

# Still Runnin' On Empty



The Official Newsletter of The Somerville Road Runners  
January/February 2005

## Introducing the Somerville Road Runners Grand Prix Series 2005

BY ADENA SCHUTZBERG

The new year is ahead. Do you need some new, interesting goals? Looking for something different? Something local? Something that allows you to do what you love (run, if you are not sure) and serve your running community? Then consider participating in the Somerville Road Runner's Grand Prix Series (SRR-GPS).

Here's how it works: participate in enough SRR-GPS events and you'll receive specially designed SRR-GPS gear come next winter. (The plan is to award fleece vests, but that's subject to change.) What are the events? They

come in two types: running and serving. To complete the series members will need to complete 9 of the 19 SRR Grand Prix races (any 9) and contribute time in 3 service activities (any 3). So, 9+3=gear!

### Races

The nineteen SRR Grand Prix races include the SRR "Races of the Month" (12) and the USATF Grand Prix Series races (7). You are responsible for your own registration fees. Some are long, some are short, but all are a good time and chance to show the SRR colors. Links to all the races can be found on the SRR Grand Prix webpage.

### Service

Nearly everything SRR hosts or participates in depends on volunteers. No doubt, you've heard the call for help timing at Khoury's, checking bags at Gobble, Gobble, Gobble, manning a water stop at the Boston Marathon or providing "bodies" for other local events. These examples, and many others, qualify as serving the running community.

### Logistics

To participate you must be an SRR member in good standing for 2005. Each time you complete an SRR Grand

Continued on Page 2

## == Fast Track ==

BY STEVE BURTON

The winter months are upon us. Shorter daylight hours (well actually they are starting to get longer-but they are still short compared to mid-summer days), colder weather (anyone remember last winters bone-chilling temps?), snow, ice...not a lot of incentive to get out every day and train consistently. But you have to do it. Why?

Because this is the time you will set your base for the running for at least

the first 6 months of the year. Many of you will be running Boston, so of course training now is imperative, you should already be a few weeks into your marathon training plan. Even those of you who won't be running Boston may be doing one of the many 1/2 marathons in the spring, those races are coming up quickly and you need to be well into your training to do well at them. Even if your goal is to run 5K's in the spring and summer you need to be putting in the

Continued on Page 2

## IN THIS ISSUE

### Talkin' Turkey

A Word from the President .....3

### Khoury's: A Definitive Guide

More Stats Than Your Head Can Handle.....4

### Ray Kicks Ash

Ray Charbonneau Gets Knee Deep in the Gray Stuff.....6

### Sweating (Mill City) Bricks

Sully's Take on MCR.....7

# Grand Prix

*Continued from Page 1*

Prix race or service activity, e-mail or hand a note to the SRR-GPS coordinator detailing what you did (your name, the event name, if you ran/volunteered]. The coordinator (Adena, fanatic94@hotmail.com) will keep a tally, which we'll update from time to time on the SRR website. Then, come next January, we'll honor those who've met the challenge with their prizes!

Any way you look at it, SRR-GPS is good for you, SRR, and running as a whole.

# Fast Track

*Continued from Page 1*

mileage and long runs (yes, 5K and other short distance runners need to do long runs also) now to build a good base to race successfully later on.

So what I am basically saying is that you have no excuse for not running now. All of the above listed impediments to winter training can be overcome with the proper running attire, safety equipment, intelligent running, and a strong sense of desire. I mentioned the brutal winter we had last year-many runners trained through it, some logging fairly hefty weekly mileage in the process. If it takes getting on a treadmill to escape a sub-zero day, or just putting on more layers, facemasks, Vaseline on the skin to prevent frostbite, scheduling runs at a different time of the day than normal, wearing a headlamp to run in the dark,

# SRR Grand Prix Series 2005 FAQ

1. Do I have to do all the SRR GPS races?

You are welcome to do so, but for the Grand Prix Series, just nine of them are required. (Hey, people have lives!)

2. What exactly is considered a "volunteer activity"?

Pretty much any fulfilled request from the club to help with a club or non-club running event qualifies. Volunteering for races in which SRR does not send an official crew also qualifies. If in doubt, contact the SRR-GPS coordinator.

