

MILE BY MILE

HRC Club Meeting

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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 Monday, 5:50 AM: Maureen's 9-miler
- Each Tuesday, 6:00 AM: Speed workout at the Hopkinton High School
- 1/7: Lisa English Hosted Run
- 1/14: Marathon Trials viewing party and fun run
- 1/19: Race planning committee meeting
- 2/4: HRC Holiday Party
- 2/12: Tumbleton Irish Coffee hosted run

On Saturday, November 19th the HRC hosted a club meeting at the MetroWest YMCA. Members met at either 7:00 or 7:30 AM to run one of three running routes offered and then gathered at the YMCA's Hayes Lodge for some refreshments and the club meeting.

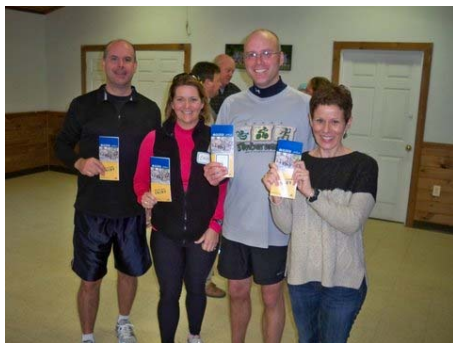
On the meeting agenda was a \$3,000 check presentation from the Tyler J. Lary Memorial Fund to the MetroWest YMCA. The money was raised from the Run Around Marathon Hopkinton Relay in October and the donation will be used to fund camp scholarships for underprivileged youth to attend summer camp at the Hopkinton camp site.

Board members also reviewed open volunteer roles and discussed ideas for new activities and positions. Club members had the opportunity to sign up for various roles including event committees, club communication and administration, and training.

There was a lot of energy at the meeting with many members excited to step up and assist with club duties. Some of our new committees and initiatives being led by our members include a race planning committee, casual runners group and race series. Given the new club committees and leadership roles assigned, the board is currently reviewing the club's structure and will be finalizing the new board structure shortly. We are always looking for more volunteers to assist with various committees and projects. If you are interested in learning about how to get more involved with the HRC, please contact Dara Dalmata at daraportfield@hotmail.com.



HRC club members present a check to the MetroWest YMCA. From left: MetroWest YMCA Board Member Diego Betancourt, Vickie Lary of the Tyler J. Lary Memorial Fund, MetroWest YMCA Director John Barclay and HRC members Laura McKenzie, Kathleen Karpe and Karen O'Neil.



Boston Marathon Lottery winners. From left: Dan O'Hayre, Erin Mahoney, Tim Maclachlan, Liz Ricketson.

The annual Boston Marathon lottery drawing was also held at the meeting to select the members who will receive one of the five numbers the HRC is given for the 2012 Boston Marathon. Congratulations to our five Boston Marathon lottery winners: Erin Mahoney, Tim Maclachlan, Dan O'Hayre, Liz Ricketson, Jessica Zent. Three alternates were also selected in the case that one or more of our winners is unable to utilize their number. The alternates are Maureen Holmes, Tom Malcolm, and Dave Pete.

CLUB NEWS

HRC HOLIDAY PARTY



Every year the Hopkinton Running Club organizes a fun Holiday Party after the craziness of the actual holiday season has passed. This year, a brand new Holiday Party planning committee has been established and is working hard to create a fun theme and atmosphere for all to enjoy. So save-the-date, confirm a babysitter, and plan to attend the 2012 Holiday Party to reconnect with old and new HRC members and enjoy a fun night out.

The event is scheduled for **Saturday, February 4th from 7:00-10:00 PM** at Marathon Restaurant, 25 Hayward Street in Hopkinton. The HRC will provide light appetizers and pizza for guests to enjoy and a cash bar will be available. Attendance is free for HRC members and \$10 for non-member guests who may pay at the door.

To RSVP, please email Dara Dalmata at daraporterfield@hotmail.com by Friday, January 27th with the name of all of your guests. We hope to see you there!

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.

Monday morning 9-miler

This group meets at 5:50 AM every Monday 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 maureentumbleton@yahoo.com.

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 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.*

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.

