



July 2009

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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 3.9 miles and start at the American Legion Post, 291 Mill Street, Raynham. Contact Jim Dupont for more information [(617) 626-3818 (day) or (508) 822-0376 (evenings)].
- **Tuesday** runs are 3.27 miles and begin at the Woodsdale School, 120 Chestnut Street, Abington (1/4 mile off Route 139). For more information, contact Al Donaghy [(781) 878-8622]
- **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, contact Les Laputz [(781) 910-8165].

### ANNUAL SUMMER PICNIC

**Saturday, July 18**

This year's annual picnic will be hosted by Linda Morris on Saturday, July 18 from 12:00-4:00. (The rain date is July 19). Linda decided to give Dan Gorman a break this year. (Dan has graciously offered his home for our annual picnic for the past three years.) Linda has a swimming pool so make sure you bring your bathing suits, towels and any pool toys. This is a great time for our members, family and friends to get together for a relaxing day, and for our newer members to get acquainted with other members.

The Club will provide hot dogs, hamburgers, soda and water. We only ask that you bring along your favorite side dish, dessert or appetizer. Feel free to bring any other "liquid refreshment" of your choice.

Please RSVP with how many no later than July 11 so that Linda can make plans for enough food and supplies. You can e-mail Linda at [buzzymum@comcast.net](mailto:buzzymum@comcast.net) or call at (781) 817-5089.

Place: Linda Morris's home, 64 Abby Road, Braintree, MA

Directions: Route 3 N –Take Exit 17 (Union Street). Bear right off exit. Sunoco will be on your right. Braintree Police on your Left. At first set of lights take a right onto Middle Street. At the second rotary, bear right onto Pearl Street. Take first left onto Cherry Lane. At the end of Cherry Lane take a left onto Abby Road. Linda's home is number 64 on the left.

## GRAND PRIX SERIES

The latest CRR Grand Prix Overall Standings have been updated. A summary through June 1 is provided.

<b>Males</b>				<b>Females</b>			
<b>29 &amp; Under</b>				<b>29 &amp; Under</b>			
		<i>Points</i>	<i># of Events</i>			<i>Points</i>	<i># of Events</i>
1	JOHN SHUSTER	48.0	5	1	LINDA SOLOMON	30.0	3
2	NORMAN EVERETT	10.0	1	2	MITZI HOLLENBECK	10.0	1
3	JASON PAGANELLI	10.0	1	3	MARY NGUYEN	9.0	1
4	MATTHEW GILLIS	9.0	1	4	KERIN TOWNE	9.0	1
5	JEFF BANDINI	8.0	1				
6	PAT CLOUGHERTY	7.0	1				
<b>30 to 39</b>				<b>30 to 39</b>			
		<i>Points</i>	<i># of Events</i>			<i>Points</i>	<i># of Events</i>
1	THOMAS STRACQUALURSI	36.0	4	1	MAUREEN BARBOZA	46.0	5
2	DJ SCHWARZ	18.0	2	2	JILL STRATHDEE	20.0	2
3	SILAS FITZGERALD	17.0	2	3	RENEE SAYCE-DANT	18.0	2
4	MATTHEW GILMAN	10.0	1	4	DAWN FOLEY	14.0	2
5	BILL HEWITSON	10.0	1	5	KRISTEN FINCH	9.0	1
6	CHRISTOPHER MOULDING	10.0	1	6	EILEEN COMEAU	6.0	1
7	ADAM KEMPNER	9.0	1	7	TRACI POZERSKI	5.0	1
8	KARL AMBER	9.0	1				
9	GEO BALESTINO	7.0	1				
10	FRANK NEELY	6.0	1				
<b>40 to 49</b>				<b>40 to 49</b>			
		<i>Points</i>	<i># of Events</i>			<i>Points</i>	<i># of Events</i>
1	MICHAEL GILIO	33.0	4	1	MAUREEN LARKIN	28.0	3
2	STEPHEN WARREN	28.0	3	2	LAURENE ELLIS	24.0	4
3	DAVID MARTIN	24.0	3	3	NANCY DORN	23.0	3
4	JIM LYONS	17.0	3	4	GAIL MARTIN	23.0	3
5	JOSEPH GILLIS JR	14.0	2	5	CHRIS MURPHY	13.0	2
6	JIM TIERNEY	13.0	2	6	MARIA CONLEY	10.0	1
7	JOHN SAVILLE	10.0	1	7	CATHY LYONS	10.0	2
8	PHIL PARKS	10.0	1	8	MIM LOMBARDO	10.0	1
9	TED COYLE	10.0	1	9	MICHELLE BROKMEIER	10.0	1
10	ANDY CORRY	9.0	1	10	ELISABETH O'BRIEN	10.0	1
11	SCOTT NOLAN	8.0	1	11	BETH CORRY	8.0	1
12	PETER O'CONNOR	7.0	1	12	ANGELA DOLLOFF	8.0	1
13	CHARLIE MORGAN	7.0	1	13	CAROL REILLY	5.0	1
14	KEVIN MCDONNELL	6.0	1	14	ANNE MARIE DIMARZIO	5.0	1
15	BILLY ALLEN	5.0	1	15	ILDA NELSON	4.0	1
				16	PATRICIA REILLY	4.0	1
				17	ANA BULGER-ROLAND	2.0	1