3. If I do two things at one event, does that count as two volunteer activities?

If you help with registration, then work the finish line at the same event, that's considered one volunteer activity.

4. Is there a fee to participate in Grand Prix Series?

You'll need to cover the cost of SRR membership and the cost of the races you enter. There are no fees beyond

those.

5. Who chooses the Races of the Month?

The club does. Want to participate? Attend club meetings and offer your two cents!

6. Will you check to see if I really ran the race I said I did?

We are confident members can be trusted to accurately report their efforts.

7. How many people will participate?

We don't know; this is the first time such a series has been proposed. We do guarantee that everyone who completes the series will receive their gear, however.

8. Do other clubs do this?

Yes, that's in part where we got the idea.

9. Who do I contact with more questions?

The SRR-GPS Coordinator, Adena Schutzberg, fanatic94@hotmail.com

just do whatever is needed. It can be done! I've talked to runners in Canada who run in as tough conditions as we had last year (and worse) all the time. They adapt, so can you. Extra attention and precaution needs to be taken, but with today's technological advances in running clothes and gear just about any challenge can be met.

Look for long runs to be hosted by club members in the next few months, they are a great way to get out and

brave the elements-misery truly does love company. Anyone who went on the Derry 16 mile long run last year (which was a good training run for the race itself, both in temperature and distance!) can testify to the toughness of your fellow SRR runners. Join them in these upcoming runs (look for details on the SRR website) and gather some good tales to share around the tavern later on!

**We would like to thank the following sponsors of the  
Gobble, Gobble, Gobble:**

**Brooks RX, Guinness, The Burren and The City of Somerville**

## Talkin' Turkey

BY KATHY HYNES

There were 1,455 finishers (including a turkey or two!) for 2004's



Kathy at Gobble, Gobble, Gobble

Gobble Gobble Gobble. We are very thankful for the many SRR members whose volunteer efforts helped make this race a success, and especially to race directors Steve Burton and Alison Berglund whose team efforts produced a quality event. Donations

## From the Desk of the Editors

Welcome to Issue 1, 2005 of Still Runnin' on Empty. We've devoted a sizeable amount of space to feature the legendary Khoury's 4.13 mile run including a story that offers hope to the down-trodden searching for that elusive PR. We also included some not-necessarily fascinating stats from 2004.

from race proceeds will be made to Project Soup, Somerville Track Pac, and the Somerville Auxiliary Policy.

And speaking of members, thanks to all of you who have already renewed your SRR Membership for 2005. Haven't renewed yet??

That's enough words for now. We need to find room to print this picture of your President dressed up as a turkey. Remember to keep sending your race reports, commentaries and other observations. You can reach us at: newsletter@srr.org.

— Henry Richards & Jason Roberts

There's still time - just go to our web site at [www.srr.org](http://www.srr.org) and click on "How to Apply". You can download and print the renewal form, or renew on-line via the link to sign-me-up. Make membership renewal the first running goal you meet for 2005!

## Inspirational Stories from the Streets of Somerville

FROM THE SRR NEWSWIRE

Dave Brno, veteran of more Khoury's than most people have had hot dinners breaks an important milestone. His story should be inspirational for many of us and a warning that Coach Burton is never satisfied.

I showed up at Khoury's 11/11/04 to just run two loops. Then, during my warm-up, I thought the weather was perfect and that I might try to break 26 minutes again. I had only run 25:48 last year, then 25:27 two weeks before MDI marathon (10/7/04)

I started off chasing some fast guys through the first McGrath crossing, figuring I could pace off them. When I got up Winter Hill I felt I was going at a good clip. At 6:17, I was 8 seconds faster than I ever had before. I passed Ted Norton and another guy to move into second, about 7 seconds

behind the leader. I wanted to keep the gap close as the guys behind were dropping off. I ran the second mile in 6:10, in line with my racing times. The third mile I ran 5:50, my fastest ever and only the second time I broke 6:00. Three guys, including Dave Lavalley, passed me in that mile. The 4th mile I ran in 5:54.

I chased those guys, and figured I would have a shot at breaking 25:27 at the start of the mile. When I reached the 4 mile mark, I knew I had a shot at sub-25:00. When I was 20 feet from the finish line, and heard the timer say 24:54 to the runner in front of me, I was psyched! I finished in 24:57. I looked to the left, and there was Steve Burton on the sidewalk watching. That was the best!

