

ROAD TRAINING ON THE SOUTH SHORE: "REVERSE SCENIC" DEFINED

Believe it or not, this is one of my "favorite" training courses. I call it the "Massasoit Loop" because it begins and ends at Massasoit College in Brockton. The total loop, which takes you from Brockton through the outskirts of West Bridgewater, through East Bridgewater, and back to Brockton. Your total elapsed distance is approximately 7 miles.

Your run starts at the Crescent St. side of the College access road. You instantly feel the "rush" of empty carbohydrates as you sense yourself being surrounded by fast food. Behind you is the legendary Christos restaurant (party of 4 in the green room? 4 hour wait!) with its greasy lamb and greasier pizza. In plain sight are a fast food pizza, a fast food chinese, a fast food fish place, and Steve Maher's garage, the only grease on the block that's entirely usefull! Your next mile takes you through the access road to Massasoit College, a flat route winding to a moderate upgrade at the end. You should be reminded that Massasoit was once the sight of the Brockton Pig Farm, which probably explains the "lush vegetation" surrounding you. Rumor has it that this was also the sight of a burial ground for horses, and on a quiet night, I could swear I can hear the Whinnying of long-expired steeds carrying through the trees!

A left turn onto Thatcher St. and you run into a contradiction. What appears to be a shaded country road turns into a one mile tribute to "urban decay". On your right is the old Brockton dump. You are reminded of the allegations from neighbors in the early 80's of toxic waste and hazardous chemical dumping. I have seen some of the strangest dead dnizens of the roadways here including a rat the size of a pit bull terrier and twice as ugly! Often, you hear strange rustling in the woods and visions of 50 lb frogs and 5 foot Skunks makes your pace that much faster! Passing (whew!!) the dump, you come accross the first of a number of auto junkyards, with their rows and rows of tributes to the 8 cyl. engine, the tail-fin, and the chrome bumper. This is also the favorite dumping ground of those items which were just not good enough for the likes of the dump or graveyard. An old couch here, the remains of a 61 Caddy there (I've always imagined that the trunk contained the remains of a long-rotted corpse, but never had the nerve to explore!), an old rail cart, a transmission, a muffler, and bags and bags of garbage! To your left are the tributaries of the also-polluted Matfield river which run from a sickly green to a putrid red depending on the season, with a consistancy of the La Brea Tar pits. Just as those California Tar pits served as a cocoon for prehistoric life forms, this river will entomb for future generations the American "Shopping Cart" whose numbers abound here. On your right are some quaint little "shacks" which look to be from the hills of North Carolina, and more "used auto parts museums". On some days you'll find an old character sitting in front of one of these. He'll talk your ear off if you stop, but he's totally incoherent and stopping will only slow you up anyway. Eventually you go by the Brockton Incinerator with its forboding smoke stacks, and you realise that you have been traveling downhill and picking up speed.

Your next 2 miles are e loop of rolling hills and narrow roadways through E. Bridgewater, past a working farm where you can still pick strawberries and beside a mixture of neat little ranches and older homes. A right onto Belmont St. at about 3 miles and another right onto SSummer St. again.

Heading toward the Thatcher St. turnoff, you come to the abode of the meanest *&%/\$\$*!! little French poodle any terrified harrier has ever had the misfortune to confront. This pampered, pedigreed, red-ribboned pooch is easily dismissed by the threat of a "swift kick" in the abdomen, so it's a left onto Thatcher St. What comes down must go up, and the next mile or so gradually rise giving you a good workout causing you to forget the rotting garbage to the left and the abandoned trash to the right. Finally, you crest the hill at Massasoit turning into a brief recovery downhill and a mile later back to the start. Now, if you're lucky, Steve Maher might give you some water, or there is always Christos. So there it is. It aint the scenic shores of Marthas Vinyard, but its interesting running at least. Just make sure to watch your feet for that "green glow" !!

ROAD NOTES

****Although races during the hot summer months appear to have dried up around these parts after the Fourth (Carver, Gurnet, Coot Scoot, and not much else) this doesn't mean that good races aren't there to find if you wish to travel a bit. Scorching Sundays and trips to the beach may have put a lid on the Checkers (Shenahigan's) 10K, the South Shore Hospital, and the Brockton Independence 5 miler, but the mid-week mid-evening race, at least North of us, is doing very well, thank you. The recently completed SUMMER SIZZLER SERIES put on by the GREATER FRAMINGHAM TRACK CLUB provided 3 good courses, excellent competition, and good value. (3 races for \$12.00, 2 tee shirts, and assorted goodies) The participation too was great: DIET PEPSI FRAMINGHAM, 315 finishers; NIKE WELLESLEY, 479 finishers; and COBBLESTONES REST. FRAMINGHAM, 447 finishers in 90 degree weather. And these were Tuesday night runs! Although refreshments were somewhat skimpy in the first 2 races and the wait for awards, raffle, and series standings at the finale was interminable, I think they'll improve. It would be nice to see some of our late-lamented midsummer weeknight races come back in a series like this.

