHON RELAY

The Colonial Road Runners Orange Team (a.k.a. the “A” Team) clinched the victory on Saturday, June 28 at the Marshfield Marathon Relay Club Challenge hosted by the Marshfield Road Runners and directed by CRR member Steve Lanzilotta. His win was shared in spirit by all three CRR teams that were fielded this year. Special thanks to Tom Yellope for organizing CRR participation this year. Eighty seven Colonials were involved one way or another either by running or supporting logistics. In addition, we had an assortment of spouses, children and friends who pitched in whether by volunteering or cheering all the teams on. It was by far the greatest turn-out by members at a single event in along time.

This year, there were six different clubs fielding nine teams. Woampanoag came back to defend their two-year hold on the cup and Greater Framingham made a repeat appearance. Also, Boston Community Running made the drive down from the city while the Skyliners made their debut competing as a club. Both the Colonial Road Runners and Marshfield Road Runners put in the multiple teams. The morning began foggy, murky and humid.

Official team results were:

- | | |
|------------------------------------|-----------------|
| 1. Colonial Road Runners (A) | 2:29:44 |
| 2. Wampanoag Roadrunners | 2:30:18 |
| 3. Skyliners Running Club | 2:31:20 |
| 4. Marshfield Roadrunners (A) | 2:37:41 |
| 5. Boston Community Running | 2:45:35 |
| 6. Greater Framingham Running Club | 2:46:26 |
| 7. Colonial Road Runners (B) | 2:56:08 |
| 8. Marshfield Roadrunners (B) | 3:00:00+ |
| 9. Colonial Road Runners (C) | 3:00:00+ |

2008 SUMMER TRACK WORKOUT RECAP

Rich Ghiorse

Track workouts are continuing right through August 28th. Attendance this year has averaged approximately 15 runners. Many of the runners have stayed with the program since it started in early April, and have worked their way to doing some fairly intense workouts. Track work can be started at any time, with beginners following the workouts posted on the website for April and May.

In July, the program changed a bit to allow runners to choose a program aimed at improving speed for short and medium distance races (5K-10K), or a program that is aimed at longer distance races such as Half Marathons and Full Marathons. In addition the workouts have become a bit more challenging by limiting the recovery time between repeats. By limiting the recovery time, runners start to develop better anaerobic capacity (increasing VO2 max) and also learn to run with good form when tired.

So if you have not tried track work yet, come and join us some Thursday night and train with some fellow members. It is easier than you think to learn the basics of speed training, and gives you a great chance to vary your training. All the workouts are posted on the website, and can be run on your own.

ANNUAL KIDS TRACK SERIES

Lori Noel

August 10th, 2008 wrapped up the 5th Annual Kids Track Series held in Raynham at the Raynham Middle School. It was another very successful year, despite the weekly thunderstorms that seemed to circle around us. For the first time ever, we were forced to cancel one event (week 2) because of severe thunderstorms and downpours. The third week, it literally cleared up at 5:15 and then started thundering again at 7:15 as the last group was finishing up. The missed week means it costs Colonial more money to finance this event this year because there is one less week of income. There were many inquiries as to whether we would extend the event an additional week to make up the missed week but it didn't seem logistically feasible.

The attendance was as follows: Week 1 = 117, week 3 = 119, week 4 = 141. Week 1 we awarded purple ribbons, week 3 we awarded medals, and week 4 were the highly coveted purple t-shirts!

Even with these increased numbers each week there was virtually no wait at the registration tables. Thank you, to our very competent registration team!!!! This year, we extended registration by 15 minutes, starting at 5:15 rather than 5:30 which also seemed to help.

It's great to see the same kids come back year after year. In fact, in the final week, we had approximately 14 kids in the 13/14 age group. This group had practically no one the first two years and we used to have them run with the 11/12's. The 5/6 and 7/8 groups are generally the largest with 3/4 following close behind. Even the 9/10 group has become larger over the years as the kids who have been with us from the beginning are now moving into that group.

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 so many children in the younger groups, it takes 11 coaches just to cover those 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). Plus, of course the people that do double-duty by handling volunteer check-in and registration before heading off for another duty during the event!

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 five years!! A big thank you also to Sam Baumgarten, Kathy Sanderson, Cathy Jackson, Jerry Cuellar, Adam Kempner, Jim and Cindy Conley, Steve Cushing, Chris and Katie Moulding, Jenny Donahue, Stephen Smith, Betsy Knapp, Irma Walat, Chris Murphy, Rose Pouliot, and Beth Sheibley. If I missed anyone, please forgive me!!