I had thought from first day of joining SRR, nearly 6 years ago, that I would never, ever, break 25:00 at Khoury's.

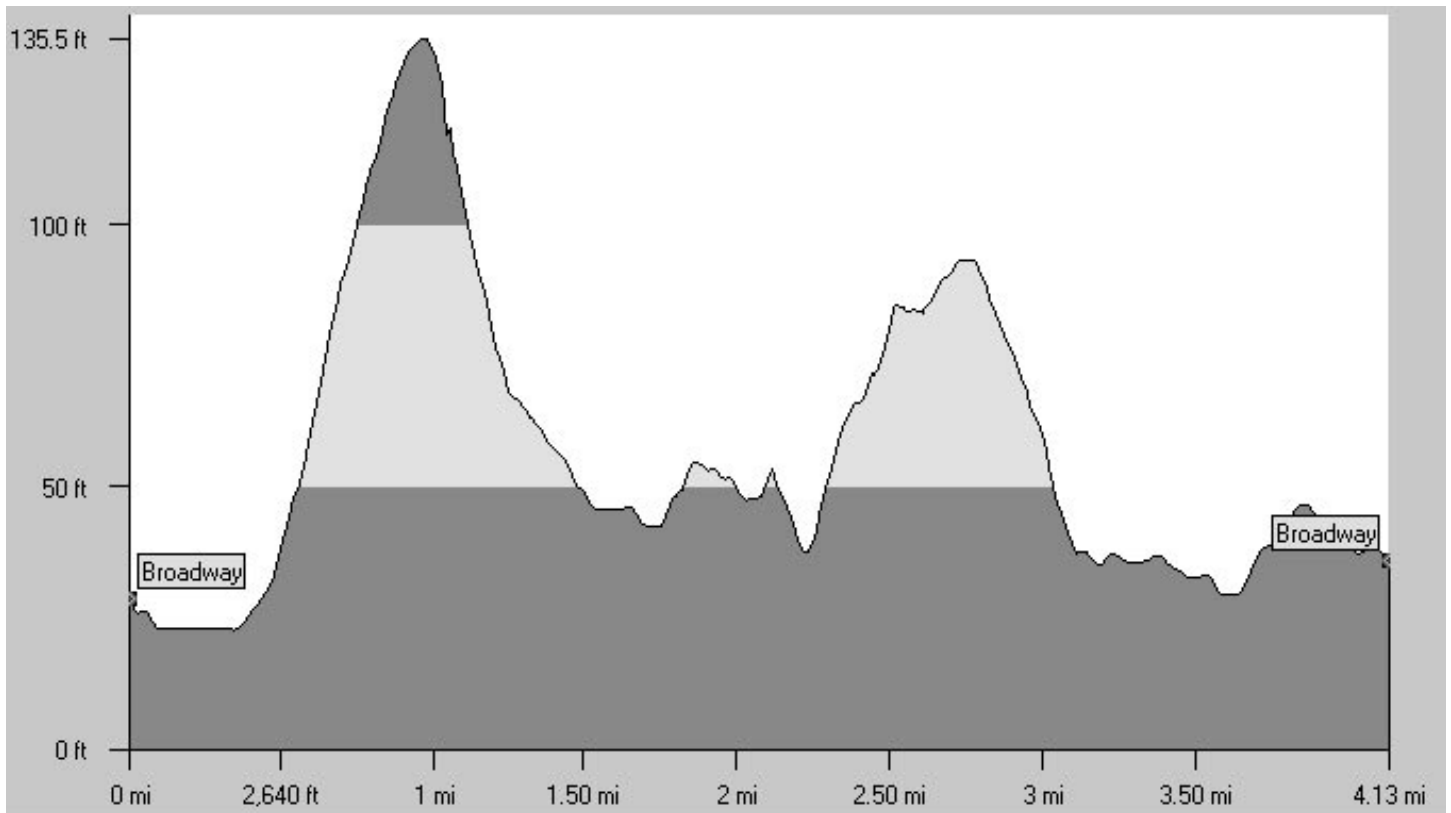
Even when I ran 25:48 last year, I figured the same. When I ran the 25:27 last month, I gave myself a slim chance of possibly doing it. Chasing those guys the last mile definitely helped! Not many have broken 24 minutes so I am happy to be in the group that I am in now, the semi-semi elite Khoury's runners.