****EVENING OUT NOTES: Nancy Clark, take notice! Not all runners are wimpy tofu eating vegetarians. Of the dozen or so of us at local "steak-supermarket" restaurant, Le BIFTEHQUE (I takeno responsibility for spelling!!) I think I was the only one not eating prime rib! It was a good chance to be together and swap stories or anecdotes without sweat pouring out from everyone, although Judi Schlicting's "Joe Comeau "have I got a race for you!!" story of a race in New Hampshire through radioactive sludge, didn't do much for the appetite! By avoiding the "evils" of the dog track this year, we doubled our attendance. If the trend continues, next year we could get 50 members by going to a Church!

****WAS I REALLY THERE? DEPT: A great story on Mt Washington in the newsletter last month. Enjoyable account, if not a little more esoteric than my "illiterate scratchings" here. I started to get suspicious with the Fellini reference to the "fog shrouded summit". "Wait a minute", I says. "I was there. I know I was a bit delerious but I remember the top and with my "Vertigo" I remember well that it was clear as a piece of Steuben crystal. Then I realized that June 28 was LAST YEARS DATE! And I thought my stuff took a long time in getting out!

****The North Shore's answer to Scituate's Yuppiedom was the PICKERING

CARVER CRANBERRY CLASSIC ROAD RACE---CARVER---5 mi---JULY 25, 1987

For years, this race has taken a bad rap. Oh, there are those who feel that if they are well-fed and clothed (tee shirt) and given water and splits and trophies, etc, etc, etc, and the race directors have the AUDACITY to ask for more than three bucks for an entry fee, they are being financially "raped". There are those who are "offended" because they are segregated from the Old Home Day activities, but don't complain about the free beer they get that the locals would prefer not be in the park. The \$8.00 fee they charged 3 years ago has caused runners to stay away in droves. It's interesting that few races offer as much as Carver not to mention good organization, a fast course, and accurate results, and yet many now get a similar fee and don't get the gripes this race does. It's interesting that many of these "defectors" will gladly fork over a similar eight bucks for the Provincetown relay without so much as getting a cup of water, or a split or even an accurate mile marker! Even our own club has chosen to ignore this race for its Gran Prix series even though it is the only good sized summer race in the local area and attracts a good number of club members.

Well, this year, the directors decided to lower the fee to five bucks. The tee shirt and free beer and hot dogs and watermelon and chips, etc were still there, and now this is one of the CHEAPEST races in the area for what they provide. Hopefully the increase to 380 runners under very hot conditions bodes well for a return to the large numbers of earlier years.

As noted, it was brutally hot, 90 plus and very humid. This course is very flat, but offers very little shade, which makes it all that amazing that New Zealander, REX WILSON was able to come within 7 seconds of Bob Hodge's course record 23:17, set on a much cooler day. Rumor has it that Wilson is a New Zealand Olympian from Hastings in this country training for a run at the Olympic Marathon. How fast was he? Well, a full 1:49 ahead of LARRY OLSON (25:13), no slouch in his own right. Newton's ED CONNOR was 3rd in 25:50. Lead Master (I still refuse to accept the fact that anyone as fast as Larry Olson could possibly be a Master!) was our own DAVE WILSON (29:33) who my wife tells me, makes noises at the finish as if he were being soaked in boiling oil! JOE DRUGAN was third in 29:56. DICK HARKINS was lead Senior in 31:15 followed by a couple of those Marshfield "old codgers" HERB BOLTER (32:35) and TOM WRIGHT (32:59). First Woman was KATHLEEN AIROLDI who beat a lot of runners in 31:33. EILEEN KELLY (32:04) and BERNADETTE KEEFE (32:17). GAIL ISAKSE came up from Fairhaven to top the Masters in 37:11., topping DONNA MARTIN by 3 seconds. JUDY LYNCH completed the ever growing complement of Colonial Female Masters with a 3rd place finish. STEVE MAHER was top Colonial after waging a fierce battle with Dave Wilson. MARTY POST, on the comeback trail after a long injury, had a decent run. FRANK POTE was there somewhere but I couldn't find him on the results board. As a final note, MIKE MAHER who runs like a "little Steve", was the first Youth finisher in the fun run. Oh well, another young tadpole who will be at my heels soon enough!