* For Ning registration instructions, contact Dara at daraporterfield@hotmail.com.

NEW MEMBERS

Please welcome our newest members:

Frank Ariello

Kathy Avitabile

Francie Chase

John Freeman

Murielle Gerard

Beth Graubart

Mary Holden

Todd McCoy

Patricia McSweeney

Karen Niss

Courtney O'Leary-Lima

Lauren Sischo

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

HRC RACE PLANNING

At the recent HRC meeting, club members had the opportunity to sign up to help plan the 2012 HRC-sponsored races. The Run Around Hopkinton Relay committee has already met once to begin the planning process and is off to a great start. This event has become a great tradition over the past three years and the committee is a passionate group of runners who want to continue to grow the event while having fun as a group doing it.

We are looking for additional volunteers to serve on the committee to help make this event the best to date. Some of the areas we need assistance are fundraising, contacting local businesses, spreading awareness, coordinating with area running clubs, and day of logistics. The group plans to meet monthly on Thursday evenings and the next meeting is January 19th, time and location TBD. Even if you are not sure you can attend every meeting or may be away during the relay, you can still be a valuable asset to the committee. If you are interested in joining the committee or learning more, please email Yesim Erez at yesimerez@hotmail.com.

Special thanks to Lisa English, Yesim Erez, Jake Gronemeyer, Kathleen Karpe, Mike Kelly, Erin Mahoney, Laura McKenzie, Jonathan Meltzer, Karen Oleski, Karen O'Neil, Liz Ricketson, Fikret Su, and Paul Wilkinson who have already offered to sit on the RAHR committee.

An additional HRC-sponsored race is the Sharon Timlin Memorial 5K Race. If you would be interested in learning more about how to get involved on the race's planning committee, please contact Abbie Rosenberg at angelabbie@aol.com.

Save Your Body and Love of Running by Cross-Training

By Erin Mahoney and Yesim Erez

They say that injuries are rights of passage for all runners. Have you ever run with pain? Had to take unwanted time off because of overworked muscles or joint strain? Protect your body by building strength, agility and flexibility through cross-training. Runners often just run, which is incredibly taxing on the body. Cross-training keeps your body healthy, reduces your risk of injury and keeps your workouts fresh! Runners that mix up their workouts run faster, longer and healthier!!

If you have a desire to mix it up and want to strengthen your running without spending the long winter outdoors logging miles, do what running club members Erin Mahoney and Yesim Erez do - take a bootcamp class! Move the workouts indoors and prepare to sweat!

Bootcamp is a challenging 60 minute class that works your whole body. Pull a sled with weights, do box jumps, work your core, and utilize your own body weight to lift and resist. Sprinkle in cardio segments of running, jumping jacks and plyometric work and you have an intense hour that will improve your running! Every class ends with stretching, which is a key element to healthy running. This format allows runners to put something new and fun into their routine while helping their bodies strengthen, lengthen and recover from the actual run.

A local option for a great bootcamp experience is offered at Athletic Based Training, which offers classes in both Holliston and Milford. HRC runners are encouraged to form small groups for a more personal experience and Erin will design a program specifically for runners to improve your running by training in areas that often lack strength and power. These workouts target the muscle groups that are most commonly fatigued and overworked during or as a result of running. Sessions focus on core strength, lower body power, upper body training utilizing your own body weight, and lengthening through yoga-style stretching. Runners gain balance and strength, which when combined can greatly improve results on race day!

If you are interested in attending a bootcamp class or putting together a small group (3 to 5 people) for personal training designed for runners, send an email to Erin at abt.erin@yahoo.com or call (781) 367-6163. Your first class at Athletic Based Training is always free!

Recent Hosted Runs and Group Events

Liz Ricketson Hosted Run

On Saturday, December 3rd, Liz Ricketson hosted a morning run from their home in Holliston. More than 25 HRC members attended and ran one of three routes offered ranging from just over three miles to seven miles. Liz provided jingle bells for runners to wear and many members came dressed in holiday gear and festive colors to kick-off the holiday season. After the run, members enjoyed socializing and a variety of breakfast goodies in Liz's kitchen.



