



RHODE ISLAND ROAD RUNNERS

The smallest state's largest running club!

February 2024 – Volume 34 – Issue 2

Chuck Hyson 2004, and Eric Benevides 2014.

Announcements

- **Next Meeting** – Tuesday 13 February at the East Providence Yacht Club, 9 Pier Road, East Providence at 7 p.m.
- **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 at 6 p.m. The menu will feature a Yankee pot roast and baked haddock, along with garden salad with house dressing, fresh baked bread and butter, a garden vegetable medley, mashed potatoes, rice pilaf, and chocolate cake. The fee is \$20 per person, and children under age of 16 and RIRR Hall of Fame members are free. If you are interested in attending the dinner, visit <https://rirr401.wordpress.com/events/awards-dinner/> or email the club at <mailto:rirr401@gmail.com>.
- **Membership renewal time for many** – if you have questions about yours, please contact Don at dclukies@gmail.com.
- **Flashback** – see what the club was up to 10 and 20 years ago with special reproduction of snippets from the club newsletter in 2014 and 2004 at the end of this one. Shoutout to Editor Emeritus' –

Hangover Classic

Bristol, RI – 1 Jan 2024

Out of all of the many races that I've participated in, this might very well be the one I've done the most times. It's an old school 5 mile race through Colt State Park and has been a part of my running schedule for as long as I can remember, and always draws a large RIRR turnout. It was originally organized by the long defunct Belle Watling Running Club of Bristol, but just when this race was on its deathbed, it was thankfully saved from extinction by our friends Sue and Karen at Rhode Races and Events. This race has been run in a huge weather range, from mid 60's late Spring like weather, to blizzard conditions, to near zero temperatures. And while the amenities are fairly bare bones, it's the post race gathering in the downstairs bar at the Bristol VFW that really makes this race what it is. For those of you who have never been in the dark and dingy downstairs bar at the Bristol VFW, you're really missing out on a piece of nostalgia, from the old school jukebox to the incredibly cheap booze prices, to the pickled eggs sold at the bar, to the smell of decades of old cigarette smoke, to what



I think is the last working pay phone in the state of Rhode Island, this is a throwback place that you have to experience at least once in your lifetime. And speaking of lifetimes, as long

as my 96 going on 97 year old mother in law is still alive and kicking next year, I'll be back at the VFW once again!!!

-- Mike Proto

St. Pete Beach Classic **St. Pete Beach, FL – 13-14 Jan 2024**

This past year has been a pretty sad one for me when it comes to some of my favorite road races coming to an end, such as Finish For A Guinness, and you can now add the St. Pete Beach Classic to that list. I've been running all 4 events in this 2 day extravaganza for the last 12 years, always held on Martin Luther King Day weekend, and it's always been a feast for the senses. The weekend has always consisted of a 10K, and 5K on the streets of the city and 4 mile beach run on Saturday, followed by a half marathon on Sunday, with a huge supply of food and booze that flowed constantly all weekend, with great prizes, live entertainment, and an all around great time. However, the Sirata hotel, located directly on the Gulf Of Mexico, where the races were located and which was family owned since being built, was sold to a corporate investment group about 3 years ago, and those new owners immediately forbid the race directors from bringing in any outside food or booze, and while the weekend was still quite enjoyable, it was never the same as when the hotel was family owned. And recently the corporate owners sold the hotel to Marriott, which will be doing an extensive renovation to the property expected to last 3 years, and knowing Marriott Corp., which doesn't really support road races, the race directors made the sad decision to end this great event after 20 years. And while there was still plenty of food and booze at this race this year, it was nothing like in years past, which made the 20th year of this great event somewhat melancholy. I don't know where I'll be spending Martin Luther King weekend next year, but it will definitely be somewhere warm where the wearing of a shirt will not be necessary!!!

-- 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 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.

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.

Editor's note – what to expect at these weekly runs:

1. *The Nest in Bristol – there is a public lot across from the pub. Runners meet there and generally venture North on Thames towards the bike path and do an out-and-back of up to 5 miles. Better weather = more runners, bad weather = no runners. Many head over to the Nest (small Irish pub) for dinner/apps, drinks, and trivia*
2. *The Guild in Warren – park anywhere in the lot (99 Water Street apartments) and meet in front of the Guild. Runners usually head east and exit the mill complex onto Main Street and head North over the 2 bridges into Barrington and turn left onto Matthewson Road (along the water). Turning around at this point is about 3 miles total. The 5 mile course requires that you go to the end of Matthewson, turn right on Ferry Road, and then left on Adams Point Road to the end. Reverse your course back to the Guild. Many runners stay for a couple pints, apps, and fellowship.*
3. *Colt State Park – meet at the Barn parking lot for 10 am start. 4 mile loop course winds through the park and runners socialize in the lot after with whatever beverage they enjoy. Propane heaters are usually in play for colder days.*

RIRR 2024 Schedule

1. Hangover Classic, Bristol, January 1
2. Providence Half Marathon, May 5
3. Newport 10-Miler, June 2
4. Narragansett Summer Nights, Bristol, June 20
5. Dedham Four on the Fourth, Dedham, MA, July 4
6. John & Jessie Kelley Half Marathon, New London, CT, August 3
7. Common Fence Point 5-Miler, Portsmouth, August 18
8. South Foster Firefighters 10k, October 12
9. Colt State Park Half Marathon, Bristol, November 3
10. The Mews Gears & Beers 5k, Wakefield, November 17

If any race cancels, the make-up will be the Nooseneck 18k on Dec. 26 and/or the Trot Off Your Turkey on Nov. 29.

A new rule for this year's Grand Prix: Members who participate in any Grand Prix races MUST EMAIL katjonkkd@cox.net with their results. If you don't do this, your results will not count!

Race Calendar

Tuesday February 13

7pm RIRR Meeting, East Providence Yacht Club, 9 Pier Rd East Providence, we will be giving the room at Hyannis out in a drawing, usual club stuff w/agenda posted on E Newsletter.

Saturday February 17

11am Martha's Vineyard 20 miler, \$85, a race for the die-hards anticipating Boston Marathon, you need to get the ferry (where the race starts), end of race is at Oak Bluffs School 50 Trade Winds Rd, Oak Bluffs

Saturday, February 24

10 a.m. (9:30 Early Start) Colchester Half Marathon, \$30/40 or you choose the amount!, Bacon Academy, Colchester, Conn. A challenging hilly course, but worth it, as you may see the race director cheering on runners and running

for portions of the course. Post-race has a monster feed, with pizza, soup, chili, and make-your-own-ice cream sundaes. Shirts for purchase. A great race for those getting ready for a spring marathon 😊😊

Saturday March 2

11am Irish 5k \$32/34 Pawtucket City Hall 137 Roosevelt Ave, Pawtucket RI, this is part one of the Tour De Patrick series. free Guinness at Murphy's Pub with music post race. www.tourdepatrick.com

Sunday March 3

10am Hyannis Marathon/Half/10k \$70/60/55 Cape Cod Irish Village @ Emerald Resort & Conference Center 35 Scudder Av. Hyannis. The RIRR will have a room at the conference center for Sunday to drop your bags/drinks pre race and take a hot post race shower. The course is a rolling loop (double for marathoners) with seaside vistas, mild hills, and residential roads in the south end of Hyannis. This is a big weekend for RIRR as many will spend the weekend at The Cove (Kevin Brennan). Post race amenities are fruit/donuts/chowder/coffee. Get there early as the parking lot fills at about 8:30am. www.hyannismarathon.com 😊😊

11am Stu's 30 k Road Race \$80/100 Clinton Middle School 100 W Boylston St, Clinton MA, this is a classic Boston tune up race which goes around the Wachusett Reservoir on paved roads and lots of hills. www.cmsrun.org 😊

Saturday March 10

11am Guinness St Pats 5k \$34 RI Statehouse 82 Smith St Providence, part of the Tour de Patrick (3 5k races), an out and back lollipop loop flat, post race party at Patricks Pub 381 Smith St cash bar, a Charlie Breagy event.

