

MILE BY MILE

2010 Boston Marathon

INSIDE THIS ISSUE:

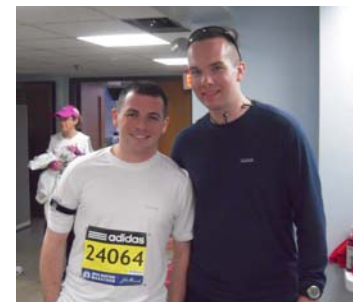
<i>Club News</i>	2
<i>Hosted Fun Runs</i>	3
<i>Boston Marathon stories</i>	4-5
<i>Upcoming Races</i>	6-7
<i>I'm A Runner</i>	8-9
<i>Calendar</i>	10

Dates to Remember:

- 6/6: Kathleen Karpe hosted run
- 6/6: Schofield 5K
- 6/12: Roger Pelissier's hosted run
- 6/12: Jimmy Kennedy Memorial Run for ALS
- 6/19: Sharon Timlin Memorial 5K Road Race to Cure ALS
- 6/20: Vision 5K
- 7/3: Great Harvard 4th of July Road Race
- 7/4: Harvard Pilgrim 10K
- 7/22: Marathon Sports 5 miler
- 7/24: Doug & Julie McLucas hosted run
- 8/14: Bridge of Flowers 10K Classic
- 8/21: Larry Olsen Summer Classic 10K
- 8/28: Rob Davis hosted run

Congratulations to all of the HRC members who finished the 114th running of the Boston Marathon! As is tradition, HRC members running the marathon, as well as charity runners who raised money for the Hopkinton Athletic Association, gathered in Town Hall prior to the marathon. Below are a few photos from Town Hall as runners awaited the start.

Many members submitted their reflections on the race for this newsletter. Read on to learn about their experience training for, running, and recovering from the race.



Individuals who ran to support the Hopkinton Athletic Association

CROSSFIT NEW ENGLAND INTRO CLASS

Tom Malcolm is trying to arrange a group of HRC members to attend a CrossFit intro class on **Saturday, June 5th**. CrossFit New England conducts a free intro class at 10:30 AM. You go through a warm up then learn 3 - 4 basic moves - (e.g., squats, box jumps, C2 row, pull-up, etc.). Once you have learned the moves, the intro class does a WOD (workout of the day) for time. Something like 4 rounds for time of 200 meter run, 200 meter C2 row, 20 squats, 20 box jumps, 20 burpees - and yes it is a race. No need to worry as the workout can be scaled. Also it's a lot of fun! A brief discussion of CF nutrition and philosophy follows the workout as well. You can learn more on their website:

<http://www.crossfitnewengland.com/>

Please email Tom Malcolm @ tomsontrails@comcast.net if you are interested in attending and/or have any questions.

MEMBERSHIP NEWS

Please welcome our newest members:

Jonilda Brossi

Dierdra Cahill

Barbara Coakley

Kelly Ianelli

Lee Meadows

Tim Maclachlan

Karen Niss

Marianne Valle

Annual Membership Fees Due!

The club's membership year runs from April 1st through March 31st and many members have not yet renewed their membership! You can do this in one of two ways:

Online: Go to 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.

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 outdoor track. If you are joining us for the first time, please contact Lisa English at 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.

* For instructions on how to register on Ning, contact Stephanie Whelan at 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

Upcoming Hosted Runs

Sunday, June 6th, 4:00 PM

Welcome New Members Run
Hosted by Kathleen Karpe
27 Kimball Road, Hopkinton

Join us for a special hosted run to welcome new members to the HRC!

New and old members are all encouraged to attend.

Guest speaker Rene Marino will be there to talk about the Metabolism and Nutritional Analysis service she offers.

Many athletes (including Lance Armstrong!) have used this service.