Andy Welzel Memorial Walk

On Sunday, December 18th a group of HRC members met at Ashland State Park to walk in memory of Andy Welzel. Andy was one of the original members of the HRC who passed away in 2006 from pancreatic cancer. Walking through the park was a fitting tribute to Andy who had a love for the trails.

New Year's Eve Soup Run

On Saturday, January 31st, HRC members got a jump start on their New Year's resolutions at the club's annual New Year's Eve Soup Run at Cornell's Pub. Members arrived at 3:00 PM for a four mile fun run and then convened back at Cornell's for some socializing with club members, beer compliments of the HRC and a variety of appetizers and dishes brought by members. A big thank you goes out to MaryJane Ehrenzeller for organizing the party this year!



New Year's Day "Boston Marathon" run

At 6:00 AM on New Year's Day, 10 HRC members kicked off 2012 by joining approximately 30 runners at the 8th Annual New Year's Boston Marathon. The run was started by Gary Allen, race director for the Mount Desert Island Marathon, who began the tradition eight years ago while staying in Boston with his family. He wanted to get in a long run and decided to simply run the Boston Marathon course. Today, runners now toe the faded starting line in Hopkinton with Gary and enjoy running all or part of the marathon route along essentially deserted roads. Those who represented the HRC that morning and ran the first 13.1 miles of the course included Will Brown, Ilana and James Casady, Dara Dalmata, Lisa English, Dave Krueger, Peter LaGoy, Joe Markey, Jonathan Meltzer, and Jon Schwartz.

Upcoming Hosted Club Runs - save the date!!

Lisa and John English's Hosted Run

Saturday, January 7, 2012

7:00 - 9:00 AM

5 Tammer Lane, Hopkinton

Get your New Years running resolutions off to a good start by joining us at a hosted run at Lisa and John's house. Enjoy cobbler and hot chocolate after your run. Several mostly flat routes available, with a 1.2 mile run/walk loop for anyone who wants a shorter distance. All new/returning/lapsed runners are encouraged to come.

Start times:

10 miles: 7:00 AM

5.5 miles: 7:30 AM

3.9 miles and 1 mile loops: 8:00 AM

Olympic Marathon Trials viewing party and fun run

Saturday, January 14, 2012

2:00 - 5:00 PM

665 Adams Street, Holliston



On Saturday, January 14, 2012, for the first time ever, the men's and women's Olympic Trials Marathon will be held on the same day and NBC will be broadcasting two hours of coverage from 3:00-5:00 PM. Join other HRC club members at Liz Ricketson's home to watch the coverage and participate in some marathon trials fun. A short run of four miles will be offered at 2:00

PM. After the run, unleash the elite runner within you and test your limits by attempting a 50 or 100 meter dash at Ryan Hall or Kara Goucher's marathon pace. Then head indoors to relax and eat while you watch the athletes glide through 26.2 miles at that grueling pace! Join us for the fun run, the elite marathon pace simulation or just come watch the race! Members are encouraged to bring an appetizer or beverage to share. To RSVP, email liz-bethart@hotmail.com by Monday, January 9th.

Keiron & Maureen Tumbleton's Annual Irish Coffee Run

Sunday, February 12, 2012

3:00 - 6:30 PM

49 Hayden Rowe, Hopkinton

Don't miss this annual hosted afternoon run! There will be a variety of running routes and distances offered. After the run, enjoy Keiron's famous Irish Coffee and a spread of goodies as a reward for your hard work.



Hosted runs are a fun way for club members to enjoy new scenery and socialize with friends and food following a run. If you would like to host an upcoming club run, please contact Mike Kelly at mkelly@brossi.com.

"Some people run a race to see who's the fastest, I run a race to see who has the most guts." Steve Prefontaine

RACE REPORTS

Stone Cat Trail Marathon

By Jerry Hughes

When 2010 came to a close, I felt like I needed a change so I turned to the dirt. I decided to run on trails more, do more trail races and return to a style of running/racing that I love to my core - trail running! I purchased some fancy new minimalist trail racing shoes (Inov-8 190s), left the concrete jungle and tore off into the woods like a released wild animal.

