



May 2008

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## UPCOMING EVENTS

### SUMMER FUN RUNS

Summer fun runs have started and are being held through August. The fun runs take place on Mondays in Raynham, Tuesdays in Abington and Wednesdays in Brockton. All runs start at 7:00 PM; there is a \$2.00 donation per run. All runners of all ages and abilities are welcome! You do not have to join or be an official member of CRR to participate. Whether you are an experienced racer, a high school or college runner or a beginning runner please join the Colonials this summer.

Monday runs are 3.1 miles and start at Champion Pet, 1290 Hill Street in Raynham. (Off Route 24, one mile east of Rt. 24, two miles west of Middleboro Rotary).

Tuesday runs are 3.27 miles and begin at the Woodsdale School, 120 Chestnut Street, Abington (1/4 mile off route 139).

Wednesday runs are 3.75 miles and take place at D.W. Field Park, 380 Oak Street, Brockton. Registration is at the Pentangle parking lot. *This is the oldest continuous weekly race in New England.*

For more information, e-mail [funruns@colonialrunners.org](mailto:funruns@colonialrunners.org). Jim Conley is the CRR Summer Fun Run Series coordinator.

### FRIDAY NIGHT MONTHLY SOCIAL RUNS

Social runs are held each month at T.J. Smiths in East Bridgewater. There is no timing, no racing and no pressure. (Also no fee!) This is a relaxing three mile jog through the East Bridgewater countryside. The run begins at T. J. Smith's. For more information, contact Tom and Susan Yellope (e-mail: [tyellope@comcast.net](mailto:tyellope@comcast.net), telephone: 774-240-4622)

### CRR 2008 GROUP TRACK WORKOUTS

Group track workouts are being held at Abington High School. This once a week speed workout is geared to runners of all abilities. Runners can start these track workouts any time during the season but will need to check in with the coach at the beginning to plan a workout that fits the runner's needs. Start times vary during the season but after May first, they will be held at 6:30 PM. Interested runners should contact Rich Ghiorse: [Training@colonialrunners.org](mailto:Training@colonialrunners.org). Telephone: 781-331-5131.

### KIDS FUN RUNS

The 5<sup>th</sup> Annual Kids Fun-Run Track Series will be held on Sundays: July 20, July 27, August 3 and August 10. Registration will be held at 5:30 PM on those respective dates; the races begin at 6:00 PM. The series will be held at the Raynham Middle School Track. There will be a \$1.00 entry fee and ribbons will be awarded to all participants. (See the flyer at the back of this Newsletter.) For more information, please contact Lori Noel: [lrunner@comcast.net](mailto:lrunner@comcast.net). Telephone: 508-207-8027

### CHRISTOPHERS 5K RUN & WALK FOR DIABETES:

**Monday, May 26 (Memorial Day)**

A reminder that Christopher's 5 K Run & Walk for Diabetes will take place on Memorial Day (Monday, May 26) at the Senior Center Council on Aging, 97 West Center Street, West Bridgewater. See the February Newsletter for additional information. The race will start at 11:00 AM while the Kid's run is at 9:45 AM. For online sign up, go to <http://www.signmeup.com/59555>. Those interested on volunteering should contact Frank Nelson, [fcn10k@msn.com](mailto:fcn10k@msn.com).

## FATHER BULLOCK'S 5K ROAD RACE

Sunday, June 1

The Father Bullock's 5K Road Race will be held this year on June 1. It is the fourth annual race and will be part of the Colonial Road Runners Grand Prix Series. Dave Martin is looking for race volunteers as well as many runners. The race starts at the Cottage Street School, 36 Cottage Street, Sharon. Start time is 5:45 PM while the 2 Mile Walk and Kids Race start at 5:30 PM. For additional information, see [www.Fatherbullockcharityrace.com](http://www.Fatherbullockcharityrace.com). Or phone 781-784-1232, 781-784-78056 or e-mail [Fatherbullockrace@comcast.net](mailto:Fatherbullockrace@comcast.net).

