

# MILE BY MILE

## Run Around Hopkinton Relay

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**Dates to Remember:**

- 2/5: HRC Holiday Party
- 2/7: Newburyport Rotary Frigid Fiver
- 2/14: Paddy Kelly 5-mile road race
- 2/21: Indoor Micro Triathlon
- 2/21: Old Fashioned 10 miler and flat 5K
- 2/27: Chipmunk Run for ALS
- 3/7: Stu's 30K
- 3/20: Dara Dalmata's hosted run
- 3/21: New Bedford Half Marathon
- 3/21: Run to the Beach 30K
- 3/28: 21 mile Boston Marathon training run
- 4/10: Tri-Valley Front Runners Boston Tune-Up 15K

**SAVE THE DATE AND VOLUNTEER TO "RUN AROUND"**

The Hopkinton Running Club will be hosting the Run Around Hopkinton Relay this Fall on Sunday, October 3. 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.

This year's 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.

If you are interested in joining our committee to help plan this great event, please visit <http://tinyurl.com/yd6bbep> to complete our volunteer form. Thanks in advance!

## HRC Annual Holiday Party



**HRC Annual Holiday Party**

Friday, February 5th, 6:30-11:00 PM  
Woodville Rod & Gun Club, Hopkinton

Join your fellow HRC members at our annual holiday party and Festivus celebration, complete with the Feats of Strength, the Airing of Grievances, and of course singing and dancing around the Festivus pole! We'll have food, drink, and the rockin-est sounds around - so bring those dancing shoes and come on out. The event is free for HRC members and \$10 for spouses or other guests. **If you plan to attend but have not RSVP'd, email Laura ASAP at [laurabmckenzie@yahoo.com](mailto:laurabmckenzie@yahoo.com).**

## 21 MILE BOSTON MARATHON ON-COURSE TRAINING RUN

Save the date! The HRC's annual marathon training run is scheduled for Sunday, March 28th. If you are training for Boston, you don't want to miss this run. After stashing a bag of warm clothing on a chartered bus at the Hopkinton Common, you'll run to the 21 mile mark of the course (just after Heartbreak Hill). Along the way will be four aid stations with Gatorade, water, jelly beans, Hammer Gel, and smiling faces to cheer you on. At the finish, you can change into your dry clothes and enjoy some refreshments while you relax on the bus ride back to Hopkinton. Stephanie Whelan will be coordinating the run again this year and needs volunteers to man the aid stations and help with runner check in at the start and finish. If you're interested in volunteering, please contact her at [stephaniewhelan@msn.com](mailto:stephaniewhelan@msn.com). If you're interested in running, HRC members get first dibs to participate in the run, so keep your eyes open for a note within a couple of weeks. About a week later, non-HRC members will have the opportunity to sign up. The run has grown each year and has sold out for the past couple of years...don't wait to sign up!

## MEMBERSHIP NEWS

### Please welcome our newest members:

Nate Brese  
 Tim Doiron  
 Christina Erickson  
 Leah Kadesch  
 Rick LaMonica  
 Joyce Michel  
 Liz Ricketson  
 Bob Ronan  
 Sally-Ann Segars  
 Eileen Warren

### Annual Membership Fees Due!

The club's membership year runs from April 1st through March 31st, so it will soon be time to renew your membership! You can do this in one of two ways:

**Online:** Go to [www.runhopkinton.org](http://www.runhopkinton.org) and click on "membership." You'll be assessed a small service fee, but it's easy and you save yourself a stamp! This is the preferred method!

**By mail:** Send a check for \$20 (single) or \$35 (couples) payable to "Hopkinton Running Club" and mail it to Stephanie Whelan, 15 Valleywood Road, Hopkinton, MA 01748.

If this is your first year of membership in the club and you joined *on or after October 1st, 2009*, you do not need to renew -- your membership will run through March 31, 2011. Any questions, please contact Stephanie at [stephaniewhelan@msn.com](mailto:stephaniewhelan@msn.com).

## 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 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. You can also receive email notification of the weekly workout, by joining our online Ning site.\*

### 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).

\* For instructions on how to register on Ning, contact Stephanie Whelan at [stephaniewhelan@msn.com](mailto:stephaniewhelan@msn.com).

