

PRESIDENT'S MESSAGE

With a new year it is common to set some goals and make some resolutions. I would like to maybe make some suggestions:

1. Invite and introduce one relative or friend to join Colonial. We need members.
2. Try to attend the monthly "Grand Prix" road race. We are trying to make a big Colonial impression, and it is a great way to meet other members.
3. Look at the many Colonial Achievement Awards and target one for 1988. It takes a long range commitment to earn.
4. I would dearly love to see every yes every Colonial female member run in this years Run for the Roses distance 5k 3.1 miles D.W. Field Park.
5. When they become available buy a CRR shirt and wear it to fun runs or races. Its a great way for everyone to see you are a member, and it gives us an excuse to come up and get to know you.
6. If you haven't paid your dues yet please send in to Curt Jarva. Today!
7. I would really like to see members becoming more friendly, helping each other and forgetting petty competitive negative feelings toward other runners. Well I know we are human but it doesn't hurt to set lofty goals.

A couple of things happened this month that made me think a little, and I would like to share these thoughts with you.

We had a call from one of our long standing members who I think felt bad because he wasn't sure if he could help at a race this year. He had always helped in the past and he knows how important race help is, but he knew his job would have him traveling a lot and he wasn't sure if he could help us. Is it ok to join when you know you can't help out? Sure it is. Helpers allow us to have races, which help fund the club, but we know people can't always help. That is a major reason why we need lots of members, to draw helpers from. In 1988 the dues are going up so that we can directly reward race helpers with gifts. So please if you are wondering, stop. We want you as a member.

If there is one thing I hope this club can do, I hope that we can motivate you with awards to keep running and to improve. If the awards allow you to meet new people and make friends, well thats a nice extra. The awards are aimed at different types and groups of runners, and hopefully we will have new wrinkles each year. Last year we added 1/2 marathon distances to the club records and President's Award. We also added the Grand Prix series. This year we will add Grand Prix participation awards to the points program. And a couple of new ones: Seasonal Training Awards, and the 100 Race Club. The seasonal award will consist of newsletter recognition to you members who keep their training string alive every day (at least 2 miles) for a three month season Dec - Feb, Mar - May, June - Aug, Sept - Nov. You will have to participate in 100 races or fun runs to be a member of the 100 club. Goals are important to all of us and I hope these goals give new importance to your running. By the way nobody got ALL New England in 1987!!!!

When death is the first symptom

HEALTH SENSE

Continued from Page 41

However, researchers suspect that many seemingly healthy victims of sudden death may have ignored early symptoms of heart disease. Like Maravich, who only moments before collapsing had remarked, "I'm really feeling good," they seem fine one minute and are dead the next, and autopsies alone reveal the chronic heart problems responsible.

"It's hard to treat a disease when your first symptom is your last," said Stokes, professor of medicine at Boston University School of Medicine. Trying to find a way to identify people at risk of sudden cardiac death was a major focus of the pioneering Framingham study, as well as continuing research at BU and elsewhere.

The major risk factors for coronary heart disease, the disorder underlying both heart attack and sudden cardiac death, are well known. A family history of the disease, smoking, high blood cholesterol, obesity and high blood pressure are the most common. Congenital heart defects also contribute. Structural defects like malformed valves and defects in the connective tissue of the organ are actually quite common; one of five adult women, for instance, have heart valve defects called mitral valve prolapse.

By themselves, these defects are harmless most of the time. But when a malformed heart is stressed by other factors, the result can be fatal.

The death of athletes like Fixx and Maravich might seem to detract from the purported health benefits of exercise. But the benefits remain clear, cardiologists say: a major study published in November, for instance, found that middle aged men can cut by one third their risk of death from one manifestation of coronary heart disease — heart attack — by spending an hour a day on moderate exercise.

Number of factors

As Stokes says, "Exercise is a good thing, but it's just one thing. There are a number of variables [contributing to heart disease], and exercise alone can't counteract all of them."

A heart attack, or myocardial infarction, results when an area of the heart dies because of inadequate blood flow. Usually this is because a clot clogs an artery already narrowed by buildups of fatty plaque. Lack of blood to the heart causes pain, or angina, which may be felt in the chest,



James F. Fixx

Globe file photo

jaw, or arm, and the pain may last for 30 minutes to three hours. Rarely do heart attacks kill instantly; usually the pain is an important warning sign to get to a doctor before the heart stops.