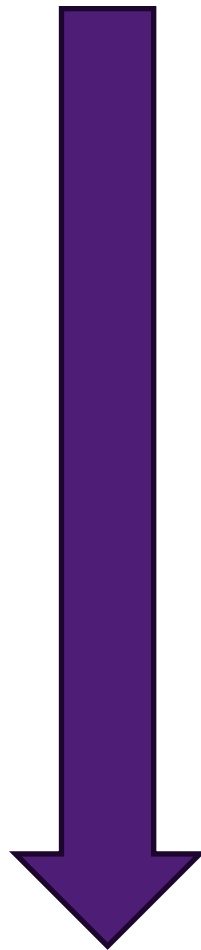
8:30 am Crazy Clam 5k/5mi \$25/30 Francis Farm, Rehoboth MA, a flat course put on by Ocean State Multisport, if you volunteer you will get free entry into a future race. a Gary Menissian event

Editor's Note: A very special thank you to those

who submitted race reports, articles, special features, 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 to the next newsletter, please send an e-mail to kmbrennan401@gmail.com.

Flashback





25th ANNIVERSARY

January 2014
Volume 18 – Issue 1

– President's Pen –

Heading into the New Year, I'm hopeful for several things... weekend temperatures that are at least two digits and don't start with any number below 3... a very involved membership... and new ideas. Already, there are more folks contributing to the operation of the club, something that bodes very well for the New Year. We are seeing increasing web traffic on our site every month, along with more races and organizations both offering member benefits and asking for our help.

Looking ahead, we will have our February meeting at Rhode Runner in Providence (discounted prices for purchases that evening). We have the banquet in March, where we will recognize the achievements of the past year for more than a dozen members, as well as the more-than-a-decade dedication of some longtime members. In April, all eyes will return to Boston, and we will refresh our Adopt-a-Spot. And in May, our community contributions begin with pacing, water stops, and course marshaling. Hoping to see many helping hands in 2014.

– Kevin Brennan

– RIRR Meeting Minutes –

January 14, 2013

Meeting called to order at 7:39 p.m.

Membership Report

-- Total: 233 (135 male and 98 female).

Comparisons: 2013: 242, 2012: 215.

Treasurer's Report

-- Total in treasury: \$6,400 (reflects approximately \$2,500 profit from Beat Santa).

Comparisons: 2013: \$5,400, 2012: \$6,000.

Hall of Fame

-- Members discussed Hall of Fame voting procedures.

Grand Prix

-- Next race: Hyannis Half Marathon, Sunday, Feb. 24, Hyannis, Mass. There is a club suite to use on the day of the race. Ask for the RIRR room.

-- Those who run the marathon will automatically receive 15 points in the Grand Prix place standings, but will have their full marathon time count in the age-graded standings.

Web

-- Final 2013 Grand Prix results are posted.

-- Largest number of visitors so far were recorded on Beat Santa date.

Proposed Change to Bylaws

-- Members voted in favor to amend the club's by-laws related to the Boston Marathon lottery. The amendments are listed below:

New Business

-- **Fundraiser Page:** Members discussed having a fundraiser page on the club's website. It would be on a separate page, and members would need to direct others to Facebook or contact them, not put in the link to the charity.

-- **Banquet:** It will be held on Saturday, March 8, at The Riviera in East Providence. There will be a buffet, and a plan to order more appetizers this year. The cost will be \$25 per person, and the club will need to provide numbers 7-10 days ahead.

-- **Awards:** Members discussed the composition and types of awards for Grand Prix, Hall of Fame, etc.

Meeting adjourned at 8:45 p.m.

Members in attendance:

Kevin Brennan	Christy Brennan
Pat LaChance	Kate McGowan
MaryAnne Donato	Steve Donato
Sandy Weinberg	John Santillo
Eric Benevides	Bozena Chmielewski
Shelli Costa	Courtney Crooks
Nick Pereira	Dan Azevedo

– Next Club Meeting –

Tuesday, Feb. 11, 7:30 p.m., Rhode Runner,
657 North Main Street, Providence, R.I.



Lancing the royal blister.

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** –

Maritza Branca, Coventry, RI
Sharon and Barry Couto, Bristol, RI
Webb McDonald, Bristol, RI

Cape Cod R.R. 4.9M Winter Fun Run

Monument Beach, Mass. – January 4, 2014

I usually look forward to the Little Compton Scenic Winter Road Race in early January. I was disappointed when I found out the race would not be held this year due to renovations to the school that serves as the staging area for the race. As a Plan B, I decided to head to the Cape Cod Road Runners 35th annual Winter Fun Run at The Weary Travelers Club in Monument Beach, Mass. The price was right -- \$12 pre-registration (mail in) and \$15 post-registration. There was no online option. The roads were in terrible shape after the early January snowstorm, but I figured if I was going to run on icy roads, I would be safer in a large group than by myself.

The race was located just over the Bourne Bridge. I registered and picked up my pair of large cotton gloves. By the time we got out onto the course, the roads had thawed out significantly and there were very few slick spots. The course itself was not quite flat – some little ups and downs to break it up, but no

was a small, very pretty stretch with a view of what I think was Buzzards Bay. The snow made it even prettier.

I was happy to see a small contingent of other Rhode Island Road Runners at the race. We were, however, outnumbered by the large groups from other running clubs. Back at the Weary Travelers Club, there was a loud and spirited awards ceremony. They had chowder, along with clam fritters for free and beer for sale. There was a small, free raffle as well. According to the race director, this year's 237 runners were the most ever in the history of the race. It was a fun time and a nice course. I can see why so many would want to be there.

– Kate McGowan

Joshua Curtis	30:00	4th 30-39
David Pember	38:01	2nd 70-plus
John Santillo	38:41	
Nancy Dorn	40:52	5th 50-59
Kate McGowan	42:29	
Don Clukies	48:33	4th 70-plus

237 finishers

Bermuda Triangle Challenge

Hamilton, Bermuda – January 17-19, 2014

On Jan. 16, I flew to Bermuda to participate in the Bermuda Triangle Challenge over the weekend. It was my pleasure to run into Mike and Cee Vallee at Logan Airport and find out they too were going to do the Bermuda Challenge.

The first night, there we had the opportunity to watch a documentary, "There is No Finish Line," which told of Joan Benoit's life and love of running. Joan was the first female to win a gold medal in the marathon in the 1984 Olympics. A question and answer period with Joan followed. Joan was warm, friendly and approachable.

Also on hand that night was Geoff Smith, the winner of the Boston Marathon in the 1980s, not once, but twice. Geoff and his girlfriend Toni were hospitable. They could be found cheering on runners along the course, the finish line, at the awards ceremony, and back and forth to Boston with us. It was a pleasure and honor to meet and talk with these running greats.

On Friday night, the Challenge started with a bagpipe kick off, followed by the one-mile road race in Hamilton, the capital of Bermuda. There were 500 participants, including Joan Benoit. Mike, Cee, and myself all finished in time to watch the Bermudian elementary



The top picture is Nancy Gendreau, Mike Vallee, and Cee Vallee posing for a picture before the start of the one-mile road race they had to run as part of the Bermuda Triangle Challenge. The picture below is Nancy Gendreau as she is off to the races in the half marathon, the third race of the Challenge!



school kids have their turn at the one mile. Everyone who completed the one mile received a medal.

On Saturday morning, runners gathered at the stadium where locals usually take in their favorite sports, i.e. soccer, field hockey, track etc. We started the 10K just alongside the stadium, while the finish line was along the track inside the stadium. We were in for some hills right from the start on Mile 4, and a killer at Mile 6! Oh, and I forgot the best part, the 10K was done by all in the pouring rain. Again, finishers received medals, light snacks, and a free massage.

