

MILE BY MILE

Reach the Beach

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Dates to Remember:

- 10/10: Lisa English's hosted run
- 10/11: Heritage Day 5 Mile Road Race
- 10/24: Joshua's Run
- 10/31: 5K Pumpkin Run
- 11/1: Busa Bushwhack Trail Race
- 11/1: 5K Run for Paws & Claws
- 11/7: 5K for the Pre-K
- 11/14: Edaville Rail Run



Team Loonacy I at the finish

On September 18-19, HRC members banded together to form two great teams for the Reach the Beach Relay, a 24 hour, 200 mile run in New Hampshire starting at Cannon Mountain and ending at Hampton Beach. Although the HRC has been putting teams together for many years, this was the first time that one team attempted the "Ultra" distance with only six runners. Read on to hear accounts from two of our teammates.

Deb Thomas

Member of Team Loonacy II - the "Ultra" team

For the last three years I have participated in the Reach the Beach Relay. Up until this year, I have been part of a 12 person team, which my friends and family thought was crazy enough. After last year's race, my van mate of two years, Dan Wood, (who

happens to be a Brit), raised the idea of manning an Ultra Team, which is comprised of only six runners. He, in his competitive nature, felt that if others were doing it why couldn't we!! Shortly after the 2008 Relay, Dan shot off an email asking if anyone was interested and he jokes that within seconds and before he could call me to talk about it, I replied that I was in. The six member team was formed pretty quickly and it was comprised of six virgin ultra members (three men, three women)



Team Loonacy II at the finish

who were all veteran

(Continued on page 4)

MEMBERSHIP NEWS

Please welcome our newest members:

Allison Brookes

Rob Davis

We are proud to announce that the Hopkinton Running Club has grown to 118 members!! We are happy to have such a variety of runners joining us each and every week at the Saturday group runs, Tuesday morning speed workouts, and the various hosted runs and other get-togethers throughout the year.

We always welcome new members, so if you know anyone who would like to join the club, they can do so easily by signing up on the club's website. Simply go to www.runhopkinton.org and click on the membership tab. It will take them directly to www.signmeup.com where they can sign up in a matter of seconds. If they prefer to mail in their dues, simply send a check for \$20 for a single membership or \$35 for a couple's membership to Stephanie Whelan at 15 Valleywood Road, Hopkinton, MA 01748.

We also want to thank everyone who has renewed their membership and continue to support the club year after year! If you have any questions about membership at any time, you can email Stephanie at stephaniewhelan@msn.com.

WEEKLY CLUB RUNS

Saturday Group Runs

Weekly group runs begin at 7:30 AM on Saturdays. Meet across from Town Hall at 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 outdoor track behind the Hopkinton Middle School. Park at the middle school (behind the water tower) and walk down the access road past the practice fields to the outdoor track. The weekly speed workouts will move to the indoor track sometime in November. If you are joining us for the first time, please contact Lisa English at lisasoutrunning@hotmail.com prior to coming to verify the location. For email notification of the weekly workout, join our mailing list by sending a blank email to HRCspeed-subscribe@topica.com.

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. To join our email list send a blank email to HRClongruns-subscribe@topica.com. For more details contact: Lisa English at lisasoutrunning@hotmail.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

Casey's Crossing Hosted Run

By Marc Salois

Who you gonna call if you can't decide between going out for a run or running out for a cold one? Tom Malcolm, that's who! On Thursday, August 27, Tom organized several of his HRC running amigos for a five mile run at dusk around Holliston followed by laughs, appetizers, and 16 ounce curls at Casey's Crossing. The group was treated to beautiful late summer-night weather and a nice rolling route. Growing weary of the standard morning rut, Tom challenged this running entourage to leave the coffee by the roadside and move to the harder stuff. Not to be outdone, Roger Pelissier upped the ante by introducing a few brave souls to his "macho margarita." Joining in the frivolity were; John and Lisa English, Karen O'Neil, Laura McKenzie, Andy Harris, Dara Dalmata, Jonathan Meltzer, Kathleen and Blake Karpe, John and Stephanie Whelan, Mike and Mary Horrigan, Jessica Howard, Susan Bushe, and Marc Salois.

The perspiring pacers had no trouble clearing out a space to settle in upstairs at Casey's. One exiting patron was overheard saying, "I wish they smelled as nice as they look." Nice work Tom, the bar may not want us back but we're right behind you.