But Maravich apparently had no such warning Tuesday. Neither did Mayor Harold Washington of Chicago, or singer Karen Carpenter (who had a history of the eating disorder anorexia), or Pope John Paul I, all of whom collapsed and died suddenly. They did not die of heart attack, as was widely reported, but of a sudden, short circuit of the heart's electrical system, called ventricular fibrillation, says Dr. Philip Podrid, director of the Arrhythmia Unit at Boston University Hospital.

Ventricular fibrillation causes the heart to beat chaotically, so blood is not pumped effectively through the body, and can come on quite suddenly. After 15 seconds of fibrillation a person loses consciousness; within three to five minutes, parts the oxygen-deprived brain begin to die. Cardiopulmonary resuscitation can keep a person alive until an ambulance equipped with a defibrillator arrives to literally shock the heart back into a normal rhythm. But without such emergency treatment, and sometimes in spite of it, the stricken may die within 10 minutes.

The triggers

Several things can trigger ventricular fibrillation, explains Dr. Ferdinand Venditti Jr., director of the electro-physiology laboratory at Boston University and director of Boston City Hospital's Arrhythmia Unit. Sometimes a heart attack will bring it on. A sudden surge in adrenaline, in response to

drugs (particularly cocaine) or emotional or physical stress, can upset the heart's normal rhythm. So can a drop in the body's level of potassium, which can occur when large amounts of body fluids are shed through sweat or in response to diuretics. But exactly what triggers this short-circuit in a given individual often remains unknown, Venditti says.

While sudden cardiac death frequently can occur with utterly no warning, specialists note that many sudden deaths that many were preceded by signs that were ignored or unreported.

After his death while running in Vermont in 1984, it was revealed that Jim Fixx had suffered chronic chest pains and dizziness and had a strong family history of heart disease. But he did not take medication for these problems, choosing exercise alone as a personal therapy.

Maron, at the Heart, Lung and Blood Institute, tells a story about a heart specialists who was found dead in his hotel room at a cardiology conference. His colleagues and family were stunned to learn that he'd died of heart disease;

he'd never mentioned any symptoms, like chest pain, to any of them. But a search of his room revealed he had taken a generous supply of antacids along on his trip; even a cardiologist can mistake one of the commonest warning signs of heart problems — chronic chest pain, or angina — for indigestion.

Any dizziness or pain in the chest, arm or jaw should be evaluated by a physician, particularly when there is a family history of heart disease, doctors stress. Tests like electrocardiograms, in which the heart is monitored with external electrodes, exercise stress tests, and other procedures may often reveal a hidden disease before it's too late.

Once identified and treated with medication and surgery, heart disease can be brought under control, says Venditti. The annual mortality rate among Americans who receive treatment for their coronary heart disease is less than 3 percent.

Sy Montgomery is a freelance science writer who lives in New Hampshire. Betsy A. Lehman is on leave.

If the club sponsored a stress test would there be 10 or 12 of you who would pay \$15 to \$20 for tests? Let Steve know 5861

PADDY KELLY ROAD RACE

5 MILES

Sunday February 14th — 1:00 P.M.

Brockton Raymond School
Oak Street Brockton

SOUVENIR GLOVES
TO FIRST 100 TO ENTER THE RACE

Pre-Entry Fee \$4.00 Post-Entry Fee \$6.00 up until 12:45 Race Day

Colonial Road Runners

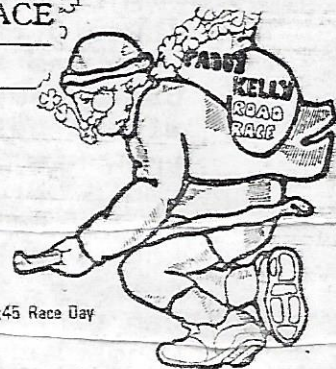
321 Dillingham Way

Haverhill, Mass 01830

Detach:

OFFICIAL ENTRY BLANK

NAME											
	Last					First					
Street											
City						State			Zip		
Phone						Age			Sex		



I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat or cold, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the Colonial Road Runners Club, the "Colonial Road Runners Club," their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event.