I guess Coach Burton now wants me to break 24:00!

\* \* \*

*It should be noted that Dave is by all accounts a modest guy and it was suggested by a couple of members that we write his story up. A point of a club such as SRR is to support our fellow members with their personal goals, small or large, so share your tales on these pages, don't be shy.*

# Ascending and Descending



We thought it might be fun (and informative simultaneously) to include the Khoury's elevation profile using Delorme's excellent Topo 5 mapping software. Clearly, the vertical scale is exaggerated. What could not be accounted for is the apparent discrepancy between the start and finish height despite returning to the same exact spot. It's as if Khoury's is an M.C. Escher painting.\*

More curious still is the 'fact' that Winter Hill shares a similar profile with that other famous montagne, The Matterhorn (see photograph as evidence). So there you have it: topography and art history all on one page - informative, just like we said.

\* With thanks to SRR's resident expert on obscure Dutch painters Jim Sweeney for pointing out M.C. Escher's aptly-titled Ascending and Descending



Winter Hill....sorry the Matterhorn (easy mistake to make)

# Khoury's — 2004 Facts and Figures

Another year in the proud tradition of Khoury's is now confined to the annals of running history. The World's premiere 4.13 mile race had some notable performances throughout the year and some amazing improvements (too many to name). Shaun Miller wins the Cal Ripken Jr Award for consistently showing up, missing just two weeks all year. I am sure all Khoury's runners would like to say a big thank you to Karin Turer (Go RED SOX! - back at ya) for timing us regardless of the weather.

Data through 12/16/04 (we had to go to press before the last two Khoury's were ran.

## Men:\*

Fastest Time: Shad Miller (22:40/5.29 per mile)

Most Appearances: Shaun Miller (Open), John Gorvin (Masters)

## Women:

Fastest Time: Joan Bohlke (26:24/6:24 per mile)

Most Appearances: Yili Yao (Open), Kathy Hynes (Masters)

## Other Trivia:

Number of different runners: 555

Female Open: 174

Female Masters: 36

Mens Open: 254

Mens Masters: 91

Average size of field: 46.12 persons per race

Total number of entries: 2,306

Number of pints of beer bought at Khoury's afterwards: stopped counting a long time ago.

*\* Clearly having the last name Miller is an unfair advantage.*

## The Top Ten Reasons to Run Khoury's

BY ADENA SCHULTZBERG

1. You'll learn to multiply and divide by 4.13.

2. There are no mosquitoes to bite you when you finish - summer or winter.

3. You become close personal friends with Winter Hill.

4. You'll get honked at by people you don't know and cheered on by the crew at the Fire Station.

5. You may see the ice cream truck (and get that nasty tune in your head for the rest of the run).

6. Water, before and after the run, is free. What a deal!

7. You get to say "icky" with the assembled runners as we describe the scene if someone were to get hit by a car.

**Wise words...**  
**"At Khoury's speed**  
**is optional. Beer is**  
**a necessity."**  
**— Herbert Lin**

8. You get to keep weekly progress of the paving of Broadway and the McGrath and O'Brien Highway and count the number of days the Lowell Street Bridge has been out.

9. There are newly painted mile markers on the course. For those who've not yet found them: (1) top of Winter Hill on Broadway (2) along Albion (3) Near the Thurston Spa on Medford Street. If (4) is there, I've not found it yet!

10. You can authoritatively argue the safety merits of running on the sidewalk vs. the street.

## Fast Facts About SRR

Hopefully all those Khoury's stats did not give you indigestion as here are some more figures to stomach.

Did you know that the mean average age of SRR members is currently 34.93 years? Well you do now.

The age range extends from a few months (Nolan Andrew Maul) to 83 years, who else but the venerable Louise Rossetti

Somerville is home to 27% of you. Cambridge, Medford then Arlington are the next most popular towns for members to originate from.

If you are a 35 year old male from Somerville, you are the most typical SRR member!