Saturday, June 12th, 4:00 PM

Margarita Run: Miles for Margaritas
Hosted by Roger & Nancy Pelissier
54 North Mill Street, Hopkinton
3.5 and 6.5 mile routes will be offered
Come enjoy an adults-only pool party

Tasty Margaritas, Beer, and Mexican snacks such as quesadillas, burritos, chips, guacamole, and salsa!

Bring your bathing suit and towel - the pool and hot tub will be open!

Rain date: Sunday, June 13th at 4:00 PM

Saturday, July 24th, 8:00 AM

Breakfast Run
Hosted by Doug & Julie McLucas
20 Whitney Street, Westborough
6 and 10 mile routes will be offered
Enjoy a post-run dip in the pool!

Saturday, August 28th, 7:30 AM

Breakfast Run
Hosted by Rob Davis
84 South Street, Hopkinton
5 and 8 mile routes will be offered

Help the HRC plan Joint Club Runs!

We are looking for a volunteer to coordinate joint club runs between the HRC and our other local running clubs (Tri-Valley FrontRunners, Greater Framingham Running Club, etc.). In the past we have done joint club runs from Hopkinton, Upton, Wrentham, and even a trail run in Framingham. These runs have been a lot of fun and are a great way to meet other runners and to try a new route! Main responsibilities include coordinating with another club to choose a date/time and (if the HRC is hosting), putting together a few running routes and picking up some food/drinks to have at the end of the run. If you are interested in volunteering for this role, please contact Stephanie Whelan at stephaniewhelan@msn.com.

BOSTON MARATHON STORIES

Courtney Zaharis

The memory of this year's Boston Marathon was bittersweet. I had not expected to run this year due to injury and illness, but decided in February to don my running shoes and give it another shot. After all, my two boys - Jason and Andrew - were hoping after having my entry deferred in 2009 to meet me at the finish line for the first time. They had waited all year for this one day. I take my running pretty seriously. It is one of my passions. However, I place an even higher priority on my role as a parent and setting a good example for them. I did not want to drop out once again, only to disappoint. With that in mind, I picked up my training where I had left off in early January and commenced a program that would build miles to the end of March and literally prayed for the best.



Logging in the miles was indeed a challenge and a "balancing act." Since turning 47, I have noticed my body revolting more often than not. My joints often fight me every step of the way and, sometimes, I almost need a pair of pliers to get me out of bed in the morning. Needless to say, it isn't as easy as it used to be, and wish it was as simple as getting an oil can in the garage and lubricating an old bike tire. Things I used to take for granted like stretching became just as important as the undesirable acceptance of adjusting my time goal to survive this year's Boston experience.

When I lined up in corral 12 on Monday morning with my two little boys in tow (determined that this would be my last marathon), I realized that, whatever happened, they would always love me. They were just as happy to see me start as to finish. Innocent as they are, they couldn't care less if it took me four hours, let alone seven hours, to finish my journey. They cheered and treated me - their old Mom - as if I was the next Catherine Ndereba. With thousands of bystanders, they were the only ones that mattered to me. At that moment, all I wanted to do was smile at the end and enjoy the passion that I came to know and love for 34 years, regardless of the pain I would eventually endure from 21-26 miles. I did smile even though I was slower with a 3:41:47. But I know now that it probably won't be my last "Boston." I will continue to fight *Old Man Time* and hope and try my best each and every time, all the while dreaming my two boys will cross that historic finish line with me someday.

Jim Coffey

The Boston Marathon makes a runner pay. It takes its toll on the body. It leaves even the most gifted of athletes greatly fatigued and plenty sore standing gauntly in the wind at Copley Square. For those of us not counted among the laurelled running elite, the toll paid in the race is sometimes collected well in advance of the finish line. This year, the toll-taker got me just beyond the fire station at mile 18. My legs had begun to cramp, and then convulse, and that's when I realized that my quest for 2010 Boston Marathon glory was over. In the aftermath, a "lack of nutrition" and "overly zealous initial pace" would both serve as my publicly reported excuses for this year's shortcomings.