I LOVE trail running! Why? It's hard. It's better on my joints. It's primal. It adds an element of danger and risk. It's intense. It reminds me of my days racing mountain bikes. It is also nice to get away from pavement, cars and angry drivers. I entered Stone Cat as early as I could - it fills up very fast with its cult-like following. I truly enjoyed my journey getting ready for Stone Cat. My weekly training consisted of two long runs, a weekday 2-3 hour run, a weekend long run of the same distance but working in a faster finish, and two other runs (one easy and one tempo). I trained 100% on dirt.

Setting a time goal was a tough exercise for me. My road marathon PR is 3:13. The experts advise adding 1-2 minutes per mile to arrive at a trail marathon goal time - more if it's your first. I researched the results from Stone Cat for the past five years and looked up what I would need to get to be top 10-15 overall - this looked like in the range of 3:30-3:50. So, based on all this I set sub four hours as my baseline goal, sub 3:50 as being a good day and sub 3:40 for a breakthrough performance.

On race day, we arrived to the start (Willowdale State Forest in Ipswich) at 5:00 AM to give us plenty of time before the dark 6:15 AM start. The start was surreal. I had never started a running race in the dark before. There were so many headlamps! The race consisted of a 12.5 mile loop where the 50 milers did four loops and the marathoners did two. The 50 milers started right into the woods but because the loops were 12.5 miles, the marathoners had to do a brief little loop before entering the woods. This was good because it gave us time to get a faster mile under our belts (on road basically) and also it meant that we would be in the dark for less time in the woods.

From the get-go I got right into my goal pace. My well-rehearsed race plan was to do one hour at nine minute miles, one hour at 8:30's, one hour at 8:15's and then go for broke at three hours. I caught up with the 50 milers quickly (probably at mile 2-3ish). They were very nice and passing was not an issue. I was even able to pick out my sister-in-law Wendy Akeson (who went on to kick butt in her second 50 miler!) in the dark and give her a pat on the back.

At mile 3.5 on each loop there was a water crossing. This was not your typical trail race water crossing when being tall helps and I can usually just bound over it...oh NO....this was a long, cold, deep marsh that we slogged through - nearly up to my knees at places. The worst part about the water crossing was the mile following. It felt like your feet were gone and you were now running on stinging, bloody, raw stumps. Good times. It reminded me of rowing in high school when we started in the spring before the docks were put back and we had to walk the boats into the 35 degree water. *Side Note: Good thing I did the Tough Mudder at Mount Snow this year - jumping in and out into dumpsters full of ice water with snow guns aimed at your face made this fun!*

Hour one: I went a bit faster than I wanted - 8:50/mile average. I was ok with that given the fast first mile on the road.

Hour two: I had now settled into a comfy cruise and I was passing folks well. I was so happy when I passed the water crossing for the second and final time! (I laughed in my head when I thought about the poor souls that had to do that four times!) My pacing was perfect - hitting the 8:30/mile average target with ease. I did some quick math in my head and based on how I was feeling, I was jacked!

Hour three: Well, remember "the plan?" Just empty the tank at three hours in - not so much. The miles and minutes ticked by...I could sense the legs getting ready to quit. Ok, in full disclosure, miles 24, 25 and 26 sucked. I'd love to lie and say my super-human Ironman fitness propelled me to sub-7's.....ha! I never did enough training in the 3+ hour range and now I was paying for it. My last two miles were over 10 minute miles! Oh well. At this point, I didn't care that much - I know my time was decent and I would be back to fight another day.



RACE REPORTS

There was a big open field before the finishing stretch - I broke into the grass and immediately saw Ally and the kids! With a smile ear to ear, I crossed the line in 3:46:46, securing a 12th place finish overall! It was a good day. Thank you Ally for bringing my family to the line.

I am definitely going to race this next year and train a bit differently. I did this race to also gauge my interest in trying a 50K or 50/100 miler someday. Happy to report that I am not interested at all. I'll stick to the short and fast stuff. 2011 turned out to be a good year after all - thanks to the dirt. It's not often that I finish a race looking like this:



Maratona d'Italia

By Courtney Zaharis

For me, the beginning of winter always marks the launch of a rigorous training program for the Boston Marathon. I'm lucky because, with the start line at my back door, I don't have to travel far to get to my destination. Qualifying and training for Boston have become a yearly tradition for me, so you can only imagine how disappointed I was last fall when, after having once again qualified in 2010, registration closed in a record eight hours!