Dan Wood's Hosted Run

By Dara Dalmata

On Saturday, September 12, Dan Wood opened up his home for a hosted run. Despite the dreary, rainy morning, approximately 12 HRC members braved the weather and came out for either a 4.5 or 8 mile route mapped out by Dan. The routes wound around beautiful Lake Whitehall and the surrounding area. Afterwards, the group met back at Dan's to dry off, socialize, and enjoy some post-run breakfast goodies. There was a traditional breakfast spread of bagels, muffins, and fruit. But Dan was gracious enough to step it up a notch and offer a customary British sandwich, the Bacon Sandwich - that's right, a sandwich of bread, butter, and bacon. Thanks for the hospitality, Dan!

Future Hosted Runs, Don't Miss Out!

Saturday, October 10, 7:30 AM

Breakfast run

Hosted by Lisa English

5 Tammer Lane, Hopkinton

Lisa will be offering 3.25, 5.5, and 7.25 mile routes and will have fresh cobbler and other breakfast treats following the run.

November Hosted Run

Date TBD

Casey's Crossing, Holliston

Keep an eye out for an announcement for another hosted run from Casey's Crossing in Holliston followed by socializing over a pint or two.

If you are interested in hosting a future club run please contact Tom Malcolm at tmalcolm@walchem.com.

Reach the Beach continued

Reach the Beachers.

As the date got closer, we all started to question our judgment. The trepidation was quite palpable at our pre-Relay meeting and we talked quite openly about our concerns and frankly questioned whether or not we could do it. After a lot of soul searching and stepped-up training regimens, we all agreed that we were committed. We decided as a group that we would be strategic and go slowly. This went against everyone's nature, but was something we felt was necessary in order to "reach the beach."

We were assigned an 8:40 AM start on Friday and our sister 12-person HRC team (Team Loonacy I) was starting at 10:40 AM. We ultimately hoped to Reach the Beach at a similar time as the 12-person team, and as such, asked for the earlier start time in anticipation of our being slower.

Kathleen Karpe, our first runner, was ready to go and in the shoot, when seconds before the starting gun she looked around and noticed that everyone else had wrist bracelets on, which were used to pass along at the transition area! Dan started his running earlier than he hoped and sprinted to the van to get the bracelet. Kathleen was the last out of the starting gates and Roger Pellisier couldn't resist yelling, "Run, Run...you're in last place!!" This demonstrates the team spirit we had adopted!!

Things progressed more smoothly after that and I embarked upon my first of five legs at 1:00 PM. I had a lovely 7.92 mile, mostly downhill run with the wind behind my back. I kept telling myself to go slowly, as we had discussed, but I was chagrined to look down after I transitioned to Patrick to see that I ran an 8:17 pace. I kept this pretty quiet and shared only with Dan who greeted me at the transition as he had run his first leg at 8:15!! We both had downhill first legs and were hopeful we did not just make serious rookie mistakes. My second leg was at 8:00 PM and was a nice 8-miler of rolling hills. I was able to pace myself better and came in at an 8:30 pace. My third leg was the one that I dreaded as soon as I saw the leg assignments as it was 11.7 miles and scheduled to start at 3:45 AM. It got off to an auspicious start, when in my pre-run routine I climbed out of the van and proceeded to the port-o-potty. To my chagrin, I looked down and noticed that in the dark I had put on two different sneakers - one a brand new running shoe and the other a six-month-old shoe! The other folks in line got quite a kick out of this. Patrick came to the rescue and high tailed it back to the van for me as I awaited Roger at the transition. Roger was not happy with me when he tried to transition and I didn't take off. I didn't even untie my sneaker...just slipped my foot into the double knotted shoe and was off on my 11.7 mile journey at 4:00 AM. The run turned out to be quite nice (in an odd way)!

After completing my third leg, I was visibly relieved as my last two legs were 4.01 miles and 3.88 miles and in daylight! Team Loonacy II left nothing in the "engine" during our last couple of legs and we all sprinted to the finish (in our own fashion!!). If nothing else, this experience has taught me that one's body is able to accomplish truly AMAZING things!! Not only did we all run what turned out to be 33-37 miles each, but we did so injury-free and most astounding, we ALL managed to increase our pace per mile as the Relay progressed!!!! We had a fabulous time and shared many laughs. On Sunday while I was recovering, my seven-year-old daughter asked me why I do this. My response was a simple, "Because I Can."



