



## UPCOMING EVENTS

### WINTER FUN RUNS

Colonial Road Runners Winter Fun Runs begin on Sunday, November 30th at 1:00 PM. These four mile low key, low cost winter races begin near the Abington Depot Restaurant off Route 139 in Abington. Races begin at 1:00 PM and will run every Sunday from November 30 through February 1 with the exception of January 18 (the date of the Frostbite 15 K Road Race). The cost is \$2.00 per race. See the flyer at the end of this newsletter for more information or contact [funruns@colonialrunners.org](mailto:funruns@colonialrunners.org).

In December and January, CRR will mark the holiday season by collecting clothing and non-perishable food items at several of our Sunday Winter Fun Runs at the Abington Depot restaurant. Clean out your cupboards and closets! The collected goods will be donated to local charities and food pantries.

On **DECEMBER 7th, bring non-perishable food items:** for example, canned fruits, vegetables, and meats; jars of peanut butter; soups; and boxes of pasta. (Condiments like ketchup, mustard, and mayonnaise aren't needed, we're told.)

On **DECEMBER 14th, bring gently-used clothing, especially outerware, for adults and children:** coats, jackets, mittens, gloves, hats, etc.

On **JANUARY 11th, bring both food and clothing items.**

### NEW YEAR'S DAY FUN BrrrRUNch RUN – Thursday, January 1, 2009, 10 AM, Abington Baptist Church

Please join us at CRR's untimed 4-mile group run on New Year's Day along the Winter Fun Run course in Abington, followed by refreshments and socializing at the Abington Baptist Church. We call it the "New Year's Day Fun BrrrRUNch Run" (and we keep hoping for some REALLY cold weather to justify the title, though it hasn't happened yet in the several years that we have been holding this event).

We will meet at the Abington First Baptist Church at Routes 58 and 139 in North Abington, a block from the Depot Restaurant. Please come anytime after 9:30 AM. We will head out to run the course at 10 AM. This is an untimed, noncompetitive event, and everyone is welcome. Following the run, we will return to the church to socialize over coffee, bagels, donuts, and juice. This event is free, and everyone is welcome, so please bring friends and family members (non-runners can hang out at the church during the run). Please let Beth Sheibley know if you are coming, by email at [bsheib@hotmail.com](mailto:bsheib@hotmail.com) or by phone at 508-612-9427, so that we will be able to plan for food and supplies.

### FROSTBITE 15K

The 9<sup>th</sup> Annual Frostbite 15K Midwinter Classic Road Race will be held on Sunday, January 18, 2008. The race start time is 9:20 AM and registration will be at the Raynham Middle School. The entry fee is \$20. Jim DuPont is seeking volunteers, especially for the race water stops. Jim can also use some volunteer assistance with other pre-race chores such as registration, parting, tee shirt and number distribution, etc. Volunteers will receive breakfast. Additional information can be found at [www.baevents.com/frostbite](http://www.baevents.com/frostbite). Or contact Jim at [jdupont01@comcast.net](mailto:jdupont01@comcast.net).

## COLONIAL ROADRUNNERS ANNUAL BANQUET & DANCE

The CRR Annual Banquet and Dance will be held on Saturday evening, January 31, 2009 at T.J. Smith's Victorian House on North Central Street in East Bridgewater. Cocktails start at 5 PM and dinner will be served at 6 PM. The cost for the evening is TBD. More details will be announced soon.

## MEMBERSHIP NEWS

### NEW BLOG OF INTEREST

Dr. Robert Chasen ([drchasen@comcast.net](mailto:drchasen@comcast.net)) is a podiatrist and local runner who has spoken at the Colonial Road Runners annual banquet several years ago. He would like to inform club members about his new blog of interest. The link is <http://takingthingsinstride.blogspot.com/>.

## GRAND PRIX RESULTS

### 2008 COLONIAL GRAND PRIX COMPETITION SERIES

The final Grand Prix race is scheduled for Saturday, Dec. 6. It is the Greater Norwood Road Runners 2<sup>nd</sup> Annual Ho-Ho-Ho 5K race to be held in Norwood. For the latest standings, refer to our website, [colonialrunners.org](http://colonialrunners.org)