<i>50 to 59</i>			<i>50 to 59</i>		
	<i>Points</i>	<i># of Events</i>		<i>Points</i>	<i># of Events</i>
EUGENE					
1 GALLAGHER	48.0	5	1 PATRICIA EVERETT	30.0	3
2 WARREN CHILDS	35.0	4	2 ROSEMARY BASSON	21.0	3
3 BUD MORTON	23.0	4	3 SUE SIMMONS	18.0	2
4 PAUL SILVIA	22.0	3	4 AMY DAVIDSON	9.0	1
5 DAN GORMAN	18.5	3	5 JEAN CONNOLLY-COCHRANE	9.0	1
6 PAUL EVERETT	17.0	3			
7 DAVID MALLIAROS	14.0	2			
8 WILLIAM RUDOLPH	14.0	2			
9 ANDY BRENNAN	10.0	1			
1					
0 RICH GHIORSE	7.0	1			
1 CLAYTON					
1 GARDNER	7.0	1			

  

<i>60 and Over</i>			<i>60 and Over</i>		
	<i>Points</i>	<i># of Events</i>		<i>Points</i>	<i># of Events</i>
1 MIKE LOZAN	20.0	2	1 BETSY KNAPP	19.0	2
2 STEVE KRAMER	9.0	1	2 IRMA WALAT	10.0	1

## MEMBER CONTRIBUTIONS

### RRCA COACHING CERTIFICATION

**Rich Ghiorse**

This past winter I was approached by Frank Neely and asked if I had any interest in becoming a Road Runner Club of America (RRCA) certified coach. Informally I have worked over the past few years with several members as it is something I like to do, so I immediately jumped at this opportunity to increase my knowledge and be able to better serve our members. As an additional benefit, having a certified coach in the club makes Colonial more attractive for recruiting new members.

RRCA offers the course a few times a year at different venues around the country. In January I secured a spot in the course in Annapolis, MD for April 25<sup>th</sup> and 26<sup>th</sup>. Having just completed the course and passed the certification test, I can tell you it was a great experience and a real eye opener for me about what formal coaching involves. Once I complete CPR and First Aid training in a few weeks, I will be listed on the RRCA site as a certified coach.

The course was taught by two veteran RRCA coaches. Both instructors had a wealth of knowledge and direct experience developing running programs for runners of all abilities. The course consisted of twelve hours of class work and four hours of hands on work where we were asked to design a training program for a “typical” runner. The material covered all aspects of coaching runners from designing training programs, and developing race plans. The course also covered physiology, nutrition, and sports psychology for achieving running goals.

I am grateful to the club for having given me this opportunity. I am more than happy to work with members to reach their running goals. Whether it is to run your first 5k, improve your race times, or set up a complete training program for a marathon, I am available for advice and support. I can be reached through email: [Training@colonialrunners.org](mailto:Training@colonialrunners.org) ; or if you see me and want to talk that is fine too.