Perhaps it had been the beautiful weather forecast, or the prospect of a tailwind, or just sheer delusion that caused me to think that this year I would cover the distance in 3 hours and 45 minutes. Heck, I was even thinking that three and a half might be possible! If only the God Mercury had so willed it. What folly! Boston is like no other race. Far more challenging than other "destination" marathons I have run (Chicago and Philadelphia), too many factors in Boston can either help you or really, really hurt you. The weather, the course, your attitude, pre-race conditioning, diet, pace, weight, hydration, nutrition...and don't forget luck, all come in to play in Boston like in no other marathon.

This year, I trained with fellow HRC member, Ron Marchessault, faithfully. In snow, ice, and rain, we ran like Pheidippides. (Oh yes, he died too). We even made novel attempts to change our diets to increase our chances of having good races. Then, as in any epic battle, tragedy struck. I pulled my hamstring in February, and was forced to take a couple of weeks off. This hurt Ron too as he was forced to train alone, a cursed fate in the middle of a New England winter. I missed Stu's 18 mile hill run and the Dana-Farber 22 miler. I had to content myself with a 16 mile "long run" and somehow convince myself that I was "ready for Boston." Fool!

I've only really "enjoyed" two marathons: my first being Boston in 2002, and Chicago in 2009. The other ones were like journeys through the Circles of Hell in Dante's Inferno. I'm now almost certain that one of the Circles involves running with muscle spasms for ten miles. Yet, this year's run to Boston marked my seventh effort at the distance. Does that make me a veteran runner or just a slow learner? I don't know. But the journey is what it's all about so I'll happily pay the toll again and live to tell the tales.

BOSTON MARATHON STORIES

Maureen Tumbleton

Maureen with fellow HRC member Jerry Hughes before the marathon

This was my 7th marathon and 5th 'Boston.' My training went well this year thanks to never missing a Tuesday speed workout and my core 'mid-long' weekly Thursday 9-mile runs with Julie and Jessica (and sometimes others). I ran long runs every week without fail and in rain/snow/cold etc., which included three 20-mile long runs (one was 22 miles on the Boston course with Rob and Jessica aided by Rob's wife, Liz, who kindly drove the course with us). I was hoping to break my Marathon PR of 3:46 but I was happy enough with 3:49 since it was my 2nd fastest Marathon and fastest 'Boston' (by 21 minutes). There is nothing I could have done to train harder so I am trying to be happy with not setting a PR. It was great to see so many HRC friends on the course and especially wonderful to see my husband and our two daughters at mile 12 with big signs and big cheers for me. When I finished the marathon, I rode the bus home to Hopkinton with Craig Duffy, which was fun as we could share our stories and reflections.



Jeanne Vumbaca

This year I was very strict with my training schedule hoping to avoid injuries. I ran on behalf of the Senior Center again and was able to attend a charity breakfast with the Greek runners and then was able to attend the Elmwood school's adopt a runner program and see the Kenyan runners and actually talk to Catherine the Great. The morning of the race I hid out in Ciao Time and watch my family eat all the yummy food there! The first half marathon felt great and one spectator even told me to stop talking so much! However, after Wellesley I started to feel not so good. I have been struggling with digestive issues on the long runs and this race proved to be no exception. I needed to tune out the crowds - singing my favorite inspirational song with lots of self talk. After the HILLS I was able to get in a comfortable zone and go all out. The best parts of the race were running the whole race with Susan, doing better than we planned, and seeing my nieces and nephews and family at the finish. The worst parts were purely digestion related - don't need to go into details. After the race I told my family I have had three kids and now three marathons so I am all done. Dino just gave me a look. And now I can't wait to run in 2011!

Christy Mahoney

I enjoyed the race much more the second time around - I really took in the crowds. Having my nickname "Mouse" across my shirt helped carry me over those 26 miles - the humor from the crowd was contagious. My family's enthusiasm helped inspire me and I knew I had to cross the finish line no matter what because my kids were waiting.



