



RHODE ISLAND ROAD RUNNERS

The smallest state's largest running club!

January 2024 – Volume 34 – Issue 1

Meeting Minutes 12 Dec 2023

Meeting called to order at 7:20 pm

Members in attendance:

Don Clukies

Pat LaChance

Kevin Brennan

Christy Brennan

Madeline Torres

Membership Report - 164 paid members including Hall of Fame

Treasury Report - \$5018.24 in Paypal and in Citizens \$1021.01 - total 6039.25

New Business:

Cee sent a welcome email to new members. Don will distribute checks to the Grand Prix winners.

Don will book the room for the Hyannis race, which will be raffled off at the February Meeting. Interested members, send an email to rirr401@gmail.com.

Boston Marathon Waivers - the following members were selected at the lottery:

Heather McCabe

Natalia Scarpetti

Diane Souza

Lauren Holuj

Tammy Harrigan

Maggie Azar

Boston Marathon Requirements

We agreed to add attending the banquet or summer picnic to group 2. See all criteria on the club website [here](#).

Next meeting is February 13, 2024.

Announcements

- **Hyannis Races** are on! 10k, half and full marathon. www.hyannismarathon.com
There is a block of rooms at the nearby [Cove resort](#). Call them and ask for RI Race reservation. The club will have a room at the race hotel, which will be raffled off at the February meeting.
- **The Annual Banquet** will be Saturday 16 March 2024 at Chelo's in East Providence.
- **BAA has invited the club to volunteer** at the Mile 18 water stop again in 2024. Details are at the end of this newsletter.

Millinocket Marathon

Millinocket, ME – 2 Dec 2023

I was warned about this race, the hills will get you if the cold doesn't. And Sure enough they both did. This race was created as a way to raise money for the community during the off-season. There is no registration fee. They just ask for donations and to spend money in the area. The race depends 100% on their volunteers from the setup of the start line to timing. Bib pick-up was at the expo at the local high school the day before. The expo was more of a craft fair held by the local vendors. These local businesses also set up and worked the aid stations which boasted their favorite treats from candy, home made fudge brownies to raw oysters. Fireball and fire pits were also at every aid station. There was so much Fireball you would think the race was sponsored by Fireball.

The course is a hilly 13 mile loop which turned out to be hard packed dirt road filled with puddles and a mile of ice at the top. The summit had light snow while the lower elevations had some light rain. Soaked through and with frozen toes I made several

stops at the fire pits to warm up. And even did some fireball which actually helped warm me



This race sells out every year and there's a reason for that. Although a small town race, the volunteers and participants make it feel like you're a superstar in a big city race. I definitely recommend this race for anyone looking for a very unique experience.

-- *Marianne Currie*

Seth's Fat Ass 50

Springfield, MA – 16 Dec 2023

This race offered a 50k which started at 8:30 AM and a 5K, which started at 9 AM.

Early registration was \$40 in day of was \$45 for the 50k. This was a low-key race with a very limited aid station, and no fisher metals. Most people used their cars as aid stations which were parked right there at the station parking lot. Those who registered early got a shirt but some extras were available to those on a first-come first-serve basis on race day.

The 5K course primarily ran along the bright nights route, but to our dismay, the lights were not on. You could run as many loops as you wanted within the 7 hour limit. 10 loops would get you the 50k distance and on the results page on ultrasignup.com. Timing was done old school style. Each time you completed a loop you had to yell out your bib number to the timing girls who kept track of the number of loops you completed and split times.

This year there 89 runners registered for the 50k and according to the results page, only 36 finished. Having just completed the Milinocket marathon 2 weeks prior and the Philadelphia marathon 11 days before Millinocket, my legs were feeling it. So I was so happy to be done at 6 hours flat. This was a fun race and I would do it again.

Kudos to Luis who hadn't really done much training but powered through and completed his first ultra.

-- *Marianne Currie*

Marianne Currie 6:00:09

Luis Lopez 6:00:09

Pearl Harbor Masters 5 Miler

Waterford, CT – 3 Dec 2023

I was turned on to this race a number of years ago by RIRR legends Don Clukies and John Santillo, and I've always come back year after year. It's open to runners of all ages, but the only competitors eligible for awards are those in the masters or older age groups. The race starts and finishes at the Waterford VFW hall, a real throw-back type joint with an interior that smells like a 50 year old ashtray that's never been emptied. But once you get past that little bump in the road, you're treated to an all you can eat post-race huge buffet of hot and cold food and desserts donated by numerous members of the Mohegan Striders Running Club. Throw in ridiculously low drink prices and race director Way Hedding handing out free drink tickets like they were candy, and you have yourself a really fun day. Back years ago when I started running this race, there were just a few RIRR members participating, but in recent years, that number has really swelled, and for good reason-with all the food and beverage amenities, ridiculously low entry fee, and great company, this is a "can't miss" race!!!