## 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 Fun Runs

### Tumbleton Irish Coffee Run

On Sunday, January 31st Keiron and Maureen Tumbleton hosted their annual Irish Coffee Run at their home on Hayden Rowe in Hop-



kinton. Over 40 HRC members and their children joined the festivities and a great time was had by all at this family-friendly get-together. The Tumbletons offered a 4.8 and a 6.2 mile route. After the run, everyone enjoyed Keiron's famous Irish Coffee as a reward for their hard work. In addition, many members brought appetizers and desserts for the group to enjoy, making for a huge spread! Thanks Maureen and Keiron for a great event!



## Future Hosted Runs - Don't Miss Out!

**Saturday, March 20th, 7:30 AM**

Breakfast Run

Hosted by Dara Dalmata

177 Saddle Hill Road, Hopkinton

Dara will be offering 5, 8, and 12-mile routes. After the run, enjoy socializing and a breakfast spread, including Dara's Stuffed French Toast.

Hosted Run Volunteers Needed!

Help keep the fun tradition alive! We are looking for HRC members who are interested in offering a fun alternative to our weekly run from Main Street. The HRC will reimburse club members \$25 for a breakfast run to cover costs incurred. If you are interested in hosting a future club run please contact Tom Malcolm at [tomsontrails@comcast.net](mailto:tomsontrails@comcast.net).

## Race Reports

### Jingle Bell 5K

*By Dara Dalmata*

On Sunday, December 13th, I ran the Jingle Bell 5K in Somerville. Despite the fact that this annual run attracted over 4,200 runners, it was very well organized and did not seem overly crowded. I would highly recommend this race to anyone looking to run a fun race with friends. As you can see from the photo to the right, the majority of the participants got in the holiday spirit and dressed up in a variety of fun costumes. To encourage this, the race directors gave out prizes to the best costumes and even provided mini jingle bells when you picked up your race number to wear during the race. Among some of the most creative costumes my friend Laura and I saw were a Gingerbread Man (full head to toe costume) and a Santa with a sleigh around him with his eight reindeer attached and running in front of him! There is even a cash prize to the top three men finishers who are wearing full Santa Clause costumes and the top three women finishers wearing full Elf costumes. In addition to the fun atmosphere, the race course itself was great. It was a pretty flat course, with only minor hills and they used the D-tag system with mats at both the start and the finish. After the race, a variety of local bars and pubs around Davis Square had after-parties to help the participants celebrate.



## Race Reports

### 1st Run Lowell

By Maureen Tumbleton

On New Years day, HRC members Steve Levandosky, Lisa English, Bob Ronan, and I ran the 1<sup>st</sup> Run in Lowell. The 1<sup>st</sup> Run offered a 5K and a 10K, but all four of us opted for the 10K. What a great race! If you pre-registered, the cost was \$20 and included a long sleeve technical shirt, a technical cap, runner's name printed on the bib number, and D tag timing mats at the start, halfway point, and finish. Beautiful finisher's medals were presented at the end along with Mylar blankets, free beer for the runners, and plenty of food and music. The race organizers even emailed the race results to all of the runners. The course was mostly flat and was a two loop of a 5K course which mentally was tough but a fun race. Great way to start the New Year with a great race with great running friends!



### Boston Prep 16 miler

#### The Hardest Race You'll Ever Love

By Steve Branch

On Sunday, January 24, 2010, a handful from the HRC trekked up to Derry, NH to run the 15<sup>th</sup> annual "Boston Prep 16 Miler." The race is advertised as perfect for those training for the Boston Marathon (or any spring marathon), and "... a tremendous racing challenge in itself." Both very true.



The weather cooperated this year. There was almost no wind with temps about 30 to 35 degrees - darn right balmy for New Hampshire in late January! The sun even came out at times. Keiron Tumbleton won this race several years prior in near zero degrees and a blizzard, so we were lucky this year.

Most of the race is on back country roads and through quiet neighborhoods with minimal traffic. The scenery is beautiful and uniquely New Hampshire. The race website (<http://www.gdrc.org/bostonprep.php>) describes the course as "Moderately Challenging." I suppose whoever came up with that rating would describe a Mt. Everest ascent without supplemental oxygen as "Moderately Challenging," too, because this course is tough! There are hills throughout...both up and down...some big, some small, with rollers in between. By design, some of the toughest hills are at about the same relative point in the race as the Newton hills are in the Boston Marathon (70%).