COLONIAL FINISHERS

24) STEVE MAHER	29:29	159) DONNA MARTIN	37:15
26) DAVE WILSON	29:33	173) MARTY MICHELSON	37:58
38) ED KELLY	30:36	178) JUDY LYNCH	38:06
54) EVERETT THOMAS	31:44	187) GARY EDWARDS	38:23
77) BURT PARCELLS	33:14	198) MARTY POST	38:54
114) DICK CARNES	35:22	240) CARLOS VILLEGAS	41:23
134) STEVE FOSTER	36:14	306) BOB SHEEHAN	44:35
145) FRED WHEELER	36:31		

RAINBOW CELEBRITY ROAD RACE---QUINCY---5 mi---JULY 11, 1987

This race was a benefit for the RAINBOW organization. Their prime function is to grant wishes to seriously and terminally ill patients. Thanks to Cal Goodwin's efforts in getting a large number of Colonials to participate. It's unusual to see a lot of Colonials in this area, but after a nice race like this one, that should change. The Quincy area has become a hot bed of activity lately with a good following of local runners. 201 runners on a Saturday ain't bad! Assisting in the promotional coordination was former football great JIM NANCE, who himself was close to death a number of years ago with a massive stroke. His is quite a story, and he almost looks like he could take on a couple of linemen. The course is a flat out and back to Long Island and back. In spite of heat, overcast skies kept the temperature down and led to some fast times. Jack Coakley, who has an odometer on his chair, insists that the course is a perfect 8K. First runner was BART PETRACCA in a sizzling 23:34. JOE CATALANO is back with a vengeance this year, running a large number of races, and his 2nd place finish in 25:22 was impressive. Another familiar name this year, RICHARD LALLY was the first Master in 29:00. JOHN HURLEY, who keeps getting better and better, was lead Senior in 28:19. Impressive was 70 year old CONNIE MURPHY who can still crank out a 32:56. DEBORAH BRAZIL impressed in 29:56, followed by TRINA KIRBY (30:43), and SUE SIMMONS. As usual, after first master DIANE ROONEY (35:20) came ARLENE MOORE and BETSY KNAPP. JANE GOODWIN took 2nd place among Seniors and beat husband Cal to boot! Colonial times were REAL FAST! Curt Jarva had a P.R. as did your correspondent. The post race was a veritable feast with tons of fresh fruit (grapes? I'm impressed!!), beer, sandwiches, and donuts. No starvation here! A number of us followed this feast by running the one mile fun run at a "slightly slower pace", except for ARLENE who maintains seriousness at all times. A big raffle with top prize being a washer and dryer. Could really have used that. oh, well!

COLONIAL FINISHERS

10) MARK COSTELLO	26:40	93) BOB TRUCCHI	34:47
25) CURT JARVA	28:36	94) TERRY PARTRIDGE	34:55
21) JOHN HURLEY	28:19	110) BOB SHEEHAN	36:02
45) SUE SIMMONS	31:22	115) ARLENE MOORE	36:19
58) MARTY MICHELSON	32:15	129) BETSY KNAPP	37:38
65) PAULA HAGERTY	32:38	137) JONI SUNGBERG	38:05
74) DAN DOWNING	33:28	170) JANE GOODWIN	41:07
91) FRANK PRESCOTT	34:23	171) CAL GOODWIN	41:08

WHARF 10K CLASSIC on July 17 in Salem. Over 1500 yuppies, upscalers, social climbers, and assorted "regular guys and gals" completed this fairly flat romp through Salem's historic streets. The party afterwards was "monstrous" and rumor has it that colonial runners present danced and partied to the wee hours! FRANK (make you an offer you can't refuse) PRESCOTT did his usual fine job of providing charitable tax deductions for his clients by being the number one pledge raiser for the 2nd year in a row, winning another V.C.R. for his efforts. The race was a "training run" for Central Mass Striders overseas relay team with no less than 5 of them in the top 8 including winner old friend, FRANK RITCHIE (29:09) and BART PETRACCA (3rd, 29:49). Colonials present were MARTY MICHELSON (489th, 42:57), HOWIE GAVIN (537, 43:29), FRANK PRESCOTT (661, 45:06), ARLENE MOORE (831, 47:07), and BETSY KNAPP (1074, 50:18). A great race but the 2 hr commute was brutal!

P Town Relay

The relay is October 17th and costs \$6.00 per team and teams should be entered soon. If you are a master male and you want to run contact Dick Carnes 103 Jean Carol rd Abington 02351 871 5764. Dick told me it is first come first serve and he is looking for a team that is willing to pitch in and help each other. Speed is not as important as cooperation and flexibility.