## MARATHON RELAY CHALLENGE

Saturday, June 28

This annual event, sponsored by the Marshfield Road Runners will take place on Saturday, June 28 at 8:00 AM at the Martinson Junior High School in Marshfield. All CRR members are welcome. Proceeds benefit the Marshfield Youth Track Program. CRR will cover the entry fee for all current members. The club will form as many teams that it takes to allow everybody the opportunity to participate. Each team will have twenty-six members with each team member running one mile. Also, each team must have a minimum of ten women. Interested members should sign up by June 15. Teams will be filled on a first-come, first served basis. (After June 15, we will start a waiting list.). Interested participants should contact Tom Yellope ([tyellope@comcast.net](mailto:tyellope@comcast.net)). (Telephone: 774-240-4622)

## ANNUAL SUMMER PICNIC

Saturday, July 19

The Colonial Road Runners summer picnic will be held on Saturday, July 19. Dan Gorman will open his lakeside home in Plymouth to CRR members and families. There will be food, outdoor games, fishing and swimming among other activities. Linda Morris and Ellen Litt will coordinate the picnic. RSVPs will be required as space is limited. To make a reservation and for further information, contact Linda at [buzzymum@comcast.net](mailto:buzzymum@comcast.net) or 781-817-5089.

## MEMBERSHIP NEWS

Welcome to Michele Brokmeier, our new CRR Membership Director! Among her other responsibilities, Michele keeps our membership records up to date (we currently have more than 270 members). If you change your address, phone, or (especially!) e-mail, be sure to let Michele know, so that we don't lose touch with you. If you have any questions about your membership status, or if you are a new member with questions about how to get more involved in Colonial activities, contact Michele at [brokml@aol.com](mailto:brokml@aol.com).

## GRAND PRIX SERIES

The latest CRR Grand Prix Overall Standings have been updated. A summary through the end of April is provided. The next scheduled race (June) is the Father Bullock race (described above under Upcoming Events).

## 2008 Grand Prix Overall Standings

(Current as of April 30, 2008)

Males				Females			
29 & Under		Point	# of Events	29 & Under		Point	# of Events
1	Marc Blandin	38	4	1	Erin Kennedy	10	1
2	John Shuster	20	2	2	Kerin Towne	10	1
3	Dan Hammond	16	2	3	Annalee Noel	9	1
4	Pat Clougherty	15	2				
5	Norman Everett	8	1				
30 to 39		Point	# of Events	30 to 39		Point	# of Events
1	Frank Neely	18	2	1	Megan Aardema	20	2
2	George Balestino	18	2	2	Jill Strathdee	10	1
3	Bill Hewitson	18	2	3	Mim Lombardo	9	1
4	Adam DeMoranville	14	2	4	Jennifer Buccigross	9	1
5	Karl Amber	10	1	5	Heather Leeman	8	1
6	Peter Richter	10	1				
7	Frank Nelson	9	1				

<b>40 to 49</b>			<b>40 to 49</b>				
	<b>Point</b>	<b># of Events</b>		<b>Point</b>	<b># of Events</b>		
1	Stephen Warren	29	3	1	Gail Martin	40	4
2	Phil Parks	20	2	2	Elizabeth Sheibley	25	3
3	Steve Cushing	13	2	3	Jeanne Sullivan	20	3
4	Charlie Morgan	13	2	4	Donna Cohen	19	3
5	Jerry Cuellar	12	2	5	Elisabeth O'Brien	13	2
6	Jim Tierney	10	2	6	Ellen Curtin	11	2
7	Ted Coyle	9	1	7	Lisa Burke	9	1
8	Stephen Blum	9	1	8	Beth Hackett	8	1
9	Nick Giannaros	9	1	9	Lori Noel	8	1
10	Richard Nickley	8	1	10	Michelle Rothfuss	8	1
11	James Pike	8	1	11	Rachelle Coury	7	2
12	Mark Rothfuss	8	1	12	Elaine Polito	7	2
13	Dave Martin	7	1	13	Laurene Ellis	5	1
14	Paul Ghelfi	7	1	14	Lisa Perna	4	1
15	Michael Ryan	7	1	15	Cindy Conley	2	1
				16	Pamela Onges	1	1