At the time I wasn't too happy to be shut out of one of the most prestigious marathons in the country. The idea of living in Hopkinton and being sidelined while my friends donned their running shoes and lined up on race day was tough on me mentally. I wasn't even injured! Rather than stew over it, however, I decided to consider other marathons to challenge myself and keep me young at heart.

In recent years since hitting my late 40's, setting PRs has been an uphill battle. With my love for taking to the roads five days a week, there isn't a day I don't ache. I've had to make adjustments - albeit begrudgingly - to the intensity of my training to stay injury free. Experience has now taken precedence to out-running *Old Man Time* and beating the clock. Keeping that in mind, my goal was always to combine my passion for history and running in a European marathon to mark my 50th birthday. Thanks to my husband, Michael, who asked, "Why wait when you can do it now?" So, on October 1st, after training through the dog days of summer, we packed our bags and boarded a plane to Florence, Italy, the home of the Renaissance and birthplace of our modern world.

Needless to say, I would soon discover that, while I love the Boston Marathon, running abroad provided so much more for me both personally and physically! Florence was, I thought, the natural place in which to taper and "renew" before my marathon journey. Not accustomed initially to the congestion, large crowds, and traffic, I spent much of my taper period with Michael climbing the Duomo (400+ stairs to the Dome), touring the Accademia to visit Michelangelo's David, as well as the Uffizi Gallery, which houses some of the greatest paintings in the world! For a good portion of my vacation, I walked and hiked, drinking in the sites and sounds of a true historian's dream!

Just so I didn't forget "how to run," I threw on my sneakers a few times during my stay in Florence, with Michael leading the way on his bike. At first, I thought I was potential road kill, dodging and escaping traffic, which seemed to include an infinite number of pedestrians, artists, bicyclists, mopeds and even horse drawn carriages. It didn't take me long to discover that, like schools of fish, there was a general flow to Florentine life and I needed to adapt accordingly. The best part of these short, 5-6 mile taper runs took me through the Piazza della Repubblica, under the famous triumphal arch that celebrates the unification of Italy, and towards the beautiful golden bridge of the Ponte Vecchio.



RACE REPORTS

My carbo loading took on a new meaning in Italy. Most meals, even lunch, included a full plate of pasta, wine (sometimes two glasses!) and bottled water. I don't think I ate anything else except when I had an opportunity to lick some of Italy's best gelato! By week's end I was ready for my marathon: The Maratona d'Italia memorial Enzo Ferrari, which starts in Maranello, Ferrari, and finishes in the Piazza Martiri in Carpi.

You might wonder why we selected this very small marathon rather than one of the more notable and familiar marathons, including Venice, Rome, or even Florence. The reason is quite simple. Michael, a race car aficionado, thought it might be exciting to check out the Ferrari factory. The race commemorates Enzo Ferrari, who, before becoming a sports car legend, loved to participate in sports. Also, this event is unique because in the spirit to improve and renew the event, the marathon organizers in 2001 added an in-line skating race to be run in conjunction with the marathon, which enabled Michael, a speed and in-line skater, to participate in the event, albeit separately.



As for me, I needed a course that would help me achieve my 3:35 time goal. The course, very fast and fully paved with a few tricky sections of cobblestones and closed to traffic, has a gradual elevation drop in the first 15K, making it ideal to set a PR. While I knew it unlikely I would PR at "my age," I certainly wanted to get close to or at 3:30. Because the course is AIMS certificated and included in the IAAF international calendar, I knew such a time would qualify me by a large margin for Boston in 2013.

It turns out that all conditions pointed to a great run. My only nagging worry was I had tapered too much and overindulged on the fine wine and food. However, with a flat course ahead, dry and cool temperatures, clear sunny skies above, and a rejuvenated soul, I knew I could not ask for a better day for such an endeavor! Regardless of the outcome, I had experienced something new, had fun exploring, and would continue to have fun as I ran through the streets of Maranella to Carpi.

