



UPCOMING EVENTS

BOSTON MARATHON GROUP TRAINING RUN: Sunday, March 30

The annual CRR Boston Marathon Group Training Run will be held on Sunday, March 30, three weeks before the Marathon. The Training Run covers the first 22.5 miles of the Marathon course, from the starting line in Hopkinton to beyond Heartbreak Hill, finishing at Cleveland Circle in Brookline.

For most of our runners, this will be their last long run before the Marathon, and doing the run on the course itself is a big confidence booster for Marathon Day. Many other running clubs and charity training groups will also be holding training runs that same Sunday, so that there will be a thousand or more runners on the route that morning, making for a party atmosphere and a great experience for runners and volunteers alike.

If you are not running, we need VOLUNTEERS for the support crew that drives along the course and provides water stops every 2-3 miles.

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

The Training Run is for club members of all speeds--do NOT worry that your pace will be too slow. There will probably be someone in the group who is close to your pace. If not, you still won't be running alone, because of the many other runners out on the course. You WILL have support from the CRR crew, no matter what your pace is. After everyone reaches Cleveland Circle, we'll have a "recovery meal" at Applebee's Restaurant, and then head back to the Canton parking lot. It's usually about 3 PM before we get back there.

Frank Nelson will coordinate the Training Run this year. If you plan to run or to volunteer, please contact him (by March 23, if possible) at fcn10K@msn.com or 508-208-5377. As with most of our club events, non-members are welcome, so feel free to bring your friends to run or volunteer.

CRR MARATHON BUS TO HOPKINTON: Monday, April 21

If you are registered for the Boston Marathon, be sure to sign up for the CRR Marathon Bus, which will leave at 6:30 AM from the Braintree MBTA/ Commuter Rail Station at Exit 17 (Union Street) off Route 3, and go directly to Hopkinton. That way, you won't have to go to downtown Boston to take a BAA shuttle bus to Hopkinton. Also, you can leave your car at the Braintree MBTA parking garage (\$5 for the day), and take the Red Line back to your car after finishing the race.

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

The cost for the bus this year is just \$10 for CRR members and \$20 for non-members. Last year, the bus "sold out" before April 1st, so don't wait too long to sign up!

A copy of the Marathon Bus registration form is enclosed at the end of this newsletter. It can also be accessed at the CRR website. You can register online at www.signmeup.com/59650. If you have any questions, contact **John Goldrosen** at jgoldrosen@earthlink.net or 781-447-2812.

BOSTON MARATHON WATER STOPS: Monday, April 21

Once again, CRR will be directing and staffing the official water stops at the 15-Mile and 16-Mile marks of the Boston Marathon. If you are not running the race yourself, volunteering to work at one of the water stops is a great way to experience, and contribute to, the atmosphere of the race. It's also an unparalleled opportunity to see world-class runners

up close. Our water stops are located at a crucial point of the Marathon, where the lead runners often begin to separate themselves from the “pack.”

Those of you who worked the water stops in 2007 should have already received instructions from your captains (Tom & Susan Yellope for the 15M water stop, and Al Donaghy for the 16M water stop) about how to sign up for 2008 on the BAA website. If you did NOT work at one of the CRR water stops last year and would like to participate in 2008, contact either Tom & Susan at tyellope@comcast.net or Al at donagha@aol.com right away, and they will add you to the crews if there are any openings

COLONIAL ROAD RUNNERS 2008 TRACK WORKOUTS

Rich Ghiorse

Rich Ghiorse will be running a series of track workouts again this year. In preparation for Fun Run season, Rich is proposing that light workouts begin in April. These sessions will consist of laying the groundwork for faster running workouts as the spring and summer running seasons progress. The workouts will begin on Thursday, April 3 and will be held at the Abington High School Track. Runners of all abilities are welcome. For the workouts in April, the starting time will be 6 PM as daylight is scarce.

The workouts will start by performing some striders on the track, aka run the straights and walk the corners. This will be good preparation for challenging workouts to come as the season progresses. Rich recommends that during March, runners begin to do a hill repeat workout on their own each week prior to starting the track workouts. An example of a hill repeat workout would be to find a hill, 100 to 200 yards long with a moderate incline, warm up by jogging 10 to 20 minutes, then run up the hill at a decent pace (current 10K pace) and jog or walk back down the hill. Repeat the hill run three times and then do a ten to twenty minute cool down. Increase the hill reps by one each week and building to five or six.

Rich will send out a formal e-mail to the club in mid-March announcing the track session schedules. If anybody needs more information, contact Rich at rich.ghiorse@analog.com.

BLUE HILLS TRAIL RACES: Sunday, April 27

John Goldrosen

The 3rd Annual Blue Hills Trail Races will be held on Sunday, April 27th at 9 AM (please note that this is an hour earlier than in 2007). There are two races: the 10-mile “Fox Trot,” which offers a challenging mix of single- and double-track trails, and the 3-mile “Bunny Hop,” with easier terrain.

We are keeping the “low-frills, low-cost” format for this race, that a lot of trail runners like. We WON'T have T-shirts, trophies, goodie bags, or rock'n'roll bands at the mile markers. We WILL have a well-marked course (ribbons, lime dust, and live humans at critical turns), staffed water stops, timing and computerized results, and post-race refreshments. Overall and age-group winners will be recognized, with Marathon Sports gift certificates for the overall winners and homebaked goodies or some other surprises for the age groups. The registration cost? The runners decide. We're asking for a minimum \$5 donation, but additional contributions are welcomed. Contributions of food and drinks for post-race refreshments are also welcomed (let me know what you're bringing). Some ideas: soda, juice, bananas, bagels, cookies, chips, pretzels. etc. (but no alcoholic beverages, which are barred on state property).

All race profits will be donated to the children's nature-education programs at the Blue Hills Trailside Museum.

Our race attendance last year soared to 250 (up from 100 runners the year before)...which pretty much maxed out the available parking at our race site. In order that we can continue to hold this race and not overburden the site facilities, we have agreed to the following conditions for receiving our event permit from the Department of Conservation and Recreation:

- **The races will be limited to a total of 250 entrants**
- **There will be PRE-REGISTRATION ONLY. There will not be race-day registration (even if we haven't reached the 250-runner limit before race day).**

The race entry form is enclosed at the end of this newsletter—please make copies and bring them to your health club or give them to friends. Online signup is available at www.signmeup.com/59647, and is strongly encouraged, because it saves the race director (me!) a lot of work! The race application, a link to Signmeup, and links to course maps are posted on the CRR website, www.colonialrunners.org.