FROM THE

In my younger days, when baseball was what a young urban kid would live, eat, drink, and sleep, I was introduced to a new kind of sport that was somewhat of a change from the God-like aura of the Major League demigods. Patriots day in the early 60's meant a chance to see the Sox play. For a half a buck, an under 16 year old could buy a general admission seat and then could gradually wind his way through the unclaimed seats ultimately to a box seat. No sellouts for the Sox in those days! Coming out of Fenway at about 2:00 it was strange to see most people not heading for the subway but remaining at the curbs and looking up the street as if there was a parade to come. It was no parade. It was a skinny guy with an undershirt on bearing the crest of the Unicorn, running down the street being chased by a guy in a similar outfit bearing the Finnish flag. We learned from spectators that this is a "footrace" but not any footrace. This is a 60 year old event called "the Boston Marathon" and it wasn't just a footrace. It was 26.2 miles and these guys had completed 24 of them!! The Finn was a guy named Oksanen. The "unicorn" was a guy named John J Kelly Jr. He was called "Johnny the Younger" to differentiate him from an older fellow John A. Kelley, who was a legend, having won this race before and finishing 2nd about a dozen times. Most of all, this guy Kelley a teacher from Connecticut, represented the local sponsoring B.A.A. and a few years earlier had become the first American winner since, well, the war! These guys were neck and neck and working for all they were worth!! I thought about Ted Williams, who I had just watched and thought, these guys ARE the real athletes! I continued to watch and I realized the real thrust of the sport. There were bricklayers from Somerville and electrical workers from Medford, and a lot of local guys named "Joe". This was a peoples sport. A chance for the average guy to prove that he had it in him to perform a Herculean feat, not for cash, but for the "challenge" of it. There were only a few hundred running then but all were recognized, all wore a number. Years later, it was a great thrill for me to take the line that that young John Kelley stood on in Hopkinton 20 plus years before. But it was different. The "people" were still there, but they were relegated to the end of the pack. No number and no official anyway, recognition. They were supplanted by Foreigners looking for big bucks and a bunch of guys from Indiana and Colorado etc, and a bunch of people called "American Medical Joggers", many of them 6-hr marathoners or even novices. Although there were "qualifying standards", the "official field" was also augmented by people who got numbers because they were running for charity, or made up a "sob story" for the race directors, or were "a friend of a friend" of someone in the B.A.A.

The crowds are still there, not so much for the guys from Nebraska, but for the locals like me who focused on this race all year for the sheer love of the accomplishment. True, Boston is now "big business" and the field is congested and a far cry from the few hundred of the 60's but some things are certain. The 3000 or so faithfuls will gear for this race, number or not, and the crowds will be there to cheer them, their own, on. It's true that the start is congested and incapable of holding 15 thousand runners, but it's about time that the B.A.A. (and that's BOSTON in the name!!) start considering the locals who do not have the Qualifier, speed but who are every bit as important to this race and running community as Rogers and Seko, and DeCastella, and ANY medical jogger!!

There are ways to do it and here are some:

A) Separate starts: Races like New York have separate simultaneous starts with a merge after the first few miles. There are access roads to rte 135 where a contingent of non-qualifiers could be started, merging with the main field after 3 or 4 miles. By then, most of the qualifiers would have gone by hereby eliminating any clogging of the course. A 2nd starting crew would be needed, but more local interest would likely bring out more local volunteers. I believe a chance to wear the official number would more than offset losing a Hopkinton start and a few original course miles to most runners.

B) LOTTERY POOL: The fact of the matter is that this race advertises 8800 or so runners each year, but last few years with people who don't show up and reduced interest in Boston from outsiders what with so much National competition, there are always a thousand or so less. Why not open up those spots to non-qualifiers on a lottery basis. Charge non-qualifiers a buck or two to defray costs of administration and after the official field has filled out, hold a lottery for as many spots as are available with a stand by list for people who don't run. The only stipulation is that these runners must start in the back, as they would do unofficially anyway. This makes it at least possible to get in the field.