## **LOUISE ROSSETTI ROAD RACE**

**Ellen Litt**

Once again a group of Colonials consisting of Edie Bottner, Ellen Litt, Beth Goldrosen, Betsy Knapp and Irma Walat made the trip to Beverly to participate in this annual 5K road race and help celebrate Louise's 88<sup>th</sup> birthday. There were over 300 participants this year. This is always an amazing race and it is held in a beautiful park surrounded by ocean. The race runs through some beautiful scenery and subdivisions. This trip was unusual though. We left Braintree around 4:30 PM and arrived in Waltham around 5:15PM to await the arrival of Edie Bottner who was coming in from Springfield where she was on a business trip. Upon her arrival she transferred to Beth's Van so we could all travel together. From that point we were about 25 miles from the race and had plenty of time (so we thought) to get there. What we didn't expect was the amount of traffic we hit, which made the trip much longer than anticipated.

We arrived at 6:30PM just in time for the start of the race. However, we were unable to get into the parking lot as they had it blocked off. We thought we would park on the street and then jump into the race (figuring we would pick up our numbers later) but all the streets were marked 'no parking'. Consequently, Betsy and Irma jumped out of the van to run the race and Beth, Edie and Ellen proceeded to wait until the race started to get into the parking area. Unfortunately that meant we were unable to run the race. So, Beth, Edie and Ellen went to pick up our packets with the number/t-shirt and then cheered the runners on.

As Irma came by she yelled "where's my number?" We had not thought to bring it with us to watch the race. Ellen then ran back to the car to get both Irma's and Betsy's number and got back in time to give Betsy hers (and run in with her). With Irma's number we were able to get her time corrected and she had won 2<sup>nd</sup> place in her age division. Congrats Irma!

As always, after the race we went back to Louise's sister's pizza restaurant and ate pizza, salad and pasta with Louise. That is always the highlight of the evening. This is a great race and a lot of fun and worth the trip to Beverly. Next year (Louise's 89<sup>th</sup> birthday) is Wednesday, June 21, 2010. Put it on your calendar now!

## **BLUE HILLS TRAIL RACES**

**John Goldrosen**

The 2009 Blue Hills Trail Races were held on April 27<sup>th</sup>. We reached our registration limit about two weeks before the races, and had a record number of finishers between the two races (the 3-mile "Bunny Hop" and the 10-mile "Fox Trot"). The runners got to experience record heat (in the mid 80's) adding to the challenge. A number of Colonials took a break from road running to participate in the races and "try the trails," and hopefully some of you got a taste for the different appeal of trail running.

My special and heartfelt thanks to the nearly fifty Colonial members who volunteered at the races, either by helping to mark the courses on Saturday, or with the many tasks involved on race day itself. I heard nothing but compliments about the overall race organization and the enthusiasm of the course volunteers. We were able to staff all the critical intersections, and provide about twice as much water as in past years at the three water stops, to help the runners deal with the heat.

This is a low cost, "low-frills" race, with no T-shirts...and in place of trophies, overall winners received loaves of banana bread, and age-group winners received packages of chocolate-chip cookies, all homemade by Beth Goldrosen. The entry fee is a \$5 minimum donation, with higher amounts welcomed... and most runners do contribute an additional \$5 or \$10, some more than that. All profits are contributed to the Blue Hills Trailside Museum, and this year we were able to contribute a record amount of \$1,700.

Thanks to the timing crew, the registration workers, the food organizers...all of you, on and off the course! This race has a great reputation now, and your support is a big part of that.

With great appreciation,

John Goldrosen, Race Director

**Sundays, July 19, July 26, August 2, and August 9**

The 6<sup>th</sup> annual Kids Fun Run Track Series will be held for four weeks (last two Sundays of July and first two of August) at 6 PM (registration at 5:30) at the Raynham Middle School track, 420 Titicut Road. Colonial Road Runners underwrites the cost of this program (participants are charged just \$1 per week), and we supply most of the volunteers. It takes about twenty five volunteers per week to run this program so that each age group has enough coaches, as well as to staff the registration table and finish line. Last year, we had around one hundred children participating each week/

All kids ages 3.5-14 are welcome to participate (must be 3 prior to 1/1/09). The emphasis will be on having fun and getting the kids outside and running around, so all are welcome to come have a great time. The children will be grouped by age and all race distances are age-appropriate. All participants receive an award each week.

Lori Noel, who founded the Series, has stepped down as director this year, but John Shuster has stepped forward to take her place and direct the Series. He needs (you guessed it) VOLUNTEERS to help out, for as many weeks as you can come. If you can volunteer, please email him at [johncshuster@gmail.com](mailto:johncshuster@gmail.com) or call him at (508)-525-5998.