# Ray Kicks Ash in San Diego

BY RAY CHARBONNEAU

In May, I went to San Diego, where it appears to be always sunny (at least after noon) and between 65 and 70 degrees. I was there for Microsoft's Tech Ed conference, but as usual when I'm traveling, I checked the web for interesting running groups and places.

Sunday morning I got up and went to meet a trail running group from the Movin' Shoes in La Mesa at 7AM, which wasn't that bad, since I was still on Eastern Time, and had forgone my favorite way of adjusting to western travel (staying out late drinking the first night). We went out to the Cuyamaca Rancho State Park: <http://www.cuyamaca.statepark.org/> which was recently reopened after the massive wildfires that occurred last year. It was a good hour away from the city, but it was worth it.

SD is surrounded by mountains. During the drive we were climbing away from San Diego and sea level. By the time we got to the park, we were well above the clouds that were covering the city, and it was a beautiful day for running, sunny and in the 60's. According to one person's GPS, up around 4500 feet, which is quite a change from the Boston/Medford area.

This was the first time the group had been back to the park since it had reopened. There were four of us: me, the organizer from the store, and two

regulars. We headed out on one of the main trails, which had been recently maintained, so the running was smooth and comfortable. Soon we ran across a couple of park rangers on horseback, who were friendly, but did warn us to stay on the trail. We had no intention of leaving the trail, so we assured them

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**“Soon, we were wading uphill, off trail, and in a soft, deep mix of dirt and ash.”**

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that there'd be no problem. Little did we know that we were about to run out of the trail section that had been restored. We ran across a meadow where the trail began to get more "natural". Soon, we were wading uphill, off trail, and in a soft, deep mix of dirt and ash. Since there hadn't been much rain, in many places no underbrush had grown back. This made it easier to bushwack, but hard to pick the trails from the surrounding dirt.

The people who'd been there before were amazed at how things had changed. The fires had covered most of the park, and blackened trees were everywhere. The underbrush that was there, if it was the type to grow up, was taller than usual, being well fertilized

by the ash. The wildflowers were sparse, but colorful and intriguingly different. Especially after we'd climbed for awhile, there were magnificent views of the park and the Laguna Mountains, with colors and shapes nothing like what you see in New England.

We finally worked our way down to the road, giving up on finding trail for the time being, though we did get back on trail as we approached where we'd left the car. It ended up being about a 9 mile run, mostly at an 8-9 minute pace, with pauses to figure out where we were, and to stare at the scenery.

We ended up well-dusted from the waist down in ash. One of the guys told me to be sure to wash well when I got back. I thought he meant so I'd get the ash off, but it turns out he was telling me to get the poison oak off as soon as possible. I've never been affected by poison oak or ivy, so I've never really learned what they look like. I was warned not to scrub too hard, so as not to rub it in, but I looked down and saw numerous bloody scratches from running through brush, so it was already in if it were ever going to get in. (Late note: no poison oak for me!)

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## All Change (Again) in the Membership Department

Sadly we're going to see a whole lot less of Jessica Zall as she packs her bags (and books) and heads to college in New York for post-graduate work. In her shoes steps Aileen Bonilla who will be ably assisted by Khoury's-

fanatic Yili Yao. Sadly space does not permit pictures of them in this issue but we encourage you to visit [www.srr.org](http://www.srr.org) and click on Roll Call to see a picture Aileen with seemingly luminescent hair.

**Renew  
Your  
2005  
Membership  
NOW!**

# Sweating Bricks: A Recap of Mill Cities 2004

BY JIM SULLIVAN

*Sully defies pain (and sense) in his dogged pursuit for a handy-sized unit of building material. SRR fields a record number of teams for the invitation-only Mill Cities Relay*

December 5th was a memorable day as SRR competed in the 21st annual Mill Cities relay, also known as the “Run for the Bricks”, also known to some as “The Relay That’s Less of a Logistical Nightmare than Lake Winnie”. The club has always performed well here, with strong efforts in both the running and drinking categories, though no prizes are awarded in the latter. This year, SRR fielded 16 teams for the event, a new club record.