Sunday was the big day. The weather was cooperating and the temperature was about 65 to 70. Cee and I

had opted for the half marathon, while Mike was doing the full marathon. The course was beautiful as well as challenging. Runners enjoyed seeing turquoise colored water and the pink sands of Bermuda.

Thankfully, the scenery was nice because some of the hills we had to run kept us busy. Again, Mile 4 was an uphill climb, rolling hills throughout, and Miles 11 and 12 had more inclines. Cee and I were glad to do the loop once, while Mike forged on! Not only did Mike continue on to complete the full marathon, he also came in third in his age group and had his accomplishment recognized at the awards ceremony on Sunday night. All finishers received a medal again for the half and full, with an additional one for doing all three races of the challenge.

Monday was time to pack up and come back to the cold weather and snow. I think we will be thinking about the 70 degree weather for at least the next few months.

— Nancy Gendreau

	MARATHON	
Mike Vallee	3:55:57	3 rd 50-59
	101 finishers	
	HALF MARATHON	
Cee Vallee	1:51:34	5 th 50-59
Nancy Gendreau	2:04:45	14 th 50-59
	477 finishers	
	10K	
Mike Vallee	50:48	16 th 50-59
Cee Vallee	54:04	8 th 50-59
Nancy Gendreau	57:54	16 th 50-59
	686 finishers	
	MILE	
Mike Vallee	6:28.6	
Cee Vallee	7:17.1	
Nancy Gendreau	8:03.6	
	357 finishers	

Key West Half Marathon & 5K

Key West, Fla. – January 19, 2014

After a couple of years of making the Shamrock Half Marathon our annual destination race, we decided to mix it up this year and try out the Key West Half Marathon, featured recently in Runner's World as a Top 10 half marathon destination. The course ranks among the best we've seen, and the event did not disappoint. The expo was fairly small for such a big race, maybe a half dozen vendors, all set up outside the Half Shell Raw Bar near Mallory Square, and the race shirt is almost photographic in its depiction of a Key West sun-



Here's Nels and Janet Johnson near one of the country's true landmarks – the “Southernmost Point on the Continental U.S.A.” buoy located in Key West, Fla., at the corner of South and Whitehead Streets.

set; I'm sure we'll be sporting those at some upcoming races, very different and pretty cool.

Janet had been sick the better part of two weeks prior to the race and decided to switch to the 5K. Her route is a tour of Mallory Square and old town Key West, lots of turns and very scenic. In spite of the time off, she had one of her better 5k times, finishing in 27:07, taking third of 42 in her age group and winning a nice Key West-themed plaque.

The half marathon course starts off just like the 5k, but continues through the 5K turnaround to the southernmost point in the U.S. Then it basically follows the ocean along the south rim of the island, past the airport, before turning around for an out-and-back course that finishes on the piers just past Mallory Square. There were 3,200 entrants between the two races, over 1,900 finishing the half marathon. The weather was in the low 60s at race time, but once the sun hit the waterfront, it felt pretty hot by New England winter training standards.

This is definitely a snowbird race; we saw lots of New Englanders, and even a couple of Pie Race shirts. The post-race food was sparse by bigger race standards, and the beer line was crazy long, but this was still a lot of fun and a worthy destination race. The medal is unique, a conch shell on one side, a sunset on the other, and a wine stopper attached to the bottom. The discount for signing up early (Feb 1.) is significant, \$60



Here's the finish line of the Key West Half Marathon. Check out the bright blue sky and palm trees! Nice!



Check out the race t-shirt and the medal from the Key West Half Marathon! And take a look at the nice Key West-themed plaque that Janet Johnson won for taking third place in her age group in the 5K!



versus \$100, so sign up now if you think you want to run this one next year. I believe we will be back.

-- Robert Johnson

HALF MARATHON		
Robert Johnson	1:42:44	10th 45-49
<i>1,920 finishers</i>		
5K		
Janet Johnson	27:07	3rd 45-49
<i>705 finishers</i>		

Hangover Classic 5M

Bristol, R.I. – January 1, 2014

James Cole	33:43	6:45	4/26
Webb McDonald	34:16	6:52	4/20
Joshua Curtis	34:22	6:53	5/20
Brian Govednik	35:02	7:01	3/4
Erin Grigsby	35:32	7:07	4/28
Morgan Mak	35:33	7:07	5/28
Robert Johnson	35:55	7:11	7/26
Sam Booth	37:29	7:30	11/20
Philip Greene	27:39	7:32	13/42
Brooke Merriam	37:41	7:33	3/22
Mark DiFranco	38:40	7:44	16/42
Mark Schwager	38:50	7:46	17/42
Chris Dyson	39:35	7:55	10/26
Cee Vallee	39:46	7:58	3/13
John Santillo	40:49	8:10	22/42
Sabina Gellrich	40:58	8:12	4/13
Chris Marks	41:05	8:13	23/42
Joe Maruszczak	41:08	8:14	13/26
Kevin McCoy	42:24	8:29	24/42
Bert Neales	42:54	8:35	25/42
Janet Johnson	45:03	9:01	8/22
Seth Mayers	45:51	9:11	17/20
Kate McGowan	46:11	9:15	18/28
Keith Strickland	46:54	9:23	36/42
Martha Huston	48:12	9:39	8/13
Linda Dewing	48:50	9:46	1/1
Matt Polak	49:36	9:56	10/11
Don Clukies	49:58	10:00	2/3
Linda Chichester	51:30	10:18	11/13
Erin Kopecky	51:48	10:22	22/28
Fred Zuleger III	54:26	10:54	3/3
Derek Stow	55:10	11:02	11/11
Holly DaSilveira	56:22	11:17	26/28

188 finishers

Whitinsville First Day 5K

Whitinsville, Mass. – January 1, 2014

Nancy Bockbrader	34:44.7	11:10	9 50-59
James Lastowski	41:05.0	13:13	7 60-69

248 finishers

Eagle Brook Saloon 5K

Norfolk, Mass. – January 1, 2014

Chris Shardlow	20:37	6:38	4th overall!
Dave Pember	24:28	7:53	1st 70-plus
Harry Carter	28:34	9:12	2nd 70-plus
Paul Pare	31:57	10:17	2nd 60-69
Pat Kurzynski	32:39	10:31	8th 50-59
Stan Kurzynski	33:11	10:41	3rd 60-69

139 finishers

Texas Marathon

Kingwood, Texas – January 1, 2014

Linda Bachand	6:51:16	22nd 45-49
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305 finishers

First Run 10K

Lowell, Mass. – January 1, 2014

David Simmons	56:43.1	9:08	11th 60-plus
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448 finishers

Old Mountain 5K Trail Race

Wakefield, R.I. – January 4, 2014

John Santillo	39:41	12:48	6 50-59
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66 finishers

Walt Disney Marathon Weekend

Orlando, Fla. – January 8-12, 2014

10K		
Linda Bachand	1:37:40	
<i>9,239 finishers</i>		
HALF MARATHON		
Linda Bachand	3:14:12	
<i>20,284 finishers</i>		
MARATHON		
Linda Bachand	6:29:40	
<i>19,230 finishers</i>		

Resolution 5k Beach & Trail Race

Narragansett, R.I. – January 12, 2014

Chris Shardlow	22:28	7:15	
Dan Azevedo	26:34	8:34	4th 50-59
John Santillo	27:01	8:43	6th 50-59
Courtney Crooks	44:28	14:21	
Colburn Graves	56:06	18:06	2nd 80-plus

133 finishers

St. George Half Marathon

St. George, Utah – January 18, 2014

Linda Bachand	3:03:02.1
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1,143 finishers



Rhode Island Road Runner's News

Volume 8 Issue 1

January 23, 2003

President's Pen

This winter is proving to be running the gauntlet, from snow to sub-zero temps, but so far the winter fun runs have been warming things up. **Chuck Hyson** hosted our first run at Lincoln Woods. Paul Parc brought Harry Cotter, we learned "Seabiscuit's" mom has gained a few pounds but it was not due to those Christmas Cookies and Susan still looks good in those ski stretch pants. **Dean Pendelton** hosted our next fun run and we had another great turnout. Just watch out for Dean's cat, I found him head first in my running bag and when I tried to get him out, he hissed at me. Mark Adams is hosting our next fun run on **February 15, 2004**. February 7th is approaching fast so if you have not called Elaine with your reservation for the Awards Banquet, please do so.

