

# MILE BY MILE

**INSIDE THIS ISSUE:**

|                            |     |
|----------------------------|-----|
| Club News                  | 2   |
| Hosted Club Runs           | 3   |
| Race Reports               | 4-6 |
| Run Around Hopkinton Relay | 6   |
| Upcoming Races             | 7   |
| I'm A Runner               | 8-9 |
| Calendar                   | 10  |

**Dates to Remember:**

- Each Saturday, 7:30 AM: HRC group run; meet across from Town Hall at 15 Main Street (corner of Main & Church Streets) in Downtown Hopkinton
- Each Tuesday, 6:00 AM: Speed workout at the Hopkinton High School
- Each Thursday, 5:50 AM: Maureen's 9-miler
- Each Thursday, 6:00 PM: Pub Run from Cornell's
- 8/13: Dalmata Hosted Run
- 8/13: Bridge of Flowers 10K
- 8/14: The Sharon Triathlon
- 8/28: Marshfield Road Runners 20K
- 9/10: Run to the Rock 5K, 10K, and 1/2 Marathon
- 9/24: Maher Hosted Run
- 9/24: Rugged Maniac 5K
- 9/25: Flutie 5K
- 9/25: Run Your Heart Out 5K
- 10/1: Canton Road Race
- 10/2: Run Around Hopkinton Relay
- 10/30: Busa Bushwhack Trail Race

## Sharon Timlin 5K

By Abbie Rosenberg

The 8th Annual Sharon Timlin 5K Race to Cure ALS brought out over 1400 runners on the streets of Hopkinton this past June 18th. The family friendly event hosted a 5K (which closed out at 1,800 registrants over one week prior to the event), a 1 mile run for 8-10 year olds, a mini-marathon for 2-7 year olds, and a huge family fun day full of smiling faces!



The attitude was optimistic as many teams came together to help raise funds to find a cure for ALS (Lou Gehrig's disease). The "Many Faces of ALS" posters spread across the field portrayed many touching stories of those who are fighting or have fought this cruel disease. (You can view the stories of the many faces of ALS on the web site at [www.sharontimlinrace.org](http://www.sharontimlinrace.org)).

The event was started eight years ago when my friend George was suddenly diagnosed with ALS. It became clear that a cure was nowhere in sight and that funds were needed to reach that goal. The event was named for Mike Timlin's mom, Sharon, who succumbed to ALS one year after being diagnosed in 2002. The Timlins attend every year and are always very grateful for the support that Hopkinton brings to this cause. The committee works hard and is always hopeful that a cure will be found soon!!

All money raised for the event is directed to research at UMASS Medical School toward finding a cure for ALS. This year the event reached the \$1 million fundraising milestone since the inception of the run in 2004. This year alone the event grossed approximately \$175,000 and the net donation was approximately \$132,500.



The "Many Faces of ALS" posters.

## CLUB NEWS

### MEMBERSHIP FEES DUE!!

The Hopkinton Running Club's membership year runs from April 1st - March 31st. If you have not paid your annual membership fee yet this year, it is time to renew!

The club's membership fees are \$20 for an individual and \$35 for a couple membership. If you joined the club on or after October 1, 2010, your membership is valid through March 31, 2012.

You can renew online at the club's website or by sending a check to Stephanie Whelan, 15 Valleywood Road, Hopkinton, MA 01748. Any questions, email Stephanie at [stephaniewhelan@msn.com](mailto:stephaniewhelan@msn.com).

**Please note: If we do not receive your membership fee by Wednesday, August 31st, we will remove your name from the email distribution list.**

### WEEKLY CLUB RUNS

#### Saturday Group Runs

Weekly group runs begin at 7:30 AM on Saturdays. Meet at Zio's Bistro, 15 Main Street (corner of Church and Main Streets). We generally have a group running 4 to 5 miles and another running 5 to 8 miles.