<b>50 to 59</b>			<b>50 to 59</b>				
	<b>Point</b>	<b># of Events</b>		<b>Point</b>	<b># of Events</b>		
1	Jim Conley	30	3	1	Mary Connolly	39	4
2	Eugene Gallagher	25	3	2	Patricia Everett	33	4
3	Tom Yellope	18	2	3	Chris Miskinis	19	2
4	Clayton Gardner	16	2	4	Sue Simmons	16	2
5	Joe Cohen	14	2	5	Anne Duffy	15	2
6	Dan Gorman	12	2	6	Susan Yellope	14	2
7	Kevin Donnelly	9	1	7	Rosemary Basson	12	2
8	Jim DuPont	8	1				
9	Eliot Trowbridge	8	1				
10	Bud Morton	6	1				
11	Mark Measor	5	1				
12	Paul Everett	4	1				

<b>60 and Over</b>			<b>60 and Over</b>				
	<b>Point</b>	<b># of Events</b>		<b>Point</b>	<b># of Events</b>		
1	Dick Carnes	28	3	1	Betsy Knapp	10	1
2	Sam Baumgarten	20	2				
3	Steven Kramer	10	1				
4	Mike Lozan	8	1				

## MEMBER CONTRIBUTIONS

### BOSTON MARATHON THOUGHTS

#### From Mim Lombardo:

I'm a new member of the Colonial Road Runners and this was my first Boston with the group. I just wanted to say that I thought the bus was brilliant and I had a great time meeting new people and talking about race strategies and so on. I was even talked into writing MIM on my arm in sharpie. The race itself was an unexpected success for me, as I had lousy training due to an injury over the winter. Overall, it was a great day. I'm glad I joined the group. Everyone is so supportive and nice to one another.

**From Beth Sheibley:**

“Oh, so you are a runner?”

“Yes I am.”

“Have you ever run the Boston Marathon?”

“No, I haven’t, but it is something I dream of doing....”

My Boston Marathon journey started in August of 2007 when John Goldrosen and I started training for a trail marathon. This would only be my 2<sup>nd</sup> marathon so thinking that I could qualify for Boston by completing the marathon in 3 hrs. 50 mins. didn’t seem realistic to me, (my first marathon took me over 5 hours to complete!) John had a lot more confidence in my abilities than I did and told me I could do it. Although I trust John and his judgment, I applied for a waiver through the club not really knowing if I would get one as I was a newbie. As it turned out, I was awarded one but happily on November 24<sup>th</sup> I completed my marathon in a time of 3 hrs. 43 mins. I had qualified for Boston!

A couple of days later, I made the call of a lifetime to Jim Conley to let him know that I didn’t need “no stinkin’ waiver”,

Now I had to start my training, which was slow due to some nagging injuries, but I was always able to complete the training runs, and I was especially encouraged by a great long run on the marathon course, organized by CRR. Running with fellow club member Jillian Madison and having a support vehicle (even though they got caught behind the “Freedom Torch”) with water, Biofreeze and constant words of encouragement prepared me for the marathon, mentally and physically.

The race itself is an amazing event, with the streets lined with spectators and kids with their outstretched hands, just waiting for a runner to give ‘em 5! Prior to the race, I was with other runners and club members, enjoying the luxury of our bus (thank you, John!) but once we all left for the starting corrals, I was on my own, but I was never alone. I talked to whomever was near me, a woman from New York, another one from Minnesota, someone else named “Beth” who was smart enough to put her name on her shirt! I ran with her for awhile to steal some of the “by name” encouragement! Besides the physical company that I had out there, I had all of the support and encouragement of my co-workers, friends, family, and people I deal with on a regular basis at places like the bank, the grocery store and the YMCA. I knew that people were tracking my progress at home on their computers and some were even trying to see me on TV! It is amazing to me how I was treated before and after the marathon, I felt like I was a hero, my feet were 10 feet off the ground! There is nothing like hearing the pride in the voice of your young son or daughter telling their friends that their mom ran the Boston Marathon. My 4 year old daughter understood that we couldn’t bounce on the trampoline the weekend before the race, because mommy had to run a big race. When they saw the medal, their eyes lit up and I got the biggest hugs and kisses, along with the usual question, “Did you win, mommy?”

