



UPCOMING EVENTS

WINTER FUN RUNS

The 2009 Winter Fun Run Series began on November 29, 2009. This 4-mile fun run is being held on Sundays from November 29 –January 31 at 1:00 PM. Registration is at the Abington Depot Restaurant, 101 Railroad Street, Abington. The registration fee is \$2.00. Runners of all abilities are welcome to participate. The course is fairly flat and begins one block away from the Abington Depot at the corner of Railroad Street and Wales Street. All races are professionally timed and results are posted on coolrunning.com.

For more information, e-mail Jim Conley (e-mail: jamcon42@verizon.net).

NEWS YEARS DAY BRUNCH

January 1, 2010, 10 AM, Abington Baptist Church

Please join us at CRR's untimed 4-mile group run on New Year's Day 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 always hope for some REALLY cold weather to justify the title).

We will meet inside the Abington First Baptist Church at Routes 58 and 139 in North Abington, a block from the Depot Restaurant where the Winter Fun Runs are held. (Use the parking lot and door to the church on the Rt. 139 side.) Please come anytime after 9:30 AM. We will head out to run the Winter Fun Run course at 10 AM. Please note that this is an untimed, noncompetitive event--consider it as your first training run of the new year!

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 Goldrosen know if you are coming, by email at bsheib@hotmail.com or by phone at 781-447-2812, so that we will be able to plan for food and supplies.

COLONIAL ROADRUNNERS ANNUAL BANQUET & DANCE

January 30, 2010, TJ Smiths Victorian House, East Bridgewater

The Colonial Road Runners will hold their annual awards banquet on Saturday, January 30, 2010 at TJ Smiths Victorian House in East Bridgewater. The festivities kick off with a 5:00 PM cocktail hour followed by dinner at 6:00 PM.

Following dinner, awards will be presented. Come and get to know you fellow club members in a social setting. See the flier at the end of this newsletter for more information.

MEMBERSHIP NEWS

2010 MEMBERSHIP RENEWAL

It is that time of year again. 2010 Membership Registration is now open at www.signmeup.com. If you are a new member, join now and your membership is good for the remainder of 2009 through all of 2010. Also, if you join or renew before 2010 before December 31, 2009, you will receive \$5.00 off the membership price.

WELCOME NEW COLONIALS!

Colonial Road Runners would like to welcome new members. They are: Jill Craven, Beth Kane, Sarah Schindler, Timothy Smith, Shelley Rodier, Chris Ramirez, Megan Devine, Debra Diegoli, Joyce Rogers, Carolyn Pudvah, Carissa Everett, Lisa Faria, Janette Drake, Brian McCarthy, Keinah LaPointe, Kenneth Kehoe, Elliot & Susan Ross, Jen Reidy, Karen White, Annette Stead, Butch Wilson, Joyce & Dennis Mungai & Nike Balogun, Tamara & Sam LaTorre, Jim & Kathleen Lyon, Trent Maltby, Michael Foley, Erin McMenamain, Patricia Clapp, Ronna O'Neil, Janet O'Conner & Anthony Cristella.

CLUB NEWS

TUFTS 10K FOR WOMEN

ELLEN LITT

On a beautiful sunny day with the temperature in the 50's, 16 Colonials once again volunteered and handled the goody bag and t-shirt distribution areas for this event. They included: Edie Bottner, Ellen Litt, Betsy Knapp, Irma Walat, Madaleine Mbuyamba, John Goldrosen, Les Laputz, Bud Morton, Kathy Brooks, Diane Russo, Pat L'italien, Patty Everett, Michele Brokmeier, Lesley Engelson and Ana Roland and her daughter Emma. This is always a fun time. Diane and Patty were just off their Boston ½ Marathon completion the day before.

Louise Rossetti came to visit with us during the morning and Ellen got to take her over to meet up with Joan Benoit Samuelson to start the kid's race. We all took a picture with Louse. The best part was I got to personally meet Joanie. How exciting that was!!!!

The race starts at noontime and Irma, Betsy, Michele, Kathy, Diane, Madeleine, Edie and Lesley all ran the race. The rest of us went and watched the race and cheered on the Colonials. There were many other Colonials who also participated in the race These included Nancy Dorn, Beverly Coronis, Cheryl Marquardt, Janice Mullaney, Maria Conley, Traci Pozerski, Jen Reidy, Marylou Dorman and Ann Marie McDonald. Congratulation to all!!!

As usual, after the race, the Colonials met at the monument on the Common for a group photo (courtesy of our Club Photographer, Bud Morton). We then headed over to our usual eating place, Remington's, on Boylston Street, for a group lunch. All in all, this is just a funfilled day for everyone! Come join us next year!



HOUGHTONS POND TRAIL RACE

JOHN GOLDROSEN

The 6th Annual Houghton's Pond Trail Race was held on Sunday, October 4, the day after yet-another rainy Saturday, like so many Saturdays that we had this fall. The Saturday rain totally drenched a hardy group of volunteers who marked the six-mile course (all within the Houghton's Pond section of the Blue Hills Reservation in Milton) with limestone dust arrows and pink flagging tape. Fortunately, the rain had ended by Sunday, and the few lingering puddles on the trails just added to the experience for about 165 runners, ranging in age from 14 to 70+.