If you are a master female contact Judy Lynch 78 Rocky Meadow St. Middleboro Mass. 02346 947 7066. First come first serve same as above must be willing to cooperate and be flexible speed would be secondary. If you are a senior Man or older Cal Goodwin is your contact Box 2 Platt St Abington, Mass 02351 878 1021 Don't delay this team will fill up fast! If you are submaster or younger female runner contact Kathy Salem Taylor 22 Lantern Lane Abington, Mass 02351 878 2168 Kathy is looking for women willing to travel the whole way and she isn't concerned with speed. Men now things get a little hairy ;Curt Jarva is looking to put together a team of guys that can run six minute miles average. He mentioned himself, Steve Maher, Bob Ruel, Ed Mosel, Dave Balzotti, Andy Sampson, Jim Reed, and/or ????? If you want to get on that team I suggest you contact Curt at once 878 7709 Curt Jarva 321 Dillingham Way Hanover Mass. 02339. If you are a better runner and you would like to do the relay this year Curt will be heading up this A Team so don't wait for an invite react and call tonight!

That leaves a whole bunch of other people. For the male runners who fit in none of the above catagories here is what I am willing to do:

If I can get eight of you to send me \$7.00 I will fill out an application and send it in. Two or three of these eight must be willing to make some phone calls to organize this team. All of the eight must be willing to travel at least four legs and help to support the team and two or three must be willing to go the whole way at least. This team will require the utmost cooperation and flexibility and a few leaders must emerge. If I can't put things together I will not enter a team and I will refund you entry fee.

Send \$7.00 made out to Colonial Road Runners
Mail to Colonial Road Runners Club
149 Mill St. Abington, mass 02351

Men Only

Name _____ PHONE _____

MAXIMUM DISTANCE YOU CAN RUN _____

I CAN DRIVE YES NO I CAN CALL PEOPLE YES NO

I WILL GO THE WHOLE WAY YES NO I HAVE DONE THIS BEFORE YES
NO

I know this will not be a speedy team we are out to finish and have fun.
Detach all above and mail asap to the above address.

Entry Deadline Sept 5th react!

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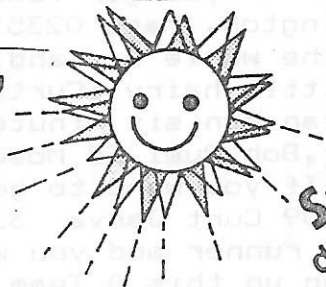
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TOTAL

Back a few years ago, it seemed like Brockton was the focal point for road racing south of Boston. The Brockton Striders were in their heyday. Runners such as Conefrey and Wayne and Norris ruled the roads. a week did not go by that there wasn't at least one race in Field Park or elsewhere. One of these was an obscure 10K, originally run through Field Park, called "The Peoples Run". No, not a bunch of Communists parading through the park, but a good race organized by the Peoples Savings bank. Well, hard times maybe from burnout or overkill have hit Brockton. Very few races remain. One that did survive, and perhaps the best of all of them is the Peoples Race, merged a number of years ago with the old Brockton Y race and expanded to a 15k race offering an eclectic tour of Brockton's perimeter. Why a 15K? It surely is a not-often-raced distance. The organizers were looking for something to prepare locals for the Fall marathons and to offer a tour of Brockton's newly revitalized downtown and its neighborhoods, a la New Bedford's half marathon. A 5k was thrown in so that those less serious about competing would also have a race to run. The net result is a true peoples race with the majority of the racers from the local area with many running this as their only race of the year.

Among the amenities here was a finish area in the covered garage (helpful on a rainy day), tee shirts, a host of serious raffle prizes, hot dogs and drinks at the finish, fast and accurate timing, and even a birthday cake for the Y! The course is a good one! It takes you through heavily populated Crescent St. to 2 miles of tough uphill up Quincy St on Brockton's East Side, 2 miles of downhill to McDonalds on rt 28, up Oak St. past the golf course and, of course, a mile through the park (for history's sake I guess) down west st. past another golf course and finishing down West elm St. to downtown, a flat 2 mile straightaway. The odd distance affords many of the competitors an unusual P.R.: Faults? Only two. Awards in categories were only one deep. In a local race like this, recognition is very important. Also, someone should convince these guys that Masters is 40 and up, not 41. Both Art Barrett in the 15K and Colonial's Bob Gale in the 5K would have been in THE MONEY, but were only "old" submasters here!

Former winner FRANK RITCHIE, in training for, hopefully, an Olympic Qualifying Marathon, made an absolute "shambles" of the 15K field! Ritchie smashed the field by over 4 MINUTES, 45:56 to DAVE BARBATO's 49:51, in a cold and driving rainstorm! And, Barbato is no lightweight, having won many local races. 3rd place went to Dedham's JOHN OLEARY, in 52:08. Colonials were big winners in all other categories. DAVE WILSON (56:05) and DAVE SARNEY (57:22) led the Masters in front of GEORGE GIFFEN (57:31) with Wilson avenging a defeat to Giffen in Walpole. JOHN HURLEY as usual was first senior, beating most of the Master and open runners in 56:58, besting HERB BAKER (1:02:15) and JOHN FRESH (1:03:02). First female, NANCY LAMBERT from Needham (1:02:59), strangely running in last year's tee shirt, was closely followed by both SUE SIMMONS (1:06:26) and PAULA HAGERTY (1:07:50). Masters? Why former overall champion DONNA McDONALD (1:04:30). She's almost as much a lock as Hurley!! Quincy Flyer SUE McDERMOTT (1:13:05) was followed by ARLENE MOORE (1:15:10). First senior was BETSY PAGE, another perennial, in 1:23:06. 147 runners finished on a real lousy day. Weather really took a toll on the 5K, with runners here not so dedicated as to turn out in a downpour. 124 finished.