Dave Simmons

RIRR Christmas Party – Awards Banquet

The RIRR Christmas Party will be held **Saturday, February 7, 2004 at 6:30 P.M.**
Location: Lancellotta's 1113 Charles St.
North Providence, RI.

Cost is only \$15 – Club is contributing \$10 per person.

Directions from Providence

(going North) Take 95 North to 146 north to exit 15 (Mineral Spring Ave.) Take a right off the exit, and travel approx. 1/4 mi. Turn left on to Charles St. Lancellotta's is approx. 500 feet on right.

Directions from Pawtucket (going South) Take 95 South to Charles St. ext. take right off exit. Continue on Charles St. approx. 1 mi. Take 146 N. to exit 15 (Mineral Spring Ave.) Take a right off the exit, and travel approx. 1/4 mi. Turn left onto Charles St. Lancellotta's is approx. 500 ft. on right. There will be appetizers, Italian buffet, desert and coffee. CASH BAR

Club awards will be given out after dinner.

If you would like to get in on the gift exchange (a lot of fun) please bring a WRAPPED gift, serious or funny, with a value of \$10.00 or LESS.

Please call Elaine Stoeckle (401) 253-6738 or E-mail at mustngmdm@fctvplus.net with your reservation by **Saturday January 31st**. Payment will be made at the dinner.

Dress will be optional, formal, casual, etc.

Elaine Stoeckle

Dues are Due- 2nd notice!

If you joined the club since October 1, 2003 you are paid through the end of 2004. If you joined before, your dues of \$20 per member or \$30 for a family of two or more are due January 1, 2004. There is a form enclosed in the back of this newsletter that you can use.

The following have joined since October and are current through 2004: A Thornton, P Bazin, The Currans, L Freitas, D Hawkins, C Varner, B Johnson, The Branhams, K Kness, R Ravenell, The Proctors, W Wilson & W Myers.

New Members:

William McGarry, Saunderstown, RI

Bob McKenna, Cranston, RI

Leslie Paquette, N Smithfield, RI

Mikeline Sullivan, Fall River, MA

We now have 262 members including 95 females and 167 males. Welcome! We would encourage you to introduce yourself to any of the club members you see at the races. Also to purchase and wear a club singlet at the races. They are \$18 each and can be purchased through Susan Hyson (725-1725). Please include \$1 for postage.

Meeting Minutes, January 20th by Jeanne Bolduc

Our guest speaker this month was Mark Carroll. He has been running since the age of 12, competing with other schools in Ireland throughout his formative years. In the High School Senior Championship he came in 2nd at 17 years old. He then proceeded to win the 5000-meter in Athens, Greece. He missed his first Olympics attempt by 1/2 second, but went on to become an Olympian in 2000. The New York Marathon was his first 26.2. He learned to correctly carbo-load and used heat and ice baths to prevent injuries. He finished at 2:10:54. His next event will be in London on April 18th. Thank you Mark for a very inspiring talk.

The Jerry Musco race is all set for **April 3rd**. Volunteers are still needed for race day. If you can help call Tony Zablocki on 826-9133 or Bill Caine on 433-4422. Coke will contribute \$500.00. No money from the club will be needed.

A party will be sponsored for runners from Racing Heritage. The date is January 29th at 7PM at Patrick's Pub on Smith St. in Providence. There will be a free buffet and draft specials.

Awards Banquet February 7th. \$15.00 per person.

Fun Runs February 15th Mark Adam's Home and March 7th at Dan Horn's Home. Directions to follow.

Team Stroke. Please consider joining this team. Funds will be raised for this very worthwhile cause. Set up simi-

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lar to Team Diabetes and Team in Training for Leukemia. See Jeanne Bolduc if interested.

Boston Lottery chosen. Those who won last year are not eligible this year as agreed by a majority vote.

Lottery winners are:

1. Tobias Lederberg
2. George Martins
3. Dan Horne
4. Scott Caldwell
5. Bob Ward
6. Nick Diello
7. Diane Sweet
8. Don Clukies

Additional applicants are: Liz Johnson, Don Pare, Dave Colinan, Roger Fazio, Richard Wobst & Mike Vallee.

Mt. Washington applications will again be handled by Dave Colinan. Additional information to come.

Grand Prix by Anthony Zablocki

Final Results for 2003!

Andrew Sabourin	92	Maureen Lee	110
Dave Simmons	87		
Ray Fasano	76		
Milt Schumacher	63		
Tom Noel	58		

* Note: you must have run in seven grand-prix races to be eligible! Andrew & Milt had 11 bonus points for having run in 9 events. Maureen had 12 points added for running in 11, the most of anyone. Congratulations to all the winners and to all who participated.

After many years of handling our club Grand Prix, Tony Zablocki has decided to retire. John Santillo will replace him. Our sincere thanks to Tony for his many years of dedication and service to RIRR.

Thank you Tony!

The following are the Grand Prix rules for 2004

Each finisher will be awarded points as scheduled.

Additional points will be given to the first five (5) male and female finisher in the race on a declining scale:

1st=+5, 2nd =+4, 3rd =+3, 4th =+2, 5th =+1

Weather conditions bonus points to be awarded as warranted (extreme cold or heat, torrential rains, snow or sleet).

Must run seven of the races to place in the standings.

Bonus points for running 12 races = 10 pts, 10-11 races = 8 pts, and 9 races =6 pts

Grand Prix Races by John Santillo

New Bedford Half March 21	11 points
Thomas Giunta 5K April 4	3 points
James Joyce 10K April 25	6 points

Group Runs

Where: Colt State Park - Bristol, RI
When: Saturdays @ 8:30 a.m.
Distance: Various distances determined by the group at the time of meeting.

Meeting and parking location: Parking is available to your left as you enter Colt Park. As you drive into the park there is a cemetery on your right, take your first left as if you were going to exit the park, then take a right onto the parking/meeting area.

Questions or directions contact Cee Tavares 253-2423 or ceetavares@hotmail.com

Wednesday night

Wednesday night group runs are run from Kevin & Janet McCoy's home at 18 Barbato Drive, Johnston. Varying distances and pace for all beginning at 5:00 p.m. Everyone is welcome! If interested, call on 231-5262.

Track workouts

"HOW FAST CAN YOU RUN"

In conjunction with the Cranston West track workouts, beginning the 1st Monday in March and each 1st Monday thereafter, 1-mile time trials will be held. Even if you don't come other times or do not plan to stay for the full workout come to see "how fast you can run".

Monday Nights

Monday night workouts at Cranston West Track. A warm-up at 4:30 p.m. and workouts beginning at 5:00 p.m. The workouts will be led by Andy Barnes (785-0608). All are welcome!

If there are other group runs going on let us hear from you and we will list the time and place in the newsletter. If you are interested in beginning a group run let us know.

House Fun Runs Hosts Wanted

- Dave Simmons is looking for members who will host a fun run from their home on a weekend thru March. If you are willing please call or e-mail Dave on 508/984-5030 or dasimrun@meganet.net

Directions Mark Adams Fun Run February 15 – 9:00 a.m.