And that I did. The trek from Maranella was beautiful, and well-supported with bottled waters and other natural foods to boost one's energy. Instead of Gatorade, organizers served lemon water which quenched my thirst and kept me going to the finish. In hindsight, I never did hit the wall. I was too overwhelmed by the change in scenery with its scattered Chianti fields, old architecture, and screaming cheers of support in Italian as I made my way towards Carpi. The only snafu was my GARMIN crapped out at 19.95, thereby making me dependent on my TIMEX to determine my pace for the remainder of my run. At the time, I had averaged a 7:39 pace, way beyond my wildest expectations. I held pretty close though, slowing a bit, and crossed the finish in a real time of 3:25:59:79.

Who would have thought I could PR at 49, I asked myself. Lesson learned. There is something to be said about "less is more." I would also never second guess myself. Indeed, while I might not PR again, I will, with Michael's help and companionship, search for the perfect destination in which to experience something new. Perhaps it will be in Berlin and, who knows, maybe I'll surprise myself again! I can get pretty used to that idea, and that alone will keep me inspired to run better. I would encourage any runner to do the same.

To submit a Race Report for a future issue, please send a write-up and photos if you have them to Janice Barry at janicelpbarry@gmail.com.

I'M A RUNNER

Mike Barry
Age: 25
Software Engineer
Spouse: Janice Barry



I started running as a sophomore in high school. I was committed to marching band in the fall but when that was over, I ran winter and spring track. After the initial break-in period I started enjoying running and met a lot of new friends. I usually ran the mile at track meets but when I did the half mile I realized that I didn't run it any faster, so I figured maybe I'd do better at longer distances. The last year of high school I got bit by the triathlon bug and trained for and competed in my first sprint triathlon in Pawling, NY.

When I got to college, I was hooked on triathlons so I quickly found the triathlon club at Penn State and started running, biking, and swimming with them. I built up from sprint to Olympic triathlons and then to half Ironman, while mixing in the occasional half marathon.

Some people met their best friends in college by sharing dorm rooms or going through the same classes, but I met my best friends through the triathlon club. In fact one of my good friends from the triathlon club was dating a music-ed major our senior year and introduced me to her best friend. Two years later, we got married!

After graduating, Janice and I moved to Massachusetts to start our careers. The first club that I found to run with here was HTH out of Southborough but after we bought our house in Hopkinton we discovered the Hopkinton Running Club. I haven't been doing as many (or any?) triathlons lately, but I have rediscovered running and have been having a lot of fun training with the club and focusing on marathons since then.

Running helps me a lot at my job. I am always more productive for several hours after a run and if I'm banging my head on a problem before I go out running, I often come back and have a solution - or at least a better idea of how to get to a solution.

I also like running with a group in the morning. When I get to work everyone is busy in the office and my teammates are in California so the people I talk with at a run in the morning may be the last people that I talk with face-to-face until I come home at night!

I had a bunch of running-related injuries in college, so when I make a training plan for a big race or plan out my workouts for a week I never make them overly-aggressive. I've seen what pushing a little too far can do and I know what my body can handle. I'd rather do "enough" training and be healthy on race day than do a little too much reaching for that extra 1%, get injured, and not be able to race at all.

When I make a plan, I usually just have a few goals for each week in the months leading into a big race, usually something like "One XX mile long run, and one tempo run". That way if I don't feel great the day I thought I'd do a workout, I just rest and do it later that week. I usually run 4-5 days a week and if I'm lucky and have time I'll get out on the bike once or twice. Every month I take a rest week where I skip the long run and speed workout.

I don't count my weekly miles. I have counted my miles in the past, but then I end up doing silly things like making a recovery run 8 miles instead of 6 just so I can get my weekly mileage up. Now I just try to do what makes sense. Stretching is overrated. Warm-ups and cool downs are good though.

I'M A RUNNER

In a group-run setting, I am often accused of talking too much. I am usually pretty quiet, but there's something about group runs that makes me talkative. A group I ran with in New York coined the term "entering the library" for when we'd start a hill and "leaving the library" when we'd get to the top. If you talk in the library, you get kicked out. I apologize in advance to anyone who runs with me in the future.