If you run this race in the future, I encourage you to study the elevation map on the website so you'll know what to expect. But we train in Hopkinton, so we're used to this terrain! Here are a few local training roads to get you ready: Ash, Wilson, Granite, Winter, West Elm, Pond, Greenwood, and the first couple miles of the marathon (reverse direction of course). The finish is very fast because the last three miles are almost entirely downhill. A good landmark to look for is a tall radio tower at the top of the last hill.



The race was exceptionally well organized with great volunteers. There were several water stops with both water and Gatorade, and a person at every turn. The start/finish accommodations were great, and the post-race food (hot soups, bagels, pizza, fruit, cookies, etc.) was plentiful for those who wanted it. My stomach wasn't ready for the chili after the race, but it seemed to be very popular! The etched-glass bottled syrup trophies (see picture) were very unique and classy. I need to hide it from my kids to keep them from putting the \$20 syrup on their 20-cent Eggs!

The field totaled about 750 runners, so most everyone had company the entire way. A great race, and I highly recommend it if you're up for the challenge. Be sure to register early because the race filled up weeks before.

## AlterG Anti-Gravity treadmill at Hopkinton Physical Therapy

By Dara Dalmata

By now, many of you may have heard about the AlterG Anti-Gravity Treadmill, an amazing piece of equipment that allows you to run or walk at a fraction of your body weight. Typically, runners suffering from stress fractures or other weight-bearing injuries are forced to take prolonged periods of time off. But with the AlterG Treadmill, injured runners can run at a lower percentage of their body weight in order to continue to log miles while recovering from these injuries.

James Casady, HRC member and owner/head physical therapist at Ashland/Hopkinton Physical Therapy, recently invested in an AlterG Treadmill and is now utilizing it to help his patients and local runners rehab from injuries. The treadmill is housed at his newest location at 87 Elm Street in Hopkinton, and is one of only two of its kind in the New England region (the other treadmill is located in Rhode Island). So I visited James a few weeks ago to find out more information about this unique equipment that is in our backyard and to try it out myself.



My experience began by slipping on a special pair of neoprene shorts similar to spandex shorts you would wear to ride a bike. The exception is that these shorts include a zipper that secures you into a pressurized airtight enclosure, which is suspended over the treadmill surface. Once strapped into the device, the treadmill takes about 30 seconds to calibrate and pressurize and then you simply increase the speed just like any other treadmill. Once I was at a comfortable running speed, James adjusted the pressure in the enclosure so that I could experience running at different percentages of my body weight. He started out at 85% of my body weight and went all the way down to 50%, although the treadmill has the ability to reduce the weight of an individual by as much as 80%. It was really amazing to be able to run without the harsh impact that running takes on your body. I can see how it would help runners who are either rehabbing from an injury or simply want to log some miles without the impact.

The power of the AlterG's effectiveness can be seen when you consider the fact that many elite distance runners use the treadmill to recover from injuries or to log a few runs a week to reduce the stress on their body. In fact, Dathan Ritzenhein even won the 2008 US Cross Country Championship after six weeks of running exclusively on the AlterG.

According to James, "this is going to be a great tool not only for injured runners looking to keep training, but also healthy runners looking to avoid injury. One run per week allows your body to recover while still getting some miles in."

### **Patient Testimonial by Stephanie Whelan**

I hadn't been able to run for 4 weeks due to a back injury when I tried out the AlterG for the first time. After putting on the neoprene shorts/"skirt," I zipped myself into the treadmill and got some instructions from the PT's, Janet and Chris. I warmed up by walking for a few minutes at 85% of my body weight before breaking into a slow run at about 70% of my body weight. At first I felt as though I was moving from side to side, which was an odd feeling, but that went away as I sped up. Over the next few minutes, I increased my speed while adjusting the AlterG to between 50 and 60% of my body weight. The sensation you get as you lower the amount of body weight you're running at is like you're being lifted up, but your feet are staying on the treadmill. You kind of feel like your body is being elongated. The great thing is that the typical pounding you feel while running diminishes considerably as you "lose weight." I didn't have to alter my stride at all...it just felt like normal running but with a lot less pounding. As I cooled down and gradually increased the body weight at which I was running, that's when I really got how this piece of equipment works and why it's such a great tool for people who are coming back from an injury or trying to minimize the effects of overtraining...when I was running at my normal body weight (or close to it), I could really feel the effects of the impact.