Although I didn’t come in first, yes, I did win!

Congratulations to everyone who ran the Boston Marathon!

“Will you run it again?”

“You bet I will!!!”

## BLOOD DONATION

Ellen Curtin, CRR member and longtime blood donor would like to inform us that there will be an upcoming blood drive at the Abington Knights of Columbus, 254 Hancock Street, Abington on Saturday, June 14 from 7 Am to 1 PM.

Information has also been provided by Ellen on Donor Center Schedules (see below).

### DONOR CENTER SCHEDULE CALL DIANE DIRECT AT (781) 710-2450 or CALL THE CENTER FOR YOUR APPOINTMENT

#### **Braintree Donor Center** **170 Forbes Road** **Braintree, MA** **(781) 794-1800**

*Hours:*

**Platelet Appointments**

Monday: 1:30 p.m. / 4:00 p.m. / 6:30 p.m.  
Tuesday: 12:30 p.m. / 3:00 p.m. / 5:30 p.m.  
Wednesday: 12:30 p.m. / 3:00 p.m. / 5:30 p.m.  
Thursday: 8:00 a.m. / 10:30 a.m. / 1:00 p.m.  
Friday: 8:00 a.m. / 10:30 a.m. / 1:00 p.m.  
Saturday: 6:30 a.m. / 8:30 a.m. / 11:00 a.m.  
Three Sunday's per Month: 8:00 a.m. / 10:30 a.m. / 12:30 a.m.

**Red Cell Appointments**

Monday: 2:00 p.m. to 7:00 p.m.  
Tuesday: 1:00 p.m. to 6:00 p.m.  
Wednesday: 1:00 p.m. to 6:00 p.m.  
Thursday: 8:30 a.m. to 2:00 p.m.  
Friday: 8:30 a.m. to 2:00 p.m.  
Saturday: 7:00 a.m. to 12:00 p.m.  
Three Sunday's per Month: 12:30 p.m. to 1:30 p.m.

#### **Raynham Donor Center** **275 New State Highway/ Rte 44** **Raynham, MA** **(508) 977-0201**

*Hours:*

**Platelet Apointments**

Monday: 1:30 p.m. / 2:00 p.m. / 4:00 p.m. / 6:30 p.m.  
Tuesday: 12:30 p.m. / 3:00 p.m. / 5:30 p.m.  
Wednesday: 12:30 p.m. / 3:00 p.m. / 5:30 p.m.  
Thursday: 8:00 a.m. / 10:30 a.m. / 1:00 p.m.  
Friday: 7:00 a.m. / 9:30 a.m. / 12:00 p.m.  
Saturday: 7:00 a.m. / 9:30 a.m. / 12:00 p.m.  
Three Sunday's per Month: 7:30 a.m. / 10:00 a.m. / 12:30 p.m.

**Red Cell Appointments**

Monday: 2:00 p.m. to 7:00 p.m.  
Tuesday: 1:00 p.m. to 6:00 p.m.  
Wednesday: 1:00 p.m. to 6:00 p.m.  
Thursday: 8:30 a.m. to 2:00 p.m.  
Friday: 7:30 a.m. to 1:00 p.m.  
Saturday: 7:30 a.m. to 1:00 p.m.  
Three Sunday's per Month: 7:30 a.m. / 10:00 a.m. / 12:30 p.m.

For our last two newsletters, we asked [Hal Higdon](#), author of [Marathon: The Ultimate Training Guide](#), for permission to reproduce some of his basic stretching exercises. Hal provided us with some basic stretches, as explained and demonstrated by Debbie Pitchford, a physical therapist from Michigan City, Indiana. Here are the last two stretches in the series of five. If you want more information about stretching or other running topics check out [Hal's website](#).