C) STAGGERED START: Both Falmouth with its narrow start and Boulder Boulder in Colorado with its 16K+ field use this method. Simply stagger two starts 10 or 15 minutes apart, one for qualifiers and one for non-qualifiers, with the non-qualifiers being given a different series of numbers and their time being adjusted for the finish by computer by staggered time. This means that a non qualifier having a good day can be competitive officially with a qualifier who is not trained or not running well. I was skeptical at first at Falmouth, and sure, there will be some "cheaters" but overall it works great!! In this way, within limits, anyone can run a real "peoples" race.

Let's face it, folks! The era of the marathon is on the wane. Even New York does not get anywhere near the 60,000 entry forms they used to. As stated, many qualifiers find just as much incentive to run Pittsburg or New Jersey or L.A. or other national events, and the "mystique" of coming to Boston isn't what it used to be. For most of the locals who run, however, this event is the be-all and end-all of their running accomplishments and the impetus to keep competing. For them, the Mystique has not died. They'll run anyway, and many more would if they were official. They use water and other facilities anyway, so why not get their money as well?? Just asking.

----M. M.----

(Editorials express the opinion of the writer only and not necessarily the opinions of the Colonial Road Runners or mostly, Steve Schlicting. Opposing opinions are welcomed and will be published)

GRAND PRIX RESULTS 1987

Well this was a new idea for us in 1987 and here are what I hope are the final accurate points standings. We will have awards for the top three point getters:

Men:

1. John Hurley 36 points
2. Steve Maher 31
3. Bob Ruel & Larry Thode 25
4. Frank Dudas 16
5. Dave Wilson 16
6. Dave Balzotti 13
7. Dave Sarney 11
8. Ed Kelly 8
9. Dick Carnes 8

WOMEN:

1. Sue Simmons 51 points
2. Donna McDonald 33
3. Carol Mosel 24
4. Stacey Edwards 23
5. Barbara Gohage 17
6. Paula Haggerty 15
7. Rachel Anderson 7
8. Ival Kovner 8
9. Lois Seegelin 8

This year getting race results was often difficult so if you got tipped a point or two please bear with me. Hopefully 1988 will be easier. Congratulations to all who took part and especially those above listed members who managed to grab the most points. Continued success in 1988!!!!

RUN FOR THE ROSES: Before you know it, April will be here. Steve will be getting in touch with the directors from last year and hopefully we will be able to once again secure sponsors and workers. It's not too early to start thinking about working or getting in shape, ladies, to compete.

TREASURY: Our coffers presently are in the low 4 figure range, but with awards, expenses and race and clothing outlays, it will be depleting soon. If you haven't done so, please send in your dues, and if you know anyone into running or who would LIKE to be into running, get them to join!! Thanks!

The next directors meeting will be Wed. Feb. 10 at Kathy's house, 22 Lantern lane, Abington at 7:30. Please feel free to attend either to express your views or just to see what goes on.

*****ROAD NOTES*****

****Catching up on some back race results: Usually a busy race for Colonials the INSTRON TURKEY TROT attracted stiff competition from other races, 159 runners, and only 3 club members, BETSY KNAPP (39:31, 98th), BILL DOIRON (37:40, 81st), and MARTY MICHELSON (35:30, 59th). Winners were Mike Drummey (27:05) and Valarie Wilson (34:20), also 1st Master. Betsy was the first of the other Masters and Jake Mahoney led the Men.

****True to recent form, the weather at the QUINCY FLYERS CARUSO VETS DAY RACE in a word, STUNK!! The cold, damp weather didn't keep Colonial MARK COSTELLO from cranking out a 16 place 27:57, followed by DICK CARNES (30:52, 33rd), MARTY MICHELSON (33:29, 51st), BOB DOMINY (34:55, 60th, bare legged and all!!), BOB SHEEHAN (35:29, 63rd), and BETSY KNAPP (38:11, 90th and 2nd Master). Winner was Rodney Chalfont (25:36) and Caroline Coyle (32:55). Oh, yeah, Mayor Flynn struggled in at 36:59, almost upstaged by Art Ballou, a Septegenarian, in 38:08.