This is a very rewarding activity to be involved in. You all have the only experience required: a love for running!

**MICHELSON TRAIL MARATHON, DEADWOOD, SOUTH DAKOTA****Gail Martin**

The weather.com forecast looked horrible for the entire week. I was not surprised when it was raining when we arrived to Rapid City, but glad it subsided by the time we got to Deadwood. We walked around to scope out the little city smack in the middle of the Black Hills. As Vegas has Elvis impersonators, in Deadwood, you'll find Wild Bill Hickock and the like, performing "shot in the back while holding eights and aces (aka "Dead Man's Hand")" reenactments in a saloon, and out on the street. We first met "the guy" while having a cowboy-style lunch (not so healthy), and we learned of his shows...of course I had to take advantage of a photo op! After lunch, we watched his show. Close to the real thing as far as I could see!

In Deadwood there are casinos EVERYWHERE!! It's almost like a mini mall of casinos in that every hotel, bar, and restaurant offers slot machines. We played a little bit every day, and since I know I'm not going to retire on any slot machine wins, my goal is to win enough to

maximize my playtime. That wasn't happening the first few days for me, although Dave started out with a winning streak. I managed to have several good days where I either broke even, or ended up a few bucks ahead, but to me the most important thing was to be able to play for as long as I wanted without losing my shirt!! ;)

When we woke up the next day, there was not a cloud in the bright blue sky, so it was easily decided to be the day we'd go to Mt. Rushmore (good call, too...we heard it wasn't visible the days prior, and this ended up being the BEST day of the lot!). We got to see the magnificent site, and the best part of the trip was the drive around Custer State Park (about 15 miles away from Rushmore), where we drove a wildlife loop and saw all kinds of things like buffalo, deer, burros...lots of pics were taken there. And we also took the ride on a loop called, The Needles, which was a pretty and windy road which ventured under a few rock tunnels, and was just pretty awesome.

That same day, we visited Crazy Horse, but it was the one place we weren't crazy about. It was okay and I'm ultimately glad we went, but if anyone was pressed for sight-seeing time, I'd say look at this one on-line!! I did, however, buy a couple of really interesting books there (well, one that I've started is...note that it's called, "We Are All Related," because there's some synchronicity regarding this as I go on). The books are written by a man of Native American descent. His daughter-in-law was talking up the books and selling them for him. At first, I heard what she said and walked away, but then, I realized there was something in her words that resonated with my own, and then I thought of an interest I have in Shamanism, so I went back and asked which books might address that, and she pointed me to the two I ended up purchasing.

Although the forecast was for rain, the next day was partly sunny, so we took a scenic drive around the area, checking out Spearfish and Sturgis (nothing really there when the bikers aren't!). I loved the names of things like, "Pony Express."

We picked up our race packages and made massage appointments for Monday evening. We got tons of rest the days prior to the race. Saturday morning, we ran ~ 3 miles on the Mickelson Trail, to get a feel of the dirt road, temperatures, and it was our pre-marathon warm-up. That night, we attended the carbo-load dinner, and met some nice people, and in particular, a couple we befriended from Salem, OR, a town where we have already met another 50-stater couple whom they know as well. Saturday's forecast was for T-storms, but to my knowledge, there was not a one!

Race day was Sunday June 7th, and although it looked like it had rained, it wasn't when we got our coffee at 4:15am. It was pouring, however, when we stood out under the hotel awning waiting for the trolley to pick us up and take us to the bus that would take us to the start. The thirty-five minutes we stood there watching four trolleys pass by us were not good. It was cold, and although we managed to stay dry, I wondered how I would complete this marathon if I was cold and perhaps soaking wet before the race even started. I prayed for the rain to stop, because I didn't want all that travel to end up with a DNF!! In hopes to be even more visible than we already were, we moved across the street and stood under another doorway, and were finally picked up by one of the last

trolleys. We were then dropped off about a mile down the road where we boarded a bus that would drive us about 26 miles away. When we got off the bus, we were in a podunk town called Rochford...and the rain had stopped!! It was a good thing, too, because we stood out on an open lawn for over 90-minutes before race start. It was chilly, but at least we weren't wet!!