#### 4. Gastroc Stretch:

This push-off exercise is the one you most often see runners doing before races. Typically, they lean against a wall to stretch the calf muscles—but they don't always do it right, claims Pitchford. The gastroc muscle, along with the soleus, is located in the back of the calf. It is the calf muscle that actually propels your leg across your grounded foot while running. Lean against a wall or other stationary object, both palms against the object. The leg you want to stretch is back, several feet from the wall, your heel firmly positioned on the floor. Your other leg is flexed about halfway between your back leg and the wall. Start with your back straight and gradually lunge forward until you feel the stretch in your calf. "It is important to keep your back foot straight and angled 90 degrees from the wall," says Pitchford.

#### Gastroc Stretch Positions

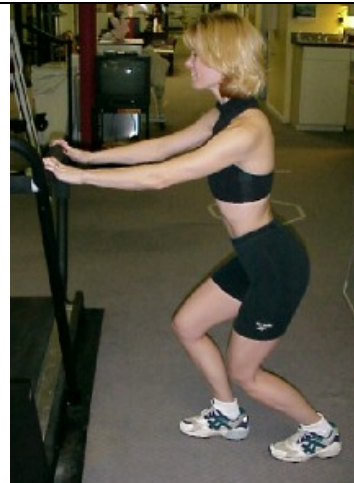


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#### 5. Soleus Stretch:

"This is the stretch that most runners forget," says Pitchford. "They stretch their gastroc muscles (as above) without realizing there's a similar stretch for the soleus." The soleus is the other major muscle in the calf, located in front of the gastroc. It is important for planting the foot on the ground before your push off. Position yourself similar to the gastroc stretch with back straight and palms against the wall. The difference is that you start in a "seated" position with your legs bent, your buttocks dropped. Gently lean into the wall until you feel the stretch in your lower calf.

#### Soleus Stretch Positions



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**BOSTON MARATHON**

**April 21**

This year's 112<sup>th</sup> Boston Marathon was held on April 21. A number of Colonial Road Runners ran and completed the race. They include Peter Richter, Jim Walker, Mim Lombardo, Jim Conley, Bev Coronis, Lori Coburn, Chris Moulding, Jillian Madison, Susan Ragon, Beth Sheibley, Kevin Donnelly, Tom Stracqualursi, Ann Duffy, Renee Sayce-Dant, Chris Miskinis, Bonnie King, Emily Hart, Diane O'Sullivan, Michelle Rothfuss, Sharon Spivack, Pan Onges, Sue Simmons, Cindy Conley and Jerry Cuellar. Let's give a big congratulations to these runners and to CRR volunteers who helped staff the race!

**BLUE HILLS TRAIL RACES (Sunday, May 4<sup>th</sup>)**

**John Goldrosen**

The Third Annual Blue Hills Trail Races attracted about 200 runners to the Blue Hills Reservation, with about 120 competing in the 10-mile "Fox Trot" and 80 in the 3-mile "Bunny Hop." As was the case in previous years, we maintained the "low-frills, low-cost" format. There were no T-shirts or trophies, but the cost for registration was only a donation of \$5 (though many runners voluntarily gave more). All net proceeds are being donated to the Blue Hills Trailside Museum, to support its children's and nature education programs in the Reservation.

Last year, a surge of post-entries for these races resulted in filled parking lots at the race site, raising concerns for the Department of Conservation and Recreation (DCR), which manages the Reservation, about maintaining access for other park users. Frankly, it created anxiety for us, too, because the nearest overflow parking for runners would have been a quarter-mile away and on the other side of busy Route 138, with no safe way for pedestrians to cross. So, after discussions with DCR, we agreed to put a limit on the number of registrations for this year's races, and to bar race-day entries. As it happened, we hit the cap on entries several days before the race, so the threat of being shut out was effective in encouraging runners to sign up early. We did have a lot of no-shows on race day, due to the rainy weather, or else the number of finishers would have been closer to 250.