If you do not plan to run...I can use a lot of VOLUNTEERS for this one! Besides help with timing, registration, water stops, and parking, we need volunteers at key intersections on the course, to keep all the runners heading the right way. Please send me an email if you would like to help at jgoldrosen@earthlink.net.

CHRISTOPHER'S 5 K RUN & WALK FOR DIABETES: Monday, May 26 (Memorial Day)

The 6th annual edition of Christopher's 5 K Run & Walk for Diabetes, including a Kids Fun Run will be held on Memorial Day (May 26, 2008) at 11:00 AM. The Kids Fun Run will begin at 9:45 AM. This road race is presented by the American Diabetes Association and the Colonial Road Runners. The race is in honor of a young boy who has Type I Diabetes. Christopher, who is now 7 years old was diagnosed with diabetes months after turning two years old. Upon diagnosis, his family and his family's running club were determined to make a difference. Christopher's father, Frank Nelson and mother Ilda Nelson started the road race in 2003 and teamed up with team Diabetes and the Colonial Road Runners to help raise money for diabetes and to support the entire mission of the American Diabetes Association. That mission is "*to prevent and cure diabetes and to improve the lives of all people affected by diabetes*". To date, this event has raised nearly \$60,000. Please be a part of this community and help support a great cause. See the end of this newsletter for a race application.

MEMBERSHIP NEWS

Our latest Membership list published by Jeanne Sullivan indicates that Colonial Road Runner membership is currently at 285 members. Members are from all over Southeastern Massachusetts with one member from Pittsfield. Also, members range in age from four years old to those in their seventies. Many Colonial Road Runners have been long-term members. However, many new memberships have swelled our ranks with several people joining CRR over the past month or two.

GRAND PRIX SERIES

The Colonial Road Runners 2008 Grand Prix Series has begun! The kick off race was the Frostbite 15 K in Raynham (for more information on the Frostbite 15K race see the section under Club News). This year's Grand Prix series consists of twelve races or one for each month of the year. The schedule (subject to change!) is:

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|-------------|--------------------------------|------------------|
| • January | Frostbite 15K | Raynham |
| • February | Foxboro Old-Fashioned 10 Miler | Foxboro |
| • March | Knights of Columbus 5 Miler | Raynham |
| • April | Viking Sports Parents 5K | East Bridgewater |
| • May | Evan's Run10K | Norwell |
| • June | Father Bullock 5K | Sharon |
| • July | Cranberry Classic 5 Miler | Carver |
| • August | Runaways 5 Miler | North Attleboro |
| • September | Run to the Rock Half-Marathon | Plymouth |
| • October | YMCA 4 Miler | East Bridgewater |
| • November | Edaville Rail Run 5 Miler | Carver |
| • December | GNRC CYO Ho-Ho-Ho 5K | Norwood |

2008 RACE PARTICIPATION SERIES

The Colonial Road Runners 2008 Race Participation Series schedule has been set. The series consists of a twelve calendar month grouping (January-December) with two additional groups for Summer Fun Runs and Winter Fun Runs. To qualify for a Race Participation Awards, you must participate in least one race within 8 of the 14 groups of events. More than one race from a single event group cannot be counted towards the required total. Volunteering at a CRR-sponsored or assisted race counts as participation in that race.

CRR-sponsored or assisted races include: Frostbite 15K, Paddy Kelly, Hyannis Marathon, Boston Marathon (CRR water stops), Blue Hills Trail Races, Christopher's Run, Summer Run Runs (Abington, Brockton, Raynham), Father Bullock, Jeff Coombs Race, Houghton's Pond Trail Race, BAA Half Marathon, Edaville Rail Run and the Abington Winter Fun Runs. The race groupings are summarized below.

Group	Month	Race Name/Distance/Location
P1	January	New Year's Day races CRR New Year's Day Fun Run/Brunch 3.9 mi. (Abington, MA) Wicked Frosty Four 4 mi. (Salem, MA) <i>any other New Year's Day race</i> Cape Cod Road Runners Winter Fun Run 4.9 mi. (Bourne, MA) Frostbite Mid-Winter Classic 15K (Raynham, MA)
P2	February	Paddy Kelly 5 mi. (Brockton, MA) Bradford Valentine Road Race 6K / 5 mi. (Bradford, MA) Martha's Vineyard 20 mi. (Vineyard Haven, MA) Old Fashioned 10 Miler & 5K (Foxboro, MA) Four Points Sheraton Marathon, Half Marathon & 10K (Hyannis, MA)
P3	March	Stu's 30K (Clinton, MA) North Shore 30K (Beverly, MA) Raynham Knight of Columbus 5 mi. (Raynham, MA) Ras na hEireann 5K (Somerville, MA) New Bedford Half Marathon (New Bedford, MA) An Ras Mor 5K (Somerville, MA) South Boston Road Race 5K (South Boston, MA) James H. Lamb Scholarship 5 mi. (Taunton, MA) Whitman-Hanson Panther Prowl 5K (Whitman, MA)
P4	April	Viking Sports Parents 5K (East Bridgewater, MA) Boston Tune-Up 15K (Upton, MA) Doyle's Emerald Necklace 5 mi. (Jamaica Plain, MA) Boston Marathon (Hopkinton, MA) Patriot's Day 5-Mile Road Race (Lexington, MA) Officer Thomas J. Giunta Memorial 5K (Fall River, MA) Cohasset Road Race By The Sea 10K (Cohasset, MA) Quincy Lions Run for Sight 5K (Quincy, MA) Shawn D. Patterson Memorial 5K / 10K (Scituate, MA) James Joyce Ramble 10K (Dedham, MA)
P5	May	Blue Hills Trail Races 3 & 10 mi. (Milton, MA) POW-MIA 5 mi. (South Boston, MA) Scituate Fire Local 1464 5K (North Scituate, MA) Attleboro YMCA 5K / 10K (Attleboro, MA) Cape Cod Irish Village 5 mi. (Yarmouth, MA) Strawberry Shortcake 10K (Plympton, MA) Great Hyannis Johnny Kelley Marathon / Half Marathon / 10K (Hyannis, MA) Run to Remember Half Marathon / 5 mi. (South Boston, MA) Joseph & Rose Gilio Memorial 5K (Norwood, MA) Striar JCC Road Race 5K (Stoughton, MA) Christopher's Run 5K (Bridgewater, MA) Mansfield High School All-Sports Booster Club 5K (Mansfield, MA) HMEA Independence 5K Blues Run 4.2 mi. (Cambridge, MA) Evan's Run 5K / 10K (Norwell, MA) Arterial Challenge 5K (Marshfield, MA)