Last year, one time National class runner and G.B.T.C. team mate of Rogers, Hodge, Thomas, Salazar, et. al., VIN FLEMING, now living in Brockton, got side-tracked at the start of the 15k, and was forced to run the 5K. He won that, although he went the wrong way at one point. This year he intentionally ran the short race but had to bow to another top runner, MIKE DODGE, (15:15 to 15:29). Word has it that Dodge almost made the same mistake Fleming had the year before by going the wrong way at the confusing Moraine St. turn, but Vinnie, not a devious bone in his body, yelled out for him to go the right way. These guys are CLASS!! Both running wise and personally, as evidenced by 3rd place finisher PHILIP McNULTY who finished in (17:02), a long gap for a short race! Another top runner, KAREN BOEN, also took the easy route winning here in 18:37. Biggest Colonial winner, however? Why Bob Gale! He didn't win the Masters being only "40" (hah!) but he won the radio cassette "boom box" in the

raffle. Bob, who has been known to put in a number of 25 mile training runs at Field Park in preparation for the Montreal Marathon, usually wears a walkman. Try for a few 7:00 miles carrying that monster, Bob! Finally, (WHEW!!) Cal Goodwin thought he also was the big winner of the Video cassette camera, but it was another Goodwin, and not even Jane! Sorry, Cal, better luck nex year!!

COLONIAL FINISHERS

15K:

6) STEVE MAHER	5	54:03	58) KATHY SALEM-TAYLOR	2	1:07:59
11) DAVE WILSON	4	56:05	60) FRED WHEELER		1:08:22
14) JOHN HURLEY	3	56:58	66) RON KOVNER		1:09:10
16) DAVE SARNEY	2	57:22	75) BOB KALCHTHALLER		1:10:40
20) FRANK DUDAS	1	58:10	79) MARTY POST	1	1:11:08
35) FARRELL VAUGHN		62:38	82) PHIL DUMOULIN		1:11:28
45) DONNA McDONALD	5	64:30	101) ARLENE MOORE		1:15:10
49) MARTY MICHELSON		65:49	102) IVAL KOVNER		1:15:40
50) GARY EDWARDS		66:23	115) BOB SHEEHAN		1:18:02
52) SUE SIMMONS	4	66:36	106) JEAN WELLS		1:16:13
54) DICK CARNES		67:29	119) CAL GOODWIN		1:18:58
56) FRANK PRESCOTT		67:49??	123) CARLOS VILLEGAS		1:19:25
57) PAULA HAGERTY	3	67:50	126) BARBARA CRIVALLARO		1:21:04

5K:

13) BOB GALE	19:52	103) ED CASTLE	29:15
87) JON SUNDBERG	27:26	118) ELLEN LITT	31:50

MARSHFIELD 20K ROAD RACE---MARSHFIELD---12.4 Mi---SEPT. 27

How the mighty have fallen! The Marshfield road race has always had a reputation for being a brutally tough but a high quality race. The fields have never been very large probably due to the fact that not many runners, especially casual runners ever want to subject themselves to this punishment more than once. Overall, there is more downhill than uphill but the combination of up and down along with a leg stiffening short hill at 8 miles and the 1½ mile climb done twice make this a good workout. This year the race was fortunate to avoid warm weather of the last few years. So, it should have been a good afternoon for those gluttons for punishment and those club members looking for an ultimate qualifier. So what went wrong? Well, it seems the Marshfield Road Runners decided to turn this 14th edition into a showpiece for the N. E. A. C. and their "grand prix championship series". Instead of a good local race with a good local field, it was mainly a bunch of teams from Waltham and Greater Lowell, and Springfield, and Central Mass., etc. who are rarely ever seen south of the Charles River. For your \$7.00, you got to stand around for an interminable length of time while the N.E.A.C. sorted out all their bureaucratic nonsense to award a bunch of cash prizes to teams. I guess the tee shirt money must have gone to the Greater Lowell Roadrunners treasury, but seven bucks is a lot of money for no shirt, no water at the finish, enough juice drinks for half the field, a few melted popsicles, and no water in the race for almost 4 miles (thank god it wasn't hot!).