## CLUB NEWS

### FRED BROWN LAKE WINNIPESAUKEE RELAY

### DAVE MALLIAROS

Colonial Road Runners participated in this year's Fred Brown Lake Winnepesaukee Relay Race by staffing two 8-member teams. The race was held on Saturday, September 20. It was a beautiful, sunny day unlike the year before when it rained the entire morning. This year's relay got off at the usual 8:00 AM start at Weir's Beach. The 65-mile hilly course is quite scenic and travels through the towns surrounding the lake. Running clubs throughout the New England area fielded at total of 97 relay teams. Both Colonial teams finished the race in the late afternoon. The Colonial Road Runners Team Red finished in 83<sup>rd</sup> place with a total time of 9:37:11 while the Colonial Road Runners Team White finished in 89<sup>th</sup> place with a total time of 9:45:40. After the race, about a dozen Colonials celebrated the day by having dinner at the Weir's Beach Smokehouse. A big thanks goes to Frank Neely and John Goldrosen for organizing the teams for this year's relay.

Members who participated this year were:

Race Leg	Length	Team Red	Team White
1	10.7	Frank Neely	Bill Hewitson
2	11.0	Roseanne Rooney	John Goldrosen
3	9.3	Jim Tierney	Dave Malliaros
4	4.0	Rosemary Basson	Dan Gorman
5	10.8	Megan Aardema	Beth Sheibley
6	6.4	Irma Walat	Frank Donaghy
7	8.4	Dick Carnes	Jim Dupont
8	4.4	Charlie Hudson	Ellen Curtin

### TUFTS 10K FOR WOMEN

### ELLEN LITT

It could not have been a more beautiful day. 60's, overcast, dry. There were fourteen Colonials who volunteered to work all morning distributing goodie bags (sackpacks) and t-shirts. We were asked to do goodie bags, but due to the lack of help some of us moved over to t-shirts. One t-shirt table had 2 ladies who 'disappeared' early on and never returned

leaving the table unattended. So, as usual, Colonials to the rescue. We quickly took over. Coventures is lucky to have the Colonials. We did, of course, check out the various vendor booths and get all the freebies that were available. Eight of the fourteen Colonial volunteers also ran the 10K race and finished. Thanks to all for volunteering and for your help!

**\*Ellen Litt**  
**\*Betsy Knapp**  
**\*Edie Bottner**  
**\*Julie-Ann Jolliemore**

**John Goldrosen**  
**Bud Morton**  
**Pat L'Italien**  
**\*Irma Walat**

**Leslie Laputz**  
**Cindy Conley**  
**Roseann Rooney**  
**\*Michele Brokmeier**

**\*Laurine Ellis**  
**\*Lori Santos**

\*worked and ran

After the race we headed over to Remington's on Boylston (where we go every year) for lunch, relaxation, lots of good food and good conversation. All in all another year and another successful day at the Tufts and fun was had by all.

## HOUGHTONS POND TRAIL RACE- OCTOBER 5

**JOHN GOLDROSEN**

The 5<sup>th</sup> Annual Houghton's Pond Trail Race continued to grow in popularity, with 246 registrants and 193 race-day runners, ranging in age from 11 to 70. The day was cloudy but with comfortable running temperatures in the 50's. We provided a well-organized and safe event for the runners, a significant number of whom were first-time trail racers—nobody got lost or went off course, and there was just one skinned knee reported. There were large contingents of runners from CRR and from the L Street Running Club, and four race directors from other races in the Eastern New England Trail Race Series. We received lots of compliments after the event, in person and by email. Here are some of the email comments:

*"I had a blast at the race today. Thanks!"*

*"Very nice job today. Really impressed by all aspects of the race—Well done!"*

*"Thanks for organizing another great run. The organization, volunteers, course, and even the weather were great."*

*"Thanks for a job well done. I enjoyed the race immensely."*

*"I just wanted to convey my thanks for the terrific job you did putting on this year's race. I was particularly impressed with how well marked the course was. It's rare for me to run a new trail course and not be concerned about taking a wrong turn, but, on Sunday, I quickly discovered I had nothing to worry about. Special thanks to the numerous volunteers who directed runners at the potentially confusing intersections. I hope to make it back next year!"*

The success of this race is dependent on our many volunteers—without their presence, we couldn't present a well-marked and staffed course, easy registration check-in, two water stops, ample food at the finish, and accurate timing. As you can tell from the runners' feedback, the number of volunteers, and their enthusiasm, is a key to the race's appeal. Putting on a trail race has special challenges and is a lot of work, but this gets easier for me every year, thanks to CRR members who step up to help out either on race day or on the day before, when we mark the course. I owe a special thanks to Dick Carnes and Beth Sheibley for organizing all the volunteers on the race course, Al Donaghy and Jim Conley for heading up the timing crew, Jim Dupont for setting up the finish line, Susan Yellope for supervising registration, Linda Morris for organizing the post-race food setup, Bud Morton for serving as race photographer...and also to Harvey Blonder and Bob Clarke, the coaches of the Stoughton High School cross-country teams, who came with many of their runners and provided about a third of all our race-day volunteers. (CRR makes a donation to their XC program, in recognition of their assistance to our race.) The following Colonial members also served as volunteers:

John Babineau, Michele Brokmeier, Joe Cohen, Ellen Curtin, Jim Dorman, Laurene Ellis, Lesley Engelson, Patty and Paul Everett, Cal and Jane Goodwin, Pat L'Italien, Ellen Litt, Mike Lozan, Cheryl Marquardt, Frank Neely, Frank Nelson, Lori Noel and her children, Traci Pozerski, Paul Silvia, Wayne Smith, and Bruce Talanian.

Profits from the race are divided between CRR and the Friends of the Blue Hills, a nonprofit organization that organizes trail maintenance programs and other activities in the Blue Hills Reservation, where this race (and the May Blue Hills Trail Races) are held.

### NEWS FROM NORMAN

CRR member, Norman Everett made the news recently. Norman is a junior at Worcester State College and is on the cross country team. Norman has received a lot of support and encouragement from CRR members throughout his high school and college cross country years. He has utilized the timed summer fun runs to help with his training and improve his racing times. During the summer he also travels to Warren, Rhode Island to take advantage of Rhode Island Road Runners' (RIRR) Red Rooster Ramble timed 5-miler where he is always welcomed and cheered on. Jim Fenton, correspondent for The Enterprise wrote an article titled "*West Bridgewater's Norman Everett A Study in Determination.*" View the article at: <http://www.enterpriseneews.com/sports/x920585472/West-Bridgewater-s-Norman-Everett-a-study-in-determination> It's great to have the support of CRR and other running clubs to help us attain our personal bests.

### JUST FINISH

GAIL MARTIN

Expectations, I've learned, can often lead to disappointment—which is why my husband Dave and I have pretty much let go of the typical runners' finish-time goals and hopes for PRs. Amongst aging and other challenges we can't control, running marathons across the country provides unique terrain, altitude, and climates than we New Englanders are typically accustomed to. However, with the money invested in training, traveling, and entry fees, and the time spent working out—albeit not always to the degree we intend—there are two goals that have in fact become expectations: Start...and finish. There are a number of races in New England where we've raced and trained on courses repeatedly. Those were the days when we could set realistic time goals, and better gauge what we could accomplish on race day. Knowing a course by its every hill and turn is one luxury we don't enjoy when visiting a completely new place, but the trade-off is well worth it because we get to experience things like never before. We show up to unfamiliar territory, with at best a decent understanding of a topography chart and written course description, attempting to meet the challenges that any marathon may bring.

One of our first major surprises happened at the 2005 Lost Dutchman marathon in Apache Junction, AZ, when the course described as having "rolling hills" provided ups and downs that we flatlanders simply weren't prepared for. We expected a course similar to Cape Cod, yet this one may have been more akin to a roller coaster! The 2007 Chicago marathon gave us the biggest weather surprise, especially after hearing that it snowed during the event in 2006. You may recall that in '07, the temps in mid-October reached 90+ degrees—making walking a good third of the course a better decision than running the thing only to become one of the hundreds who were either hospitalized or triaged. To add to our surprise was the announcement at mile 23 that the race was cancelled due to extreme weather conditions. We did not learn until we read the article in the December issue of Runner's World, that we were actually considered official finishers because we had crossed the 30k point before the decision was made to cancel the event.

We have run low-key rural events with cheap entry fees, affordable accommodations, lots of open space, and as few as 75 runners; and we have run big city events with costly entry fees and pricey eats. The smaller marathons tend to require a lot more mental toughness than the heavily populated ones do. In the sizable fields, the energy is revved-up not only by the runners, but by the volunteers and spectators as well.

In races that offer solitude like the Shiprock Marathon in New Mexico, I've found the use of mantra extremely helpful (Internally, I used the words, "I am strong, I am fit, and I am able") because on a quiet, desolate course it keeps my mind focused on the task at hand, rather than wandering on the many long and lonely miles ahead, wondering if I've done enough to prepare myself for the day.

Contrarily, I found it almost impossible to use a mantra effectively in the Detroit Free Press Marathon, which was an exciting event with lots of crowd support and entertainment to help along the way. As a result, I've come to believe that although there's nothing easy about running a marathon, it's a bit easier to go under trained in a bigger event, because the energy of the crowds will help runners get to the finish line.