Personally, I was looking forward to defending our title in the master’s division. The team looked strong this year, with Robert Cipriano, Don Nikosey, David Berkowicz, and Jonathan Davey. The only potential downfall was me doing the 9.4-mile leg. Since I have a convenient history of running strong 5Ks and then tanking a few strategically placed longer races, my inconsistency is usually rewarded with the 2.5-mile leg. Some of my teammates have even renamed it the “Sully Leg”. Unfortunately, with everyone else either injured or recovering from a marathon or ironman triathlon, it was time for me to suck it up and go long.

I was optimistic until the day after Thanksgiving, when I somehow stubbed my toe while out for an easy recovery run. Despite the shooting pain, I considered it harmless and went ahead and played football on it. When I returned home to find that a considerable portion of the foot had turned an interesting but disturbing shade of purple, I realized I might have a problem on my hands. However, as I didn’t consider the situation worthy of the Emergency Room and I couldn’t see a podiatrist until the

day after the race, I decided not only to run, but also to turn down Jonathan’s offer to switch legs.

This was, needless to say, a bad idea for me and team. Everyone else ran well, and we were in contention for second place in the division when my turn came. Everything after that was pretty much a blur. At the end of the day, all I could remember was pulling the cap off the baton because I was squeezing it so hard that I actually had to slide my hand off the end to be able to hand off to Don. Well, there’s also the memory of being passed by numerous runners, completely destroying any chance we had of bricking and knocking us down into 12th overall and 5th masters, but I’m trying to block that one out.

Fortunately, other SRR teams fared better. Leading the way was the Coed Open team, a.k.a. “Steve Burton’s Strange But Sweet Brew”, finishing fourth overall and winning their division by 14 minutes. The “Somerville Studs” finished 11th overall, fifth Men’s Open team. The Female Open “She’s Got Legs and Knows How To Use Them” and men’s Seniors “Happy Half Centurians” both finished fourth in their divisions. The Female Masters “New World”, Female Seniors “350s”, and Coed Masters “Some-r-age(d) People” each placed fifth in their respective divisions. The “Boston Stragglers”, now a permanent entry as they repeated with the exact same lineup from the Hood to Coast relay, recovered from a potentially disastrous set of directions to get to the start and finish 10th in the Coed Open division. The “Winter Hill Warriors”, all relay virgins with the exception of Steve Pepe, who has done every relay known to mankind, finished 11th in the Men’s Open division. With strong performances in all these categories, SRR finished in third place overall.

On another personal note, to add injury

to insult, I found out two days later that the toe is, in fact, broken. This leaves it in the same condition as my spirit, my dignity, and any trace of self-respect. To make matters worse, the fractured proximal phalanx has apparently gone on the offensive, pushing its way forward and attacking the adjacent joint, causing some cartilage problems. This development has upset me greatly, as the damaged interphalangeal joint, a body part so obscure that it failed to clear the Microsoft Word spell check, has lived a quiet, peaceful existence until now and has never said an unkind word about anyone in all the time I’ve known it. I have strongly objected to this act of aggression and am considering holding some kind of a candlelight vigil in protest.

A week later, just to heap more insult on top of the injury added to the original insult, I received my “finisher” certificate from the 24-hour race around Lake Quannapowitt. Having covered more than 26.2 miles, I am considered to have “completed” the ultramarathon, despite dropping out after only 10 hours and finishing, if I remember correctly, 44th in a field of 43. So, after having been disappointed at finishing the season with my worst race of the year, I had to be reminded that there was one event where I had performed even more miserably.

Anyway, congratulations to everyone who ran, and thanks to all who served as captains. Special thanks to Coach Burton for his work in coordinating the teams. If you haven’t run Mill Cities yet, you should try it next year. I feel very strongly about this, but not as strongly as I feel that in the future I should just stick to the Sully Leg.