I get through miserably hot and humid runs in the summer by remembering one thing: This might suck, but when it cools down in the fall you'll feel like superman.

I have a GPS watch and wear it only when I have a goal for the day. If it's a long run and I want to go a certain distance, I'll wear it to make sure I do. If it's a tempo/speed run I'll wear it to make sure I go the pace I want to. Any other run I leave it home and just go by feel.

My favorite local running loop is the trail around Lake Whitehall. It starts right across the street from our house and that might be part of the reason why we live there.

I like finding and exploring running trails when I travel. We visited Norway this past summer and I found miles and miles (kilometers and kilometers) of trails through woods and neighborhoods that I never would have seen otherwise. Generally I look for the highest point around, and then try to find a trail that gets me there.

Favorite post run meal: Toast with peanut butter and honey (since I usually run before breakfast).

Favorite 2-nights-before-a-marathon-carbo-loading-meal: Anything on the menu from Acapulco's.

Favorite post marathon/half Ironman meal: steak or pizza and beer!

Favorite training-meal: Chipotle

I only compete with myself in races. I couldn't care less if someone else passes me, but I won't let myself run slower than I did last time I ran that race.

I have done three marathons: Philly in 2008, Clarence DeMar in 2010, and Boston 2011

Philly Marathon was definitely the hardest marathon I've done. I went out too fast then died in the second half. I found out in my second and third marathons that when you don't do that your race goes a lot better!

I'd like to run a marathon in under 3 hours. I've done 3:15, 3:10, and 3:05 so I'm hoping I can hit 3:00 in the near future. My next big race is Boston 2012.

My wife has recently started getting into running and I've been helping coach her along. It's a lot of fun to see her becoming a runner and having lots of personal victories along the way.

My school of thought on racing attire comes from the world of cycling and triathlon. Better gear may help you out a tiny, tiny bit, but in a triathlon its way more satisfying to pass someone with a disc wheel and aero helmet while you have regular wheels and a regular helmet than the other way around. Running is a lot simpler and there's less "gear" to go around, but I tend to follow the same philosophy. I do admit I have a Garmin, and I don't skimp on running shoes, but besides that I try to stick to cotton shirts and old running/painting shorts.

"I couldn't care less if someone else passes me, but I won't let myself run slower than I did last time I ran that race."

JANUARY 2012

SCHEDULE OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 5:50 AM Maureen's 9-miler	3 6 :00 AM Speed workout	4	5	6	7 Lisa English Hosted Run
8	9 5:50 AM Maureen's 9-miler	10 6 :00 AM Speed workout	11	12	13	14 2:00 PM Olympic Trials viewing party
15	16 5:50 AM Maureen's 9-miler	17 6 :00 AM Speed workout	18	19 Race Plan- ning committee meeting	20	21 7:30 AM Group Run
22	23 5:50 AM Maureen's 9-miler	24 6 :00 AM Speed workout	25	26	27	28 7:30 AM Group Run
29	30 5:50 AM Maureen's 9-miler	31 6 :00 AM Speed workout				

- 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 Monday (starting October 31st), 5:50 AM: Maureen's 9-miler
- Each Tuesday, 6:00 AM: Speed workout at the Hopkinton High School
- 1/7: Lisa English Hosted Run
- 1/14: Marathon Trials viewing party and fun run
- 1/19: Race planning committee meeting
- 2/4: HRC Holiday Party
- 2/12: Tumbleton Irish Coffee hosted run

FEBRUARY 2012

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4 7:30 AM Group Run; 7:00 PM Holiday Party
5	6 5:50 AM Maureen's 9-miler	7 6 :00 AM Speed workout	8	9	10	11 7:30 AM Group Run
12 3:00 PM Tumbleton Irish Coffee run	13 5:50 AM Maureen's 9-miler	14 6 :00 AM Speed workout	15	16	17	18 7:30 AM Group Run
19	20 5:50 AM Maureen's 9-miler	21 6 :00 AM Speed workout	22	23	24	25 7:30 AM Group Run
26	27 5:50 AM Maureen's 9-miler	28 6 :00 AM Speed workout	29			