June 2014
Volume 18 – Issue 6

– President’s Pen –
Happy Fourth of July, runners! Many folks are up for dues renewal – if you are uncertain if you are one, check your email, or drop me a line and I will let you know. Our next big club event will be the annual clambake and the volunteer sign up list; RSVP and payment links will be posted very soon. It’s a great day to relax following the Common Fence Point 5-Miler with other club members... bring a chair, enjoy a cold beverage, play a lawn game, have a burger or dog. Please make plans to join us!

-- Kevin Brennan

– RIRR Meeting Minutes –
June 10, 2014
Meeting called to order at 7:45 p.m.

Membership Report
-- 2014: 201 (84 females, 117 males)
-- 2013: Link unavailable
-- 2012: 226 (90 females, 136 males)
-- One new member joined with an undeliverable email address. we haven’t been able to reach them.

Treasurer’s Report
-- 2014: $4,880; no A/P, A/R = June renewals; also includes $605 from Swamp Meadow Covered Bridge Half Marathon.
-- 2013:
-- 2012: $4,900
-- Twenty-nine June renewals are due.

Grand Prix
-- No races in June or July. The next race is The Memorial 5K in Johnston on Sunday, Aug. 10 at 9 a.m., and the following Sunday at 10 a.m. is the Common Fence Point 5-Mile Race in Portsmouth.

Website
-- May: 2,019 page views, 396 visitors, down 30 percent from April.

Old Business
-- Signs: New RIRR signs are approximately $300 each (approximately equal to the Covered Bridge Half Marathon revenue).

New Business
-- Jamestown Half Marathon pacers: Members discussed pacer assignments for Jamestown Half on July 12. One pacer per time: 1:30, 1:45, 2:00, 2:15, 2:30, and 2:45.

Meeting adjourned at 7:59 p.m.

Members in attendance:
Kevin Brennan          Christy Brennan
Scott Caldwell         Kate McGowan
John Santillo          Sandy Weinberg
Mike Goodson

– Next Club Meeting –
Tuesday, July 8, 7:30 p.m., Fratello’s (formerly Sons of Italy/Spirito’s Restaurant), 99 Hicks Street, East Providence, R.I.

– Group Runs –

Monday Nights – Track Workouts: 4:30 p.m. -- Warm up at Smithfield High School’s track on Pleasant View Ave. 5 p.m. – intervals of 400-1,600 meters totaling 2-3 miles at a pace that typically would be a bit faster than your 5K. If you have any questions, e-mail Milt at miltschumacher@hotmail.com

Wednesday Nights: Group runs in Johnston and Greenville. Varying distances and paces for all begin at 5 p.m. Everybody is welcome! If interested, call Janet and Kevin McCoy at 231-5262.

Thursday Nights: The 2014 edition of the popular Red Rooster Ramble series is under way at the Market Street Pub in Warren, R.I. Held every Thursday night at 6:30 p.m., this 16th annual classic covers 22 weeks! For more information, check out the website www.redroosterramble.org or email Dave Simmons at dasimrun@yahoo.com.
RIRR member Jimmy Brunelle has a creative project called “Crusted Salt”, a comic strip for, as Jimmy said, “people who like to keep moving.” Check it out on Facebook or www.crustedsalt.com

– New Members –
Rick DiLibero – Cranston, R.I.

Race to Poland 5K
Whitinsville, Mass. – June 7, 2014
Being 100% Polish, I couldn’t miss this race. The race was located at St. Patrick’s Parish in Whitinsville, Mass. All proceeds benefited the St. Patrick’s Parish’s high school and college students’ trip to World Youth Day 2016 in Krakow, Poland. Post-registration for the race was $25, plus an extra $10 for the Polish buffet. However, the buffet was $15 if you pre-registered. All participants also received a tech shirt.

Overall, it was a good race for a first annual. However, they could have used more volunteers on the course. At one point, we were supposed to turn around in a high school’s parking lot. When I approached the parking lot, there were no runners around me, so I kept on running. Luckily, there was a family nearby and they indicated the turnaround point was behind me, so I had to run back and try to catch up to where I was. It really didn’t matter that much, because there were no age category awards, which was a little disappointing. However, the buffet was great! There was plenty of pierogi, golumpki, kielbasa, and kapusta.