- *Mike Proto*

Centennial Athletics 5k

Port St. Lucie, FL – 16 Dec 2023

I don't consider myself much of a gambler, but on this particular day I threw caution to the wind (along with a \$40 pre-entry fee), took a chance, and ran the inaugural Centennial 5K at Port Saint Lucie West High School. You would think that after getting burned on multiple occasions at "first annual" races, I might learn my lesson, but I guess I'm just a glutton for punishment. This dud of a race took place completely within the confines of the Port Saint Lucie West High School grounds, where I'm sure this foolish course layout was solely to avoid having to pay police officers for a traffic detail, but with about twice as many turns as the Common Fence Point 5 miler, by the time I got to the one mile mark, I was completely dizzy and disoriented. Once I mercifully crossed the finish line, I was greeted by tap water in a large 10 gallon jug with a spigot

on the bottom, and that was it. Not a morsel of food, not a drop of any sports drink, nothing, zilch, nada. And to add insult to injury, I foolishly stuck around for the awards ceremony, thinking I might win a gift card or other measly prize, but the only thing I received was a lousy plastic medal that you could purchase at Job Lot for 29 cents. After receiving this insulting prize, I immediately deposited it in the nearest trash receptacle, got in my car, and swore I would never run this race again.

- *Mike Proto*

Wellington Jingle Bell 5k Wellington, FL – 17 Dec 2023

After getting burned the day before with a lousy race, I took a chance on this one, as it was the 6th year in a row that it's been held. Unfortunately it wasn't much better than the previous day's disaster, as it was another \$40 pre-entry rip off, and the only thing I received that was better than the day before was bottled water instead of tap water, some bananas, and a small assortment of stale bagels. After I grabbed a couple of bagels that were the consistency of a cinder block, I checked out the awards table and saw that these race organizers must have purchased their award medals at the same dumpy store where the previous day's thieves purchased theirs. About the only saving grace to this day was that I didn't stick around for the trashy awards, and instead got in my car, peeled out of the parking lot, and was on the beach by 9:00 a.m. Note to self: stay away from this rip-off race in the future.

- *Mike Proto*

Nooseneck 18k West Greenwich, RI – 26 Dec 2023

As a Grinch and Scrooge who doesn't celebrate Christmas, this race is my perfect antidote for the holiday blues. It's been organized and directed for many years by well known Narragansett Running Association poobah "Doctor Mike" Tammaro, and it's always held on the day after Christmas at the Tavern On The Hill in West Greenwich. The race itself for me is brutal and miserable, with a nasty course full of hills and a

little bit of steep trail, and no matter what the temperature on race day, for me it always feels like 20 below zero. But it's what happens after the race where this event really shines, and that's the copious amount of adult beverages in the parking lot and inside the Tavern On The Hill, along with the huge and hilarious Yankee Swap and cash raffle. This race always draws a large contingent of RIRR members, and this year was no different, and just added to the fun atmosphere. Also new for this year was the donation of professional timing services and race clock by friend of RIRR and Connecticut race director extraordinaire Way Hedding. If you've never participated in this extravaganza in the past, I strongly suggest you put it in your calendar, even if you're not a Scrooge or Grinch like me!!!

- *Mike Proto*

RIRR Weekly Free Fun Run Schedule

Sundays 10am Colt State Park Park Office (aka Barn) parking lot. 4 mi measured loop. Many runners hang afterwards to socialize. BYOB whatever that may be.

Mondays Check Facebook! @ 6pm The Nest, State St Bristol, run out and back on Thames/Bike Path then play Trivia @ The Nest 7pm for cash prizes.

Wednesdays 6 pm The Guild in Warren. Out and back up to 5 mi (choose your own distance) along bike path/bridges and Barrington River. Many runners hang afterwards to socialize. BYOB whatever that may be.

Thursday 6 pm Check Facebook! Dari-Bee in Riverside Square. Start on bike path and choose your own distance. Most do 5 miles or less. Many runners hang afterwards to socialize. BYOB whatever that may be. Some move on to Stevie D's Tavern across the street post run.

Last Friday of the month: Jan 26 German American Club, 78 Carter Ave Pawtucket RI. Out and back with loop through festive Slater Park – approx. 3.75 miles.