P6 June

Middleboro YMCA 5K / 10K (Middleboro, MA)
Hollis School 5K (Braintree, MA)
Foxboro Against Diabetes 5K (Foxboro, MA)
Father Bullock 5K (Sharon, MA)
Jimmy Kennedy / Squirrel Run 5 mi. (Quincy, MA)
Children's Museum 5 mi. (Easton, MA)
New Charles River Run 7.5 mi. (Cambridge, MA)
Milton Road Race 5K / 10K (Milton, MA)
John P. McKeon Post 5K (Dorchester, MA)
Hanover 5K (Hanover, MA)
Sharon 5 mi. (Sharon, MA)
Louise Rossetti Women's 5K (Beverly, MA)
Reggae Ramble 4.2 mi. (Cambridge, MA)
Marathon Relay Club Challenge (Marshfield, MA) - 1 mi. leg

P7 July

Fourth of July races
Hingham 4.6 mi.
Duxbury 4.25 mi.
Mattapoisett 5 mi.
Norwood Firecracker 5K
any other Fourth of July Race
Skyline Trail Race 7.2 mi. (Canton/Milton, MA)
Marathon Sports 5 mi. (Weston, MA)
Khoury's Summer Steamer 4 mi. (Somerville, MA)
Jim Kane Sugar Bowl 5 mi. (South Boston, MA)
Jerry Garcia 4.2 mi. (Cambridge, MA)
Blessing of the Fleet 10 mi. (Narragansett, RI)
24 Hour Around the Lake Relay / Marathon / Ultra (Wakefield, MA)
Cranberry Classic 5 mi. (Carver, MA)
Dennis Road Race 5 mi. (Dennis, MA)
Napper Tandy's Mustang Flyer 4 mi. (Norwood, MA)

P8 August

Feast of the Blessed Sacrament 5K (New Bedford, MA)
Irish Pub Road Race 5.25 mi. (West Harwich, MA)
Brew Run 5.2 mi. (Brewster, MA)
Falmouth Road Race 7 mi. (Falmouth, MA)
Brie Burger in Paradise 4.2 mi. (Cambridge, MA)
Runaways Road Race 5 mi. (North Attleboro, MA)
Butterfly 5K (North Attleboro, MA)
Marshfield Road Runners 20K (Marshfield, MA)

P9 September

Nantasket Seaside 4 mi. (Hull, MA)
Labor Day races
Walpole Labor Day 5K / 10K (Walpole, MA)
Ryka Iron Girl 5 mi. (Boston, MA)
Run for the Hills 5K (Marshfield, MA)
any other Labor Day Race
Run to the Rock 5K / 10K / Half Marathon (Plymouth, MA)
Ollie Road Race 5 mi. (South Boston, MA)
Jeffrey Coombs 5K (Abington, MA)
John's Race 5K (Halifax, MA)
Crackerbarrel Classic 5K (Wrentham, MA)
Flaherty School 5K (Braintree, MA)

CVS Downtown 5K (Providence, RI)
SIDS 10K (Hingham, MA)
Twist 'n Shout 4.2 mi. (Cambridge, MA)
Susan G. Komen Race for the Cure 5K (Boston, MA)
Plymouth Police & Fire 5K (Plymouth, MA)
Lake Winnepesaukee Relay (Weirs Beach, NH) - any leg
Marine Corp Honor Run 5K / 10K (Milton, MA)
Reeboc Canton 5K / 10K (Canton, MA)
Old Colony YMCA Harvest 5 mi. (North Easton, MA)
Reach the Beach Relay (NH)

P10 October

Run for Ricky 5K (Taunton, MA)
Tufts 10K for Women (Boston, MA)
Houghton's Pond Trail Run 6 mi. (Milton, MA)
YMCA 4 mi. (East Bridgewater, MA)
BAA Half Marathon (Boston, MA)
Boston' Firefighters Local 718 10K (Dorchester, MA)
Bayshore Athletic Club 5K / 10K (Braintree, MA)
Caring for Kids 5K (Brockton, MA)
Joshua's Run 4 mi. (Scituate, MA)
Canton Fall Classic 5K / 10K (Canton, MA)
Southeast Medical Center 5K (East Bridgewater, MA)
Bay State Marathon / Half Marathon (Lowell, MA)
Cape Cod Marathon / Marathon Relay (Falmouth, MA)

P11 November

Vietnam Veterans Memorial 5K (Weymouth, MA)
YMCA Turkey Trot 5 mi. (Taunton, MA)
Falmouth in the Fall 7 mi. (Falmouth, MA)
Edaville Rail Run 5 mi. (Carver, MA)
Plymouth River School 5K (Plymouth, MA)
Norwood Turkey Trot 4 mi. (Norwood, MA)
Norwell Turkey Trot 5K (Norwell, MA)
Billy Kelly 5K / 5 mi. (Mansfield, MA)
Thanksgiving Day races
Marathon Sports Thanksgiving Day 5K (Hingham, MA)
Tiger Turkey Chase 5 mi. (North Easton, MA)
Dreamcatcher Classic 5 mi. (Weymouth, MA)
Braintree High School 5K (Braintree, MA)
any other Thanksgiving Day Race

P12 December

GNRC Ho-Ho-Ho 5K (Norwood, MA)
Jolly Jaunt 5K (Taunton, MA)
any other Jolly Jaunt (Special Olympics Massachusetts)
Assault on Mt. Hood 3.5 mi. (Melrose, MA)
Bill Rodgers Jingle Bell Run 5K (Somerville, MA)
Walter's Run 5K (West Roxbury, MA)

P13 Summer Fun Runs

Participate in nine weeks of runs, May through August 2008. It's OK to mix between the three locations to get the nine weeks of runs.
Mondays, 5K (Raynham, MA)
Tuesdays, 3.27 mi. (Abington, MA)
Wednesdays, 3.75 mi. (Brockton, MA)

P14 Winter Fun Runs

Participate in six weeks of runs, last week of November

CRR HOLIDAY WINTER CLOTHING DRIVE

Colonial held its annual Holiday Winter Clothing Drive at the Winter Fun Run on Sunday, December 23rd. MANY bags of clothing were donated by the runners, and were transported to the VA Hospital in Brockton for distribution to the patients there. Many thanks to those of you who came to the Fun Run that day!