Sponsors for this year's program were: Colonial, which puts out a lot of \$\$ for this program – as well as 99% of the volunteers!; 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; and Ocean Spray, juice.

Thank you again to everyone that makes this event possible. I look forward to seeing you at next year's series!!

CRR PICNIC

Linda Morris

Our annual picnic was held at Dan Gorman's waterfront property on Saturday, July 19. Approximately 40 CRR members, friends and family came. Parking was a little tight, but Dan did a great job squeezing us in. I think Dan should be in charge of parking the cars at all CRR races! The weather was HOT, HOT, HOT. I think the temperature reached 90 degrees.

Thanks to Rosemary Basson and Jim Conley for helping me man/woman the grill. I think I discovered a new quick weight loss – just stand in front a grill on a 90 degree day! Tom surprised us by bringing the well deserved CRR relay winning trophy and proudly displayed it for our enjoyment. Watch out Susan, I think Tom has a new love!

It was Irma's birthday and Ellen Curtin offered to bring the surprise birthday cake. However, the surprise was on us when we found out that Ellen was in a car accident on the way to Dan's house. Ellen and family were fine, but the car was not. Ellen, did you eat the entire cake yourself? We still managed to sing "Happy Birthday" with the half eaten cake made by Jill Strathdee.

We had a great time, swimming, boating and fishing. I think Beth Sheibley's kids caught at least two fish. Beth also entertained us by doing (or at least trying to do) a hand stand on a surfboard. It was pretty impressive.

As always Dan was a gracious host and we hope he will invite us back next year. Thanks Dan. Also a big thanks to Ellen Litt for helping me organize this fun event and to Bud Morton for the great pictures. Check then out on the CRR website ("The Summer Picnic 7.19.08").

CRR SUPPORT FOR BAA EVENTS

John Goldrosen

As most of you know, for several years CRR has organized and provided volunteers for two of the water stops at the Boston Marathon. This gives our members who aren't running the Marathon itself a chance to participate in the race in another way. It is also a way of "giving back" to the Boston Athletic Association (BAA), which provides us with a number of "invitational" entries to the Marathon each year.

Besides organizing the Boston Marathon, the BAA is also responsible for two other major Boston running events in the fall: the BAA Half-Marathon on Sunday, October 12th, and the Mayor's Cup Cross-Country Races at Franklin Park on Sunday, October 26th. We would like to encourage CRR members to assist with these events, as additional ways to support the BAA. Further information will be forthcoming from Frank Neely in the weeks ahead through the CRR weekly email updates.

CRR (RE)JOINS USATF-NE

After a several-year lapse, CRR has renewed its membership in USA Track and Field – New England (USATF-NE). This will allow CRR members to compete as club members in USATF events, including the USATF-NE Grand Prix series. To be considered for USATF awards, you will also need to have an individual membership with USATF-NE. For those who would like to join the USATF and affiliate with CRR, our club number is 02-011. For more information about USATF-NE, go to <http://www.usatfne.org/index.shtml>. For information about USATF at the national level, go to <http://www.usatf.org/about/>.

MEMBER CONTRIBUTIONS

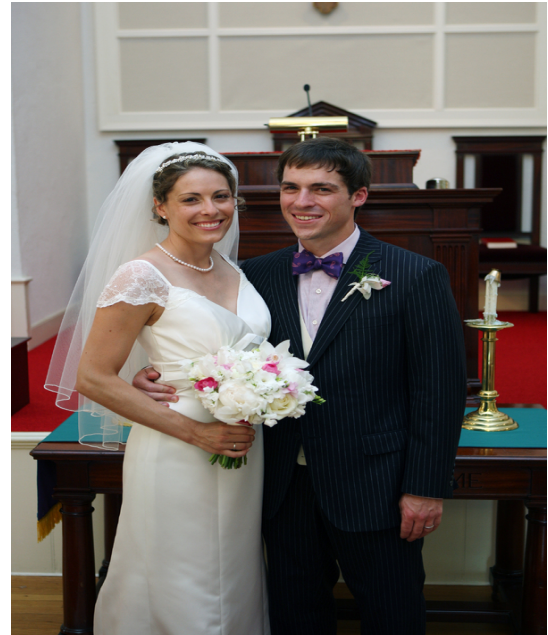
WEDDING BELLS ARE RINGING....