This was the first time the parish did anything like this, so they were still learning. The volunteers indicated that this will be an annual event, and it will be improved for next year. I know I will definitely run this again.

-- Roger Gosciminski

Roger Gosciminski 21:21 6:52 4th 30-39
Eric Benevides 22:28 7:13 2nd 40-49
Bryan Ganley 24:36 7:55 4th 50-59
Kate McGowan 26:23 8:29 2nd 30-39
Bozena Chmielewski 27:31 8:51 4th 30-39
Thomas Morley 29:22 9:27 2nd 60-69

57 finishers

Lime Rock Park Half Marathon
Lakeville, Conn. – June 8, 2014
The Lime Rock Park Half Marathon is part of the New England Marathon Series, and Pat LaChance, Sabina Gelrich, Poyee Oster, and myself headed out on Saturday for Torrington, Conn. to the closest hotel we could find to the race start. We stayed at a Days Inn, which actually proved to be not so bad, offering breakfast and a nice Italian restaurant two doors down. On Saturday, we had a great dinner at the Italian restaurant, which offered heaping serving sizes of just about anything you ordered and prices were reasonable.

The race started Sunday morning at 9 a.m. The weather definitely hit 80s that day, but by 9 a.m., it already felt like it was pretty close to that. We met Mike and Cee Vallee there. Cee was not running due to a knee injury, but was the nicest volunteer, handing out shirts and medals. The start line was on the race track itself. We looped around the track for just about two miles before leaving the park for the out and back course.
There’s a lot of speed in this picture! Nancy, Sabina, Poyee, Pat, Cee, and Mike pose for a group picture in front of one of the racecars on the race track at Lime Rock Park after running in 3C Race Production’s half marathon there. This race is part of 3C’s New England Half Marathon Tour.

Once we left the park, we had the pleasure of running straight uphill for approximately ½ miles. The scenery was mostly large houses with barns or bed and breakfasts and farms. I had the pleasure of having a horsefly or bee fly around my head for those first six miles – ugh!

We finally got to the top of the hills and took a left onto a dirt and rock road for another couple of miles. I was now having flashbacks of the Covered Bridge half in Foster. Once we got back out to the main road, it was mostly downhill from miles 7 to 11. At Mile 11, we entered the race track park again for another loop around, and the combination of the sun beating on the black tar had us feeling like we were cooking.

Mike and Sabina placed in their age groups. Mike was third in his age, finishing in 1:52, while Sabina placed second, finishing in 1:55. Way to go, you two! All in all, I thought it was a nice run. Pat thought it was worse than the Foster half for the hills, but I thought nothing was worse than that! LOL! Stay tuned, our next event in the series brings us to Brattleboro, Vt.

--- Nancy Gendreau

Worcester Half Marathon
I was the lucky winner of the Worcester Half Marathon entry that was raffled off as part of the One Fund Raffle at the banquet in March. As the race had a 7 a.m. start time on Sunday, I took advantage of the Saturday packet pickup and made a pre-race day trip to Worcester. I wanted to save time in the morning, but more importantly, I needed to make sure I knew how to get to the race location – I am terrible with directions. They gave out grey tech shirts with the numbers.

On the morning of the race, I was able to park just a few blocks from the starting line on the street for free, which was a good thing because the parking garages appeared to be closed. The race director started the race about 15 minutes late to accommodate the long line of runners still waiting for the port-o-potties. For June, the weather was fairly cool and dry, somewhere in the high 50s at race time, but warming up a bit during the race.