#### Tuesday Speed Workouts

Speed workouts are offered Tuesday mornings at 6:00 AM at the Hopkinton High School. During the warmer months we meet at the outdoor track. When the weather gets cooler we head to the indoor track. If you are joining us for the first time, please contact Lisa English at [lisasoutrunning@hotmail.com](mailto:lisasoutrunning@hotmail.com) prior to coming to confirm where we will be running. You can also receive email notification of the weekly workout by joining our online Ning site.\*

#### Thursday morning 9-miler

This group meets at 5:50 AM every Thursday to run 9 miles at just under 9 minute pace and they rotate starting locations between members' houses. There is a Ning group to coordinate the weekly runs. Just connect to Ning, look for the Groups section, and add yourself to the group. If you have any questions, please contact [maurentumbleton@yahoo.com](mailto:maurentumbleton@yahoo.com).

#### Thursday night Pub Run

This group meets at 6:00 PM at Cornell's Pub located at 229 Hayden Rowe Street in Hopkinton. Members run either a 4.25 or 2.70 mile route and enjoy beers and socializing afterwards.

#### Weekend Long Runs

If you're training for a marathon join us for weekend long runs. We generally have some people doing long runs at the Saturday 7:30 AM group run. You can use our long run email list to coordinate runs at this or other times during the weekend. You can also receive email notification of the weekly workout, by joining our online Ning site.\* For more details contact: Lisa English at [lisasoutrunning@hotmail.com](mailto:lisasoutrunning@hotmail.com).

### NEW MEMBERS

#### Please welcome our newest members:

Benedikt Blomberg

Will Brown

Jessica Burton

Rob Duncan

Larry Felton

Jake Gronemeyer

Kathleen McDonald

### CLUB DISCOUNTS

#### Body Restoration

#### Therapeutic Massage

Main Street, Hopkinton

10% discount

#### Marathon Sports

Route 16, Wellesley

10% discount

#### PR Running

Lyman St., Westborough

10% discount

## Hosted Club Runs

### Mike Kelly Hosted Run

On Saturday, June 4th, 14 HRC members gathered at Mike Kelly's home in Medway for his hosted run: Chicken Run 2 - the sequel. Mike offered 3, 5, and 7 mile routes for club members to choose from. Runners were ensured a safe arrival back home, as Mike had marked the course along the way with, what else, chickens! After the run, Mike provided a yummy spread of coffee cake, fruit, and corn bread french toast served with a variety of home made honeys, including Habanero honey!



Clockwise from top: The group poses after their run in front of the chicken coups; Jonathan Meltzer poses with one of Mike's chickens, Cluck Norris; Dennis Maher brought his own chicken paraphernalia adorned with running sneakers.



## Upcoming Hosted Runs - don't miss out!!

### Dalmata Hosted Run

Hosted by Dara and Tim Dalmata  
**Saturday, August 13th, 4:00 PM**  
**177 Saddle Hill Road, Hopkinton**

Save the date for an afternoon hosted run at the Dalmata's. A 5-mile running route will be offered at 4:00 PM followed by socializing in their newly finished basement bar and patio. Various lawn games will be set up and appetizers and beer will be provided. Spouses and kids welcome! Please RSVP to Dara at [daraporterfield@hotmail.com](mailto:daraporterfield@hotmail.com) by Thursday, August 11th if you are able to attend.

### The Hills of Upton Hosted Run

Hosted by Dennis and Cindy Maher  
**Saturday, September 24th, 7:30 AM**  
**13 Oak Knoll Lane, Upton**

Please join us for the second annual Hills of Upton run. There will be several routes offered, all of which have a few hills with great scenery. The hills start after the first ¼ mile of the 4½ and 5½ mile routes with the "he is trying to kill us" hill and pass by some great overlooks with horse farms and pastures. The 8½ mile run passes by the scenic Sweet William Farm featured by New England magazine as one of the best New England Scenes. The runs will be followed by breakfast fare including the famous "Eggs Bridgette" and plenty of coffee. Runners interested in the 8½ mile route will start at 7:00 AM and those doing 4½ and 5½ miles will start at 7:30 AM. There is also a 2-3 mile trail run option (you can do multiple laps for more mileage).