Take Rte 146 north especially Dave Simmons. You will come to a split for Rte 146A to the right and Rte 146 toward Worcester to the left. Stay to the left toward Worcester. Get off at the next exit Rte 104 Downtown Woonsocket. Take a left at the end of the exit to the house 6 houses down on the left. A large white Cape with a rail post fence out front number 137. You can park directly across the street on Leo Street. 137 Greenville Road. Phone: 762-4648. Everyone is welcome!

From Rte 295.

Get off at at the Rte 146 exit to Woonsocket, get in left lane to get on Rte 146 and follow above directions.

Future runs:

March 7

Dan Horne – Barrington, RI

Directions in February newsletter

Race Results

PLEASE LET US HEAR FROM YOU IF YOU RUN A RACE AND ARE MISSED. ESPECIALLY OUR NEW MEMBERS.

Running Heritage Grand Prix Results

Many of you participated in one or more of the races that were included in the Running Heritage series. It was fun and we are thankful for Derik Phillips and his efforts sponsoring this series. The following are club members who placed:

Male

Robert Corsi	2 nd 39 & under
Jim Bolwell	3 rd 39 & under
Kevin McCoy	1 st master
Milt Schumacher	1 st senior
Fred Zuleger	2 nd veteran
Joe Pascale	1 st 70+

Female

Susan Moore	1 st master
Maureen Lee	2 nd master
Martha Huston	3 rd master
Linda Simmons	4 th master
Stephanie Lacourse	1 st senior
Linda Dewing	2 nd senior
Laurie Lamb	4 th senior

Santa Scamper 5K, West Roxbury, MA - December 14

It was a cold, brisk 23-degree morning as we headed over to West Roxbury to take part in the 10th Annual Santa Scamper 5K. All proceeds from the race would be used to benefit the Boston Globe's "Globe Santa Fund". The race begins and ends at the West Roxbury/Roslindale YMCA and most of the loop course is somewhat hilly making it difficult to run a decent pace. Post race food and refreshments included bagels, cream cheese, assorted cookies, fruit and water. Trophies were awarded to the top 3 overall male and female finishers and medals were presented to the remaining top 3 in each age division up to and including 60+. The Parkway Running Club did an excellent job of organizing the race and it's a shame that more runners didn't take part in this event since it is for such a good cause. 78 finishers

Sue Kenney

Sue Kenney	21:02	1 st Master
David Pember	21:05	1 st Veteran
Brian Kenney	26:46	

Jingle Bell 5K, Roger Williams Park, RI - December 20**54 finishers**

A nice two-loop course in Rogers Williams Park. It was a bit pricey (\$20.00) for a 5K but it was for the Arthritis Foundation. Food was adequate, well; at least I did not see Freddy Z complain.

Dave Simmons

Fred Zuleger	23:01	1 st veteran
Dave Simmons	23:26	
Colburn Graves	32:16	1 st 70+
Joan Fasano	32:22	
Tom Richards	34:02	
Laurie Lamb	41:12	2 nd senior
Linda Simmons	41:20	

Jingle Bell 5K On the Beach Narragansett, RI - December 21 - 56 finishers

Tim Lynch	21:38	3 rd overall, 1 st master
John Santillo	26:38	
Richard McGowan	27:51	
Linda Dewing	31:13	1 st veteran
Michael Whitty	32:52	
Lori-Ann Wilde	36:09	
Colburn Graves	36:53	2 nd veteran

Santa Clause 5 miles, Slater Park, RI - December 21**117 finishers**

It was the 22nd running of this race, and probably the first time it had ever been postponed as on the original date two weeks earlier we were hit by two and a half feet of snow. It turned out great, as the weather was fine with sun in the mid thirties. The course is mostly flat looping through Slater Park twice, and also through a nearby neighborhood.

Bob Corsi won the race for the second year in a row in 29:46 and RIRR'S dominated getting four firsts, a second and a third.

The most inspiring performance of the day was by Buster Wall fresh off of hip replacement running the two mile race in 17:54 an 8:57 pace, and finishing third in the senior division, way to go Buster!! The post race as always was at My Brothers Pub, where we were served pasta, pizza, chicken, beef stew, ham sandwiches, garlic bread, and hot chocolate, along with a large raffle where everyone goes home with a gift. Awards were one deep in all age divisions and long sleeve shirts.

Dave Pember

Robert Corsi	29:46	1 st overall - way to go!
Brad Seward	32:23	1 st senior
John DiTomasso	33:10	
Dave Pember	33:52	1 st veteran
Sue Kenney	34:04	1 st master
Dave Martin	34:47	
Nick Pereira	35:30	
Dean Pendleton	36:02	
Harry Carter	36:36	2 nd veteran
Fred Zuleger	37:12	3 rd veteran
Liz Johnson	38:06	
Dave Simmons	38:09	
Tom Noel	38:25	
Dennis Branham	38:59	
Mark Adams	39:06	
John Zaverucha	39:11	
Rich McGowan	39:14	
Don Clukies	39:43	
Kim Kones	39:51	
Don Pare	40:15	
Dave Colinan	41:05	
Paul Pare	42:30	
Mike Goodson	42:59	
Fred Tanner	43:46	
Stan Kurzynski	46:32	
Brian Kenney	47:29	
Pat Kurzynski	48:31	

2 mile run - 81 finishers

Kim Kones*	15:12
Lori-Ann Wilde	18:46
Linda Simmons	27:04

* Ran both races - nice going Kim!

Jingle Bell 5K for Special Olympics, Taunton, MA December 28

How low key was this race? It was so low key that I was leading the pack behind the lead fire truck for the first ¼ mile and finished 3rd overall. The course was also a little short, 2.3 miles but there was a good turnout for the Special Olympics and would you believe it was so warm that they were grilling the food outside at the end of race. The Outback Steak House and the steak donated food and salmon was delicious.

Dave Simmons 17:56

Millennium Mile, Londonderry NH-December 28 546 Runners

This was my first race at the one-mile distance in about 20 years, and though the distance is short it takes a lot out of you, since you are basically sprinting the whole way, and when you finish your lungs are really burning. It was a fun race point-to-point and mostly downhill which produced fast times under perfect conditions, as it was a sunny 53 degrees. This was the fifth running of the race, which was conceived by three of New Hampshire's greatest runners, John Mortimer and Matt and Andy Downin. The top three finishers actually broke four minutes with the winning time by Sean O'Brien 3:56. After the race there was hot dogs, bagels, bananas, and donuts, with awards three deep, which consisted of nice backpacks. Then there was a huge party at the Whippersnapper Pub with \$.99 beers and a great band. So if you want a PR for one mile this is the place to do it.

Dave Pember

Dave Pember	5:27	3rd	veteran
Sue Kenney	5:34		
Brian Kenney	6:36		

Happy New Year!!!

Ben's Run 5K, Phoenix, AZ – December 20 – 254 finishers

The site for this race (and I'm not making this up) was Horse Lover's Park. We saw several horses being put through their paces in corrals but fortunately none on the course. We ran through high scrub brush on a trail that looked suspiciously like a horse path but without the meadow muffins. The ground was soft which slowed us a tad but easy on the feet. As it was very windy we left right after the race.

Eddie Fromm 20:16 1st Veteran

Desert Classic 10K, Scottsdale, AZ December 28

162 runners

36 degrees as I left in the predawn darkness. We ran out of the Scottsdale Community College parking lot. There were three races, 5K, 10K & 30K all starting and finishing at the same point going off at five minute intervals. I opted for the 10K. We ran along a dirt road parallel to the Arizona canal, which irrigates the local farming area. At the designated point we turned around and headed back to the start. The sun was well up at the finish but it was uncomfortably cool even for December. A variety of Subway sandwiches and soft drinks were provided for an early lunch.

Eddie Fromm 41:54 1st Veteran

Resolution 5K Run, Phoenix, AZ – January 4 – 254 finishers

This race was run in Papago Park next to the Phoenix Zoo. Another cold morning (36 degrees) but no wind. The course is part asphalt, part bike path and part hard pack dirt. Some short hills reminiscent of Lincoln Woods but only for a mile. The refreshments were tasty but it was too cold to stick around after the awards.