The team fuels up the night prior to the race at the Woodstock Inn and enjoys custom-made Team Loonacy pint glasses, courtesy of Roger Pellisier.



Team Loonacy I and their team mascot - an Andy Harris blow-up doll, of course! - waiting for their safety training prior to the race start.

Reach the Beach continued

Leslie gives one last butt slap (our custom at each transition area) to every teammate as she finishes her last leg at Hampton Beach.



Susan Bushe

Member of Team Loonacy I

There are a lot of different engine types. There are humming engines and revving engines. There are racing engines and purring engines. There are engines with four cylinders or six cylinders. Engines that stall and engines that won't quit. There are even engines that find out they can, when they were almost certain they could not.



The team joins Leslie to cross the finish line after 200 miles.

Engines come in a variety of sizes depending on the size needed for the job at hand. As a three-year *Reach the Beach* veteran, I have witnessed a lot of engines on the 200 mile race course. Not every engine is apparent at first. Hidden beneath the layers of technical gear, every engine waits for the start. Some of them are delayed, saving all their fuel for the mileage they will cover. Others idle, patiently preparing, ensuring that every detail of the route has been thoughtfully planned. Sometimes in the dark and sleep-exhausted moments, some engines briefly fade. Desperate for fuel and a cooling mechanism, they seek the aid of other engines for a jump start. And the other energized engines freely and willingly offer the back-up energy

required. They breathe new power into an almost empty battery.

The engines on the *Reach the Beach* course never really shut off. Not while there are miles of road ahead that still need to be covered. Every engine knows it is needed. Every engine willingly pushes itself into overdrive. Every engine is required to move forward to the final destination. It is not until the mileage is complete and the road ends, where it meets the sand and eventually the sea, where the engines coast to a stop. In need of a rest, and a wash and perhaps, a recharge. And now, there is time for quiet, calm, and accomplishment for every engine at the finish line.

Reflect on the race and you decide: **What kind of engine are you?**

Race Reports - Butterfly 5K

By Maureen Tumbleton

On Sunday August 23rd, I ran the Butterfly 5K race in North Attleboro along with fellow HRC member, Tim Titcomb. The race was less than a 30-minute drive from Hopkinton. All proceeds from the race are donated to the Julia Cekala Foundation, which supports Julia's Garden and Playground located at the WWI Memorial Park in North Attleboro where the race is held. The park was beautiful and very big. My daughter, Autumn, and her friends enjoyed playing in the playground, feeding the sheep and pigs in the little zoo, and going down the giant green slide in Julia's garden.

As for the course itself, it was a great one. It was a hot and humid day and the race started at 10 AM, but each mile marker was marked and the point to point course was mostly flat with some downhill. The race used the "D-Tab" timing system and had a starting mat AND a finishing mat. This was the first 5K I've run with a starting mat so we were all able to get our exact 5K time to the hundredth of a second. The race results list the 'net' time (the real 5K you ran start to finish) and the 'gun' time (the time you crossed the finish line regardless). All of us who finished the 5K received a beautiful finisher's medal as well, which was a nice touch. There was also plenty of food and water afterwards and a raffle.

Autumn and Tim's daughter, Anna, ran the kids 400 meter race with another friend of theirs and many other children. The kids all received a beautiful colorful medal shaped like a butterfly when they finished.

All in all, I would highly recommend the Butterfly 5K for anyone who can make it next year. Flat/downhill course, exact time of a 5K with the start AND finishers mat, 30-minute drive from Hopkinton, and lots of activities if you are bringing your kids.



Tim and Maureen after the race.

Upcoming Races

October

Heritage Day 5 Mile Road Race

Sunday, October 11th, 10:00 AM
Trottier Middle School, 49 Parkerville Rd, Southborough
http://www.active.com/page/Event_Details.htm?event_id=1796918&assetId=988c386b-2336-43a3-838f-ae2298d2415

13th Annual Joshua's Run

Saturday, October 24th, 10:00 AM
Common Street, Scituate

5 mile Cliff Challenge, 2 mile Fun Run/Walk, and a Kids Fun Run. Gorgeous ocean views, a competitive crowd, and good food and drink including adult beverage post race.