## Hosted Run volunteers needed!

Hosted runs are a fun way for the club to enjoy new scenery and socialize with friends and food following a hard run. Hosted runs can start and end from your house or you may organize a fun run from a different location such as a state park. Members receive \$25 for morning runs or \$40 for evening runs to cover the cost of food and beverage.

We are currently in need of a few members to volunteer to host runs this fall. If you would like to host a club run, please contact Tom Malcolm at [tomsontrails@comcast.net](mailto:tomsontrails@comcast.net).

## RACE REPORTS

### Comrades Marathon

By Rob Davis

On May 30, 2011, I ran the Comrades Marathon, a 56 mile race known as the "ultimate human race." Wayland legend Alberto Salazar (who won the Comrades in 1994) said it was his greatest race. Quite a statement for someone who had won three NYC Marathons 1980-1982 and one Boston Marathon in 1982.

**Where is this race?** In South Africa run between the two cities of Durban on the east coast and Pietermaritzburg inland. Reversing direction alternate years

**Why is it so special?** Besides the formidable distance, you also have a significant change in altitude and five major "hills." Towards the end of the race there was this huge "hill" significantly longer and steeper than Heartbreak Hill or our own Ash Street so I asked a fellow runner what the name of this hill was. He curtly replied that it does not have a name because it is not really a hill. The hill he correctly informed me, "Polly Shorts," is still ahead!

**So how did I do?** 10 hours 15 minutes

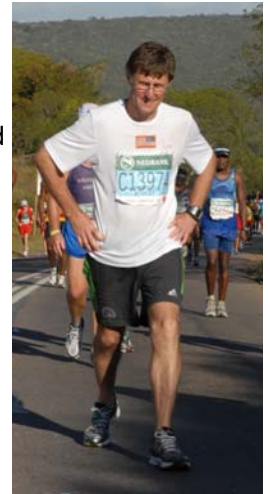
**How did I train?** Not very well! The dilemma for me was that either I focus on Boston or the Comrades. I chose to focus on Boston and just give Comrades what I had left. I knew that was a risky strategy so I am glad I finished. I was averaging 70 miles per week for Boston training hoping this would be somewhat helpful for Comrades and I think it was. Two weeks after Boston I did a 30 mile training run and then had to just go easy for the next three weeks until Comrades, which was Memorial weekend. Now compare what I did to what they recommend:

| Date          | Race Name         | Distance        |
|---------------|-------------------|-----------------|
| February 24th | Deloitte & Touche | 42km (26 miles) |
| March 17th    | Om-DieDam         | 50km (31 miles) |
| April 7th     | TwoOceans         | 56km (35 miles) |
| April 29th    | Slow-Mag          | 42km (26 mile)  |
| May 20th      | Long Club Run     | 65km (40 miles) |

**Total:** Two standard marathons & three ultras.

On the flight home I met a girl from Boston who did Boston and Comrades. She focused on Comrades and used Boston as her training run so she did 20 miles the day before Boston.

**Bus tour of the course:** For the international runners not from the host country of South Africa, they really do a great job of accommodating and making the race special. On the Friday before the race there were about eight luxury busses broken up by different language groups. So I chose, yes, the American bus. There were about 190 Americans entered in the race including a group of about 35 from one running club in NY. The bus trip was narrated by some local experts giving advice and strategy, which proved to be very valuable. Somewhere around the halfway point we stopped at the "wall of honor" and "Arthur's Seat" a wonderful vista point looking over the Valley of a Thousand Hills, which at this point you have climbed to the top of. They then informed us that the beast of Inchanga was the next "hill" that is a real killer. At this point I got really nervous and knew I was in over my head. I had no idea how this was going to be possible, at which point my father (who is accompanying me on the bus trip and is an extra blessing) announces to me that this is so exciting that he wishes he could run. He is 86 years old! I did not tell him I was just at that moment thinking of quitting!