NEW YEAR'S DAY "FUN BrrrRUNch RUN"

This year's New Year's Day club group run was the best-attended ever by far, with 49 people either running the Winter Fun Run route or hanging out at the Abington Baptist Church to help set up the food for afterwards. This was a great way to kick off the 2008 running season (hey, for most of us, the "running season" is all year long!). It's also very much a social event, and we were especially pleased to see many newer members attending and mingling with veteran members. A special thanks to organizers Beth Sheibley, John Goldrosen, Jerry Cuellar, and Al Donaghy, and a BIG thanks to Ellen Curtin, who contributed many home-baked goodies to supplement the bagels, donuts, coffee, and juices that the club provided.

FROSTBITE 15K

Jim DuPont

A few years ago, a group of us did the now defunct Ocean State Marathon in November. At one of the winter fun runs a few weeks after the race, we started talking and all agreed that we were having what might be termed 'withdrawal symptoms' because the long runs we did as preparation were now a thing of the past. Someone suggested (Charlie Fiske, I believe) that we get together on an upcoming Sunday, run 10-12 miles, then all go to breakfast to which someone else (Sean McLaughlin as memory serves me) stated flatly that he wasn't going to run 10 miles with any of us then sit down in Bickfords for pancakes and hot chocolate.

After securing permission from my local fitness center to allow a few of my buddies to come in for a shower and change of clothes after a Sunday morning run, 'Jim's Buddies Fun Run' was launched. A date was set, a course determined, and the task of inviting people immediately begun. That first year we had 90+ runners (the records are a little murky because a few of my pals really thought it was 'fun run' and simply came, ran, showered, ate, and went home – not so unusual when you think about it).

Eight years later, what began as a simple Sunday long run is now the Frostbite 15K Mid Winter Classic Road Race. The race is a regular feature on the New England winter running calendar and is no longer termed 'invitational' - a little joke that it seems wasn't laughed at by everyone - I still get inquiries asking how one goes about getting invited to the FB 15K.

This year we had slightly fewer runners than last year (389 entries) but the winning times more than made it a day to remember. Overall winner Mario Fraoli of Auburn set a new course record with a finish time of 48:40 - a net of almost two minutes over the previous record. For the women first-time FB 15 entrant Sumner Fletcher of Uxbridge crossed the finished line in 58:08 – also a record for the women.

The day dawned ominously enough with gray skies, steady winds, and temperatures in the low teens. Not quite as bad as the Year of the White Out (2006) or the Year of the Cold Cruel Heart (2003 – temperature at race start was 6 degrees above zero), but hardly a pleasant, bright New England winter scene crying out for Currier and Ives or Hallmark to somehow capture the moment. My old pal from down near the starting line on Titicut Road, Brian Gregg, showed up at the Raynham Middle School first at 6:45 and asked what he could do to help get things started. He was immediately drafted as my aide de camp charged with the daunting task of making sure I didn't inadvertently throttle anyone as I worked to bear the burden of the race.

Registration was placed in the capable and experienced hands of Mary DuPont who is, herself, related to me by marriage, along with Ellen Litt, Susan Yellope, Linda Morris, Janet Qualter (a friend from the Thursday Night group I run with in Somerville), and a few other conscripts were handed the pins, the bibs, the pens, and told to do whatever they had to do.

Brad Fitzgerald, Paul Barros, and Scott Hutchins, aka the Delta Force, were tasked with deploying the 300+ cones I had delivered to various points on the course on Saturday with the help of Mark Bennett, another member of the 'pretty fast for an old guy' club. Board of Selectman Chair John Donahue took command of the on-course volunteers and for a moment it seemed as though all was going according to plan.

After Brian and I finished checking the course and making sure that the water stops were set up, we headed back to the Raynham Middle School arriving at exactly 9:00. Curiously, the place was already beginning to empty out as it

apparently has become common knowledge that it's a half mile to the start from the school – but, hey, they came to run 9.3 miles – how hard can a half mile walk be?

Out at the start I couldn't believe my eyes – a solid mass of runners shoulder to shoulder stretched back from the start so far I wasn't sure if I'd be able to make it through to start the race.

At 9:18, I pulled Marianne Withington up onto the tailgate of my pickup truck and she proceeded to render, as she put it, an 'up tempo' version of the National Anthem as she acknowledged to the assembled group that everyone really, really, really, wanted to get started and didn't want to stand around to much longer in the now slightly over 20 degree weather. As she finished, I hopped down and asked Hillary Hewitson - she had volunteered to lead the race on bicycle - to check with the police vehicle idling a few yards ahead if they were set to go. She sped off and returned in a few seconds and said the Chief told her 'It's a Go!' and for a moment I think I knew how the mission control people feel before a space shuttle launch.

I checked my watch...9:19:45 AM. I called out the start instructions, paused, then spoke the words we all now know well.

"Runners take your mark, get set..."

And with the shriek of the siren, they were off.

I waited one minute then turned to the reporter sent from the local newspaper and calmly said, "If you want to really live – come with me!" And with that Kendra Sardinha of the Taunton Daily Gazette and I jumped into my truck and made our way via the back roads of Raynham ahead of the race to the 2-Mile mark. We got out and were greeted by CRR member (and all around good guy) Joe Cohen. Joe said he was ready and could see the runners about a hundred yards away and closing fast. I looked down the street and couldn't believe what I saw - the runners were coming through the Four Corners – still in a large curb-to-curb pack!

Kendra and I left Joe to his own devices and headed up to the infamous Deadman's Curve where CRR members Rosemary Basson and Dan Gorman had things under lock down and also had Jan and Dean wailing away – on CD, that is, thanks to a 100-watt PA system that mysteriously appeared overnight in the garage of the resident who lives at the corner of Orchard and Warren Street. Up the hill at Deadman's Curve #2, Dan Gorman's brother Bob and Bill McNerny had things under wraps so we proceeded onto Judson Street. At the corner of Macy and Judson, we spotted my pal Steve Sylvia heading to the water table (Steve lives a few houses back up Macy) and though all was well.

Further down Judson at the corner on Hill Street – know to many as the finish line for the Monday Night 5K Your Way Summer Series, CRR folks Jerry 'Speedy' Cuellar and Sunny Sandra Peterson were both all smiles – so was the Raynham Police Officer they had to assist them with traffic.

At the funky intersection known as Judson\Church\Locust Sandy Mealy and Tamara Kramer were being protected by Mark Blackwell –all three of them run on Mondays so they knew that corner well. A few hundred yards down from there where Judson merges into Leonard Street, Sam Baumgarten and Jillian Smith were readying themselves for the onslaught.

