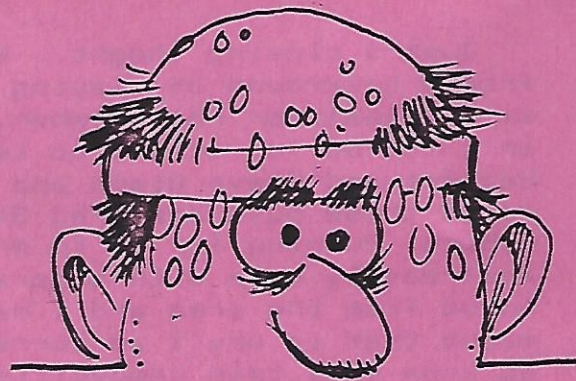


COLONIAL TYMES

MAY 1987

Hi Everyone,



Did you think I forgot you; I know you forgot the newsletter is mailed on the 15th. Lots of races, lots of news, but before I get into it I just want to thank Marty Post for taking on the Birthday card program. Old grey beard (me) had a birthday this month and it was nice to receive that card, thanks again Marty.

It looks like the Firecracker July 3rd Race in Abington is a goner. The jaycees and the town don't love us no more. Bill Doiron mentioned a July race in Avon but at this time it looks like we won't be working a race over the 4th.
AW SHUCKS!!

Ed Galuski will start Thursday fun runs in Raynham starting May 21st partially off road at the tennis courts where we conducted Raynham Ramble. Ed told me runners would have the option of 1.5 miles or 3.0 and if you have any questions give him a call 822-1487.

Al Donaghy and George Miller are directing a race in Abington, a five miler to commemorate the town's 275th anniversary (see application)

Red Rabbit lovers will have to wait until July and expect a new loopy course. Tentative date will be July 26th early in the morning at Wompatuck. Club people have to pay full pre entry price and look for an application in the next newsletter. By the way I know I will need lots of help so please volunteer if you haven't helped us yet this year.

Remember Bart Petracca Coaching will start May 27th WED Nights in Rockland call Curt Jarva for details 878 7709. Coaching fee is \$1.50 per week or pre pay 15.00 for 6 sessions. Open to anyone.

Those members interested in a different sort of cross training, consider Colonial Soccer. Starting July 23rd Thursday evenings 6:30 at Abington High School Men and Women welcome.

The club is looking for a couple of you members to take a little more active role in the capacity of a director. It requires meeting once per month and getting involved in one project per year, and adding your opinions to the decisions we make for the club. Anyone interested can call me to talk about it 586 1294 Steve or come to next meeting at Abington High School 7:30 PM this Wednesday May 20th. If you've been thinking "Geeze the club really is missing the boat" in a particular area come down to that next meeting and verbalize! Colonial can only do as much as the directors will do.

Help! We have a great number of new members this year, so I am forced to repeat one of my tired old refrains. There is no such thing as the race fairy who comes along and conducts races for you to run in. Races happen because people volunteer to give up running in order to help make the race happen. That's right, as much as runners make a race happen workers also make a race happen. We, Colonial Road Runners Club expect that everyone will do their fairshare and help once per year. We do not like to call looking for "volunteers" so please step forward when the time comes and give me a call or the race director to say yes "you can count on me". We have Red Rabbit coming up! Help Hot Line 586 1294 wait for the beep if no one is home.

Just a closing thought.. When I came into running 8 years ago , I came from a backround of playing team sports. At first I liked being on my own as a competitor racing when, where, and how far I liked. But as time went on I looked for others to team up with in training Frank Brink and Jack Haggerty and Steve Olson and Fred Lewis and Bob Moseley etc and when I raced those guys and Greg Stone and Dave Sarney and John Leahy and many others. Running for me to enjoy it or racing to bear the pain of it is most easily done with others. Many of those guys no longer run or have moved from the area and I have found it difficult to build new bonds, maybe that is why I am currently not into running as much as before but I do know that team competition and forming a bond with another runner can help you run your best. One of my most vivid memories in running came from the Foxboro Marathon a few years back. Dave Sarney, Greg Stone and I all run well but none of us had cracked the top 25. But three good efforts combined to beat CMS, BAA, and eleven other teams and that medal remains a cherished possession and memory.