Eddie Fromm 19:04 1st Veteran

Tom's Tavern Hangover Classic Wrentham MA - January 1 105 Finishers

A nice New Years day with the weather just perfect. Perfect enough to run in shorts, a little wind to cool you down but nothing bone chilling. Same course as the Cracker-barrel flat and fast you just finish at Tom's Tavern. One of the better races for \$18 all you can eat buffet with eggs, pancakes, fruit, bacon, pasta with chicken and scallops like you wouldn't believe and on top of all that a great raffle. Would not want to race anywhere

else. Best race the 1st of the year for the money. Oh sorry you have to pay for the beer.

	Mark Adams
Dave Pember	20:16 1 st veteran
Sue Kenney	20:45 3 rd overall
Dean Pendleton	21:23 2 nd senior
Don Clukies	23:25 3 rd veteran
Mark Adams	23:37
Brian Kenney	25:46

Pier Plunge 5K, Narragansett, RI – January 1

This is a new race on Narragansett Town Beach. It also hosted a plunge in the ocean after. The course was entirely on the beach. The conditions for a fast race weren't there. Soft sand, very windy and a bit wet, but the course is scenic. It was a sunny day with temps in the low 40's, so the plunge after the race was not that cold. Which my daughter, Kyla and I did. It had a nice buffet later on at TK O'Malley's, and the race is well worth a return trip next year.

	Scott Caldwell
Scott Caldwell	22:58

EDITOR'S NOTE: THERE IS AN UNCONFIRMED REPORT THAT TIM LYNCH MADE A RAPID EXIT FROM THE HANGOVER CLASSIC TO ALSO MAKE THE PLUNGE. SAY IT IS TRUE TIM!

Hangover Classic 5 miles, Bristol, RI – January 1

299 finishers

"I'm still legally drunk," said one R.I.R.R. member. This person probably spoke for several people at the 19th Annual Hangover Classic in Bristol, R.I. At such a race, a first-timer might expect "hair of the dog" stops at every mile marker, and seeing-eye dogs to guide runners with "road spins", but it wasn't the spew spectacle one might expect. When the gun went off everyone ran in the proper direction, and only a few empty Budweiser cans were heard clanking on the ground. With cloudless sunny skies, 38-degree temperature, and occasional 20 M.P.H. winds, it was an ideal day for running five miles on mostly flat, car-less roads through beautiful Colt State Park. At times, the Wind God (known among his godly peers as Captain Blowhard) threw a few strong head winds from the bay at the runners, but then was kind enough to change it into a helping back wind to even things off.

54 R.I.R.R. members comprised 18.1% of the 299 runners at the starting line (the secret club goal to conquer and assimilate all other runners and clubs is getting closer every day). Several club members placed in the top three of their divisions. Jessica Wheeler ran like a gazelle from a hungry lion to capture the 1st place trophy for Senior Females, while Mike Sullivan ran like the hungry lion to grab 3rd place. Milt Schumacher was the member who ran closest to the speed of light with a time of 32:03, beaming into 2nd place in the Senior Male division, and 20th place overall. Linda Dewing winged across the finish line in 41:52 as the first Veteran female, while Fred Zuleger drove his "Hot-Rod Lincoln" legs to become the top Veteran male. Sue Carlson zip-a-dee-doo-dashed to 2nd in the female Masters division. Andrew Sabourin raced like the Lord Of The Rings' Gollum in the 30th Annual Middle-Earth "Catch The Precious" Road Race (nice mithril T-shirts) to a 3rd place finish in the 19-29 category. Congratulations to Sandra Curran on her PR! Special thanks to **Joe & Elaine Stoekle** for throwing such a fantastic post-race party at their lovely home in Bristol.

The Hangover Classic was well organized, started on time, and boasted one of the largest post-race donut and green banana buffets this corner of the racing world. The scenery was incredible, and the roads were smooth. The best thing of all was that

there were no roadblocks or Breathalyzer tests. If you haven't raced it, try this racing gem.

Jimmy Brunelle

299 runners enjoyed the unseasonably warm weather for the first road race of 2004. Temperature was close to 40 degrees with sunny skies for the 10:30 AM start in Colt State Park. The course is a relatively flat, scenic course overlooking Narragansett Bay. The substantial head winds from the second to the fourth mile supplement the challenge. My father-in-law passed away the Sunday after Christmas. I wasn't very motivated to enter the event at all, but I believe he was cheering me on. Milton Huston, Sr. was one of my biggest fans and supported all my athletic events. The post party at the VFW included hot coffee, PowerAde, and lots of sugary donuts. The first place overall male was Jeff Mutter from Cumberland, RI with a time of 27:21 (5:29 pc) and Trish Hillary of Greenville, RI was the first female in 30:06 (6:02 pc). Bonnie G-Hughes was the first master female in 37:54. Kevin McCarthy, 56, of Portsmouth won his division with a time of 31:18. Speedsters Kevin McCoy 31:49, and Milt Schumacher 32:03, finished in 18th and 19th place. Fast Fred Zuleger III, 37:50, won his division as did Jessica Wheeler, 37:04. Senior division winners Linda Dewing 41:52, and Monroe Allen 43:46 were also members of RIRR Club. Following the race I was invited to a New Years Day party in Jamestown hosted by my sister, Marisa Quinn. Most of the guests were still a bluish red from plunging into the Atlantic at noontime in Jamestown. Amongst the hearty souls was RI Senator Jack Reed. I presented him with the Hangover Classic tee shirt for his award. Happy New Year See You in 2005. **Martha Huston**

Jon Lawson	29:43	
Dave Concannon	31:37	
Kevin McCoy	31:53	
Milt Schumacher	32:03	2 nd senior
Andrew Sabourin	32:16	3 rd 19-29
Tim Lynch	32:21	
Bert Allen	33:52	
Rick Baccus	34:44	
Mike Vallee	35:25	
Dave Martin	36:09	
Nick Pereira	36:35	
Bob McKenna	36:36	
Dave Simmons	36:45	
Jessica Wheeler	37:04	1 st senior
Woody Wilson	37:15	
Fred Zuleger	37:50	1 st veteran
Jim Azar	38:04	
Jimmy Brunelle	38:27	
John Santillo	38:32	
Chuck Burton	38:35	
Sue Carlson	38:36	2 nd master
Kim Kones	39:12	
Martha Huston	39:22	
John Zaverucha	39:25	
Maggie Wheeler	39:36	
Bob Ward	40:02	
Peter Covill	40:49	
Bill Caine	41:09	
Linda Dewing	41:52	1 st veteran
Richard McGowan	41:59	
Ann Noyes	42:12	
Don Smith	42:20	
Dave Hawkins	42:46	
Gary Farrell	43:45	
Allen Monroe	43:36	

Wayne Peacock	44:23	
Michael Whitty	44:29	
Mikeline Sullivan	44:32	3 rd senior
Maureen Lee	44:50	
Joe Stoeckle	44:52	
Chuck Hyson	45:01	
Bob Rutkiewicz	45:31	
Bill Oehlkers	45:56	
Jim Cotter	46:09	
Julia Fergue	46:12	
Mark Pare	46:31	
John Pomerleau	46:50	
Jeanne Bolduc	48:12	
Ramona Skelly	48:14	
Colburn Graves	52:27	
Sandra Curran	56:12	PR – Way to go!
John Curran	56:15	
Laurie Lamb	1:08:59	
Linda Simmons	1:09:02	
Dave Colinan	DNF	– pulled calf after 1 st mile