Water Stop #3 was ably staffed by Team Corry – Beth, Andy and their kids, to be exact. They had tunes, cups, gloves, and were ready for anything. I questioned if the kids had, in fact, volunteered, or was there had been some enticement involved. Andy smiled and said, 'Not that you'll ever know!' which was good enough for me.

A few yards ahead, Carl Brugnoli and Jim Dorman had the turn onto Forest Street, aka 'The Hill' to Monday Night folks. They agreed to let me pass but swore no others would be allowed onto Forest in deference to the runners.

Mike Monahan, himself a Monday Night participant, lives on Forest Street and had agreed to take the turn from Forest onto Everett Drive. He said he'd verify anyone claiming that they lived on Forest Street who wanted to pass through – Mike's a tough guy and I have no doubt he had little difficulty with the task.

At the other end of Everett, I pulled up and stopped to check with our crew was cheerily waived along by BR School Committee Chairman Gordon Luciano and Raynham Park & Rec Commissioner Jim Sullivan, both of whom nodded toward the Raynham Police Officer they had for assistance.

Steve 'Don't Call Me Tom' Whitworth (not to be confused with Whitmore) had the water stop nailed down just before the Big Turn onto Pleasant Street (Mile 8).

At The Big Turn, Big Bob Smith – who has volunteered at every FB 15 since the first – had control of the stretch we now call The Gauntlet. Beginning at the Rte. 24 overpass on Pleasant Street, Bob had volunteers and cones deployed all the way to LaLiberte School where runners were to cross and make the turn onto Darrington Drive for the last mile of the course. Mark Bennett, John Kerrigan, Lenny Carrol, and a few other assorted tough guys kept the runners in line as they made their way down the hill to the turn.

The finish line was under the absolute iron fist control of CRR member and Jim DuPont Wannabee Paul Everett – he even had one of my bullhorns! Just past the finish line, Billy Allen, who has relatives from Sicily I'm told, had repositioned his Mile 2 Water stop for the runners to partake as they crossed over.

Inside, the food was plentiful and the atmosphere friendly. After a few announcements about the race and brief remarks by the Dean of the House of Representative, Rep. David Flynn (D-Bridgewater), the awards were handed out and, as John Lennon once put it, a splendid time was guaranteed for all (The Benefit of Mister Kite, from Sgt. Peppers Lonely Hearts Club Band).

My deepest thanks to all who helped, to all who ran, and to all who encouraged me to stick with it and keep the FB 15 going. Wait till next year...if Tom Brady can come back and try again, so can I – if all of you will too.

COLONIAL ROAD RUNNERS ANNUAL BANQUET

The CRR Annual Banquet and Dance was held on Saturday evening, January 26, 2008 at T.J Smith's Victorian House in East Bridgewater. A number of awards were given out at the banquet.

Colonial Road Runners 2007 Race Participation Award

Betsy Knapp	Marc Blandin	Mike Ferrari	Frank Neely
Sue Simmons	Jeanne Sullivan	Dick Carnes	Bud Morton
Jill Strathdee	Pat Everett	Jerry Cuellar	Susan Yellope
Emily Hart	Paul Everett	John Shuster	Ted Coyle
Ellen Litt	Linda Morris	Dan Gorman	Geo Balestino
Frank Nelson	Elisabeth O'Brien	Rosemary Basson	Eugene Gallagher

Colonial Road Runners 2007 Iron Woman Award

Betsy Knapp 519.55 Race Miles

Colonial Road Runners 2007 Iron Man Award

Marc Blandin 303.5 Race Miles
 Mike Ferrari 330 Race Miles
 Jerry Cuellar 250 Race Miles
 Frank Neely 417.07 Race Miles
 Mike Lozan 263 Race Miles

Colonial Road Runners 2007 Consecutive Running Days Award

Sue Simmons 365 Days
 Betsy Knapp 295 Days
 Tom Yellope 365 Days – 1808 Miles

Colonial Road Runners 2007 President's Award

Jill Strathdee 10-k 39:25
 Frank Nelson ½ Marathon 1:17:23

Colonial Road Runners 2007 New England Award

David & Gail Martin

2007 Colonial Road Runners Grand Prix Series

MALE UNDER 40

First Place Marc Blandin
 Second Place Christopher Moulding
 Third Place John Shuster

FEMALE UNDER 40

First Place Jill Strathdee
 Second Place Rebecca Maurer
 Third Place Tamara Kramer

MALE 40-49

First Place Stephen Warren
 Second Place Charlie Morgan
 Third Place Jerry Cuellar

FEMALE 40-49

First Place Gail Martin
 Second Place Jeanne Sullivan
 Third Place Elizabeth Sheibley

MALE OVER 50

First Place Tom Yellope
 Second Place Eugene Gallagher
 Third Place Mike Lozan

FEMALE OVER 50

First Place Pat Everett
 Second Place Sue Simmons
 Third Place Susan Yellope

The 27th Annual Paddy Kelly Road Race was held on Sunday, February 10 at D.W. Field Park in Brockton.

A week down the line and we have heaved our sighs of relief that another year of Paddy Kelly is over!!! Yes, that was our 6th year of organizing the race - doesn't time fly!!! A lot of work, prayers for reasonable weather and relief that all seemed to go smoothly. Needless to say we could not organize this race without all the help from our volunteers - a great team! Thank you all very much. It is also great to see so many members supporting the race, by running it. We usually average around 300 runners and this year was no exception. Approx 50 members ran and 40 members volunteered! Excellent response to our main Club Race.

Here are some comments we received:

- * Congratulations on a successful Paddy Kelly race. We thank you for all you did to make it a success.
- * Congratulations on another great Paddy Kelly yesterday.
- * Once again, nice job with Paddy Kelly. It was a great morning to race and you had a pretty good turnout
- * I wanted to thank you both for a well organized and enjoyable event.
- * Just wanted to say nice job on the race today....you guys always put on a great race....and also thanks to your volunteers as well....we always enjoy this run & from the comments from some of the new runners we talked to they also really enjoyed the run....again thanks & nice job.....
- * Paddy Kelly is a fine event, well handled and very "runner friendly" with the on time start, mile splits, aid station, and course marshals. Thank you very much for putting on this event."