RIRR 2023 Grand Prix Final Results

1. Owen Schenck. 103 points
 2. Lauren Azar. 84 points
 3. Mary Cass. 83 points
 4. Fred Meyerson. 75 points
 5. Marianne Currie. 59 points
 6. Mike Proto. 51 points
 7. Victoria Fanelli Reed 44 points
 8. Kevin Brennan. 44 points
 9. Brian Govednik. 36 points
 10. Heather McCabe. 35 points
- Congratulations to all!

RIRR 2024 Grand Prix Series

Hangover Classic, Bristol Jan. 1
TBD after that

Race Calendar

Jan 14 Sun (Rescheduled)

10:30 am Winter Fun Run 4.9 mi \$25/30 77 Valley Bars Rd, Monument Beach(Bourne), a rolling loll[pop] course that can be slippery held at the Weary Travelers Club - an old Masonic Lodge sponsored by the Cape Cod Runners. Clamcakes and chowder post race with an affordable cash bar. Gloves to all entrants, no shirt but prizes 2 deep in age groups plus a random pick from bib num-

bers. capecodroadrunners.com 😊🍌

Jan 28 Sat

10am Frosty Runner 5k/10.5 mi Road Race \$30, 476 North Ave, Rochester MA, a challenging 10.5 mile country road course with lots of support and course marshals. start/finish at Old Colony Regional High School (use your GPS!), post race food galore in the school cafeteria. a good spring marathon warmup, Kara Lees

alma mater. runsignup.com 🍌😊

Editor's Note: A very special thank you to those who submitted race reports and photos. They are ALWAYS welcomed, encouraged, and NEEDED, and while pictures look good on Facebook, they ALWAYS look better in a newsletter! If you want to submit something from the past month to the next newsletter, please send an e-mail to kmbrennan401@gmail.com.

While I included comprehensive results for two races in this newsletter, unless results are provided to me, I won't be assembling them in the future – unless someone knows of a way to programmatically grab them from the various websites. The websites seem to handle them differently from each other and none I have seen allow results to be downloaded to excel which would enable a fairly reliable member lookup. So, for now, if you want to see your name in print, you'll need to send your results.

Good = your name, name of race, your result.

Better = your name, name of race, date of race, location of race, your result, link to results website.

Best = your name, name of race, date of race, location of race, your result, link to results website, names and results of members you saw there, a short race report that talks about your experience, and a photo!!

Photos



Nooseneck 18 k Post Race at Tavern on the Hill



From left to right: Marianne, Carlos, Johann, Cee, Mike, Julia, John, Natalia, Jessica, Richard, Solange, Owen, Nels, Sabina, and Don

A sizeable group of mostly club members joined a run quarterbacked by Cee Vallee and publicized on the club's Members Only Facebook page. The group assembled at the State Dock in Bristol to hop aboard the RIPTA ferry – restarted recently to help ease the commute across the Washington Bridge – from Bristol to Providence on Saturday 6 January at 9 am. Upon debarking, they posed for a picture after being joined by Marianne who got dropped off in Providence. The ferry ride was free and 14 runners took part. The rowdy group of 15 runners began their return trip to Bristol on foot via the East Bay Bike Path at about 9:45 am. There was a mobile gear check (Kevin's van) that met them in Providence, which then became water stop number 1 at Riverside Square around mile 4.5. Next water stop was at mile 8.5 handled by Pat LaChance who then again set up shop at miles 11 and 13. Perhaps one or more of these folks will write up a report for the next newsletter??

Boston Marathon Water Stop Volunteer Instructions

We hope you are doing well! We are grateful for your continued support as a B.A.A. volunteer group leader. The 128th Boston Marathon will be held on Monday, April 15th. We are excited to invite your group back for the 2024 Boston Marathon!

Positions available for your group, "RIRR": 25

Assignment: BM 24 - Hydration Station - Station 18 - (Monday)

If you are unable to fill these slots this year, please let us know by December 29. *Please note that group recruitment numbers and group assignments are subject to change.*

Volunteer registration will open on **Wednesday, December 6th** at 10am ET and will close on **Friday, February 2nd** at 5pm ET.

Your group name and passcode are below, be sure to share this information with any other group leaders, co-captains, and group members:

Group Name - RIRR

Passcode - BM2024

Steps to Register Within Athletes' Village

- [Log in to your B.A.A. Athletes' Village account](#) or create an account if you have not yet done so already.
- Navigate to the "Volunteers" tab within Athletes' Village
- Select the "To Volunteer Click Here" button
- Follow the instructions on the application. **Be sure to select "Join an existing group" at Step 5 and input the group name and passcode for your group.**

Please let us know if you have any questions. We look forward to working with you this year!