TOYS FOR TOTS RACE---6.2 mi---BRAINTREE---SUN, DEC 6

Oh, well, December again! As usual, burnout has set in and the end of the racing season cannot come too soon, but there is one more gem, our own toys for tots. I even got through the tough Braintree Hospital run by saying, "at least the Toys For Tots course was a lot flatter. So on I went with "spot III my trusty stuffed bear. Great!! It's not below zero. And then the shock. This course is far from flat! After a quick first mile, the hills start and go for the next few miles, nothing severe but aggravating. The last mile is also hilly and this race presents quite a challenge. Bout the only thing that got me through this was a burning desire not to be beaten by the guy in the Santa hat! First finisher today was Plymouth High School cross country star BRIAN BURBA in 33:58. He easily bested STEVE SHABLIN (34:49) and AARON CAPLICE (35:22). True, Patty Catalano was a no-show this year, but DEBORAH BRAZIL held her own in 39:12. Colonials STACEY EDWARDS (43:09) and SUE SIMMONS (43:19) battled for the next two spots. PATRICK McFEOGHEGAN won the Masters crown in a tight battle with DAVE SARNEY (37:46). M.R.R.'s DICK DIMINO was 3rd. Female Masters was all Colonial with MARTY POST besting IRMA WALAT 45:59 to 50:36. JOHN HURLEY, as usual, led the Seniors in 37:19 followed by DON WILLIAMS (39:55) and WILLIAM KLIER (43:10). Unfortunately, the field of 78 was disappointingly down from year's past but 23 Colonials were present plus many more who worked. What with a nice day and the hospitality of the hosting GROUND ROUND RESTAURANT, this should have been a bigger field.

Big winner, however, were the Marines who hauled away more than a truckload of toys for disadvantaged children, thanks to the generosity of all and especially club member TERRY PARTRIDGE, who himself brought a truckload!! (but the 8 foot green snake scared the beegeebers out of me!!).

COLONIAL FINISHERS

4) STEVE MAHER	35:46	50) DAN DOWNING	45:45
8) JOHN HURLEY	37:19	51) MARTY POST	45:59
11) DAVE SARNEY	37:46	52) TERRY PARTRIDGE	46:11
20) BOB GALE	39:48	53) BOB DOMINY	46:19
23) FARRELL VAUGHN	40:35	57) IVAL KOVNER	48:48
34) PAUL MERTZ	42:11	61) CARLOS VILLEGAS	49:47
35) STACEY EDWARDS	43:09	62) DICK HERDEGEN	50:17
39) SUE SIMMONS	43:19	65) IRMA WALAT	50:36
40) GARY EDWARDS	43:23	66) JON SUNDBERG	53:09
41) FRANK PRESCOTT	43:35	74) ARTHUR SPROUL	58:20
43) RON KOVNER	44:41	75) DON MAHER	58:34
46) MARTY MICHELSON	44:59		

BRAINTREE HOSPITAL ROAD RACE---6.2 Mi---BRAINTREE--- SUN, NOV. 29

While some of you were lumbering through 31 miles in Field Park, the rest of us pedestrians were cruising through the tough 10k through the Braintree Hills, and frankly, only a 50K could be tougher! Fortunately for all, the weather was reasonably comfortable. Braintree is usually the last major road race in an overly long year but it is always well-attended, with over 600 this year. 10K's are usually as exciting as pro bowling tour matches but Braintree is a gut-wrencher!! A rather ordinary flat first mile is followed by a severe downhill and then 2 miles of leg-stiffening achilles-strain-though, leads to ample refreshments including the traditional chocolate glazed donut, and many awards and trophies. This is traditionally a showplace for strong masters and Senior runners. This year 3 of the best Masters around were present with LARRY OLSEN (31:20) 3rd overall, followed by JOHN BOYLE (32:25) and SUMNER BROWN (33:07). Imagine running a master time of 33:07 and finishing?? UNBELIEVABLE!!! Senior times were equally impressive with KEN MERRILL (35:10), LOU MORRILL (36:19), and RICHARD SILVA (36:56) leading the way. Quality extended to the female side with GINNY PAPPER (40:49) topping DONNA McDONALD (41:25) and PATRICIA DOYLE (45:38). MARGARET MILLER WAS first senior in 52:29. Open?? JERRY LAWSON smoked the difficult course in 30:33, wellin front of veteran racer JOHN MADDEN (31:16). WILEY MCCARTHY-FULHAM, another "hustling hyphen" was number one lady in 35:58, followed by SUSAN HUGHES (38:02), and DEBORAH BRAZIL (39:16). Meticulous attention to detail make this a must race and one not to be missed.