Contact: Esther Blacker, 781-545-4642,
bblacker@comcast.net, www.joshuasrun.com

Medway Lion's 5K Pumpkin Run

Saturday, October 31st, 10:00 AM
Medway High School, 88 Summer Street, Medway
www.medwaylions.org



November

Busa Bushwhack Trail Race

Sunday, November 1st, 9:00 AM**
Callahan State Park, Framingham
10 & 5.3 mile routes through Callahan State Park trails.
<http://www.gfrcrun.org/bushwhack/bushwhack.htm>

First Annual 5K Run/Walk for Paws & Claws

Sunday, November 1st, 11:00 AM**
Hopkinton State Park

Participants of all skill levels are welcome, including those who run with their (leashed) dogs! The race will offer food, fun, and entertainment, including a 'Prius for Pets' car raffle at the race.

Contact: Ann Peisch, apeisch@msn.com or 617-775-6340, or Brenda, BrendaHD@BaypathHumane.org

****Don't forget to set your clocks back!**

5K For the Pre-K

Saturday, November 7th, 9:30 AM
Christ The King Lutheran Church, 600 Central St, Holliston,
<http://www.christtheking-holliston.org>

Edaville Rail Run (5 Mile Trail run)

Saturday, November 14th, 10:00 AM
Edaville Railroad, South Carver
<http://www.edavillerrailrun.com/index.html>

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

Quote we've all been heard saying...

"I'm never going to run this again."

Grete Waitz after the first of nine NYC Marathons.

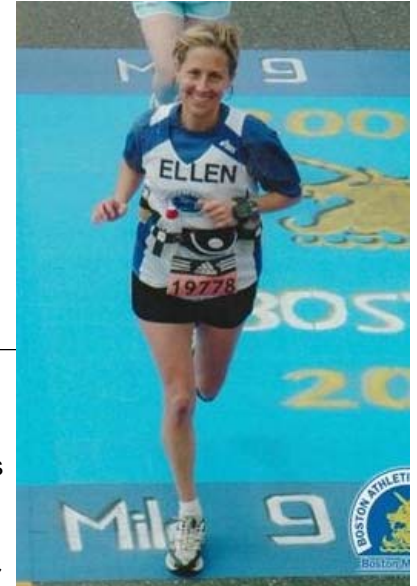
I'M A RUNNER

Ellen Mace

Age: 50

Husband: Don

Children: Michael (13), Andrew (11), Madeline (8)



When I was about 25, a couple of friends and I would go running after work along the Charles River in Boston. We were all beginners, and would only run for a couple of miles. We went at a leisurely pace so we could run along the river, talk about the work day, and people watch. Eventually our runs grew in distance to five and six mile routes and running became part of our routines.

My apartment was in Watertown along the Charles, and I really enjoyed running four or five times a week around the river. I had a running map of the Charles river displaying all the distances to each bridge: I ran a 3-mile loop if I ran over one bridge, 6-mile loop if I ran to the next, or an 11-mile loop if I went to the third bridge. I could be seen running while wearing my clunky Sony AM/FM headphones with an antennae sticking up on one side. I loved going for a run when I got home from work most nights. I loved to run because it gave me so much energy afterwards.

I never got "serious" about running, but I used to run in 10Ks just for fun with my friends, hardly paying any attention at all to my time, but just going for the fun of it!

My favorites 10Ks that I did year after year after year were: The Cranberry Classic in Nantucket, The James Joyce Ramble in Dedham, The Tufts 10K, and The Jingle Bell Run.

Eventually I started getting into biking, and my running took a definite back seat to that. I might run once or perhaps twice per week, but my weekends were long distance bike rides in Maine, or around town with the Charles River Wheelmen.

When I got married and had children, all-day bike rides were a thing of the past! My friends got together and purchased a baby jogger for me at my baby shower. I have great memories of running through Upton (where our first house was) pushing the baby.

My mother was a runner, too. Granted, she ran 11-minute miles, but sometimes we would run together around her neighborhood in Wellesley. One time we ran a race in Jamaica Plain at the Arnold Arboretum (on "Grandparents Day"). I ran while pushing my 10-month old in the baby jogger, and my mom ran as well. She won her age group (she was the only 70-year old!) and she won a beautiful cherry tree! My mom is 80 now and had to have knee replacement surgery and her running days are over. She tells me she misses it so much. Her substitute for running is spinning classes: she can be seen five days a week at spinning classes.

Eventually, my husband got a job at Microsoft and we moved to Seattle for eight years (and had two more children while living there). I purchased a double baby jogger - that was the end of my running! Ugh. That thing was heavy!! Pushing two kids, against the wind....I quickly dumped it at my yard sale!