**To submit a Race Report for a future issue, please send a write-up and photos if you have them to Dara Dalmata at [daraportfield@hotmail.com](mailto:daraportfield@hotmail.com).**

## RACE REPORTS

*continued from page 4*

**The run.** Starting at 5:30 AM in the dark in front of Durban City Hall listening to their traditional start (which includes a cock crow and the playing of “Chariots of Fire”) was a totally awesome experience. Temps in the upper 50’s, no wind and not much humidity were ideal. Even with about 16,000 starters everyone crossed the start line quickly and for the first 15 miles running on a three lane highway closed for the race gives plenty of space to maneuver. Yes, just like our races there are the crazies that have to go out fast the first few miles. The race was great until about the 37 mile mark. At that point I never thought I would finish but I was greatly encouraged overhearing some fellow runners stating that they, therefore me, were making really great time and “even if we had to walk, we would make it.” They were referring to the final finish gun at 5:30 PM - a 12 hour close off. At this point we had a clear view of the mountains 18 miles away at the foot of which was the end point city. I did not know if I could make it. But I thought I could still run at least one more mile, and you know how that goes, then another.



Regarding liquid and food intake, this was a new experience. I had brought Gu with me but after four packets, one every eight miles or so I could not face taking another. Then I engaged in a strange risky experiment, since as you know you should never try something new on race day...but they serve Pepsi and Mountain Dew at the water stops and I would never desire this stuff during any of my runs/races but Mountain Dew was the best! I pretty much only drank the stuff until I had about six miles left, then an even more bizarre craving nearly overtook me. Beer! I was so tempted to ask one of the spectators for one of their beers, but my mind overcame my desire and I had no beer. I am still not sure if that was a good thing or a bad thing but as a pastor I thought it would be a bizarre thing to try! The free beer at the international tent after the race really tasted great!

**Familiar running quote:** I seem to be hearing this a lot lately but this one crowned them all. I asked the 2<sup>nd</sup> American men’s finisher (6 hours, 30 minutes or so) who came in around 50<sup>th</sup> how he had trained. ...Have you also heard this one: “I don’t believe in doing lots of miles in training...” Yeah, yeah I hear that all the time. So I pressed him with another question of what is a low mileage week for him? Answer: About 75 miles! So I had to ask then what a peak week would be.....remember for someone who believes in low mileage.... Answer: Only about 125 miles! Folks, it’s all relative!

### John Carson Road Race

*By Maureen Tumbleton*

On July 4<sup>th</sup>, I ran the John Carson 2-mile Road Race in Chelmsford. It was a point-to-point wheel measured course that takes place right before the town’s annual 4<sup>th</sup> of July parade. Spectators waiting for the parade lined the entire course to cheer for the runners. Keiron,

our two daughters, our pug dog and I drove the 35 minute drive to Chelmsford. I got my race number at the start, then we drove the two miles to the finish, which helped familiarize me with the course. Keiron, our daughters & pug waited for me at the finish while I jogged slowly back to the start as a warm-up.

It was extremely hot and the course had little or no shade, so by the time I got to the start I was truly “warmed up.” There were 1,934 runners at the start. The race was B-tag timed but there was no starting mat so the start was extremely crowded.

A 2-mile race is like a 5K...only more difficult (read: more anaerobic pain/almost full sprint). My goal was to run 20 seconds per mile faster in this race than I had in the Timlin 5K two weeks earlier. The race was predominantly flat with a net downhill overall. From the gun I sprinted as fast as I could. However, nearly 2,000 other people also had the same race plan, which made for close company in the first 1½ mile or so. After 200 meters into the race we had to do a slight uphill and then make a sharp left turn at which point the crowd started thinning out. From there, I tried to accelerate to the point I could barely breathe (did I mention how hot it was out?). At mile one I was in extreme oxygen debt but knew I had to endure this discomfort for just a short time more. I then saw the ‘mile 1.5’ marker on the road and told myself that I just had to suffer for three minutes or so and the pain would be over. I could see the Old Town hall finish in the distance and I tried to pump the arms for one final blast. And then it was done. I completed the 2<sup>nd</sup> mile nine seconds faster than my first. I won my age group and was awarded a \$15 gift certificate to Sullivan Farms Ice Cream. I would definitely run this race again.