With the aid of numerous volunteers (including a 20-person contingent from the Stoughton High School male and female cross-country teams, led by their coaches Harvey Blonder and Bob Clarke), we were able to place course monitors at all the major intersections, as well as provide three water stops. No one went off course or got injured, which are the principal concerns with a trail race. After the race, there were plenty of refreshments for the runners and volunteers, thanks in large measure to donations from the Dunkin' Donuts shop on Route 138 in Milton, and from Ocean Spray. CRR donates half the proceeds from this race to Friends of the Blue Hills, a non-profit advocacy group that works to protect the Blue Hills Reservation and oversees an "adopt-a-trail" program that recruits volunteers to maintain the trails in the Reservation. Also, CRR makes a donation to the Stoughton High School teams' booster clubs, in recognition of their assistance with the race.

Many Colonials volunteered to help with either the course-marking on Saturday or the race itself on Sunday. Saturday's hardy crew included Laurene Ellis, Dave Malliaros, and Stephen Smith. Helping out on Sunday were (in alphabetical order): Karl Amber, Chris Aucella, Michele Brokmeier, Ellen Curtin, Deborah DeChiara-Quenzer, Al Donaghy, Frank Donaghy, Rich Ghiorse, Charlie Gillis, Linda and Joe Gillis, Cal and Jane Goodwin, Adam Kempner, Tamara LaTorre, Pat L'Italien, Ellen Litt, Chris Miskinis, Linda Morris, Bud Mortin, Frank Nelson, Lori Noel and her children Trent and Annalee, Wayne Smith, and Bruce Talanian. (Our apologies if we missed anyone!)

The next Colonial-sponsored trailrunning event will be the Blue Hills Trail Races (3 miles and 10 miles), tentatively scheduled for Sunday, April 25, 2010. We hope to have your support for that event, either as a participant or a volunteer!

Many thanks,

John and Beth Goldrosen, Race Directors

MEMBER CONTRIBUTIONS

REFLECTIONS ON THE COLONIAL YEAR

BUD MORTON

With the holiday season in full swing and the end of the year approaching many reflect on the events of the last year. Here are some presidential reflections.

An active member of CRR for several years, I would not have foreseen that I would assume the position of club president early in the year, but in April when the position came open I took the leap.

Colonial Road Runners is a huge organization with many activities going on at all times and requiring the volunteer efforts of a large amount of members. I never really realized the scope of all the activities until becoming president. In that position just about everything club related gets e-mailed or brought to your attention. It is gratifying to me that we have so many dedicated individuals who step up and make sure that all our activities run smoothly. Several times this year members have stepped down from key positions after years of service. Without someone to fill in, these activities might have needed to be dropped. This never happened. There was always a member willing to step up and fill the need. Things couldn't have run much smoother.

As we look ahead to 2010 we have a vibrant, dynamic club that is still growing. Since April '09 our membership has soared from just under 300 to nearly 400. Early membership applications for next year, which are being taken late this year, indicate that many of those applications being submitted are from more new runners.

Happy Holidays and a Great New Year to all Colonial Road Runners and their families.

In the New Year consider helping the club by volunteering to help or organize at least one event or race.

CRR MEMBER DISCOUNT

PAMELA ONGES

I'd like to offer CRR members a 20% discount on all holiday gift card purchases at Colonial House Day Spa for the month of December. We're located at 142 Washington Street North Easton and provide massage therapy, facials, pedicures and other spa services. The gift cards may also be purchased with a credit card over the phone. 508-230-8030
www.colonialhousedayspa.com

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



Franklin American
MORTGAGE COMPANY

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



Mechanical Services

Bill Dant
508-947-3014

HVAC-R
Sales • Service • Installation
brmechanicalservices@verizon.net



Saturday Evening, January 30, 2010
T. J. Smith's Victorian House,
13 Cross Street,
East Bridgewater, MA

Come socialize with your fellow Colonial members, enjoy an elegant dinner, catch up on club news and activities, and honor our annual club award recipients.

Schedule: **5:00 PM - Drinks (cash bar) and Hors D'Oeuvres**
 6:00 PM (Sharp) - Dinner
 7:15 PM - Annual Club Awards Ceremony
 8:00 to 10:30 pm - Dancing

Dinner: *Includes:* mixed green salad, choice of entrée, roasted or whipped potatoes, fresh garden vegetables, hot breads, dessert pastries and sweets, and coffee or tea.

Choice of Entree: Choose from **Prime Rib of Beef au Jus** or **Boneless Breast of Chicken with Stuffing**. A **Vegetarian Option** will also be available.

Registration: The price is **\$20.00** for **Chicken or Vegetarian**, or **\$25.00** per person for **Prime Rib**. Please return the form ([click here to download form](#)), with your check and dinner selection, to **Colonial Road Runners**, c/o Ellen Litt, 346 Tilden Commons Lane, Braintree, MA 02184 by **January 20, 2010** OR signup on-line by clicking on the link below.

REGISTER ONLINE
powered by
SignMeUp.com
www.signmeup.com/67103

Directions: *T.J. Smith's Victorian House* is in East Bridgewater, at the intersection of Cross St & North Central Street, 0.6 mi. west of East Bridgewater Center.

To Reach East Bridgewater Center: Take Route 24 to Exit 16A (Route 106 East). Follow Route 106 four miles through West Bridgewater to Route 18. Turn left (north) on Route 18, and proceed one mile to East Bridgewater Center (first set of lights). Bear left after the Prime gas station onto North Central St. *T.J. Smith's Victorian House* is 0.6 miles on the left, at the corner of Cross Street.

If coming from the Weymouth-Abington area: Take Route 18 South to the traffic lights at East Bridgewater Center. Take a sharp right onto North Central Street. *T.J. Smith's Victorian House* is 0.6 miles on the left.