Fighting an injury, I had to dig deep to finish. Although I missed beating my previous time, I was thrilled to have qualified for 2011 (3:42:17). I replay the day constantly in my head and can't help but wonder how I would do if I didn't have that nagging heel pain and three toes feeling like they were about to explode through the front of my shoes. It keeps me thinking about my next race, Boston 2011??



Post Recovery Photo: "Running on a bruised heel bone doesn't always end well"

7TH ANNUAL SHARON TIMLIN MEMORIAL RACE

The Sharon Timlin Memorial 5K Race/Walk and Family Fun Day is fast approaching on Saturday June 19, at 8:30 AM!



The HRC's 5K race/walk and family fun day is around the corner. All proceeds for the event will benefit the Angel Fund, a non-profit organization helping to fund medical research for a cure to ALS (Lou Gehrig's Disease).

New this year is net timing by Baystate Race Services! The race begins at 8:30 AM and registration will close when there are 1800 registrants!! Great family fun day, raffles, silent auction! The Timlin event is also hosting the HPTA's mini-marathon as well. Sign up for the 5K, Kid's 1 mile run, and/or HPTA's mini-marathon at www.sharontimlinrace.org.

We also need lots of volunteers and will accommodate your schedule, so please let us know!! Contact Colleen Allen at run4als@gmail.com if you want to volunteer.

Any other questions, feel free to contact Abbie Rosenberg at 508-625-1660 or angelabbie@aol.com.

RUN AROUND HOPKINTON RELAY

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. To learn more or to register, visit www.hopkintonrelay.com

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!

"When people ask me why I run, I tell them, there's not really a reason, it's just the adrenalin when you start, and the feeling when you cross that finish line, and know that you are a winner no matter what place you got."

Courtney Parsons

Upcoming Races

June

Schofield 5K

Sunday, June 6th, 12:00 PM

Challenging 5K, Kid's 1K and Fun Fair; Schofield Elementary School, 27 Cedar Street, Wellesley; Contact: Kathleen Baum, 781-752-5241, schofieldroadrace@gmail.com.

The Jimmy Kennedy Memorial Run for ALS

Saturday, June 12th, 9:00 AM

2.5 mile walk at 9:00 AM, 5 mile run at 10:00 AM, Kids Races at 11:00 AM; Pageant Field, Merrymount Parkway, Quincy; Contact: Rich Kennedy, 781-383-6008, tytaylin@aol.com

7th Annual Sharon Timlin Memorial 5K Road Race

Saturday, June 19th, 8:30 AM

Certified 5K Road Race, Kids Races, Family Fun Day, Raffle, Food, DJ, and more! Hopkinton High School; Contact: Stephanie Whelan, stephaniewhelan@msn.com

Vision 5K

Sunday, June 20th, 10:00 AM

Boston College, 140 Commonwealth Avenue, Chestnut Hill; http://www.vision5k.org/site/TR/Events/General?fr_id=1060&pg=entry

July

Great Harvard 4th of July Road Race

Saturday, July 3rd, 8:15 AM

33rd annual 5 miler and 1 mile fun run; Age divisions; cash prize for course record; parade and festival follow; Bromfield School, 14 Massachusetts Avenue, Harvard, MA; Contact: Mike Thornton 978-456-9944, racedirector@harvardraces.org.

Harvard Pilgrim 10K

Sunday, July 4th, 9:00 AM

6.2-mile easy, flat course (one medium hill) covering scenic, tree-lined roads in Foxborough. Start and finish at Patriot Place, with the finish line at the goal line inside Gillette Stadium. Stick around for a spectacular after-race Independence Day celebration.