Thanks to great help from our many volunteers, the race went off without a hitch. None of the runners got hurt (just a couple of sore ankles), and nobody got lost, and those are the biggest concerns with a trail race. The reaction from the runners was universally favorable and appreciative, with praise for the course, the markings, and the supportive volunteers. Here's a sampling of emails that I received after the race:

*"Great Event Today! I had a blast!"*

*"I ran the 10 mile Fox Trot yesterday at Blue Hills and had tons of fun."*

*"Thank you for organizing this event. It was very well organized, well-marked and a lot of fun. It was great to be out on the trails."*

*"Thank you for an excellent race. This is my second year for the Fox Trot, and it's one of my favorites."*

*"Thank you for a great race! You and your team did a superb job in organizing the event. The trails were really well marked and awesome. I had a great time."*

*"Thank you for organizing the race. It was well run, well marked and a challenging course."*

Trail races are often known for unique (and usually low-cost) awards. Marathon Sports generously donated \$25 gift certificates for the overall male and female winners in each of the two races, but we wanted some (cheap!) way to also recognize the age-group winners, in lieu of trophies. So...Beth Sheibley made "medals" for each overall and age-group winner, by attaching neck ribbons to paper plates, and pasting labels to the plates with award information (using the race logo that Frank Neely had developed for the CRR website). She also baked loaves of banana bread for the overall winners, and hundreds of chocolate chip cookies for the "medal" recipients. Thank you, Beth!!

As is evident from the runners' comments printed above, this race (like other Colonial-directed events) has a reputation for being well-organized and well-run. That wouldn't be possible without the efforts of several dozen volunteers. Thanks are due to all of the following Colonial race-day volunteers who handled registration, parking, timing, post-race food, water stations, and course monitoring: John Babineau, Michele Brokmeier, Dick Carnes, Joe Cohen, Jerry Cuellar, Ellen Curtin, Al Donaghy, Frank Donaghy, Kevin Donnelly, Charlie Dorman, Jim Dorman, Jim Dupont, Laurene Ellis, Pat Everett, Paul Everett, Colin Foley, Jack Foley, Rich Ghiorse, Cal Goodwin, Jane Goodwin, Sue Healey, Charlie

Hudson, Pat L'Italien, Ellen Litt, Mike Lozan, Bud Morton, Frank Neely, Beth Sheibley, Wayne Smith, Bruce Talanian, Susan Yellope, and Tom Yellope. We were also aided by about a dozen members of the Oliver Ames High School boys and girls cross-country teams. (Colonial is making a donation to the high-school booster club, in recognition of the support that these young runners gave us.)

In addition, Dick Carnes, Marcia Gardiner-Sturgeon, Frank Neely, and Beth Sheibley spent many hours on the day before the race, helping me to mark the courses with pink "flagging tape" and lime-dust, to make sure that both the runners and the volunteers would know the routes. We used over 150 pounds of lime and about 2000 feet of tape! A concern that we always have is that our markings will be taken down before the race by other park visitors, either because they don't know why the tape is there and think they are "doing good" by taking it down, or because they don't like "their" park being used for such an event, or...well, who knows why. (This is why we don't do the marking any earlier than the day before the race, and why we use multiple systems of markings, plus having volunteers stationed on race day at key intersections). This year, while we were marking the courses, Dick Carnes turned around at one point, and spotted two young boys a ways behind him on the trail, taking down the tape as fast as he could put it up! He gave them a good talking-to, and it must have had an effect on them (and maybe their mother who was with them!), because a few days after the race, I got this letter in the mail:

*Dear Blue Hills,*

*We are sorry we picked the pink ribbons. We were not thinking and we did not make the right choice. We would not like it if we did something and someone messed it up. Then you would have to do it all over again. It must've took a long time to re-attach the ribbons. We are sorry.*

*Sincerely, [names withheld to protect the guilty!]*

Well, I guess it was a "learning experience" for them!