The club voted this year to fund team competitions on a limited basis but to date we haven't even entered a team of any sort this year. I urge the better runners in the club to talk amongst yourselves and start to think team. Rockland 10k has teams. Plymouth Rock has in the past. C S U has a wonderful little 6 member 5k each relay June 28th (MEN, WOMEN, MASTERS) Red Rabbit has teams. We will start a soccer team this summer. Call me 586 1294 if you have thoughts on this subject or come to monthly meeting. Colonial used to enter teams every time they could. Lets try and get it back!

Lamb Memorial Road Race Taunton 3/22 5 miles

It was a cold rainy day, but that didn't keep a lot of Colonial away. 246 finishers were lead by Brad Schlapac 25:26 Larry (world class master) Olson 25:43 and George Bockus 26:21 and for the women Ann Peisch 29:15 Judy Mc Crone Copley 29:20 and Ann Igoe 31:23. Colonial Runners took several awards John Hurley was second male senior, Stacy Edwards was the first 11 to 15 year old Kathy Salem Taylor was first submaster . First master was Donna Martin . Remeber this is a Gran Prix race for Colonials.

20th John Hurly 5pts	29:28	130 Gary Edwards	37:18
32 Joe Gallagher 4pts	31:04	157 Bob Dominy	38:57
47 Frank Pote 3pts	31:54	160 Steve Priest	39:10
55 Dave LeClaire 2pts	32:32	175 Carlos Villegas	40:08
73 Dick Carnes 1pt	33:56	190 Deb Hackett 1pt	41:08
91 Stacey Edwards 5	35:03	207 Jane Goodwin	42:53
98 Donna Martin 4	35:40	224 Cal Goodwin	45:06
108 Kathy Salem Taylor 3	36:00	233 Jane&Everett Thomas	46:52
135 Barbara Gothage 2	37:29	236 Anne Haggerty	47:16

This was the comeback race for Cal Goodwin but wife Jane showed no mercy on the old geezer. Janet Richardson was the first woman and 14th overall in the 2 mile fun run 15:13.

Cohasset Road Race By the Sea April 5th

If you think there have been screwups in Boston this local number through the years has had it's share of problems, but in spite of that hundreds return each year to the race by the sea. Its a tough course up Bump Hill Road but scenic as it meanders through the big buck homes on Jerusalem

Road. The weather the last few years has been cold and drzzly the last few years and 87 was no exception. This year the results blew away to keep the tradition alive.

A few Colonials ran Stacey Edwards 43:45 Kathy Salem Taylor 44:48 and Cal G. (we won't mention, but at least Jane didn't beat him this time .. she didn't go.) Also Gary Edwards and Farrell Vaughn ran, no times were available.

BOSTON'S BITS

What do Boston, marathoning, top runners, less-than-ideal-weather conditions, John Hancock Insurance, BAA, controversy, money, and screw-ups have in common? They all came together on April 20th to make another Boston Marathon just that much more interesting. Hey, as any race director knows, what would any race be if everything went smoothly?

A few Colonials ran and a few Colonials went out to the 17 mile mark (or so) to cheer the runners on. Colonial cheerers supply water and post a board with projected finishing times, based on the runner's pace at that point in the race. (However, there is no way to factor in fatigue and the upcoming hills versus the relative fastness of the previous 17 miles.) The inimitable Judy Schlichting kept a close eye on the times and took responsibility for keeping the board up-to-date, while Steve went across the street with his bull-horn to announce Colonials and loudly cheer on the runners. Before the runners came by, Joe Comeau kept us all revved up (we have pictures to prove it) with his uncontrollable excitement. Joe, you've got to calm down!

This Newton/Wellesly Hospital spot has been a Colonial tradition which Al Doneghy has kept up for a number of years. Most of the runners seem to appreciate the support and like the idea that they do not have to have a computer mind to figure out their projected finishing time.

For those of us who watched the race at 17, we were treated to an instant of excitement as the lead pack of twenty runners, or so, went by. Indeed it was tough to pick out the runners; Steve Jones was leading the pack at that point, and Rob DeCastella was in the back. But they went by so quickly, it was hard to tell who was in there. Of course, we were busy trying to pick out Charlie Gray. (There's some minutia of the month -- who the heck is Charlie Gray?)