BOSTON MARATHON 2008 CLUB "INVITATIONAL ENTRIES"

Each year, the Boston Athletic Association provides a number of "invitational entries" (often called "waivers") to area running clubs for distribution to their members. These entries allow runners who haven't met the Boston Marathon qualifying times to register for the Marathon. CRR receives a number of these entries, in recognition for the assistance that we provide the BAA by staffing two water stops at the Boston Marathon and helping out at the October BAA Half-Marathon. (Thanks to those of you who volunteer for those races!) In November, we invited all interested members to apply for the 2008 entries, and we received a record number of applications. Among the factors considered by the Board of Directors in selecting the recipients are the duration of club membership and the level of participation in, and assistance with, club activities and club-supported races.

The following club members will be using the CRR invitational entries to run in the 2008 Boston Marathon: Sue Simmons, Michelle Rothfuss, Bud Morton, Jerry Cuellar, Ed Dowling, Chris Moulding, Cindy Conley, Emily Hart, Tom Stracqualursi, Anne Duffy, Andy Corry, and Bonnie King.

Good luck to all of you, as well as to all of our members who are running the Marathon on the basis of qualifying times or who have received entries from the charities affiliated with the Marathon.

MEMBER CONTRIBUTIONS

RUNNERS RECOVERY PLAN

Gail Martin

Most successful runners implement a well-thought training plan in order to reach a specific time goal or race distance. Numerous coaches have offered a variety of high-quality training programs that consist of building a strong base, varying speeds, increasing distances, and tapering. What lacks in most training programs is a solid recovery plan, something that should be viewed by runners as unequivocally important to any training program.

During a taper, runners have more free time than usual, which creates the perfect opportunity to map out a recovery plan. Without a plan in tact, most runners get too little rest, and get back into their regular training too soon, which ultimately leads to apathetic training, sluggish performances, sickness, or injury. Here are some ideas for you to consider adding to your own running recovery plan:

Go to bed early and sleep in: Your body needs rest, so for the course of at least one week after exertion, try to get 1-2 hours extra sleep a night.

Hydrate, hydrate, and hydrate: Your body needs fluid and the opportunity to flush out waste products (i.e. toxins, like lactic acid) from exertion.

Replenish nutrients: Not just any food; good, nutritious, and easy to digest foods. You don't want the body to work harder than it has to, so try to eat nutrient-rich, non-processed foods, and supplement with a food-based multi-vitamin, protein shakes, and electrolyte replacements.

STRETCH: It's easy to forgo any exercise after a hard exertion, but your body will thank you for taking 15 minutes before going to bed early and stretching out the major muscle groups. There are ways to stretch restoratively, so that it doesn't involve exertion, yet your muscles get a chance to lengthen.

Breathe: While doing restorative stretches, take time to focus on your breathing. Deep breathing helps release tension and oxygenates and detoxifies the body.

As the days of the week go on, you may want to integrate these modalities into your recovery plan:

Gentle exercise: Take a walk, swim, or use the elliptical machine, or stationary bike. Give your body a break from pounding on the asphalt.

Yoga: Hatha yoga offers a balanced workout that integrates breathing, muscular strength and flexibility, balance, and a feeling of centeredness, peace, and relaxation.

Massage: A common question is, "Is it true that massage releases toxins into the body?" The answer is yes, but it is merely speeding up a homeostatic process that already exists. Massage acts as a pump on the muscle, to help release the waste products back to the bloodstream, to be filtered out more quickly, and enhance recovery.

Acupuncture: Acupuncture helps balance the subtle energies of the body, and especially works well on immune deficiencies which may occur from lack of recovery.

Chiropractic: After exertion, the spine and other joints often become misaligned. A chiropractic adjustment may be just the right option to regain alignment to fine-tune your body back to health.

If you have any questions while making your own recovery plan, please don't hesitate to contact me.

Yours in good training and health,

Gail Martin

781-784-1232

www.gmbodyaware.com

WHY RUN?

John McKeon

With spring on the way, discover the joys of running.

Running is a sport performed all over the world. There are different kinds of running: cross country; track and field; indoor track and field; and road racing, and people of all ages can run. In an average road race, runners vary in age from the really young to the really old.

Aside from physical benefits, running can help people in other areas of life. For instance, it teaches people discipline. It may be hard to get out there and run on a day the runner feels tired or the weather isn't nice, but discipline keeps them going. It also teaches perseverance. When runners are at the end of a race or a hard workout they may just want to give up. But runners must fight through this mental and physical pain and find inner motivation to keep running right through to the finish line. Running can also teach a person not to rush things and to be patient. When a person first begins running, he or she can't just start right up and run six days a week. Beginners must build up slowly and increase their distance, speed and how many days a week they run. Runners also must pace themselves and not go out too fast nor too slow.

Everybody can enjoy running. Even people who don't competitively race, which most people don't, can still run for their own benefit and self-satisfaction. Opposing a popular belief, runners don't necessarily need to be "fast" to run. Some runners may prefer distance or even cross country races. They can still compete no matter how slow they are. Also, runners can compete with themselves mentally and physically. People can fight their mental and physical pain and try to run a personal best for a race or workout or accomplish a new running goal. Another benefit of running is that it is a great way to meet new people or have nice conversations. People can talk to other runners about training, racing, pacing, or anything to do with running and may find they have more than one common interest. One more positive of running is the wide field of competition. It is the only sport in the world where a person can be in the same competition as the elite athletes of the world.

To run, all a person needs is a pair of good running sneakers. Most every race is open to the public so there is no need to tryout for teams or leagues like other sports, because track and cross country teams don't make cuts. Running is one of the largest sports worldwide because people can just get out there and starting running a mile or two.

John McKeon is a freshman at Abington High School. He is on the cross country and track teams at AHS and frequently trains with Brendan Whelan. His article previously appeared in the January issue of the Greenwave Gazette, the school newspaper. Thanks to Jim Dorman for passing this article on to the club.

Flexibility can make you faster, and reduce the chance of injury. We all know that we can say it as often as we want, but unless we do it regularly, we won't reap the results of regular stretching.

For our [last newsletter](#), we asked [Hal Higdon](#), author of [Marathon: The Ultimate Training Guide](#), for permission to reproduce some of his basic stretching exercises. In that issue we introduced the quadriceps stretch, and in this issue we continue the series with two more stretches—hamstring and piriformis. And, we'll wrap-up this series with two more stretches in the next newsletter. If you can't wait, want additional information about stretching or want information about other running topics check out [Hal's website](#).