<http://www.patriotplacrace.com/>

Marathon Sports 5 miler

Thursday, July 22nd, 7:00 PM

35th annual 5 mile road race at Weston High School.

www.marathonsports.com/races/5miler/

August

The Bridge of Flowers 10K Classic

Saturday, August 14th, 9:00 AM

Beautiful scenic race in the foothills of the Berkshires; Shelburne Falls, MA

<http://www.bridgeofflowers10k.com/registration.html>

Larry Olsen Summer Classic 10K

Saturday, August 21st, 9:00 AM

1st annual race in honor of Larry "Legend" Olsen, founder of the Tri-Valley FrontRunners Running Club. Hopedale Town Park, Hopedale. Race will incorporate a few miles of parkland with a mostly gravel running trail - Larry's typical running route.

<http://www.tri-valleyfrontrunners.com/Events/Listed-events/Larry-Olsen10K.htm>

To have your favorite race included in future issues, please contact Tom Malcolm at tomsontrails@comcast.net.

I'M A RUNNER

Laura McKenzie, age 43

Occupation: Personal Trainer

Spouse: Brent McKenzie

Children: Hannah (11½), Ben (9½)

Hometown: Sherborn, MA



Laura (right) with fellow HRC member Kathleen Karpe

I wasn't a runner in High School, but played soccer. I was always playing games that involved a lot of running like soccer or ultimate Frisbee. I never thought about running and not chasing something!

In college, I bought a mountain bike and used that as my main source of transportation and recreation. I still never thought about running.

When I moved to San Francisco, mountain biking became my "passion," oh yeah, and my mode of transportation. I rode every weekend on the trails in Marin County. Riding across the Golden Gate Bridge was one of my favorite things to do despite the wind! I spent full weekend days on the trails and rode and camped all over Northern California. I still never thought about running.

My job in the Travel Industry kept me on the go. I was traveling a lot and not able to get on my bike, so I thought I might as well run since I could do that anywhere. I was in for a surprise. Being able to ride didn't translate into being able to run! I had been a smoker (yep, smoked!) so I had my work cut out for me. My first run was short and not so sweet.

Once I got over that 3 mile hump, I was on my way. I mountain biked a few days a week, climbed at an indoor rock climbing gym and ran a few days a week. My husband and I lived off the coastal trail in San Francisco so that was where I did most of my running. Those were the days when I had an endless amount of free time!

I still didn't consider myself a runner.

Over the next few years I started to love to run. I had the opportunity to travel to many beautiful places and the first thing I would do is lace up my sneakers and head out for a run. I would usually head out without a "plan," sometimes that was a good thing, sometimes not-so-good. I did learn to slip a map in my pocket along with some money, oh yeah, and write the name of my hotel on the map!

I still didn't consider myself a runner.

It was after the birth of my daughter that I realized how important running had become to me. It was hard to get out and run - I was out of shape and living in Sonoma County where they had hills to rival Hopkinton's. I was struggling to get back on an exercise schedule, when all I wanted to do was get out and run. When my kids were little, it was how I got my exercise but also how I got time to myself.

I guess this is when I started to feel like a runner.

I'M A RUNNER

But, I still had not thought about running more than six miles...then I moved to Hopkinton. I was "set-up" on a running date with Kathleen Karpe and the rest...is history! We started to run together regularly and never stopped. We've been running partners for more than seven years now.

It was KK who convinced me to run my 1st marathon, the 2003 Boston Marathon. It was on one of our long training runs that we talked about starting a running club. With an idea and an ad in the paper, the Hopkinton Running Club was born.

I can credit the Club for introducing me to my closest friends. It is not only where I exercise, but where I socialize. We run many miles and laugh most of the way, even when things are hard. (Roger, I think that's what she said). Running has become the best of everything for me.

I'm pretty sure it was KK who talked me into the other seven marathons. "They've been the best of times and the worst of times."

As I get older, my "purpose" has changed. I don't run as many races, I love relay events, and don't look at my watch as much as I used to. I do always push myself and I love a tough workout but I love a short easy run just as much.