Most of the local runners must have had a "premonition" as to how skimpy this race was going to be and went elsewhere on a full race calendar weekend, but 13 or so Colonials did participate. DAVE DUNHAM was the first of a large and somewhat overbearing group of Greater Lowell Roadrunners in at 1:03:15. LARRY OLSON was first master and 3rd overall in 1:04:27. (It's interesting that just a year ago a third by the 39 year old Olson would rate a "good race" by most race director award presenters, but the same effort by the 40 year old Olson rates an "outstanding" performance. What a difference a year makes!) PAM SEARS-BUTLER representing Waltham Track Club was first woman in 1:18:25. First senior was JOHN WHITE in 1:19:37. PAM DUCKWORTH was first female master in 1:27:41. First Colonial honors went to DAVE SARNEY running well for the 2nd week in a row (see PEOPLES RACE). It's a shame that the guys from Marshfield would sell out the runners who have supported this race for 14 years, to the N.E.A.C. Perhaps they'll come to their senses next year and return this to the tough but fine race it always was.

*Marshall
20K
Results*

47) DAVE SARNEY	1:16:34	144) ARIEL FOWLER	1:39:13
84) FARRELL VAUGHN	1:26:14	149) BARBARA GOTHAGE	1:41:54
105) DICK CARNES	1:30:06	151) IVAL KOVNER	1:43:32
112) MARTY MICHELSON	1:31:11	157) BOB DOMINY	1:47:26
124) RON KOVNER	1:34:11	161) BOB TRUCCHI	1:49:50
129) GARY EDWARDS	1:35:49	162) ARLENE MOORE	1:49:51

166 finished. PAUL MERTZ ran also but I could not find him on the results board. Then again, if they posted the results instead of hovering over them we all could have found our times---M.M.

COLONIAL CLASSIC---13.1 Mi.---ABINGTON---SUNDAY, OCT 4

The Colonial Classic was for many the highlight of our annual race calendar. Annually, many looked forward to it as either the culmination of late Summer and Fall racing and training, or as a final tune-up for the key Fall Marathons still to come. The Classic is somewhat special to me in that it was the first race for me of over 8 miles. Back on a cold Sunday in 81, we first watched Alberto Salazar storm to a new world record, followed by Allison Roe doing the same. Exhilarated, we set out to run. It was a great feeling after 8 miles to still have some "gas" left and to be still alive and actually passing people. We came back to join the participants of the shorter race in enjoying a spaghetti dinner. I was skeptical before but now I was SOLD on racing!! Well, 331 races later, here I am back in Abington doing the Classic again after a year hiatus. True, the date was different, the short races were gone, the finish area is now a Chinese restaurant, and the great spaghetti is long gone. But the course is still there.

The race came to an end, in my opinion, due to increased race competition with fewer numbers, increased costs, fewer competitors willing to handle distance, and a great difficulty getting enough workers to handle both a half marathon and two shorter races. It returned because club members felt there was a need for it and because of its importance as a focal point of our activities. Aided by support from the Abington Lions and the Fiji restaurant they made a go of it. Unfortunately, the numbers were just not there, but take heart! This is a new resurrection and with time it could return to former glory. No luck at all! It was the coldest day since last spring with temps in the 45 degree range with a cold-driving wind and rain. 71 runners, including 21 Colonials went to the line in spite of it.

VIN FLEMING was not scared off by the weather! After all, he ran the Peoples Race! His luck was somewhat better here leading in a comfortable 70:59 over another guy named Fleming, KEN FLEMING (the resemblance was striking!) in 71:40. GREG STONE, up from the Cape was third in 73:35. 4th and 5th went to BOB RUEL (who's running well these days despite having to work with Paul Chapman!--just kidding, guys) in 75:37 and STEVE MAHER (77:06). CAROL MOSEL may have gone below 90 min. if she hadn't gone the wrong way at one point. She came back to win in 90:21 over first Master, DONNA McDONALD (90:38) and PAULA HAGERTY (93:54). Closest battle of the day was between VERN PORTER (80:54) and DONALD HATHAWAY (80:56) in the Masters category. Senior winner was BILL SCHMID in 1:49:03. MARTY POST was the first official Master and SUE SIMMONS the same among sub-masters. It's too bad that the age categories weren't deeper so that Seniors FRANK RODRIGUEZ (Sharon r.r.) and our own CARLOS VILLEGAS could have been recognized. These guys, especially Carlos, run a ton of races and rarely get recognized. My opinion, even a hand-drawn certificate is better than nothing to recognize an age group competitor. (sorry for the editorial, Steve!)

I really believe that when word gets out that the Classic is back, the numbers will return. Fall half marathons down here are non-existent and this one is too good to die again. Let's hope for better weather, though.