2. Hamstring Stretch:

This is the exercise that got me ready to run the Klondike Relay. Most runners do this exercise by putting their foot on a waist-high stationary object (or a hurdle if at the track) and slowly leaning forward, reaching down the shin until they feel a stretch in the hamstring. The hamstring is the muscle that runs from just below the knee up into the buttocks. It's the muscle that lifts the lower leg and bends the knee after the quads have lifted your knees. Sprinters pull this muscle more than distance runners, but as I discovered, even straining your hamstring can limit your ability to run fast.

The best way to do this exercise, however, is not with your foot on a stool, but rather while lying on your back. This is how Pitchford taught me the hamstring stretch. Lie on your back, keeping the back flat and your eyes focused upward. Grasp the back of one thigh with both your hands (leg bent) pull that thigh into a 90-degree position vs. the floor. Then slowly straighten your knee. After you've gotten used to doing this exercise, you can achieve a better stretch by pulling your thigh closer to your chest—but don't overdo it!

Hamstring Stretch Positions

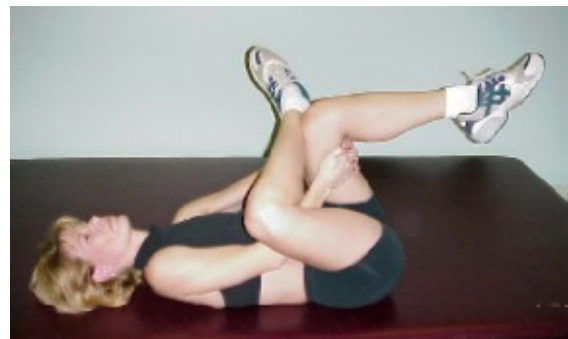


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3. Piriformis Stretch:

The piriformis muscle is responsible for lateral rotation of the hip. It is particularly important to athletes who have to change direction, such as tennis players and running backs in football. But though runners run straight ahead, keeping the piriformis muscle loose is important for overall flexibility. Lying on your back, cross your legs just as you might while sitting in a chair. Grasping the "under" leg with both hands, pull the knee toward your chest until you feel the stretch in your buttocks and hips.

Piriformis Stretch Positions



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Each summer for nearly thirty years, runners from across the country have attended week-long adult running camps at the Craftsbury Outdoor Center in the quiet village of Craftsbury Common, Vermont. Once a boys' boarding school, the Craftsbury Outdoor Center offers simple but comfortable accommodations, and healthy and hearty all-you-can-eat home-cooked meals. The Craftsbury Running Camp offers training, education, inspiration, and camaraderie in a peaceful setting of farms, meadows, woods, hills, and unpaved country roads. This coming summer will be my tenth year attending a session of the Camp—so I thought that I'd tell you why I go.

When I first learned about the Craftsbury Running Camp, I thought, "I'm not good enough to attend a running camp"—the same way most of us felt about running our first race, or joining a running club! But once I decided to give it a try, I found that the Craftsbury camp caters to runners of all abilities. Much of the credit for that goes to Greg Wenneborg, who has been the head coach since 1999. Greg is a Olympics marathon trials qualifier, but he has no trouble relating to us "mortals," and translating the training techniques of elite runners into lessons that we can all benefit from. He doesn't forget, either, that this is an ADULT running camp, and we are all there for a vacation! His assistant coaches are just as accomplished, and as accessible, as Greg is. Last summer, they included Olympic medalist and world XC champion Lynn Jennings, Mt. Washington Road Race winner Eric Blake, and Olympic women's marathon trials qualifier Brett Ely.


"So what do you DO at a running camp?" Well, of course, you run—but not excessively. There is usually just one organized run or training workout a day, though there is time (and company) for those who want more. There is a hill workout one day, a track workout on another, and a long training run at the end of the week...plus, on one day, the "Endurathon," including a swim, a bike ride, a hike up a mountain to a scenic outlook, and a 10K run on a road alongside a scenic lake (all optional—everything is optional, we are always reminded). There are also evening talks and presentations on training theory, race preparation and psychology, weight and core training, and nutrition, as well as individual videotaping and gait analysis sessions (very useful!), a yoga class, and a free half-hour massage. Each camper gets a chance for a one-on-one session with a coach to plan a fall training program, whether for a marathon or another goal race.

Even with all this, there is still ample unstructured time for early-morning or mid-afternoon swims in the lake, using the Center's canoes and kayaks, taking a mountain or road bike ride...or just relaxing by the lake and taking a nap or reading a book. Cellphones don't work in Craftsbury, there is no TV service at the Center, and internet access is spotty—a negative to some, a plus for those of us wanting to get away from the workaday world! One warning: if your idea of a great vacation is nightly barhopping in a lively tourist town, this is not the place for you! For 2008, there are two five-day programs (from Sunday afternoon to Friday morning), titled "Marathon Week" and "Masters Week," plus two three-day weekend programs (Friday to Sunday), all of which will be held in July. Many of the campers (especially those at Masters Week) are repeat attendees, and I now have a network of running friends around the country based on friendships that I've made at Craftsbury—I've stayed with them when running races elsewhere, and we have "reunions" at the Boston Marathon when they come to town. You might not think that there is much to be gained from a return visit, but it seems like there is always something new to be learned...or a new goal to pursue with the coaches' help. I always find that attending the camp re-energizes me, and if I am in a "rut," it jolts me out of it, by exposure to both the coaches and the other camp attendees.

Besides, I go back each year just because it is Craftsbury—a place of calm beauty in all seasons, and a haven from everyday pressures. By now, this is my regular summer vacation, and I think of my week at Craftsbury as my "Vermont time share"!

For schedules and reservation details, go to www.craftsbury.com. Get in touch with me, and I'll be happy to answer any questions that you have.

MEMBER-TO-MEMBER BUSINESS NOTICES


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Colonial Road Runners Presents...the 3rd Annual
BLUE HILLS TRAIL RACES

“FOX TROT” (10 Miles) & “BUNNY HOP” (3 Miles)
SUNDAY, APRIL 27, 2008 – 9:00 AM (Note new starting time!)
BLUE HILLS RESERVATION - MILTON, MA.

The Location: Start and Finish next to the Blue Hills Trailside Museum, 1907 Canton Avenue (Rt. 138), in Milton. *Directions: From Route 93 (Rt. 128), take Exit 2 to Rt. 138 North (“Milton”). Follow Rt. 138 for 1.2 miles to the parking lots for the Trailside Museum and the Blue Hills Ski Area.*

The Event: This is a low-frills, and low-cost, event. The races will be timed (results to be posted on *Coolrunning*), and there will be Marathon Sports gift certificates for the overall winners in each race and baked goodies for age group winners. We will have post-race refreshments (soda, juice, bananas, cookies, chips, etc.) However ...there will *not* be T-shirts, trophies, or goodie bags.