## RACE REPORTS

### Pineland Farms 50 mile trail challenge

*By Tom Malcolm*

Pineland Farms is located in New Gloucester, ME and for the past few years has been hosting a trail Running Festival over Memorial Day weekend. On



Sunday, May 29<sup>th</sup> I ran in the 50 mile Trail Challenge - my first 50 miler. The course begins with a 3.5 mile loop, which is followed by three 15.5 mile loops. Compared to other trail races I have done (Stone Cat, Seven Sisters, Bimble's, etc.) Pineland would have to be considered relatively tame. The track is wide and there are few rocks and roots to contend with while running. Also the trail is very well marked making the possibility of getting lost almost impossible. What can make Pineland tough is its relentless rolling hills and the sections of farmland that the course traverses. The hills can wreak havoc with your quads while the farmland sections have soft footing and are wide open, exposing you to the elements. My plan was to pace myself right from the start and to make sure I took in enough food and liquids at the aid stations. I did not have a time goal in mind except to finish in under the 13 hour time limit. The pacing and nutrition plan worked like a charm and I never felt I was in any danger of not being able to continue. My last mile was one of my fastest and I still had enough left to sprint the last couple of hundred yards to the finish. I was happy with my time of 11:38:12 but think I may have been a bit too conservative in my pacing.

### Sharon Timlin 5K

*continued from page 1*

This phenomenal fundraising would not be possible without the help of the volunteers, the town of Hopkinton's support, and the committee members. Many people worked hard and pitched in to make the day a huge success!! As usual, the committee worked hard to make 2011 special and the efforts paid off. New this year, the Timlin Race became a certified "green" event. The committee took the Fitplanet pledge of sustainability and implemented 18 out of 28 possible green initiatives. Recycling and composting monitors ensured that the race was nearly a zero waste event!! All 5K and 1 mile race participants received a comfortable, organic, bamboo technical t-shirt and organic cotton tees were given to all mini-marathon participants.



A family affair: 10-year-old Evan Sisitsky and his father Rich after finishing their first 5K race together

Planning for the 2012 race will begin in September. If anyone is interested in becoming a part of this great event, please contact me at [angelabbie@aol.com](mailto:angelabbie@aol.com).

## Run Around Hopkinton Marathon Relay

**HRC....get your teams together (or volunteer!)....**



The Hopkinton Running Club will be hosting the 3<sup>rd</sup> Annual Run Around Hopkinton Relay this Fall on Sunday, October 2, 2011. Teams of 2 - 6 people will run 26.2 miles total with race legs comprised of varying lengths so all levels of runners can participate. Teams of all compositions are encouraged to participate - mixed age, middle and high school students and adults. Put together a family team, a team from a sports or academic club or a neighborhood team. This race is about coming together to have fun, support each other and support an important cause! This year's event will also include an option to walk part of the race - more info on this to follow.

Again this year, the Run Around Hopkinton Relay will be dedicated to promoting the importance of youth fitness as a road to mental health. We have partnered with civic leaders, mental health advocates, and highly deserving non-profits to increase awareness of the critical role fitness plays in overall physical and mental well being.

To learn more, REGISTER, or VOLUNTEER, visit [www.hopkintonrelay.com](http://www.hopkintonrelay.com). If you need more information, contact Kathleen Karpe at [Karpes@comcast.net](mailto:Karpes@comcast.net).

*“Ask yourself: ‘Can I give more?’ The answer is usually: ‘Yes’”*

Paul Tergat

## Upcoming Races

### August

#### **33<sup>rd</sup> Bridge of Flowers 10K Road Race**

Saturday, August 13th, 9:00 AM

Event includes a two-loop 10K and the Nathan Hale 3K charity walk/fun run. Iron Bridge, 43 Bridge Street, Shelburne Falls, MA. [bridgeofflowers10k@gmail.com](mailto:bridgeofflowers10k@gmail.com).

#### **The Sharon Triathlon**

Sunday, August 14th, 8:00 AM

Sprint Triathlon: 1/2 Mile Swim, 12.3 Mile Bike, 4.4 Mile Run. Fastest bike course around with a shady and flat run around the lake and a signature post race BBQ. Sharon Town Beach, Massapoag Lake, 180 Pond Street, Sharon, MA.