COLONIAL FINISHERS

4) BOB RUEL	1:15:37	35) MIKE DUTRA	1:34:49
5) STEVE MAHER	1:17:06	36) JIM O'REILLY	1:35:00
12) FRANK DUDAS	1:21:14	37) MARTY MICHELSON	1:35:05
15) ANDY SAMPSON	1:23:49	38) DICK CARNES	1:35:45
18) CURT JARVA	1:24:31	43) SUE SIMMONS	1:37:32
26) CAROL MOSEL	1:30:21	49) MARTY POST	1:40:39
27) DONNA McDONALD	1:30:38	56) BOB DOMINY	1:46:17
31) GEORGE CONEFREY	1:32:30	61) JEAN WELLS	1:49:34
32) FRANK PRESCOTT	1:33:43	62) BETSY KNAPP	1:49:40
33) JOHN GOLDROSEN	1:33:49	67) CARLOS VILLEGAS	1:52:19
34) PAULA HAGERTY	1:33:54		

What can you say about a race with modest beginnings in 1985 that grows nicely to 175 or so runners a year later only to backslide badly this year? Only a handful showed up on a chilly, damp, gray day for this year's race, run a week later than the two past years, and run with practically no media publicity. The lesson here is obvious: don't tamper with your date as a new race and get your race listed in the local papers, because you cannot coast on past interest. What field there was, however, was impressive with Charles Breagy posting a 30:22 win on the back roads, winding course. Those opting for the "big time" of the Tufts 10K for Women the next day missed a great opportunity. The winning male and female each copped round trip plane tickets to anywhere in the U.S. Few females were in evidence and a 44 ish time was tops. Among the 59 finishers, Colonials placed as follows:

COLONIAL FINISHERS

5) Bob Ruel	34:38	43) Bob Dominy	48:15
13) Roger Slight	37:49	44) Carlos Villegas	48:34
14) Frank Pote	37:51 (2nd master)		
23) Farrell Vaughn	40:53		

****ROAD NOTES****

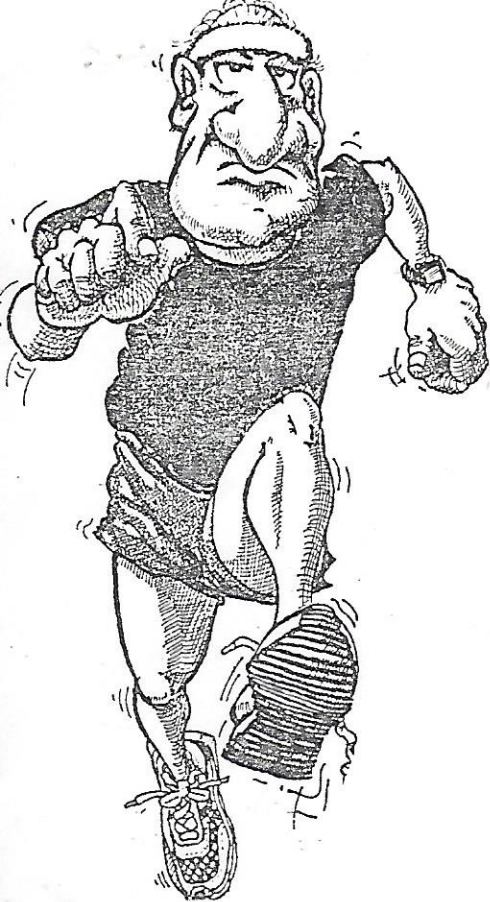
****I need some input on my race results. Due to a limited amount of space available, I tend to limit race winners reported to open, masters, seniors, and on occasion, grand seniors. This leaves out sub-masters and juniors. I do this because the other categories appear in most races while these appear at times. I don't want to step on anyone's toes, so if you feel strongly about these award results, let me know when you see me. Thanks!!

****The WRENTHAM WROAD WRACE, a neat little down-country 10K, offered \$500. cash prizes to 1st Male and Female finishers and \$100. to the Masters leaders. This brought ANDY RONAN (30:11) and JIM FALLON (30:27), members of the running "Providence Mafia" up to compete. KIM GOFF (37:08) was the womens winner. Masters winners were KARYN MUMMA (42:05) and Ken SKELLEY (32:07). There were over a hundred raffle prizes for this rain decimated field. I won a running book which I used to write results on (the only thing dry) and caught a cold waiting to win it. Colonial finishers were (oops! can't read my wet writing! SHIRLEY SILSBY REALLY was first Female in 35:21) FRANK POTE (30th, 37:37, 3rd Master), KAREN AHERNE (37:56, 35th), and the MARTYS, POST (100, 45:31) and MICHELSON (91st, 44:30). New member ROGER SLIGHT was 32nd in 37:43. Only 175 braved miserable weather. Too bad!