--- Nancy Gendreau

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
<th>Age Category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mike Vallee</td>
<td>1:52:31</td>
<td>3rd 50-59</td>
</tr>
<tr>
<td>Sabina Gellrich</td>
<td>1:55:22</td>
<td>2nd 50-59</td>
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<tr>
<td>Pat LaChance</td>
<td>1:59:05</td>
<td>4th 50-59</td>
</tr>
<tr>
<td>Nancy Gendreau</td>
<td>2:04:29</td>
<td>7th 50-59</td>
</tr>
<tr>
<td>Poyee Oster</td>
<td>2:09:02</td>
<td>10th 50-59</td>
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103 finishers

--- Nancy Gendreau

Gaspee Days 5K
Cranston, R.I. – June 14, 2014
This was the 49th running of this race, which is the oldest in Rhode Island. I have run it for many years and this year had a couple problems. First of all, thinking the start was at 9 a.m., I arrived at 8 to discover it didn’t start until 9:45. Second was my time was not recorded, although I have many witnesses and a nice t-shirt to confirm. Enough about me.

This race is fun because it precedes the Gaspee Days Parade with many spectators along the route to cheer you on. There were 1,439 runners and the winning male was Glarius Rop in 14:26 and female was Katie Moulton in 17:24. Marge Belisle, John DiTomasso, and Dave Pember were among the age category winners. The course is flat out and back with one hill. Not much in the way of food after, but some stayed to watch the parade.

--- Chuck Hyson

<table>
<thead>
<tr>
<th>Finisher</th>
<th>Time</th>
<th>Age Category</th>
</tr>
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<tbody>
<tr>
<td>Jonathan O’Hara</td>
<td>21:19.4</td>
<td>1st 70-plus</td>
</tr>
<tr>
<td>David Pember</td>
<td>24:14.7</td>
<td>1st 70-plus</td>
</tr>
<tr>
<td>Mark Schwager</td>
<td>24:16.6</td>
<td>1st 70-plus</td>
</tr>
<tr>
<td>Chris Marks</td>
<td>24:27.7</td>
<td>1st 70-plus</td>
</tr>
<tr>
<td>Rosie Espinal</td>
<td>27:50.3</td>
<td>5th 70-plus</td>
</tr>
<tr>
<td>Fred Zuleger III</td>
<td>32:03.7</td>
<td>5th 70-plus</td>
</tr>
<tr>
<td>Courtney Crooks</td>
<td>36:16.3</td>
<td>11:43</td>
</tr>
<tr>
<td>Chuck Hyson</td>
<td>38:38.6</td>
<td>12:28</td>
</tr>
</tbody>
</table>

1,440 finishers
The course started at City Hall, but quickly left the downtown area, going past parks and a residential section, then onto a road adjacent to a body of water before heading back into the city. The course was mainly flat. The largest hill was at Mile 2.5 and honestly not as large as I was expecting. When I got to the top, I was looking around the corner, thinking there was going to be more to it. The stretch along the water included two U-turns, one at each end of the street. There was plenty of water and sports drinks, as well as some gels. There were plenty of volunteers, as well as a large cluster of spectators downtown, and then smaller groups of quiet, but sincere spectators spread out along the course. There was a nice breeze which kept things cool, but created a pretty strong headwind in some places.

At the end of the race, there was pizza, bananas, protein bars, sports drinks, and water. If I had to sum up this race in one word it would be "quiet". Perhaps it was the early hour, but it was very peaceful — no angry drivers, no really loud spectators, not even a lot of conversation among runners. If you are looking for flash and excitement, this would not be the race for you, but if you are content with an uneventful run on a reasonable course, then sign up for next year.

-- Kate McGowan

Kate McGowan 2:04:09.9 9:28
Alan Gousie 2:09:44.3 9:54
Andrea Herrmann 2:38:28.6 12:05
Cynthia Tanzi 3:13:58.5 14:48 4th 60-69

638 finishers

Blackstone Valley Prep 5K
Cumberland, R.I. – June 21, 2014

My daughter Allyson and I ran in the Blackstone Valley Prep 5k in Cumberland. It was a great way to start the first day of summer.

This event hosted a health and wellness fair, prize raffle, rock wall climbing, kids’ fun run, and many other activities. The first 400 registrants received a free t-shirt and tickets toward the raffle.

The 5k started behind the Cumberland Monastery and followed the rolling trails through the woods around the monastery grounds. The trails are mostly shaded by trees and fairly smooth, with the exception of a few rocks and roots (highlighted with white caution paint).