The gym was more convenient. There was babysitting for my children. I loved step aerobics and body pump weight class. I had a group of friends who were training to run their first marathon. I told them under no circumstances would I EVER run a marathon!! It sounded torturous to run 26.2 miles! When they ran the Seattle marathon, I thought of them all day, but was very glad not to be running it myself.

I'M A RUNNER

The second year I ran the Seattle half marathon. It was beautiful to run all the city and Mercer Island. Still, I never got the marathon "bug." I still felt that it sounded like misery to run 26 miles!

Then I moved to Hopkinton.....across the street from Kathleen Karpe. Kathleen introduced me to the running club.....

When I first met you guys, it was a hot summer day, and we met at Hopkins for a Saturday run. I remember everyone was strapping on their "hydration systems" - you all looked so intimidating!! I hadn't run in months but thought I was in good enough shape from the gym. I remember limping for a few weeks with a sore hamstring after my first run with the club!!

Somehow I went back, met some runners my pace, and loved it! The runs in Hopkinton are beautiful! The winding country roads were great. I had forgotten how pretty it was back "home" - much prettier than running through the big housing developments in my Seattle neighborhood.

With the Boston Marathon beginning in Hopkinton and meeting so many runners who ran the marathon, somehow I began to wonder if I could run a marathon. I had some serious encouragement from Kathleen and other friends....they said it's all a matter of training. Follow the plan, you can do it! So, I put my name in the running club lottery for a marathon number, crossed my fingers, and got picked.

I began training, and picked up a Garmin, my own Fuel Belt, and Yak Tracks. There were some members of HRC that ran at my pace, and it was great to do long runs with a group. Those long runs in the winter could be torturous at times! I came home several times with icicles on my eyelashes and my water bottles frozen solid. But after the long runs were over, I was so excited to have run further than I had ever run before. When the marathon day came, I was more nervous than I had been at any point in my life! My parents and family saw me in Wellesley at the halfway point. At the finish, my Dad said to me: "Ellen - you just ran the Boston Marathon!" He was crying. It was awesome.

My time was 4:30. The next year I ran it again at 4:17. I am planning to run Philly on November 22nd, and hope to do better! Dare I say I would like to qualify for Boston? No, I don't want to jinx myself...

I really like having a running goal to work toward. I have my marathon plan written on a calendar, and it is nice to have a specific goal each week. I am doing the 3x a week Furman FIRST plan: one tempo run, one speed workout, and one long run. I cross train on the other days either on my elliptical or rower, sometimes biking, sometimes yoga, and a little too often, nothing.

I signed up for the Title 9 sprint triathlon this summer. I really enjoyed training for it, but couldn't get the hang of the swim. I couldn't catch my breath! Good thing they allow the breast stroke! I'm planning on improving that next year. It was so nice to see HRC members working at the race: at the registration, at the transition area, and at every turn of the course!

I love having a group of running club friends to run with! I've run four consecutive 'Reach The Beach' Relays with the HRC and loved every crazy minute of it. The running club is one of my favorite things about living in Hopkinton.

*"I love to run
because it gives
me so much
energy
afterwards.."*

OCTOBER 2009

SCHEDULE OF EVENTS

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3 7:30 AM Group Run
4	5	6 6:00 AM Speed workout	7	8	9	10 Lisa English's Hosted Run
11 Heritage Day 5 Mile Race	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	23	24 7:30 AM Group Run & Joshua's Run
25	26	27 6:00 AM Speed workout	28	29	30	31 7:30 AM Group Run & 5K Pumpkin Run

NOVEMBER 2009

SUN	MON	TUE	WED	THU	FRI	SAT
1 Busa Bush- wack & Paws & Claws 5K	2	3 6:00 AM Speed workout	4	5	6	7 7:30 AM Group Run & 5K for the Pre-K
8	9	10 6:00 AM Speed workout	11	12	13	14 7:30 AM Group Run & Edaville Rail Run
15	16	17 6:00 AM Speed workout	18	19	20	21 7:30 AM Group Run
22	23	24 6:00 AM Speed workout	25	26	27	28 7:30 AM Group Run
29	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
- 10/10: Lisa English's hosted run
- 10/11: Heritage Day 5 Mile Road Race
- 10/24: Joshua's Run
- 10/31: 5K Pumpkin Run
- 11/1: Busa Bushwhack Trail Race
- 11/1: 5K Run for Paws & Claws
- 11/7: 5K for the Pre-K
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