We have some happy announcements to make on behalf of several of our CRR members.

John Shuster was married to Whitney Enid Hannan on Saturday, July 12th.

John reports:

“The wedding was great as was the reception, and we could not have asked for better weather...it was sunny and warm all weekend long. The wedding took place at the Congregational Church in South Dartmouth, MA, which is my hometown. The reception was nearby in my parents' backyard under a big tent, so I mentioned earlier we were very pleased to have a sunny, dry day for our celebration. The wedding day was very busy but I still managed to squeeze in my daily run, of course. As for the honeymoon, that is going to be a bit delayed since I just started an internship at a small investment firm in Boston as part of my MBA program. I am hoping the internship may lead to a full time position so I am trying to make as good an impression as possible, hence putting off the honeymoon until around the holidays when Whitney and I will both be free for a bit...not to mention going somewhere hot in December will be more appealing than it would be now.”



Eddie Bottner will be married to Jeff Yenof on Sunday, August 17th at Raffael's in Walpole.

Eddie reports:

“Amazingly, this is the first marriage for both of us - 53 (me) and Jeff (47). We met in April 2007 at a house party in Bedford, MA hosted by a man whose mission statement was to "Meet Your Lifetime Partner" -or- "Someone to Date Monogamously". Whoever would have thought I'd find the man of my dreams and we both live in the same town of Stoughton?

I was delightfully surprised at a recent "Girl's Night Out" in the home of Ellen Litt, with a Gift Certificate to my favorite store and a delicious homemade cake. THANKS CRR GIRLS!!!”

John Goldrosen and Beth Sheibley are pleased to announce their engagement. They are planning to be wed in May 2009 (after the 2009 Boston Marathon and the Blue Hills Trail Races are out of the way!).

On a beautiful evening in Beverly, twelve Colonials participated in the 15th Annual Louise Rossetti Road Race. Participants were: Rosemary Basson, Edie Bottner, Michele Brokmeier, Ellen Curtin, Laurene Ellis, Lesley Engelson, Patty Everett,

Betsy Knapp, Ellen Litt, Linda Morris, Beth Sheibley and Irma Walat. After one group meeting up in Braintree with the Brockton Group we headed out in two vehicles picking up two more in Dedham. Thanks to Patty and to Beth for doing the driving. It allowed us to go in just two vans and caravan together. This is one of the best and most fun races. It is held in a park in Beverly surrounded by water and the race goes through some beautiful neighborhoods. It starts and ends in the park. Louise starts the runners off and then runs the race herself. Everyone stops to cheer her at the finish line when she comes across. This year there was a birthday cake for Louise and a huge birthday card for everyone to sign. Louise turned a young 87 years of age at the end of June.

After the race Louise once again invited us back to her sister's pizza place (3 Star Pizza) for wonderful eats (pasta, pizza and salad). This is now an annual tradition. This is a personal invitation from Louise and her family and is not open to most of the race participants, so we feel very special. Colonials placed 3rd in the team competition and Irma and Patty both took home trophies for placement in their respective age divisions. Linda also won a trophy but they had her in the wrong age division and she promptly returned it. Special congrats go to Beth and Michele for placing in the top 50 finishers (out of 350 runners). This is always a must do event. Every year our numbers of participants grow. Ladies – Put this one on your calendar for next year. The 16th Annual Louise Rossetti 5K Road Race is Wednesday, June 17, 2009, when we will do this again!!!!



LOUISE ROSSETTI (BACK ROW, FOURTH FROM RIGHT) WITH CRR CONTINGENT

MEMBER-TO-MEMBER BUSINESS NOTICES

Ellen R Litt, CMPS
Certified Mortgage Planner

100 Grandview Road
Suite 100
Braintree, MA 02184

781-303-5207 Direct
866-562-6558 Toll Free
781-226-2925 Pager

elitt@franklinamerican.com
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5th Annual John's Race



*If tears could build a stairway
and memories were a lane,
I would walk a hundred miles
to bring you home again.
No farewell words were spoken,
no time to say goodbye,
You were gone before we knew it
and only God knows why.*

When: September 14, 2008 at 10:00 A. M.