My thanks to all the club members who helped out this year, or who entered the races. Our trail races have become among the most popular in New England, and have introduced many runners to "something completely different." I'll be looking for your support again for the Fifth Annual Houghton's Pond Trail Race, which is tentatively scheduled for October 5, 2008. See you there!

## **EASTERN NEW ENGLAND TRAIL RACE SERIES**


**John Goldrosen**

Here is good news for those of you who are interested in finding more trail races to run that are close to the South Shore. A number of trail race directors have gotten together and organized a series of races in eastern New England (mostly in Massachusetts, but with a couple in Rhode Island and New Hampshire), called (naturally) the Eastern New England Trail Race Series (ENETRS). This series will complement the longstanding "Grand Tree Series," which offers races that are mainly in western New England (some races will be in both series).

Thanks to the folks at the North Medford Club, there is now a website that lists the ENETRS races and will provide links to applications and information for each race, as they become available. The website address is [www.easternnewenglandtrailraceseries.org](http://www.easternnewenglandtrailraceseries.org). (You can also reach the site by a direct link from the CRR website homepage—the series is listed under "Partner Organizations," in the menu on the left-hand side of the homepage.) Three CRR-associated races are included in the ENETRS: the Blue Hills Trail Races, the Houghton's Pond Trail Race, and the Edaville Rail Run.

For the competitively-minded folks, there will be a point system and standings (see the ENETRS website for details and updates)...but the main purpose of organizing the ENETRS is to spread the word about these local races to interested runners, and to increase the popularity of trail running in this region. Most of these events are 10 miles or less, with many just 3 to 6 miles long, so there are plenty of opportunities for runners who want to try out trail running at shorter distances.

## MEMBER-TO-MEMBER BUSINESS NOTICES

  
**MORTGAGE FINANCIAL**  
Your Lifetime Lender™  
175 DERBY STREET ♦ SUITE 12 ♦ HINGHAM, MA 02043  
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Certified Mortgage Planner  
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Telephone: (781) 740-1740      Web: www.ellenlitt.com  
Fax: (978) 863-7274      MCO167  
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and Design & Install New Solar Hot Water Systems  
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Cell: 508-341-9499  
dkgorman@solarsystemsinc.com  
DAN GORMAN      www.solarsystemsinc.com

## KIDS FUN-RUN TRACK SERIES



### 5th Annual KIDS FUN-RUN TRACK SERIES



***OPEN TO CHILDREN AGED 3 1/2 – 14 (must be 3 before Jan 1, 2008)***

***SUNDAYS: JULY 20 - JULY 27 – AUGUST 3 - AUGUST 10, 2008***

***REGISTRATION AT 5:30PM, PROGRAM STARTS AT 6:00PM***

There is no pre-registration required.

***RAYNHAM MIDDLE SCHOOL TRACK. (420 Titicut Road ) Directions: From route 24 northbound - take route 44 east. Left at first light onto Orchard Street. At 4-way stop, go right onto Pleasant St. Approx. 1 mile down Pleasant, turn left onto Darrington Drive. At end of Darrington, turn right onto Titicut and follow into Middle School.***

***From route 24 south - take route 104 west towards Raynham Center. Bear left, staying on 104, at Tedeschi's. Go approx. 1/2 mile, turn left onto White Street. Follow White Street approx. 1 mile, turn left onto Titicut. Follow Titicut to the end into Middle School. Track is behind school.***

**ENTRY FEE: \$1.00    RIBBONS TO ALL PARTICIPANTS**

***This program is designed to be a fun yet educational program where children can learn the basics of running such as warming up, stretching, competing and cooling down properly. Children will be encouraged to compete against themselves and offer encouragement to fellow runners.***

Children will be grouped together by age. Race distances are age appropriate. Water provided. Juice generously donated by Ocean Spray.

**SPONSORED BY COLONIAL ROAD RUNNERS AND RAYNHAM PARK AND RECREATION COMMISSION. FOR INFORMATION OR TO VOLUNTEER, PLEASE CALL LORI NOEL AT 508-207-8027 OR E-MAIL [ljnrunner@comcast.net](mailto:ljnrunner@comcast.net)**