Frostbite 5 miles, Mystic, CT – January 4

121 runners turned out on a mild but overcast day to run the Kelley's Pace Frostbite 5 Road Race in Mystic, CT. A moment of silence was observed in memory of Roger Camire and Jessie Kelley before the race. This hilly out and back course is a challenge. Colburn ran with me, which was a treat. Six club members participated. Chili, bagels, and drinks as well as generous age group prizes of Kelley's Pace gift certificates were enjoyed at the Olde Mistick Village church. **Laurie Lamb**

Chuck Burton	37:01	
Fred Zuleger	37:41	2 nd Veteran
Mark Pare	?????	
Jim Cotter	44:21	
Laurie Lamb	1:05:21	
Colburn Graves	1:05:21	1 st 70+

Lou's 4 x 1600 Relay, Boston University- January 4

This was my first attempt to run indoor track after all these years on the roads, and it was a real fun experience. The world's record for this distance was 24:55 for veterans. I was asked to run on for the Moose Milers against another veteran team called the Wolfpit(TC). Each team member had to run 8 laps of the track for a mile, as this was a 200-meter track. Our first leg was run by Bill Spencer in 5:50, and their first leg by Jerry Levasseur in 6:26, I took the baton from Bill and ran leg 2 in 5:55, but I was up against top rated Bill Borla who ran 5:20, but as I handed off to Jim Logan we had a 1 second lead, Jim ran a 6:06, up against Dennis Daly who ran 6:04, so going into the last leg we were only 1 second behind however their anchor leg was Armenio Ferreira who ran a blistering 5:19, to our Jack Thornhill's 5:32, however both teams went home happy as we both obliterated the world's record, our time being 23:21, and the Wolfpit 23:09. If your looking for a change of pace during these very cold winter months and a lack of road races try an All Comers meet at one of the local colleges. **Dave Pember**

Little Compton 4.8 miles, January 10

227 finishers

With temperatures in the low single digits over 200 runners bundled up and braved the cold to run the 10th Annual Little Compton Scenic Winter 4.8 Mile Race. This was my first time running the course, and I was anxiously awaiting the incredible scenery I had heard so much about. Unfortunately I could

barely see through all the clothes covering my face, so I'll have to go back in the spring to get the full effect of the course.

The race starts in front of JF Wilbur School with a bit of confusion, as runners did not know which way to go at the start. After a few hollars everyone found the right path, and the rest of the course was well directed. The mile markers were clearly visible, making it easy to look down at your watch in horror as the mile splits got slower and slower. There were two water stops along the way, wanting to get indoors as soon as possible, I like many of the runners bypassed the stops. I imagine the water had probably turned into ice by the time we got there anyways.

The course is flat and fast for about the first two miles, and so the hopes of running a fast time crossed my mind. But then the hills and the wind came! The hills weren't too severe, but the last half of the course seemed to be run completely against the wind, which made it agonizingly slow. The course ended coming around a corner right in front of JF Wilbur School. Runners were glad they had less than 100 meter walk to get inside and warm up.

Inside there was a great assortment of food and beverages. They had coffee, soda and apple cider. There were plenty of oranges, bananas and bagels and 3 different types of soup. (I highly recommend the Chicken Soup)

The Rhode Runners had a great turnout, 33 finishers led by Dave Concannon, who somehow managed to run a course PR despite the frigid conditions. Brad Seward, Diane Sweet and Linda Dewing each won their age groups, while Ray Fasano finished runner-up in his age category. Overall the race was well organized and very enjoyable, if temperatures are at least in double digits next year, I will definitely be back!

Andrew Sabourin
Grand Prix Pts.

Dave Concannon	29:13	3 rd 19-29	10
Brad Seward	31:07	1 st senior	9
Kevin McCoy	31:21	3 rd master	8
Andrew Sabourin	31:31	3 rd 19-29	7
Ray Fasano	31:41	2 nd senior	7
John Tomasso	32:16	3 rd senior	7
Michael Vallee	34:04		7
Dave Martin	36:01		7
Don Pare	36:13		7
Fred Zuleger	36:23	3 rd veteran	7
Woody Wilson	36:39		7
John Zawerucha	37:36		7
Dave Simmons	37:41		7
John Curran	37:50		7
Mark Adams	38:03		7
Don Clukies	38:05		7
Tom Noel	38:12		7
Diane Sweet	38:24	1 st 30-39	10
Linda Dewing	40:51	1 st veteran	9
Mike Goodson	41:10		7
Fred Best	41:29		7
Bob Rutkiewicz	42:50		7
Maureen Lee	43:09		8
Mark Pare	43:42		7
Julia Forgue	44:07		7
Stan Kurzynski	45:35		7
Pat Kurzynski	46:52		7
Sandra Curran	51:00		7
Barbara Roney	51:55	3 rd veteran	7
Joann Fasano	53:45		7
Debbie Peacock	59:18	3 rd senior	7
Wayne Peacock	59:43		7

Rock & Roll Marathon, Phoenix, AZ – January 11
9,882 finishers – marathon & 13,926 half marathon

I did it! Finished the last of the four Rock & Roll Marathons and 1/2 Marathons to earn my Grand Slam of Music Marathons by running in the Arizona Rock & Roll 1/2 Marathon. The other three races were in Nashville (April), San Diego (June) and Virginia Beach (September) last year. Along with the Ocean State and NYC Marathons and a couple more 1/2 marathons, it was a good year. But specifically on Arizona, it was the inaugural event. It was very well run except for one big problem that caused a delay of 30 minutes in the race start - the buses to the starting area. With almost 30,000 registered runners there were too few buses. I finally got on mine at 7:30am (for a planned 7:45am start) after a one-hour wait in line at the finish area for the 8-mile trip to the start. Many hundreds were still waiting for their buses when I left with none in sight. I don't know how many didn't get to the start even after delaying the start until 8:15am but there had to be lots. Other than that it was a wonderful experience. Temperatures were in the mid-50's at the start and didn't get too warm for comfort - at least not for the 1/2 Marathoners. The very low humidity helped. The afternoon temperatures reached the 70's so it was a glorious place to recover considering the cold weather back home. Even though this was their first annual running, since it was part of the Elite Racing Music Marathon series, it was excellent. The course was about as flat as you can get since we were in the desert. The 1/2 and Full courses were separate and never merged. The 1/2 was entirely run on city streets so the scenery was mainly buildings and nothing to marvel at. The post race food was the usual of bagels, Power Bars, etc. Nothing fancy. The Goo Goo Dolls concert the night of the race was a fun affair and professionally run. The Music Marathons are fun races. Big, well organized, with Bands and Cheerleaders on the course and you know what to expect. They are all very similar. After having done all four, I don't plan on running them again. Been there, done that. For first timers especially it is a fun experience and loaded with the purple shirted "Team In Training" charity runners. For the more experienced runners, do one of the Music Marathons, and move on to other more unique races.

Bill Zaryski

Bill Zaryski 2:11:12

PF Chang Marathon/Half Marathon – January 11

This first annual Arizona race took place on January 1, 2004. The temperature was hovering in the 70's, but "it's a dry heat". Cyndee Carvalho from The Cranston Road Runner's and I had a great time running this one. There were 29,000 runners from all over the U. S. (I know this because I spoke with many of them throughout the course). My time was about 3 minutes over what I wanted, but lots of fun. The course for the 1/2 was from Phoenix to Tempe. For the full, a stint through Scottsdale was included. A great race, but I didn't see Eddie or Terry Fromm.

What a place to retire to!

Jeanne Bolduc

Jeanne Bolduc 2:14:00

Chiller Chase 5K, Wakefield, RI – January 11

72 finishers

The first annual Adeline LaPlante Memorial Center 5K Road Race took place on Sunday 11 January. The race started at 1 PM that was great because it gave time for the day to warm-up to 20 degrees (not like Little Compton early and freezing). The course was just right a small hill @ half a mile the rest was mostly flat running through rural Wakefield. For a first time

event they did a super job, plenty of support and plenty of goodies after the race.