COLONIAL FINISHERS

24) BOB CLARKE	35:32	237) GARY EDWARDS	44:43
31) LARRY THODE	36:08	277) DAN DOWNING	45:47
54) JOHN HURLEY	37:31	307) MARTY POST	46:32
??) ANDY SAMPSON	36:40	322) JIM BERRY	46:50
125) BOB GALE	40:24	336) BOB DOMINY	47:11
153) DONNA McDONALD	41:25	342) BILL DOIRON	47:18
???) FARRELL VAUGHN	??:??	CARLOS VILLEGAS	50:42
202) JIM O'REILLY	43:45	445) TERRY PARTRIDGE	50:43
216) MARTIN FURTZE	44:09	499) JON SUNDBERG	53:31
219) MARTY MICHELSON	44:11		

COURSE PREVIEW---THE GRAN PRIX SERIES

The 2nd and 3rd gran prix races, the OLD FASHIONED TEN MILER and the BRIDGEWATER BREEZE have three things in common. First, they both have had course records held by Bart Petracca, they are both held by small low-key local running clubs, and they are both very VERY FLAT!!

SHARON OLD FASHIONED 10 MILER--SUN. FEB 21---SHARON COMMUNITY CTR

The Sharon Roadrunners are one of those clubs that have been around for ever, remain a very low-profiled organization, and usually put on successful, low-key road races. This race was born last year after long time club member and race results producer extraordinaire Bob Spitler, Ron Grigg, President Barry Gordon, and others decided that it was a shame that the old Plodders 10 and 20 had died. With a free facility at hand, no traffic requirements, and committed refreshments from other club members, they decided on a 10 miler encompassing some of their fun run course around the lake and the old Foxtrotter marathon course. The first year attracted 175 runners Bart, and National class ANN HIRD with little or no publicity. The course starts at the community center (off of Pond St. and Massapoag Ave at the lake.) and after a little downhill, winds along the lake and is fairly flat. After 3 miles the course follows the Foxtrotter course and is rolling but remains flat. A left turn and a hilly area near 8 miles leads to a gradually uphill straightaway to close to the end. Finally, you finish on a mean sucker of a little hill back to the community center. No shirts or other giveaways but at \$4.00 pre, a great price for a 10 miler. Great refreshments, especially the chowder! A great race and a great way to check your fitness level in preparation for New Bedford, Boston, etc.

BRIDGEWATER BREEZE---6.2 and 1.2 mi---SUN MARCH 6---BRIDGEWATER ST. COLL

LIKE Sharon, Bridgewater Running Club is a low key bunch of people with few competitive racers, but they REALLY know how to stage a quality road race! The race was born 8 years ago when co-founder Tom Knudson was looking for an event to hold together their small band of mostly B.S.C. faculty and alumni. They have and do offer an early season 10K which is flat, rural-ly scenic, and very VERY FAST!! The closest thing to a "hill" here is the "cleft" on Knudson's chin! In a club of 30 or so members, everyone works this race, so workers really know their jobs, and the race comes off like a fine tuned watch. Corners are manned and well-marked, splits are accurate and given every mile, intersections are traffic-free, and the finish line (Spitler) is professional. Refreshments are plentiful but they pay special attention to the slower runner by saving enough for them (you hear that, Jack Glennon??!! (Hyannis Half, J. Kelley Half, etc.)). About the only fault I can find is that they haven't changed the tee shirt since the first year, and it should say that it's a "road race". Some people like that kind of thing. There are usually 3 or 4 hundred runners plus 50 or so in the 2K fun run for kiddies and beginners (50¢ or \$1.00 entry usually, good deal!) and past winners have included Bart Petracca Roland Davide (22mi leader at the 84 Olympic trials, yeah that Davide!!) and last years winner Paul Craig, whose 30:25 gives you an idea how fast this course really is. Mile 1 winds through the College through quaint Bridgewater sq (a little hairy with traffic but well-patrolled) and is as flat as any you'll see. The next two miles are also level, travel through a mixture of farmland and new housing, and contain the most "harrowing" part of the race for workers, a cross of rte 28 in a 50 mph zone! 3 to 4 is a straightaway, great for picking up speed. the only hills

are two rollers at 5 and 5 1/2 and they are followed by downhill. A wind around the College past the "million year old" tree, and a long downhill straightaway to the finish. All in all, a great way to spend a Sunday afternoon (2:00 PM) in March. Elsewhere in this Newsletter, should be an application for this and for Sharon, or call XXXXXXXXXXXX 784-8396 for Sharon, and 586-6956 for Bridgewater.