Allyson ran a great race and posted another personal record (PR) with a time of 26:02. Her grandfather and I were very proud to see her cross the finish line with a big smile on her face.

We all enjoyed the post-race food, which included a number of healthy choices, such as orange slices, nectarines, and cereal bars. There was also a mobile catering truck and Del’s lemonade available. We took advantage of the Del’s cart and rewarded ourselves with a refreshing lemonade.

We thoroughly enjoyed the activities and highly recommend this event, especially for runners with younger kids. Hope to see you all there in 2015.

-- James Cole

Allyson Cole 25:43.12 3rd 14-under
James Cole 25:49.26 8th 40-49

233 finishers

Foxboro Against Diabetes 5K
Foxboro, Mass. – May 31, 2014

Jennifer Randall 22:17 7:11 3rd 30-39
Eric Benevides 22:24 7:14 11th 40-49
Robert Randall 23:17 7:31 13th 30-39
Fred Zuleger III 31:58 10:19 2nd 70-plus

1,082 finishers

PFC Kyle J. Coutu Memorial 5K
Pawtucket, R.I. – June 1, 2014

Eric Benevides 23:08 7:28 4th 40-49
Hung Ngo 25:20 8:10 8 30-39
Solange Morrissette 28:28 9:11 3 50-59
Bozena Chmielewski 29:04 9:23 8 30-39
Bob Afonso 29:53 9:38 1 70-98
Linda Dewing 30:13 9:45 1 70-98
MaryAnne Donato 32:26 10:28 4 50-59
Bruce Thomas 33:38 10:51 14 50-59

291 finishers

Amica Iron Horse Half Marathon
Simsbury, Conn. – June 1, 2014

Andrea Herrmann 2:41:12 12:18

1,077 finishers

Corrib Pub 5K
West Roxbury, Mass. – June 1, 2014

Dave Pember 24:51 8:01 2nd 70-plus

2,530 finishers

Niagara Falls Women’s Half
Niagara Falls, Canada. – June 1, 2014

Linda Bachand 2:36:13.5
Cynthia Tanzi 3:32:41.0

1,995 finishers

www.rirr.org
Girls on the Run 5K and 10K
Providence, R.I. – June 1, 2014

5K
Rafael Espaillat 20:32.6 6:37 3rd overall!
429 finishers

10K
Fred Zuleger III 1:18:03 12:34 1st 70-plus
90 finishers

Covered Bridges Half Marathon
Woodstock to Quechee, VT – June 1, 2014
Mark DiFranco 1:41:35 7:45 7th 55-59
Mike Vallee 1:43:13 7:53 9th 55-59
Dave Simmons 1:53:23 8:39 11th 60-69
Jessica Wheeler 1:54:39 8:45 2nd 60-69
Poyee Oster 2:12:54 10:09
1,798 finishers

HVRUNS Newburgh Half Marathon
Newburgh, N.Y. – June 7, 2014
Andrea Herrmann 2:53:21
334 finishers

Runner’s World Heartbreak Hill 5K
Newton, Mass. – June 7, 2014
Dave Simmons 28:03 7th 60-64
1,565 finishers

Runner’s World Heartbreak Hill 10K
Newton, Mass. – June 7, 2014
Dave Simmons 58:02 8th 60-64
1,838 finishers

Runner’s World Heartbreak Hill Half
Newton, Mass. – June 8, 2014
Jennifer Randall 1:57:01
Dave Simmons 2:06:48 11th 60-64
3,074 finishers

Day of Portugal 5K
New Bedford, Mass. – June 8, 2014
David Pember 24:41 7:58 1st 70-plus
Woody Wilson 27:31 8:53 9th 60-69
329 finishers

Will Speck Memorial 5K
Cranston, R.I. – June 8, 2014
Dennis Branham 28:42 9:15 2nd 70-plus
Paul Bazin 34:48 11:14 3rd 70-plus
201 finishers

Katie DeCubellis Memorial 5K
Narragansett, R.I. – June 8, 2014
Fred Zuleger III 35:16 11:23 1st 70-plus
284 finishers