*Should you be inspired to try this next December or would like to find out more about the Mill Cities Relay visit [www.millcities.com](http://www.millcities.com).*

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# Race Calendar

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## Some of SRR's Favorite Winter Races

*Further information may be found on [www.srr.org](http://www.srr.org), [www.coolrunning.com](http://www.coolrunning.com),  
or [www.nerunner.com](http://www.nerunner.com).*

Some of SRR's Favorite Winter Races

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(RoTM = Race of the Month)

(USATF = 2005 New England USATF Grand Prix)

*(many race times still being finalized by hosts – check the web for updated information)*

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1/23	Sunday	Derry 16 M	Derry, NH	603-432-6865
1/29	Saturday	Reebok Indoor Games Reggie Lewis Ctr.	Boston, MA	
2/6	Sunday	Great Stew Chase 15k <b>(ROTM)</b>	Lynn (K of C), MA	978-468-7934
2/6	Sunday	Super 5k Road Race	Lowell, MA	978.459.1812
2/6	Sunday	Maine Track Club 10 M	Cape Elizabeth, ME	207-892-4526
2/12	Saturday	Bradford Valentine Race 5M or 6k	Bradford, MA	
2/13	Sunday	Paddy Kelly 5M	Brockton, MA	508-580-1606
2/19	Saturday	Martha's Vineyard 20 M	Oak Bluffs, MA	508-627-7111
2/20	Sunday	Old Fashion 10M or 5k	Foxboro, MA	508-643-4024
2/27	Sunday	Jones Town & Country 10M	Amherst, MA	413-259-1469
3/6	Sunday (tentative)	Stu's 30k		
3/13	Sunday	SRR's An Ras Mor 5k at the Asgard	Cambridge, MA	
3/13	Sunday	Run to Remember 13.1 or 5 M	Boston, MA	
3/19	Saturday	RJ Crowley's 3M <b>(ROTM)</b>	Newton, MA	
3/20	Sunday	New Bedford Half 13.1M <b>(ROTM)</b>	New Bedford, MA	<a href="http://gnbtc.org">http://gnbtc.org</a>
3/27	Sunday	Eastern States 20M	Kittery, ME, NH, MA	781-340-0616
3/27	Sunday	Cross Country Run 5k	Salem, MA	978-383-9030
4/3	Sunday	Cohasset Run by the Sea 10k	Cohasset, MA	781-383-9030
4/3	Sunday	Oleksak Lumber Spring 13.1M & 5k	Westfield, MA	
4/18	Monday	BAA Marathon	Boston, MA	
5/7	Saturday	MGH Run for Asthma 5k	Boston, MA	617-726-6694

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### 2005 USATF – NE Grand Prix

3/20	Sunday	New Bedford Half Marathon 11am
5/21	Saturday	Bedford Rotary 12 K Bedford NH 9am
6/5	Sunday	Rhody 5k 9:30 am
6/26	Sunday	Whirlaway 10K 9am
7/17	Sunday	Stowe 8M Stowe Vt. Am
10/2	Sunday	Ollie 5 M South Boston MA 10am
10/30	Sunday	Cape Cod Marathon Falmouth MA 8:15 am

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### SRR Race of the Month

2/6	Sunday	Great Stew Chase 15k	Lynn, MA
3/19	Saturday	Saturday RJ Crowley's 3M	Newton, MA
3/20	Sunday	New Bedford Half 13.1M	New Bedford, MA (2 choices!)

## Race of the Month

BY ALISON BERGLUND

What is Race of the Month", you ask? This creates more SRR debate. Who does SRR really appeal to?

– Elite runner or the always elegant Louise?

– 5k or Marathon?

– Guinness or Amstel Light?

– Stowe or Davis Square?

– Hills of Derry or the Sugar Bowl?

You figure it out.

So which race, this month, do you most want to run with SRR friends?

That's it, "Race of the Month"! Recommend it, join the debate! Heck, I convinced you to go to Bourne on January 9th for white gloves, quahog chowder, and fried fritters. All for \$10 and Popsicle stick timing. Memorable? So what is your favorite race?

Check the listings on page 8 to find out where lots of your fellow club members will be running the SRR Race of the Month

See you all on 1/21/05!

**Next Club Meeting**  
**Monday, February 7th, 2005, 7:00 pm**  
**The Burren**  
**247 Elm Street, Davis Square**  
**Somerville, Mass**

## Membership Has Its Privileges

When you join SRR, you will receive a SRR Membership card (good through the membership year) and a Red Marathon Sports discount card (good indefinitely).