*****EDITOR'S NOTES*****

The January Directors Meeting was held at Katy Salem-Taylor's home on the 7th. Attending were Kathy, Steve Schlicting, Bob Sheehan, Marty Michelson, Cal Goodwin, Curt Jarva, and Andy Sampson. Topics were as follows:

AWARDS DINNER: 27 people had responded so far (at press time, the number was 56) and we expect a good time. Seve announced that those who qualified for awards, notify him, but can't attend, will be given their award at a later time, but will be recognized.

CLOTHING: We have been having problems communicating with pop tops, but hopefully it will all come together soon. A new item, we will have on sale starting with the awards dinner poly/cotton gloves with the club insignia that really look great and are so much better than pair gloves. We still plan to stock singlets, sweat shirts, tee shirts, and long sleeve tees. Watch for details!

COPIER: As you should realize from some of our fliers and mailers, our copier leaves much to be desired. Seve has a possible deal on a decent used machine which will do what we need and will cost us less maintenance on the old one, hopefully. Since Frank Donaghy has offered to do typeset fliers for our races, the combination should give us a slick product which should give us better results.

PADDY KELLY ROAD RACE: Fortunately for this inexperienced race director the race has really been coming together. Thanks, especially, to FRANK PRESCOTT in his deadly efficient way getting us the school, police, and MARTY POST has flooded the area with our applications and rumour has it, has been baking and baking and freezing, and BAKING!! Of course, STEVE SCHLICHTING has been a big help, taking care of trophies, gloves, insurance, and "fatherly advice". Volunteers to date are, including the above:

SUE SIMMONS
DONNA MARTIN
PAUL CHAPMAN
BOB SHEEHAN
JOE COMEAU
CAL GOODWIN

BILL and/or RACHEL ANDERSON
DICK CARNES

If I forgot anyone, let me know! I can still use a few more workers mostly for outside jobs (splits, water, etc.). All volunteers who commit in advance will get a special COLONIAL ROAD RUNNER knit cap, ideal for winter training, and the satisfaction of helping the club keep going. Most of all, I NEED BAKED GOODS!!! Even if you're not working (and I hope if so, you're running) that you'll bring some baked goods or buy something. If you're not going to be there, call me at 587-9841 and I'll arrange pick-up. This is an expense that could make or break our race, especially if we get a big turnout. HELP US OUT!!

2nd Annual
Old Fashion 10-Miler

Sharon MA - Community Center, Massapoag St.

Sunday, Feb. 21, 1988
9:00 A.M.

Sponsored by the Sharon Road Runners with the Cooperation of the
Towns of Sharon and Foxborough

The course is one loop and relatively flat.
The course is the loop part of the old Foxtrotter Marathon.
It will be well marked with mile markers at every mile.
Water at start/finish and three places on the course.
Timers at 1,3, 5, and 7 mile marks

Finish Results by Spitler Race Services

Entry Fee: \$4.-Pre Entry; \$5.-Day of Race
Checks payable to Sharon Road Runners

Categories: Open (To age 29)
Sub-Masters (30-39)
Masters (40-49)
Seniors (50 and over)
(Merchandise prizes awarded according to male:female ratio)
Features: Restrooms, Changing Facilities, No Showers;
Field limited to 300 runners.

Send for application: Ronnie Grigg, Race Director
325 No. Main St.
Sharon, MA 02067

Info: 784-8396, 341-1611

Check-In Time: 8:00 A.M. - 8:50 A.M.

Please enter me in the 2nd annual Old Fashion 10-Miler

Name: _____ Telephone: _____

Address: _____ City: _____ State: _____

Club Affiliation: _____ Age: _____

In consideration of this entry being accepted, I, for myself, my
heirs, executors, administrators, waive and release any and all
rights and claims for personal damages I may have against official
and race sponsors.

Parent Signature
(If under 18)

Signature: _____