Colonials were well-represented among the runners. First to finish was BOB RUEL in a time of 2:44. Next was FRANK DUDAS, in 2:55, and then STEVE MAHER, finishing in a time of 2:56. JOE MILLIGAN and DONNA MACDONALD finished around 3:13, and BOB GALE, a newer member, finished in 3:14. SUE SIMMONS ran a 3:26 and she was followed by the wife and husband team of CAROL and ED MOSEL, finishing in 3:27. (I'm told this was Carol's very first marathon, excellent job!) FRANK PRESCOTT did a 4:30 and GARY EDWARDS ran a strong 3:47; BOB SHEEHAN finished next in 3:53, and then ARLENE MOORE in 3:55. JANET RICHARDSON ran a 4:28 and JOHN SUNDBERG finished in 4:50. There were a couple of Colonials whose times I did not get: DIANNE MENARD and BOB CASEY, but I hope this doesn't mean that I missed anyone else.

We can't forget to mention that, thanks to JANE GOODWIN, the runners had a bus again this year to take them to Hopkington.

Colonial-Gran Prix -

	New Bedford 1/2	Breeze	Miller	Lamb	Boston Marathon	Run for Roses
Ladies First:						
Sue Simmons		5	5		8	5 23
Stacey Edwards		4	4	5		4 17
Donna MacDonald	5				10	15
Carol Mosel	4				6	10
Barbara Cothage	2	2		2		6
Rachel Anderson		3				5
Kathy Taylor	1			3		5
Lois Segellin		1	3			4
Donna Martin				4		4
Arlene Moore					4	4
Paula Haggerty						3
Jean Benoit	3					3
Janet Richardson					2	2
Debbie Hackett				1		1

Bob Ruel			5		10	15
John Hurley	1	3	4	5		13
Frank Dudas	3	1			8	12
Steve Maher	5				6	11
Larry Thode		5	3			8
Dave Sarney	2	4				6
Curt Jarva		2	2			4
Ed Kelly	4					4
Joe Gallagher				4		4
Frank Pote				3		3
David Leclair				2		2
Dick Carnes				1		1
Mike Crimmins			1			1
Joe Milligan					4	4
Bob Gale					2	2

Early leaders in Colonial Gran Prix will have to place high at upcoming races: Rockland Callahan 10K, Fairhaven 10K, Mt Washington Plymouth Rock, to hold their leads. I am missing results from Cardinal Cushing 10K. Somebody please let me know top 5 men & women. Steve Hanson Country Run

RUN FOR THE ROSES---BROCKTON---3.1 Mi. and 6.2 Mi. (relay)---APRIL 26, 1987

It was hard to believe that it was only 60 days or so from the last club race in Field Park. A little cool, but sunny and ideal for running! A gamble with this earlier date when our Mother's day race was upended by another local race, proved to be a good one! A progressive relay is a different idea. The race focuses on the women, but allows the guys to "burn" a bit too. Without tower hill, this is a very fast course, judging by some of the fast club member times. 5 Colonials finished in the top ten, led by, who else, SUE SIMMONS (5th, 19:57). With Judy McCrune not competing, the race was all KAREN BOEN who left the tight second pack behind at the first downhill and cruised in in 17:56, well ahead of first Master ROBIN EMERY-RAPPA (18:34) and MARY ANN WHITE (19:38). RACHEL ANDERSON aparantly has shipped one kid off to College and has settled into "old age" finishing 2nd in the Masters category in 20:50. Not bad for an "Old-timer" Third was last year's hot Master, DONNA MARTIN in 21:21. Karen Boen staked partner PHIL KRON a big lead and Phil easily won the 2nd leg in a combined 34:37. My favorite winners were BOB DOMINY and JEAN HAYDEN in the 90+ category. Bob must be close to 90 all on his own!! I heard Karen Boen say that she sees more of her running partner Phil Kron than her husband. He's a pretty big guy so Phil had better remain fast on his feet!