About five years ago, I started to realize that there was so much more to running for me than a fast 5K. I'm not saying I don't love a fast 5K but I simply love that I can run a 5K. I have to credit Kathleen and Andy Welzel for giving me this perspective. When Andy was diagnosed and undergoing treatment for terminal cancer we would go out for short runs. He would apologize for being slow but insist on running up Ash Street. Now, this was a street we would often avoid! Andy wanted to tackle the hill because he still could.

I guess this is when I realized that I was a runner because I loved to run and because I could run. I often debate with clients about running, they always say "I could never run." I always say the same thing: "Of course you can if you really want to." So, I guess it's the desire as much as the ability.

For the past few years, my favorite runs have become trail runs. It was Andy who told KK and me to run easy, enjoy every step, and run in the woods. So, in Andy's memory we ran our first trail marathon - Stone Cat. We have since run it three times. I look forward to the race even though it's 26.2 tough miles.

Now, with all the talk about running because *I can* and because *I love it*, there is a constant calculator in the back of my mind tallying calories in/calories out. Any good trainer can tell you that you have to burn more than you put in your mouth or you'll gain weight. Not that I worry too much about gaining weight but it's no coincidence that I eat a huge bowl of ice cream the same day I take a long run. I like to keep the scales "even."

I have always encouraged my kids to exercise, whether it's a bike ride, a hike, or a casual game of soccer in the front yard. When I started the Marathon Fitness Challenge for the Elmwood 2nd and 3rd graders, I told my kids that we had to test the program. They were less than happy because they both hated to run. We started with a ¼ mile and worked our way up. The program is now in its 3rd year and my son told me the other day that he "really loved to run."

My favorite running "gear" isn't anything to do with performance but more moral support. Many years ago, I twisted some wire into a figure of a little girl and little boy. They are supposed to be my kids, so I attach them to my running bib and look at them when I'm struggling at the end of a long race. I have always told them that I take them on all my long races or rides. One day I can see running a long race with them.

"I can credit the Club for introducing me to my closest friends. It is not only where I exercise, but where I socialize."

JUNE 2010

SCHEDULE OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
		1 6:00 AM Speed workout	2	3	4	5 7:30 AM Group Run
6 4:00 PM Karpe hosted run & Schofield 5K	7	8 6:00 AM Speed workout	9	10	11	12 4:00 PM Pelissier hosted run & Jimmy Kennedy run
13	14	15 6:00 AM Speed workout	16	17	18	19 8:30 AM Sharon Timlin 5K
20 Vision 5K	21	22 6:00 AM Speed workout	23	24	25	26 7:30 AM Group Run
27	28	29 6:00 AM Speed workout	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
- 6/6: Kathleen Karpe hosted run
- 6/6: Schofield 5K
- 6/12: Roger Pelissier's hosted run
- 6/12: Jimmy Kennedy Memorial Run for ALS
- 6/19: Sharon Timlin Memorial 5K Road Race to Cure ALS
- 6/20: Vision 5K
- 7/3: Great Harvard 4th of July Road Race
- 7/4: Harvard Pilgrim 10K
- 7/22: Marathon Sports 5 miler
- 7/24: Doug & Julie McLucas hosted run
- 8/14: Bridge of Flowers 10K Classic
- 8/21: Larry Olsen Summer Classic 10K
- 8/28: Rob Davis hosted run

JULY 2010

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 7:30 AM Group Run & Great Harvard Road Race
4 Harvard Pilgrim 10K	5	6 6:00 AM Speed workout	7	8	9	10 7:30 AM Group Run
11	12	13 6:00 AM Speed workout	14	15	16	17 7:30 AM Group Run
18	19	20 6:00 AM Speed workout	21	22 Marathon Sports 5 miler	23	24 8:00 AM McLucas hosted run
25	26	27 6:00 AM Speed workout	28	29	30	31 7:30 AM Group Run