****Dumbest comment of the month had to be that of DAVE BARBATO on Continental Cablevision of Brockton's coverage of the Peoples Race. After interviewing a beaming female winner Nancy Lambert who bubbled over how much running meant to her, the laid-back Barbato, faced with the question, "What to you like about running?", answered, "I really hate to race, but I do it because I have a "talent" for it and I feel obligated to do it." Gee, Dave! I bet there are a few of us who would some how survive if you never ran another race, guy!

****Word from MONTREAL from BOB GALE is that it was a perfect day for the Marathon, but that he ran out of gas and had to stagger home. He still managed a 3:20, not bad for a former smoker who has been running a short time, and who 3 years ago could barely break 7 minutes a mile in a 10K. No other reports as yet on anyone else.

****Looking for a beautiful Rhode Island Race for all-New-ENGLAND qualifier? Try the AROUND THE BLOCK BLOCK ISLAND 15K. It requires a ferry to get there and prices for rooms and food are New Yorker-like, but the scenery is beautiful and the hilly course is TOUGH!! Well, that's all!---M.M.



To Be Brawny or Not To Be Brawny , That is the question?

A couple of years ago a bunch of us were kidding around at our Evening Out about the need for a Man's man of a race, and as a joke we hit on the Brawny Belle. Sort of takeoff of the women's Bonne Bell this race would be no wimpy 10k, this would be a "man's distance" a fifty miler. The prizes, what prizes, you got to brag about your accomplishment for years after. Anyway I took the joke to the reality stage and low and behold the 30 and 50 mile Brawny was born. Realizing that there really wasn't much of a market for this sort of odd event we kept everything barebones, and we actually got about a dozen crazies to try it. For me a dream was realized, I ran 50 miles and won my first ever road race, and I was a course record holder for one year. Heady stuff! Year two comes along and we have double the participation, we have women complete 30 miles, and we have three Nationally known ultra marathoners in attendance. One of them Ray Scannell has been ranked in the top 5 in the country. People love it! My course record is shattered! BOO HISS.

Now we come to year 3. My head is not into running that sort of distance, nor do I want to stand out in cold for 10 hours while people run loops. I cautiously hint around to see what the interest level is, and many of the previous years runners are not planning on doing the Brawny. Whew I am safe I'll just let it die a quiet death. Wrong... There is an outcry from a few. "You can't do this to me, I have looked forward to this race for some time, I need it for the C.R.R. Ultimate Award".

So...As Brawny's Daddy here's what I propose for this year and hopefully the future. I would like to move the Brawny to D.W. Field in Brockton closer to home for me. I would like to make it only one distance a 50k , 31 miles , 10 loops of the couple's relay 5k loop, no Tower Hill. 6 Hour time limit. Not unreasonable; 5 hour marathon with one hour left to do 5 miles.

I want two other members to volunteer to show up to help and I want those volunteers to call me before November 3rd. I want at least 6 members of Colonial Road Runners to pre enter before Nov. 3rd. Free pre entry before the 3rd, two dollars after the 3rd (if we have it) and \$4 post entry. I am looking at Sunday November 29th or Sunday Dec. 6th as alternative dates which I will leave up to the helpers and runners to determine. On November 3rd I will make a decision based on your responses and we will either have the race or we won't. It is now in your hands , and I will await your decision.

If you can give up a chunk of the day to help please give a call 586 1294.

If you have any interest please fill out and mail the attached entry form.

Remember club members free entry to Nov. 3rd, after that it is \$2 or \$4.*****DON'T PROCRASTINATE IF YOU WANT TO RUN; YOU WILL KILL THIS RACE BY WAITING TOO LONG. As far as I am concerned I do this race for the club, not the outside running community. If there is not enough interest in CRR I am not interested in keeping this race going.

THE BRAUNY BELLE
STARTING TIME 8:00A.M.

ULTRA MARATHON

50K

DW PARK Brockton

RACE DIRECTOR STEVE SCHLICHTING 586 1294
CRR 149 Mill St. Abington MA 02351

PLEASE DETACH THIS PART AND FILL OUT THE REST OF PAGE. SEND \$2.00 to Colonial Road Runners
check one please
I prefer Sunday Nov. 29th ☐ or Dec 6th ☐ ABINGTON MA. 02351
...THERE'S MORE TO LIFE THAN RUNNING, BUT NOT MUCH MORE...
Free to CRR before Nov 3

This race is managed and directed by the Colonial Road Runners

NAME _____ M _____ F _____ AGE _____

ADDRESS _____ CITY/TOWN _____ ZIP: _____

Telephone # _____ CLUB _____

WAIVER: In consideration of your acceptance of this form, I hereby, for myself, my administrators, my heirs and assigns, waive and release any and all claims or damages I have against the organizers, their associates and representatives.

Sign
Here X _____