COLONIAL FINISHERS

5) SUE SIMMONS	5	19:57	29) ARLENE MOORE	23:10
6) STACEY EDWARDS	4	20:13	34) JANET RICHARDSON	24:05
7) PAULA HAGERTY	3	20:42	41) DIANE MENARD	24:48
8) RACHEL ANDERSON	2	20:50	43) CATHY SMITH	24:50
9) KATHY SALEM-TAYLOR	1	20:54	53) JANE GOODWIN	25:55
12) DONNA MARTIN		21:21	65) ELLEN LITT	29:39
22) JUDY LYNCH		22:10		
24) BARBARA GOTHAGE		22:15		

COUPLES RACE RESULTS

61-79: TRINA KIRBY/JIM KIRBY 40:29
90+ : PETER SZAWLOWSKI/ LIZ SZAWLOWSKI 39:42
FATHER/DAUGHTER: DAVE AND MERRILEE JORDAN 45:17
MOTHER/SON: JIMMY AND JUDY LYNCH 43:58
SISTER/BROTHER: PHIL DUMOULIN/DIANE MENARD 48:05

UNRELATED

60 & under: PHIL KRON/KAREN BOEN 34:37
61-79: DAVE BARBATO/DONNA GUILFOYLE 37:26
80-89: CARL COLARUSSO/BARBARA CRIVELLARO 40:45
90+: JEAN HAYDEN/BOB DOMINY 51:27

GET YOUR COLONIAL SHIRT ON
SINGLETS \$12 plus \$1 for
postage and handling
Jane & Cal Goodwin 878 1021

Size _____
Color Prefer _____
Your Name _____
YOUR ADDR. _____

Mail this to
COLONIAL ROAD RUNNERS
Box 2 Platt St
Abington, Mass 02351

FUN RUNS ARE :

A GREAT PLACE TO MEET PEOPLE

A WAY TO GET IN YOUR DAILY RUN THAT
CAN BE HARD OR EASY.

A CHALLENGE

A MEANS TO FIND OUT WHAT IS GOING ON
LOCALLY. ROAD RACE APPLICATIONS AND
OTHER NEWS.

TUESDAY EVENINGS 7 P.M.

ABINGTON
50¢



MAY 5th
thru
Sept. 15th

PLACE : WOODSDALE SCHOOL, CHESTNUT STREET
OFF OF RTE 139 (UP THE STREET FROM RIPS
PAPER GOODS)

Colonial Road Runners Membership Application

Dues : One person \$7.00 Two \$10.00 More than two \$15.00
covers 1/1/87 to 12/31/87 open to all ages and abilities members are
asked to help at one race per year
Detach and mail to Curt Jarva 321 Dillingham Way Hanover Ma 02339

Name/Names: _____

Address: _____ Zip _____

Age _____ Birthdate _____ Miles run per week
avg _____

Years _____
Running _____ Goals _____

How did you hear about
us _____



A Special Bank
Abington Savings Bank

ABINGTON'S 275TH ANNIVERSARY ROAD RACE

SPONSORED BY

ABINGTON SAVINGS BANK

5 MILES

SATURDAY, JUNE 13, 1987 3:00 P.M.

LOCATION: Frolio School, Washington Street, Abington
COURSE: Accurate 5 mile loop with mile markers and water stops. Starts and finishes at the Frolio School.
ENTRY FEE: \$4.00 Pre Registration, received by 6/5/87
\$5.00 Post-Registration
T-shirts to all entrants
DIVISIONS: Junior to 19 Master 40-49
Open 20-39 Senior 50 +

FIRST ABINGTON RESIDENT

AWARDS: In each division, male and female
REFRESHMENTS: Soda and juice for all participants following the race.
INFORMATION: 878-0103 8:30-4:30 M-F, George Miller or Cheryl D'Antonio
878-8622 Al Donaghy

SEND TO: Abington Savings Bank/Road Race
P.O. Box 2006
Abington, MA 02351
Checks payable to: 275th Anniversary Road Race

*Make a day of it at the Olde Towne Country Fair
Saturday, June 13, 1987 10:00 A.M. - 5:00 P.M.*

NAME _____ SHIRT SIZE _____

ADDRESS _____ TELEPHONE _____

CITY _____ STATE _____ ZIP _____

AGE AS OF 6/13/87 _____ CHECK ONE MALE ☐ FEMALE ☐ DIVISION _____

Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself, my heirs, and anyone entitled to act on my behalf, waive and release, "Abington's 275th Anniversary Road Race Committee," Town of Abington, Abington Savings Bank and all sponsors, representatives and successors from all claims or liabilities of any kind arising out of my participation in this event. I further state that I am in proper physical condition to compete in this race.

Signature _____

Date _____

Under 18 - Parent Signature _____

Date _____

A stylized line drawing of a flowering branch, likely a cherry blossom, set against a solid black background. The branch curves diagonally from the bottom left towards the top right. It features three large, five-petaled flowers with prominent dark centers. Several smaller buds are also visible along the branch. The drawing is composed of simple black outlines.

starts and ends

Monday, May 25.