Father Bullock 5K
Sharon, Mass. – June 8, 2014
Fred Zuleger III 37:15 12:01 2nd 70-plus
173 finishers

Lake Placid Marathon
Lake Placid, N.Y. – June 8, 2014
Linda Bachand 5:59:41 13:44
318 finishers

Castle Awards Half Marathon
Seekonk, Mass. – June 8, 2014
Lindsay Amherst 1:28:27.10 1st female!
Sam Booth 1:39:27.32 3rd 30-34
Maureen Lee 2:06:30.85 3rd 55-59
Joe Maruszczak 2:09:52.62 5th 45-49
Mike Goodson 2:20:17.28 3rd 60-64
Bryan Ganley 2:38:17.00 5th 50-54
MaryAnne Donato 2:53:33.00
Andrea Herrman 3:05:57.00
Cynthia Tanzi 3:16:12.00 1st 60-64
140 finishers

Norman Bird Sanctuary 5K
Middletown, R.I. – June 14, 2014
Herb Armstrong 24:49.3 7:59 6th 60-plus
Shelli Costa 33:16.6 10:42
Webb McDonald 34:00.0 10:56
259 finishers

Shamrock Financial 5K
Rumford, R.I. – June 14, 2014
Mark DiFranco 22:05 7:07 2nd 50-59
102 finishers

Fairhaven Father’s Day 5K
Fairhaven, Mass. – June 15, 2014
Dave Simmons 27:16.2 8:48 11th 60-69
Woody Wilson 26:21.9 8:31 9th 60-69
Kenny Johnson 32:48.5 10:35
1,701 finishers

(Editor’s Note: Yes, there was also a 10K. Yes, the results were not published on coolrunning.com or the web site of the timing company, Yankee Timing. Here’s what John Braun from JB’s Race Management
explained on his ‘On The Run’ column on jbrace.com. “A very common mistake is an incomplete application. Here’s what happens, and the way that it was explained to me by the good folks at Yankee Timing. If you did not select a race, it automatically placed you in the 5K. If this is what you ran, no problem. However if you ran the 10K, you went across a mat and it determined that you were in the wrong race. So, you were then deleted from the results.”

Lazy Lobster 10M
Wareham, Mass. – June 15, 2014
Lindsay Amherst 1:05:12 6:31 1st overall!!
Bryan Ganley 1:27:32 8:45 5th 50-59
132 finishers

McKeon Post 5K
Dorchester, Mass. – June 15, 2014
David Pember 26:56 8:41 1st 70-59 plus
279 finishers

Marion Village 5K
Marion, Mass. – June 21, 2014
Woody Wilson 26:23 8:29 8th 60-69
Kenny Johnson 30:23 9:46
Fred Zuleger III 33:34 10:48 4th 70-59 plus
230 finishers

Mount Washington Road Race
Joshua Curtis 1:33:57 12:22 18th 35-39
Milt Schumacher 1:47:33 14:10 2nd 65-69
Charlie Hanley 1:51:46 14:43
Patrick Meenan 2:16:56 18:01
Fred Tanner 2:22:24 18:45 4th 75-79
Sue Carlson 2:26:31 19:17
1,055 finishers

Sharon Timlin 5K
Hopkinton, Mass. – June 21, 2014
James O’Reilly 1:19:12
Kathleen Kelley 1:26:06 1st 70-plus
1,590 finishers

Stratton Faxon Half Marathon
Fairfield, Conn. – June 21, 2014
Andrea Herrmann 2:45:59
Cynthia Tanzi 3:25:18
3,701 finishers

www.rirr.org

B.A.A. 10K
Boston, Mass. – June 22, 2014
James O’Reilly 1:19:12
Kathleen Kelley 1:26:06 1st 70-plus
6,593 finishers

Smuttynose Will Run for Beer 5K
Hampton, N.H. – June 22, 2014
David Simmons 26:33.2 8:33 4th 60-69
1,482 finishers

Colt State Park 5K
Bristol, R.I. – June 25, 2014
Andrea Herrmann 2:45:59
Cynthia Tanzi 3:25:18 3,701 finishers

Congratulations!
Congratulations go out to the RIRR’s Dennis Brantham, who was the men’s 80-plus age division champion in three events – the 400, 800, and 1,500 meters – at the seventh annual R.I. Tides Senior Games that took place on Saturday, June 21!