		Jim Cotter
Tim Lynch	19:26	2 nd 19-39
Dave Pember	20:42	1 st veteran
Sue Kenney	21:02	1 st master
Scott Caldwell	21:21	
Fred Zuleger	23:33	
Richard McGowan	24:50	
Jim Cotter	26:30	
Brian Kenney	27:01	
Colburn Graves	38:36	2 nd 70+
Linda Simmons	45:47	

USA T&F Championship at Brown – January 11

1-mile

Brad Johnson	5:31	2 nd 55-59
Dennis Branham	6:37	

800

Dennis Johnson	2:30	1 st 55-59
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Frostbite 15K, Raynham, MA – January 11

Temperatures were in the low single digits for the 131 runners that ran in the road race well suited its name: The Frostbite Invitational. RD, Jim DuPont, elicits generous support to put on a very well organized, fun time, for all that braved the frigid weather conditions suitable to outdoor, New England races in January! The monies raised help support the Mary Lou Arruda memorial fund. Mary Lou was kidnapped and murdered in 1978. The Raynham Police, who successfully prosecuted her assailant, provided traffic control free of charge and their Deputy Chief, Lou Pacheco (her Uncle) manned the infamous "Dead Man's Curve" at mile 8. The Raynham Athletic Club is another big supporter. All entrants have access to use of the facility, including the indoor heated pool, steam room, and showers. Bill O'Neil, who works in Boston and lives on the course provided/drove the shuttle service from the satellite parking to the start. The Tough Guy Award went to Peter Seddon, GM for Commercial Parking in Boston, who headed up the parking detail for the race.

Mary Lou's brother Joe and his wife Tracy were at the start to thank all runners. Miss Marianne Withington, of Marshfield did a beautiful job singing the National Anthem, and promptly proceeded to run the race. Nice Job!

Top finishers were Mike Norton from East Falmouth who was the first overall male in 54:13. Congratulations to JoAnn Mathews with her first female finish time of 59:18. Abram Mulhern, 13 yrs, from Taunton came in 1:21:51. P.J. Deschencs from Somerville, 55:57; and Chrystal Anthony from Beverly, 1:05:40, won the 19-29 division. Al Peterson from Brockton won the 70-99 group in 1:56:08. In the master's category, Jay Marschall of Cambridge, 56:05 and Bekkie Wright, Marlborough, CT in 1:09:17 took the win but befitting all the other age division winners donated their prize money to the memorial fund. In addition, RD Jim DuPont matched those donations with his own! Ah, you're a gem Jimbeaux!

The timing and results were paid for by Matria Pontiac -Buick-AMC/Saturn. The much adored, RD and President of SSAC, Paul Collyer 'AKA Papa Clyde' generously donated the tee shirts and helped with traffic control at the busiest intersection along the course. The Colonial Runners Club had a huge brunt of volunteer and many thanks to Jimbeaux's bride Mary DuPont. The Jockey Club hosted a bountiful post race brunch and the friendly bar was a great venue to watch the AFC divisional playoff game: Colts over the Chiefs 38-31 final. **Martha Huston**

Martha Huston 1:18:00

Fawcett Sports & Rehab, 5K, Port Charlotte, FL January 17th

Weather at the 8:00 am start was a cool 50 degrees, which generated some complaining by the locals; but, I am sure, will not get much sympathy from fellow RIRR members experiencing the bitter weather in the northeast. Start and finish at a shopping center with a loop course, (flat, naturally), through residential neighborhood. Minimal refreshments of only bananas and orange slices, but a decent raffle of gift certificates, tote/beach bags, and miscellaneous donations from local businesses. Medal awards 3 deep in five-year brackets from under 9 to 80 plus. Between medals and raffle just about everybody in this small race went home with something.

Charlie McDonald 22:40 2nd 65 - 69

This and That!

Congratulations to the following members who were declared Runners of the Year by *New England Runner*:

Marge Bellisle	Master Female
Milt Schumacher	Senior Male
Jessica Wheeler	Senior Female
Linda Dewing	Veteran Female
Bob Ravenall	70+ Male
Joe Pascale	80+ Male*

* Joe was inadvertently missed in the magazine but was given a recognition letter from Bob Fitzgerald.

E-mail Lists – We maintain an e-mail list to send out meeting reminders and other notices. If you would like your name added please send me your request via e-mail.

Also, for those who would like to have their newsletter sent via e-mail also send me your request via e-mail. Your electronic newsletter is sent a couple days earlier than snail mail and saves the club money and your editor time and labor.

Thanks to all of you who have contributed articles for the newsletter. We appreciate your input! Please feel free to write up a race and send it to us. Also any suggestions you might have regarding running and/or our club.

You can call, write or E-Mail:

Chuck or Susan Hyson

18 Musket Road, Lincoln, RI 02865 Phone: 401/725-1725

E-mail: chyson8089@aol.com

Next Meeting on Tuesday, February 10th, 7:30 p.m. at Sons of Italy Restaurant 99 Hicks Street, East Providence, RI.



Birthday greeting to the following members celebrating birthdays in the month of February: 1 Doug Proctor 3: Mike Parker 9: Mike Goodson 10: Jim Azar 12: Dave Hawkins 15: Stephanie Lacourse 15: Fred Best 16: Mike Petrarca 22: Francis Branham 27: Joe Petrarca, Bob Ravenell, 28: Joe Pascale, Kerri Caldarone

Upcoming Road Races – February, 2004 by Fred Zuleger - 401/822-0116

Date	Location	Distance	Time	Name of Race	Phone Number	Comments
Feb 1	Cape Elizabeth, ME	10 miles	9:45 a.m.	Mid-Winter Classic	207/892-4526	Cape Elizabeth H.S. Good race, hills & good food. Worth the trip if it doesn't snow. A rat Grand Prix!
Feb 1	Lynn, MA	15K	10:00 a.m.	Great Stew Chase	781/592-1667	Goldfish Pond, Parriott St. \$12 & \$ 14, stew after race
Feb 8	Brockton, MA	5 miles	12 noon	Paddy Kelly	508/580/1606	Time Out Cafe, Oak St. Race in D.W. Field, 1 st N.E. Runner
Feb 14	Martha's Vineyard	20 miles	11:00 a.m.	M.V. 20 miles	508/696-6203	Pub Race. Good barroom time after, pasta, chili & beer Ferry from Woods Hole, take 8:15 or 9:45 am. Takes 45 minutes. Hope for calm seas.
Feb 22	Newport, RI	5K	10:00 a.m.	Frosty 5K	401/943-8888	Roger's H.S. Also a 5K walk
Feb 22	Foxboro, MA	10 miles & 5K	11:00 a.m.	Old Fashioned 10 miler	508/339-2148	Foxboro Co., some hills, run fast to get any hot soup & food
Feb 29	Hyannis, MA	26.2, 13.1 & 10K	10:00 a.m.	Sheraton Hyannis	617/625-2140	Sheraton Hyannis Resort Hotel, west end rotary, scenic course, could be some wind by water, good tees and food
Feb 29	Amherst, Ma	10 miles	1:00 p.m.	Jones Town & Country	508/259-1469	Killer hills, good race & food. Amherst Pelham Middle School. Could be ice on dirt road on high point in race.

RHODE ISLAND ROAD RUNNER'S MEMBERSHIP RENEWAL APPLICATION FORM

Name: _____ **Gender:** _____ **Date of Birth:** _____

Name: _____ **Gender:** _____ **Date of Birth:** _____

Name: _____ **Gender:** _____ **Date of Birth:** _____

Name: _____ **Gender:** _____ **Date of Birth:** _____

Address: _____

Home Phone: _____ **Work Phone:** _____ **E-Mail:** _____

Signature: _____

Yearly Membership Fee: \$20 individual
Family of two or more \$30

Make Checks Payable to:
R.I. Road Runners
18 Musket Road, Lincoln, RI 02865