Memorial Field, Rockland, MA

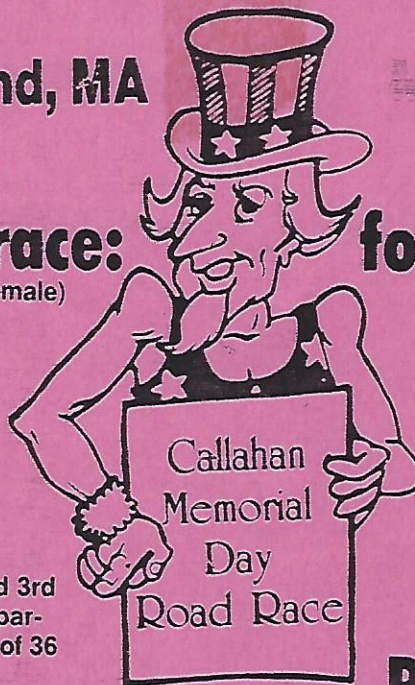
Race Starts 1 PM

for the 6.2 mile race:

1. Andy Callahan Memorial (Male & Female)
2. Richard Herdegen Award
3. Knights of Columbus Council #165
4. Rockland Rotary Club
5. Rockland Federal Credit Union
6. Rockland Chamber of Commerce
7. Edward Dumanian Memorial
8. Arthur Crager Memorial
9. Rockland School Committee
10. Rockland Water Board

Prized will be presented for 1st, 2nd and 3rd place runners for males and females separately, in the following Divisions (A Total of 36 prize levels):

Junior Division (Ages 14 and Under), Senior Division (Ages 15-19), Open Division (Ages 20-29), Sub Master Division (Ages 30-39), Masters Division (40-49), Pro-Seniors Division (Ages 50 and Over)



for the 2.8 mile race:

Trophy awards for the first place male and female entries. Male and female runners who finish 2nd thru 6th receive Medals.

Commemorative mugs for first two hundred registrants — one award per participant, parking and dressing facilities available — judges' decision final, milemarkers, splits and water stations, electronic place and timer, and beverages at finish.

Pre-Entry Registration Fees

Now thru Friday, May 15, 1987

2.8 Mile Race — \$2.00, 6.2 Mile Race — \$4.00

Other Sponsors

Rockland Park Department, Sons of Italy, Memorial Day Committee, Warren Woodward Insurance Agency, Rockland Eagles, Amos J. Phelps Insurance, Rockland Police Association, Rockland Youth Commission, VFW Old Town Post No. 5737, DAV Chapter 50, Rockland Motors, VFW Old Colony Post No. 1788, Rockland Board of Selectman, Rockland Jaycees, American Legion Post No. 147, Sullivan Tire, Comfort Inn, Wear-Guard, Electro-Signal, Boston Whaler, American Auto Assoc., Relocation Resources.

Post-Entry Registration

From Saturday, May 16, 1987 until 30 minutes before race begins (Start 1 PM).

2.8 Mile Race — \$3.00, 6.2 Mile Race — \$6.00.

Please indicate on the application below if you are running as part of a team, club or school. The following restriction applies for reporting purposes:

2.8 Mile Race: Corporate three (3) person teams only.

6.2 Mile Race: Club and School Groups in three (3) person teams. (For larger teams, contact the race committee.)

Please make check payable to:

MEMORIAL DAY ROAD RACE and send your check and completed entry form to:
ROAD RACE, ROCKLAND FEDERAL CREDIT UNION, P.O. BOX 224, ROCKLAND, MA 02370

ENTRY FORM

2.8 Mile Race ☐

6.2 Mile Race ☐

Name: _____ Male ☐ Female ☐
last first Middle Initial

Address: _____
street city, town

state

zip

Group Name: _____ ☐ Club ☐ Corporate ☐ School ☐ None

Age Group: ☐ 14 and under ☐ 15-19 ☐ 20-29 ☐ 30-39 ☐ 40-49 ☐ 50 & up

In consideration of this entry being accepted, I hereby for myself, heirs, executors, administrators, waive and release any and all right and claim for damages I may have against the organizations holding this event, their agents, representatives, successors and assigns for any and all injuries suffered by me at said event or while traveling to or returning therefrom.