Contact: Tim Richmond,

[race\\_info@maxperformanceonline.com](mailto:race_info@maxperformanceonline.com).

#### **Marshfield Road Runners 20K**

Sunday, August 28th, 9:00 AM

Scenic, hilly and challenging 20K. A classic race by runners for runners. Marshfield High School, 167 Forest Street, Marshfield. <http://www.marshfield.net/roadrunners/>.

### September

#### **Run to the Rock 5K, 10K, & 1/2 Marathon**

Saturday, September 10th, 9:00 AM

17th Annual race benefitting the Boys and Girls Club of Plymouth. Three different race courses: 5K at Cordage Park, 10K at Boys & Girls Club, 1/2 Marathon at Seacoast Imaging. Plymouth, MA. Contact: Anne Marie Winchester, 508-746-6070, [runtotherock@hotmail.com](mailto:runtotherock@hotmail.com).

#### **Rugged Maniac 5K**

Saturday, September 24th, 9:00 AM

5K obstacle race designed by Navy SEALs, with live music, food and beer. Motocross 338, 46 Powder Mill Road, Southwick, MA. Contact: Rugged Maniac, [info@ruggedmaniac.com](mailto:info@ruggedmaniac.com).

#### **Eastern Bank Flutie 5K**

Sunday, September 25th, 11:05 AM

12th Annual run and walk to support the Doug Flutie, Jr. Foundation. MetroWest Medical Center/Leonard Morse Hospital, 67 Union Street, Natick, MA. Contact: Heather Hagerty, 617-699-6914 [heather@racedirectors.com](mailto:heather@racedirectors.com).

#### **Run Your Heart Out 5K**

Sunday, September 25th, 4:00 PM

This inaugural race is on a relatively flat course over paved streets with a few rolling hills. The event is designed to attract local singles who are looking to meet other singles, however runners/walkers of all types - married, single, or otherwise - are welcome! Singles take note - there will be extra surprises in store for all the single, unattached participants! Post-race party at J.P. Ryan's Tavern in Abington following the race. Abington Police Station, 215 Central St, Abington, MA. <http://www.colonialrunners.org/RunYourHeartOut.php>.

### October

#### **Reebok Canton Road Race**

Saturday, October 1st, 9:00 AM

Race includes both a 5K and 10K. Reebok World Headquarters, 104 Royal Street, Canton, MA. Contact: John Mortimer, 603-512-1976, [mort@millenniumrun.com](mailto:mort@millenniumrun.com).

#### **Run Around Hopkinton Marathon Relay**

Sunday, October 2nd, 9:00 AM

26.2 mile Relay Race run in teams of 2 - 6 individuals. Hopkinton High School, 88 Hayden Rowe, Hopkinton, MA. Contact: Kathleen Karpe, [Karpes@comcast.net](mailto:Karpes@comcast.net).

#### **Busa Bushwhack Trail Race**

Sunday, October 30th, 9:00 AM

8th Annual 10 mile or 5.3 mile trail race run on the natural trails of DCR's Callahan State Park. Brophy School, 575 Pleasant Street, Framingham, MA. Contact: Barry Ostrow, 774-244-2172, [barry@gfrcrun.org](mailto:barry@gfrcrun.org).

***To have your favorite race included in future issues, please contact Tom Malcolm at [tomsontrails@comcast.net](mailto:tomsontrails@comcast.net).***

# I'M A RUNNER

**John Tummon**

**Age: 49**

**Owner, Hopkinton Allied Trades  
Construction Company**



I had two heroes when I was a kid. One was Kip Keino, who was a world class middle distance runner. I loved watching the 1500m, but my lungs never seemed to keep me going whenever I ran any distance. Maybe being brought up in a house with a heavy smoker might have something to do with it, who knows?