Dave & I warmed up a little and I decided to ditch my windbreaker before the race even started. It was hard to tell what to wear, but I was comfortable with the choice I'd made, and I got rid of the hat and gloves by mile 6, and although my hands got a little cold at the highest altitude, I was okay. The first two miles were the fastest, with the race starting downhill. By mile three, for the next thirteen miles, I couldn't run much better than 9:15-9:35, as we were gradually climbing the entire way, and as the legs were working, requiring O2, we were getting less of it each mile!!

Dave ditched his long-sleeve shirt at mile five and regretted it later on because it was quite cold at the higher altitudes, and it rained a bit, too. Fearing he'd get hypothermia in his tank top, he "found" gloves and a shirt that someone must have ditched from the half marathon. He put them on and ran the rest of the way with someone else's clothes!! It's the first time he's run in an event wearing three different outfits!!

There are times in life when we may step back to investigate the power of prayer. You may recall that I mentioned earlier that earlier in the morning, I prayed for the rain to stop, and it had by the time we got to Rochford? Other than a bit of misty drizzle at the highest altitudes, there was no rain to speak of. Ultimately, the only moisture on our bodies was from our own sweat. After crossing the finish line, getting our medals, snacks, clothing, and posing for a few pictures, we took a brief jaunt back to our hotel. We took hot showers, and the moment we rested in our cozy hotel room, the skies opened up and poured the rest of the day! Unfortunately, there were many runners who were not able to stay dry during their marathon...it makes me wonder about the power of my prayer!

Back to the synchronicity. We stayed at a hotel called, The Martin and Mason. Part of the reason we chose it was the name Martin, and also because it seemed guaranteed to be nice compared to some of the other options where it was hard to

tell online. It was also a refurbished historical site, which was another draw. After being there several days, one of the employees told us the owners were in from MI and wanted to meet us.

As it turns out, Dave has done quite a bit of genealogical research, and apparently, they have too. In conversation, it appeared that there are genealogical ties that are the same!! Perhaps we are all related!!!

We've exchanged contact info, and somewhere in the midst of our last day in Deadwood, my yoga retreats had come up in conversation with the hotel owners (our distant cousins), and quite a spark of interest had ignited in terms of my potentially doing one there. Who knows where this might lead? The irony is that Dave and I already had spoken of our desire to return there, and perhaps to run the marathon again someday. With the lack of asphalt on the course

(24+ miles of dirt road), we are having a fabulous recovery!

To add to the trip, on Monday, with partly sunny skies, we took a drive to WY, where we went to Devil's Tower, and hiked around the magnificent place. While driving there, we had to pull over as we came across cowboys (and one cowgirl) herding cows, which were temporarily blocking the road. Where else but out west? With a cowboy's signal, Dave drove our SUV rental to the left, helping them round up some cows that were straying in that direction!

So if you're up for a challenge, and looking for a cool place to visit, the Deadwood Mickelson Trail Marathon is one to consider. And if you've ever craved to go on a yoga retreat in the wild, wild west....

## CLUB NEWS

### **Correction:**

A previous edition of the CRR Newsletter incorrectly noted the hyperlink kindly supplied by Dr. Bob Chasen. The correct link is: <http://takingthingsinstride.blogspot.com/>

### **FREE ON-LINE TOOL**

**Laurene Ellis**

Since we are a running club with over 300 members, I am surprised that the Colonial Group on Athlinks has only attracted 24 members to date. This is a free on-line tool. It was easy to set up my profile and like other social web sites, I was able to decide what information I wanted others to see. Once I was set up, there is a trigger that allows you to merge or claim results and all of a sudden, the search wagon goes out and pulls records from race results and lists them for you. It also allows you to find upcoming races and add them to a calendar which other athletes (of your choosing) can see. You can also add races that are not already there. Maybe one of your running buddies is running the same race or another that you would like to connect with? There is much more to do too. If you decide to check it out, please be sure to look me up!

Laurene Ellis <http://www.athlinks.com/racer.aspx?rid=42919252>

### **NEW BUSINESS IN WORKS**

**Ana Amaral**

Ana Amaral, a member of Colonial Road Runners is in the process of starting a new sewing business. One she has funds, she will establish a website at [www.designsbyanna.com](http://www.designsbyanna.com).

Ana also plans on creating a business card. We will add it to our Member-to-Member Business Notices in a future newsletter.

MEMBER-TO-MEMBER BUSINESS NOTICES

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