Omitted, mistaken... not forgotten
These race results were either inadvertently omitted from the May newsletter, reported late to the newsletter editor, incorrectly reported, or just plain not sent to him...

Cox Sports 5K, Providence, R.I., May 4
Bruce Thomas 33:09 10:40 8th 50-59
Flying Pig Marathon, Cincinnati, Ohio, May 4
Linda Bachand 6:02:54
Samuel Fuller School 5K, Middleboro, Mass., May 10
Roger Gosciminski 25:12  7:40  1st 30-39
Maine Coast Marathon, Biddeford, Maine, May 11
Linda Bachand 5:33:42.9
WMA Mother’s Day Half, Whately, Mass., May 11
Andrea Herrmann 3:10:12
Cynthia Tanzi 3:18:16
St. Michael’s Half, St. Michael’s, Maryland, May 17
Andrea Herrmann 2:45:01
Cynthia Tanzi 3:09:50
Superhero Half Marathon, Middletown, CT, May 18
Andrea Herrmann 3:12:22
Cynthia Tanzi 3:18:20
“Do It For The Love” 5K, Seekonk, Mass., May 18
Lindsay Amherst 18:10.91  1st place overall!!
Evan’s Run 5K, Norwell, Mass., May 18
Woody Wilson 26:20  8:28  5th 60-69

(Editior’s Note: A very special thank you to those who submitted race reports and photos, as well as results from out-of-state races! Race reports and pictures are ALWAYS welcomed and needed, so if you want to submit one to the next newsletter, or if your results are missing from a race, please send an e-mail to Eric-Ben24@cox.net so we can publish them!)

-- Club Officers --
Kevin Brennan – President  401-246-2237
kevin@kevinbrennan.info
Scott Caldwell – Vice President  401-633-2539
runirel@yahoo.com
Kate McGowan – Secretary
katemcgowan@hotmail.com
Christy Brennan – Treasurer  401-246-2237
christy@christybrennan.com
Christy Brennan – Clothing
christy@christybrennan.com
Pat LaChance – Webmaster
plo@ams.org
Eric Benevides – Newsletter  401-764-0831
ericben24@cox.net
Eric Benevides – Grand Prix
ericben24@cox.net

Sunday, Aug. 17: Save the Date!
That’s when the club’s annual clambake is taking place! It will be held sometime after 12:30 p.m. after the post-race festivities of the Common Fence Points 5-Miler in Portsmouth. Volunteer requests will be coming soon and jobs will be divided into several small ones. Historically, the clambake and picnic are handled by a very small group of members, but this year, the club would like to get a lot more people involved to not overburden just a few.

-- 2014 Grand Prix series --
SECOND HALF OF SCHEDULE
Aug. 10  The Memorial 5K, Johnston
Aug. 17  Common Fence 5M, Portsmouth
Aug. 31  Finish for Guinness 5K, Warren
Nov. 9  Colt State Park Half, Bristol
Nov. 29  Trot Off Your Turkey 5K, Barrington
December  Christmas 10K, Newport

2014 Grand Prix standings
(After six of 12 races; x-age-graded tiebreaker)
MEN
1. Robert Johnson (2 points)
2. Mark DiFranco (5 points)-x
3. Josh Curtis (5 points)
4. Mark Schwager (10 points)
5. John Santillo (12 points)-xx
6. Ray Fasano (12 points)-x
7. Mike Vallee (12 points)
8. Eric Benevides (17 points)
9. Don Clukies (18 points)
10. James Cole (22 points)
WOMEN
1. Cee Vallee (4 points)-x
2. Erin Grigsby (4 points)
3. Kate McGowan (5 points)
4. Lindsay Amherst (7 points)
5. Lisa Meehan (10 points)
6. Sabina Gellrich (12 points)
7. Poyee Oster (14 points)
8. Janet Johnson (16 points)
9. MaryAnne Donato (19 points)
10. Morgan Mak (20 points)