I was essentially a sprinter and I LOVED it. For three years in a row I was captain of the relay team in my grade and each year we won gold in our school games. I ran anchor and I can vividly remember the excitement when the baton was handed to me. I went with my school to a meet in another part of Ireland to compete with some serious runners. When I got there my coach, Brother Justin, pulled me aside before the 100 yard sprint to inform me that one of the runners was a really tall kid who left everyone behind. He said "if you get silver I'll be delighted." He knew I was not used to losing so he did it to protect my feelings. It actually worked. The guy took off like a bullet and streaked ahead to win by a huge margin. I was OK afterwards. Before we left for the competition our coach announced that we had to fill a spot in the high jump event. I volunteered to enter for the fun of it so he trained me for a couple of days before we left. Guess who won the gold? The funny thing is, I was just as happy with my silver considering the field I was up against.

My other hero was Coleman O' Flaherty. He was one year ahead of me in school and to watch him run was amazing. He went on to run 100m at the age of 17 in 10.73 seconds, which is still an Irish schoolboy record today.

My biggest moment in my running career was at a provincial race meet that I was attending but not as a participant. There were also some races for the younger members so I had my running gear with me. My coach told me that a runner for the relay team of which Coleman O'Flaherty was the captain had not turned up and he asked me to step in. I could not believe my ears. I was to hand off the baton to the person I had idolized. My instructions were to just maintain my pace and if I could keep my opposition in the same position, I would be deemed a success. It was like slow motion as I powered down the stretch looking ahead to see Coleman waiting for the hand off. To say I was filled with joy watching our team win the gold that day is an understatement.

I wish my story continued this way, but alas, life has its own current. When I was 11, my mother was diagnosed and died very quickly of cancer. I was the second youngest of 11 children. Between leaving the guidance of a really good teacher/coach and my mother dying, I lost all interest in running and in taking care of myself in general.

During my early twenties I lived in England and while there, I befriended an Irish guy who took me out running a few times. We actually ran ten miles on one of those excursions. That would be it for 25 years regarding running.

In 1990 I set foot in the USA for the first time. Shortly after arriving I saw an ice hockey game and was amazed. Before long I was on skates. I worked with some guys from Cape Breton Island, Nova Scotia and they taught me a few things about stick handling. I played for 12 years and thoroughly enjoyed it. I can remember thinking I don't know how I could live without suiting up for a game each week.

# I'M A RUNNER

Between roofing and hockey I did a number on my back. It broke my heart but I had to stop playing hockey. I could not walk properly for two years. I had always been a decent swimmer, so I joined the YMCA in Westborough and slowly exercised by doing lengths, gradually building up to a mile. I entered a race in the Charles River four years ago. I was a nervous wreck but I finished in a respectable time.

*"I cannot imagine  
not running -  
I love it."*

In April 2009 on the day after the Boston Marathon, I made up my mind - I am going to run the marathon next year. I always dreamed of doing it as I knew it would be a serious act of self discipline. Standing at the line to begin the race was the goal. My first training session entailed a 1.25 mile run that ended with my hands on my knees bent over in exhaustion. I verbally uttered the words "I haven't a notion of doing ANY marathon!" I could not conceive how a body could endure such an endeavor.

12 months later I was standing in line at the start. What an amazing feeling. I was excited and itching for the race to begin. I wore a t-shirt made by my grand kids. I had all their names on it and also a big PAPA on the front and back. Two times during the run I had to hold back tears from happiness and a sense of being overwhelmed. All I kept hearing was "Go Papa!!!" as I ran along the roads. Entering downtown Boston and turning onto Boylston Street filled my heart with so much joy. I had no idea what time I ran. I got into the car and made a call to my daughter and she told me I had run a 3:56. The work and training had paid off.

After two and a half years of running I can finally say to myself - "I am a runner." What a nice feeling. I have since run two more Marathons (Detroit and Providence) and I am signed up for the Dublin Marathon this fall.

A huge part of my progress has been the Hopkinton Running Club and all the help I have received. I believe the world is run by volunteers and for that I have a lot of gratitude.

My schedule right now is a long run on Saturday, speed work on Tuesday, and Maureen's Nine Milers each Thursday. My runs are always followed by a half mile swim in the Ashland reservoir. On Monday, Wednesday, and Friday I meet up with the Landry's Triathlon Club for a mile swim. Both my runs and swims begin at 6:00 AM, so it is a great start to each day.