Where: Pope's Tavern: Intersection of Plymouth & South Streets (Rt. 106), Halifax, MA 02338

Distance: 5-Kilometer (3.1 miles) run/walk and 10-Kilometer (6.2 miles) run.
USATF Certified (5K – MAO4005RN and 10K – MA04004RN)

Race Course: Scenic route. Level course. Water aid stations at 1.5, 3.0, 5.0 miles

To Benefit: John Kealey's daughter, Kyli, who was born five months after John was tragically killed in a car crash caused by a negligent driver who had been drinking. The funds raised will be used to help support Kyli who is now four, both in the present, and with her future living and educational needs. We would also like to try to use a portion of the funds raised to assist others who may unfortunately find themselves in the same situation.

Registration: \$15.00 Pre-registration by August 14th 2008 (post marked)

\$20.00 after August 14th including the day of the race

\$50.00 family of 5 (Includes 3 shirts if pre-registered by appropriate date)

\$10.00 under 14 and over 65

Registration includes t-shirts for the first 50 pre-registrants, if registered by August 14th 2008. Additional t-shirts will be sold the day of the race.

CHECK-IN (Behind Pope's Tavern)

Race Day from 8 AM to 9:30 AM

Visit www.johnsrace.com for registration forms and additional race information.

Divisions: Individuals (both races)

	14 & Under	15 – 19	20 – 29	30 - 39
40 – 49		50 – 59	60 – 69	70 & Over

Awards: Awards Ceremony after the race. The Top Male & Female Finishers in each Category.

Refreshments: Provided by the 99 Restaurant in Bridgewater, MA.

Activities: Planned activities for children during and after the race include games and tumbling with MY-GYM out of Kingston, bouncy houses, face painting, balloons, and more...

Raffles: All entrants eligible

Wristbands: High quality silicone *John's Race* wristbands for sale. Many colors and sizes.

Vintage T's: Vintage t-shirts from previous years are also available for sale. E-mail for colors/size availability.

Contact Info: Kaitlyn Bergin at 1-617-529-5232

E-mail: kaitlynbergin@verizon.net



SANCTIONED EVENT

**Mail in Registration Form
5th Annual John's Race**

September 14, 2008 Halifax, MA



Make Checks payable to: John's Race

- \$15.00 Pre-registration by August 14th 2008 (post marked)
- \$20.00 After August 14th including the day of the race
- \$50.00 Family of 5 (Includes 3 shirts if pre-registered by appropriate date)
- \$10.00 Under 14 and over 65

Mail Entry Form to:
John's Race
P.O. Box 437
Halifax, MA 02338

Registration includes t-shirts for the first 50 pre-registrants, if registered by August 14th 2008.

Additional t-shirts will be sold the day of the race.

Fill out this form Entirely, print it, sign it, and mail it

Name:				
Address:				
City, State, Zip:				
Daytime Phone:				
Email:				
Date of Birth:				
Age on Race Day:				
Gender:	Male	Female		
Circle Event:	5k Walk	5k Run	10k Run	Donation Only \$_____
Choose Division:	14 & Under 40 - 49	50 - 59	15 - 19 60 - 69	20 - 29 30 - 39 70 & Over
T-Shirt Size:	S	M	L	XL
How did you learn about the race?:				
Waiver must be read and signed before mailing				
I know that running is a potentially hazardous activity. I should not enter and run in this event unless I am medically able and properly trained. I agree to abide by the decision of any race representative relative to my ability to safely complete the run. I assume all risks associated with running including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and of traffic, 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 for anyone entitled to act on my behalf, waive and release the event and all its sponsors, representatives, successors, and the Town of Halifax from all claims and 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		

Feel free to copy this form and share it with people you know who may be interested.



Colonial Road Runners Presents...the 5th Annual **HOUGHTON'S POND TRAIL RACE (6 miles)**

BLUE HILLS RESERVATION - MILTON, MA.

SUNDAY, OCTOBER 5, 2008 - 9:00 AM

Member of the "Eastern New England Trail Race Series"

Where: Houghton's Pond Main Parking Lot, 0.2 mi. west of the Blue Hills Reservation HQ, 695 Hillside Street, Milton, MA 02186. *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). Drive one mile to stop sign, and continue straight ahead. 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)
T-Shirts for All Runners Registered Before September 22nd
ON-LINE REGISTRATION: www.signmeup.com/61197
NOTE: Due to permit restrictions:
-- REGISTRATION IS LIMITED TO 250 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 1st Place Overall and Masters

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 for CRR 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 10/5/08:** _____

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

Telephone: _____ **Email:** _____

CLUB: _____ **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:** ___/___/___