While James and his team are utilizing the treadmill to help rehab their patients, they are also making it available to the local running community by allowing individuals to rent 1/2 hour or hour time slots for \$25 or \$50, respectively. As a Hopkinton Running Club member, however, you can take advantage of special reduced rates of \$20 per 1/2 hour or \$40 per hour. If you are unsure whether the AlterG is for you, James invites you to take advantage of a free 10 minute session to try it out. For more information or to schedule an appointment, call 508-544-1540.

## Upcoming Races

### February

#### 17th Annual Newburyport Rotary Frigid Fiver

Sunday, February 7th, 12:00 PM

The Bresnahan School, 333 High Street, Newburyport.  
Prizes to top 3 overall male and female; Contact: Joseph Sullivan, 978-462-7076; [jpslawoffice@yahoo.com](mailto:jpslawoffice@yahoo.com)

#### 29th Annual Paddy Kelly 5-mile road race

Sunday, February 14th, 11:00 AM

Harry's Westgate Pub and Grill, 65 Westgate Drive, Brockton; Flat, fast course over paved, traffic-free roads through scenic DW Field Park; <http://colonialrunners.org/PaddyKelly.php>

#### Indoor Annual Micro Triathlon

Sunday, February 21st, 7:00 AM

Invensys Foxboro Branch, 67 Mechanic Street, Foxboro; 300 yard swim, 20 minute bike (spin bike), 1 mile run (indoor track); Contact: Kimberly Cohen, 508-772-1310, [kimberlyc@hockymca.org](mailto:kimberlyc@hockymca.org)

#### Old Fashioned 10 miler and flat 5K

Sunday, February 21st, 11:00 AM

Invensys Company, Neponset St, Foxboro, MA; 15th annual event, gift bag to all preregistered runners, rolling courses; <http://www.oftmrace.org/>

#### 4th Annual Chipmunk Run for ALS

Saturday, February 27th, 10:00 AM

Nipmuc Regional High School, 90 Pleasant Street Upton; 5K fun run/walk on a flat and fast course with prizes, refreshments and t-shirts; contact: Conor Rielly, 508-529-6109, [conor.rielly@yahoo.com](mailto:conor.rielly@yahoo.com)

### March

#### 31st Annual Stu's 30k and Relay Road Race

Sunday, March 7th, 11:00 AM

Clinton Middle School, 100 West Boylston Street, Clinton; very hilly loop on paved roads around Wachusett Reservoir; contact: Evelyn Dolan, 978-342-4080, [stus30K@verizon.net](mailto:stus30K@verizon.net)

#### New Bedford Half Marathon

Sunday, March 21st, 11:00 AM

YMCA, corner of Water St. & Union St, New Bedford; contact: 508-993-1774, [Dan\\_P\\_McCarthy@yahoo.com](mailto:Dan_P_McCarthy@yahoo.com)

#### Run to the Beach 30K

Sunday, March 21st, 10:00 AM

VFW, 33 Park Street, North Andover; FREE, organized training run. Miles marked, 3 water stops, point to point) Contact: David P. LaBrode, 978-373-3408, [ickylab-rode@verizon.net](mailto:ickylab-rode@verizon.net)

### April

#### Tri-Valley Front Runners Boston Tune-Up 15K

Saturday, April 10th, 10:00 AM

Nipmuc Regional High School, 90 Pleasant Street Upton, MA; contact: Frank Nealon, 508-473-4260, [gat-las@comcast.net](mailto:gat-las@comcast.net)

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

*“Running has never failed to give me great end results,  
and that’s why I keep coming back for more!”*

*Sasha Azevedo*

# I'M A RUNNER

**Kathleen Karpe, age 47**

**Husband: Blake**

**Children: Alexandra (13), Mitch (10)**

**Occupation: Business Analyst for a Technology Company**



Kathleen (right) with Laura and "Wally" at the Pan Mass Challenge.