Injuries and seasonal-change illnesses had put a damper on our fall training, and for a while we contemplated bagging our plans to run Detroit altogether. So, when Dave and I ultimately decided to proceed with our original investment and go for it anyway, we released all pressure on our accomplishment other than to start...and finish. At the marathon expo, we stumbled across a freebie (well, more than one!), an oval-shaped sticker that read, "Detroit Free Press Marathon—JUST FINISH." Dave, who ran no more than 6 miles since Labor Day decided he'd wear the sticker on the front of his running shirt—this would be his mantra, he said.

When we lined up in the corral and eyed the starting line banner, we knew the only tasks at hand that Sunday morning was to enjoy ourselves in this new place, and to get to the finish line. For the first time during a race, we carried our cell phones, so we could easily reconnect in the mayhem at the finish. Although I tended to overlook a few of the amenities at the end, Dave said there was someone at the finish line handing out the “Just Finish” stickers. Dave declined the offering. With a sense of accomplishment, Dave pointed to the sticker on his shirt and said, “I just did!”

## **NEW YORK MARATHON**

**JERRY CUELLAR**

I was lucky enough to gain entry into this years NYC marathon. I was very excited to participate in what has become the world’s largest marathon in terms of number of runners. My trip would not have been possible without some last minute help from Jim DuPont who recommended Elaine Polito for last minute kennel help and they are truly friends who came through for us Colonials.

Arriving in Manhattan at the expo was truly amazing, there were free shuttle buses making the rounds through the tourist spots of NY. I got on one just blocks from Times Square. Picking up my bib number was smooth and the expo had everything a runner could want, over one hundred booths and plenty of free giveaways. After a solid nights sleep with some help of turning the clock back one hour I woke at 4 AM to catch the bus to the starting area on Staten Island.

The NY Marathon requires one third of the entrants be from other countries as I could notice with all the different languages being spoken. It is truly an international event. Walking to the starting line with " Born to be Wild" blaring in our ears as we started on the mile long Veranzzo bridge, now Frank Sinatra's New York New York got us past the starting line. The weather seemed to be in the mid forties, we ran twelve miles through Brooklyn with live bands and thousands of spectators lining the course. Crossing the Pulaski Bridge into Queens I reached the half way point in a meandering 2 hours and 18 minutes, not a fast pace but with weaving through all the runners I was too happy to care. A quick three miles in Queens brought me to the Queensboro Bridge into Manhattan, turning onto Fourth Avenue brought literally over one hundred thousand people lined up for four miles.

However despite their support the long incline I could feel the miles taking their toll; eighteen miles at 3:25 was welcomed. After crossing the Willis Bridge into the Bronx, we could hear the “Eye of the Tiger” played by local school band, crossing the twenty-mile mark we make our way over the Madison Bridge the fifth and final bridge.

Now to all you future NY runners, the last miles of this city’s race is all uphill, part of the reason why there has never been a world record set at this race. It will test your spirit. The final one mile is part carnival part circus but all appreciated, Here is where the spectators push and pull you through, finishing up another hill at the crest is the finish line and what has taken so long finishes so quickly.

My final time of 5:04 is a half hour longer than what I thought I could do but overall I am grateful to be part of this running community. My thought of this race is that with over 39,000 runners the race is managed so well, I would encourage anyone to make this race part of your future

## **REFLECTIONS IN RICHMOND**

**GAIL MARTIN**

Sometimes runners trade blistering speeds for blistering feet,  
and instead of breaking four, they’re breaking blisters.  
Race directors should never brag of courses offering downhill finishes,  
unless they can promise no headwinds.

**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  
www.ellenlitt.com



# SOLAR SYSTEMS

**We Service & Repair Existing Systems  
and Design & Install New Solar Hot Water Systems**

**Office: 1-800-681-2480**

**Cell: 508-341-9499**

**dkgorman@solarsystemsinc.com**

**DAN GORMAN**

**www.solarsystemsinc.com**



## **WINTER FUN RUNS**

**ABINGTON, MA**

**4 miles**

**SUNDAYS - 1:00 PM**

**November 30<sup>th</sup> through February 1<sup>rd</sup>**

*Registration: Abington Depot Restaurant*

**101 Railroad Street (off Rt. 139), North Abington**

**Fee: \$2.00**

### **Whether you are:**

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

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

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

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

**INFORMATION: [www.colonialrunners.org](http://www.colonialrunners.org)**