The Courses: Come run on miles of beautiful trails in the scenic Blue Hills Reservation, just south of Boston. Both courses follow dirt roads and forest paths, except for short paved sections at the start and finish of the races.

The FOX TROT (~10 miles) offers a mix of double and single-track trails with some hilly and rocky stretches.

The BUNNY HOP (~3 miles) is recommended for new trail-runners. This course offers easier terrain on wide paths--but this is still a trail race, with plenty of small rocks and tree roots along the way!

The courses will be well-marked, with ribbon and lime dust.

Water stops: three on the Fox Trot, and one on the Bunny Hop.

Registration: \$5 minimum donation requested...and additional contributions are welcome—you decide! *All profits will be donated to the children’s nature-education programs of the Blue Hills Trailside Museum.*

ON-LINE REGISTRATION encouraged: www.signmeup.com/59647 .

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.

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

BLUE HILLS TRAIL RACES -- Entry Form

Make checks payable to: COLONIAL ROAD RUNNERS

Amount Enclosed: \$_____ (\$5 minimum donation—additional contributions welcomed!)

MAIL TO: John Goldrosen, 891 Washington St., Whitman, MA 02382

RACE ENTERED: FOX TROT (10 MILES) _____ or BUNNY HOP (3 MILES) _____

NAME (Please print!) _____ M/F _____ Age on 4/27/08: _____

Street _____ City/Town _____ State _____ Zip _____

Telephone: _____ Email: _____

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, Department of Conservation and Recreation, Blue Hills Trailside Museum, 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: _____

Colonial Road Runners Presents....

The South Shore Bus to the 2008 Boston Marathon

If you are a South Shore runner who is registered for the 2008 Boston Marathon, here is the best way to get to Hopkinton on race day (Monday, April 21st), without having to travel into Boston to take a BAA shuttle bus. Colonial Road Runners sponsors a comfortable intercity "coach" bus that goes directly to Hopkinton from the Braintree MBTA Red Line Station. In Hopkinton, the bus will be parked near the Athletes Village at Hopkinton High School, in a lot set aside by the BAA exclusively for running clubs. The bus will remain in Hopkinton, and available for your use, until after the race begins.

Departure Location:

The Colonial Boston Marathon Bus will depart from the Braintree MBTA Red Line Station at Exit 17 (Union Street) off Route 3. This will allow you to park at the adjacent MBTA garage (\$5/day), and return by subway or train to your car after finishing the Marathon.

Departure Time:

6:30 AM SHARP! (The BAA requires that the bus arrive in Hopkinton by 8:00 AM.)

Cost:

\$10 for Colonial Road Runners members, \$20 for non-members. A discount on the Marathon bus is just one benefit of Colonial Road Runners membership. If you are a non-member, please visit our website at www.colonialrunners.org for information on membership and club activities. Join now, and save right away on the Marathon bus!

The bus is available only to runners who are registered for the Boston Marathon. Bus registration is on a first-come, first-served basis, and fees are nonrefundable. We are only allowed to send one bus to Hopkinton. Last year, the bus sold out—register early!

Further Information: John Goldrosen, jgoldrosen@earthlink.net or (781) 447-2812

ONLINE REGISTRATION: go to <http://www.signmeup.com/59650>.

+++++

COLONIAL ROAD RUNNERS – 2008 BOSTON MARATHON BUS REGISTRATION

Mail to: John Goldrosen, 891 Washington Street, Whitman, MA 02382
Please make checks payable to **Colonial Road Runners**

Name(s) _____ Phone: _____

Address _____ Email: _____

_____ CRR Member? Yes _____ No _____

Number of Colonial RR Members: _____ at \$10 each: \$ _____

Number of Non-CRR Members _____ at \$20 each: \$ _____

TOTAL ENCLOSED: \$ _____



The American Diabetes Association & Colonial Road Runners proudly present:

The 6th Annual Christopher's 5-K Run & Walk for Diabetes

Memorial Day: Monday May 26, 2008

5-k Run/Walk=11:00AM

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

West Bridgewater Senior Center-Council On Aging: 97 West Center Street, W Bridgewater MA 02379
(Next to the W.Bridgewater Fire Dept.)



- Course:** The **3.1 mile** race is run on paved roads, along a loop through the scenic town of West Bridgewater. Race starts in front of Friendship Park (Howard Street).
- Kids Run:** 1/2 mile fun run which is **\$5.00** and open to all children 3-12 years old <must have parents permission>. Ribbons for all participants. **MUST OFFICIALLY SIGN UP.** **Kids Run starts promptly at 9:45am.**
- Entry Fee:** **\$15 Pre-Entry (postmarked by May 7): \$20 after May 5 through race day.**
Race-day registration:Kids Run-8:15-9:30am5k-8:00-10:45am **both** at W.Bridgewater Senior Center
- Amenities:**
- **TEE SHIRTS** to FIRST 200 **Pre-Registered 5-k Runners & Walkers**-None for Kids Run – Sorry!
 - Professionally Timed with Mile Markers and (1) Water Station on the Course.
 - \$5.00 Discount for Diabetic Participants. • Post-Race Refreshments.
- Awards:** Trophies for Male and Female Overall and Division Winners.
Divisions:0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+(Special Awards for diabetic finishers)
- Directions:** Route 24 to Exit 16-A(Route-106) Towards West Bridgewater. Follow Route-106 for about 1.6 miles to West Bridgewater Senior Center ~ Council On Aging, which is on the left: 97 West Center Street, West Bridgewater, MA 02379 (next to W.Bridgewater Fire Department).
- Information:** Frank Nelson, (508) 208-5377, email: ChristophersRun@colonialrunners.org
Online Information -&- Registration: <http://www.colonialrunners.org/ChristophersRun/>

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

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

***FEE:** \$15 postmarked by May 5, \$20 thereafter, through race day. **Race Amount:** \$ _____

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

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

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

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

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

Name (first) _____ **(last)** _____

Diabetic ___ **M/F** ___ **Street** _____

Age on 5/28/08 ___ **City/Town** _____ **State** ___ **Zip** _____

Telephone _____ **Shirt Size** _____ **E-mail** _____ @ _____ . _____

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

SIGNATURE: _____ **(Parent/Guardian if Under 18)**