Laura McKenzie and I were approached by a former member of the Hopkinton Athletic Association (HAA), suggesting we start a running club in town. The HAA knew we were runners but that we were also 'social butterflies' -- a perfect combination to help start a running club! We agreed that one of the main goals of the club was to try to make everyone feel like they 'belong': From new/beginners to seasoned runners (i.e., "A Place for Every Pace"). We also wanted the club to take on various charity or community initiatives. We put an ad in the newspaper and held a meeting for all prospective members. We had a great turnout! From that point on, we consistently ran on Saturday mornings at 7:30. The energy of the club was incredible...it just took off with many people taking on specific tasks accomplishing some amazing things: The Timlin Race, Run Around Hopkinton Relay, speed workouts, marathoners (who never thought they could ever run one!), purchasing treadmills for the Middle School, Reach the Beach, members motivating and supporting other members, and the list goes on and on.

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Jokingly, I always say, "For me, it's either running or Paxil." On some level, this is true. Running is a great way to start my day - it makes me feel more grounded and prepared to take on the day.

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I love running on trails, it has such a different emotional 'feel' from the roads. For me, every aspect of trail running is more relaxed, especially the trail running community. About 6 years ago, the club had a few trail runs at Upton State Park. Andy Welzel, Laura, and I got lost on the trails and ended up about 10 miles out. Since then, I've been hooked on the trails!

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Although my husband works out quite often, he definitely doesn't 'get' this running thing, especially the Reach the Beach road trips or that crazy-hot "100 on 100" in the dead of summer!. I'll bet he's in the majority.

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What kids can say their mother has slept in a van with sweaty men on several different occasions? But, they have experienced my crazy running expeditions since they were born. To them, this is 'what a mother does'!

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# I'M A RUNNER

This year, I had the opportunity to help out with the Hopkinton Middle School Cross Country team. My daughter was part of the team, and I loved running with the kids (when I could keep up with them). Each time they crossed the finish line or completed a training run they were exhausted, having a blast, so proud...and ready to do it again! As adult runners, I think we all have experienced these feelings and emotions. This is what I love about running and hope I never lose!

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*“The energy of the club was incredible...it just took off .”*

My running routine varies depending on what I'm training for. However, I always prefer to run with friends, regardless of my training routine. My challenge comes in the winter. We ski every weekend in VT from January through March. My legs are pretty spent by the time Monday rolls around....but I just do the best I can with my running during these months.

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I have run 6 road marathons and 3 trail marathons. I am currently training for Vermont City.

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The most challenging run ever was this past year's 100 on 100 in Vermont. We had a team of six, mostly from the HRC. We also had one very youthful teammate known as "Baby on Board (B.O.B.)" who will go unnamed. It was extremely hot and humid throughout the entire 100 mile distance. At one point, I declared to my teammates, "I think my organs shut down." We had a lot of laughs but shed a lot of sweat and tears, too!

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If I could offer one bit of advice to anyone it's that you should never take anything for granted. Keep the running going for as long as you're able, one never knows what the next day will bring. And, cherish the gift you have of being able to get out there every day. You don't have to be the best runner, but let running bring out the best in you!

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# FEBRUARY 2010

## SCHEDULE OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 6:00 AM Speed workout	3	4	5 7:00 PM HRC Holiday Party	6 7:30 AM Group Run
7 12:00 PM Frigid Fiver	8	9 6:00 AM Speed workout	10	11	12	13 7:30 AM Group Run
14 11:00 AM Paddy Kelly 5 mile race	15	16 6:00 AM Speed workout	17	18	19	20 7:30 AM Group Run
21	22	23 6:00 AM Speed workout	24	25	26	27 Chipmunk Run and HRC Group Run
28						

- 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
- 2/5: HRC Holiday Party
- 2/7: Newburyport Rotary Frigid Fiver
- 2/14: Paddy Kelly 5-mile road race

# MARCH 2010

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 6:00 AM Speed workout	3	4	5	6 7:30 AM Group Run
7 11:00 AM Stus 30K	8	9 6:00 AM Speed workout	10	11	12	13 7:30 AM Group Run
14	15	16 6:00 AM Speed workout	17	18	19	20 Dara Dalmata's hosted run
21 New Bed- ford Half & Run to the Beach 30K	22	23 6:00 AM Speed workout	24	25	26	27 7:30 AM Group Run
28 Boston Marathon training run	29	30 6:00 AM Speed workout	31			

- 2/21: Indoor Micro Tri-athlon
- 2/21: Old Fashioned 10 miler and flat 5K
- 2/27: Chipmunk Run for ALS
- 3/7: Stu's 30K
- 3/20: Dara Dalmata's hosted run
- 3/21: New Bedford Half Marathon
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