I cannot imagine not running - I love it. Of course if you ran beside me, you might think it strange as I breathe really hard and do not have the ability to chat like a lot of the other members while out on the road. That might change, but I will have to keep running to find out.

# AUGUST 2011

## SCHEDULE OF EVENTS

| SUN                           | MON | TUE                            | WED | THU                                          | FRI | SAT                                                              |
|-------------------------------|-----|--------------------------------|-----|----------------------------------------------|-----|------------------------------------------------------------------|
|                               | 1   | 2                              | 3   | 4                                            | 5   | 6<br>7:30 AM<br>Group Run                                        |
| 7                             | 8   | 9<br>6:00 AM<br>Speed workout  | 10  | 11 5:50 AM<br>9-miler and 6:00<br>PM Pub Run | 12  | 13 4:00 PM<br>Dalmata Hosted<br>Run and Bridge<br>of Flowers 10K |
| 14<br>The Sharon<br>Triathlon | 15  | 16<br>6:00 AM<br>Speed workout | 17  | 18 5:50 AM<br>9-miler and 6:00<br>PM Pub Run | 19  | 20<br>7:30 AM<br>Group Run                                       |
| 21                            | 22  | 23<br>6:00 AM<br>Speed workout | 24  | 25 5:50 AM<br>9-miler and 6:00<br>PM Pub Run | 26  | 27<br>7:30 AM<br>Group Run                                       |
| 28                            | 29  | 30<br>6:00 AM<br>Speed workout | 31  |                                              |     |                                                                  |

# SEPTEMBER 2011

| SUN                                          | MON | TUE                            | WED | THU                                                        | FRI | SAT                                                       |
|----------------------------------------------|-----|--------------------------------|-----|------------------------------------------------------------|-----|-----------------------------------------------------------|
|                                              |     |                                |     | 1                                                          | 2   | 3<br>7:30 AM<br>Group Run                                 |
| 4                                            | 5   | 6<br>6:00 AM<br>Speed workout  | 7   | 8 5:50 AM<br>9-miler and<br>6:00 PM Pub<br>Run             | 9   | 10 7:30 AM<br>Group Run and<br>Run to the<br>Rock Race    |
| 11                                           | 12  | 13<br>6:00 AM<br>Speed workout | 14  | 15 5:50 AM<br>9-miler and<br>6:00 PM Pub<br>Run            | 19  | 17<br>7:30 AM<br>Group Run                                |
| 18                                           | 19  | 20<br>6:00 AM<br>Speed workout | 21  | 22 9-miler,<br>Pub Run, Mara-<br>thon Sports Five<br>Miler | 23  | 24 7:30 AM<br>Maher Hosted<br>Run and Rugged<br>Maniac 5K |
| 25 Flutie 5K<br>and Run Your<br>Heart Out 5K | 26  | 27<br>6:00 AM<br>Speed workout | 28  | 29 5:50 AM<br>9-miler and<br>6:00 PM Pub<br>Run            | 30  |                                                           |

- Each Saturday, 7:30 AM: HRC group run; meet across from Town Hall at 15 Main Street (corner of Main & Church Streets) in Downtown Hopkinton
- Each Tuesday, 6:00 AM: Speed workout at the Hopkinton High School
- Each Thursday, 5:50 AM: Maureen's 9-miler
- Each Thursday, 6:00 PM: Pub Run from Cornell's
- 8/13: Dalmata Hosted Run
- 8/13: Bridge of Flowers 10K
- 8/14: The Sharon Triathlon
- 8/28: Marshfield Road Runners 20K
- 9/10: Run to the Rock 5K, 10K, and 1/2 Marathon
- 9/24: Maher Hosted Run
- 9/24: Rugged Maniac 5K
- 9/25: Flutie 5K
- 9/25: Run Your Heart Out 5K
- 10/1: Canton Road Race
- 10/2: Run Around Hopkinton Marathon Relay
- 10/30: Busa Bushwhack Trail Race