Use these cards to get discounts at the following:

### Marathon Sports

1654 Mass Ave  
 Cambridge, MA 02138  
 617-354-4161

### Marathon Sports (Boston)

671 Boylston St  
 Boston, MA 02116  
 617-267-4774

### Marathon Sports (Brookline)

1638 Beacon St  
 Boston, MA 02445  
 617-735-9373

### Marathon Sports (Wellesley)

255 Washington St  
 Wellesley, MA 02481  
 781-237-0771

*15% off any non-sale purchase.  
 You must show your Marathon Sports card to receive discount.*

### New England Running Company

43 Enon Street (Rt. 1A)  
 Beverly, MA 01915  
 978-922-8870

*10% off any non-sale purchase.  
 You must show your SRR Membership card to receive discount.*

### Runner's Edge

401 Main Street  
 Melrose, MA 02176  
 781-662-0091

*10% off any non-sale purchase.  
 You must show your SRR Membership card to receive discount.*

### Saucony Factory Outlet

1036 Cambridge Street  
 Cambridge, MA 02141  
 617-547-4397

*10% off any non-sale purchase.  
 You must show your SRR Membership card to receive discount.*

## SRR BOARD

### President:

*Kathy Hynes*

### Vice President:

*Alison Berglund*

### Treasurer:

*Larry Horlick*

### Secretary:

*Robin Shor*

### Membership Director:

*Aileen Bonilla/Yili Yao*

### Newsletter Editors:

*Jason Roberts/Henry Richards*

### Race Directors:

#### **Gobble Gobble Gobble**

*Alison Berglund and Steve Burton*

#### **Winter Challenge**

*Dan Solomon*

#### **An Ras Mor**

*Ed O'Connor and Paul Clark*

#### **Summer Steamer**

*Robin Shor and Jim Sweeney*

#### **24-Hour Relay**

*Kate and Tim Maul, Gretchen Wilson*

# New Members to SRR

*SRR Keeps Growing and Growing!*

## **Amesbury**

Thomas J. Cook

## **Arlington**

Edie Jirak  
Jerome Lang  
Karen Retsky  
Tobey Sparrow  
Christian Stiller  
Jason Saltmarsh

## **Billerica**

Mohammed Jafri

## **Boston**

Brie Berry  
Winn Gatewood

## **Brookline**

Barbara Cleary  
Audrey Perlow

## **Cambridge**

Helen Colquhoun  
Andrew Darien  
James Finucane  
Joshua Grob  
Don Hemwall  
Giancarlo Logroscino  
Alexandra Melby  
David Huse

## **Charlestown**

John Brown

## **Lexington**

Marge Meehan

## **Malden**

Cathy Connolly  
Cheri Graves  
Traci Light

## **Medford**

Jen Horton  
Irene Kounelas  
David Lane  
Adam McCready  
Paul Murray  
Teresa Raimondi

## **Nahant**

Lizete A.G. Alcalai

## **Newton**

Joel Rosenbaum

## **Saugus**

Greg Ryan

## **Somerville**

Eric Bielke  
Julie Brachowski  
James Bures  
Michelle Driscoll  
Lisa Fishlin

## **Somerville (cont.)**

Michelle LaManque  
Julie Moynihan  
Kerri Patterson  
Josh Rovner  
Adena Schutzberg  
Ariela Summit  
Maggie Weir  
Steve Amari  
Heather Fishman  
Tanya Knight  
Elizabeth Mann

## **South Boston**

Robin Zaragoza

## **Swampscott**

Fred Bollen

## **Tewksbury**

Tracey Monnerat-Hoffenberg

## **Waltham**

George Russo

## **Watertown**

Jody Miesel  
Manish Sharma

## **Winchester**

Andrea Jones  
Mary Ruhl

**Khoury's Thursday Night**  
**EVERY Thursday. All Year Long.**  
**And It's Always FREE!**

Somerville ROAD RUNNERS PRESENT

the 8th annual  
**AN RAS MOR**

Sunday, March 13, 2005, 10am

Come run

**THE GREAT RACE (AN RAS MOR)**

and celebrate Saint Patrick's Day with  
the Somerville Road Runners at the  
Asgard Irish Pub & Restaurant, 350 Mass Ave,  
Cambridge, MA (Central Square).

*Certified 5k course. T-shirts to the first 1500 runners.*

**PRIZE MONEY:**

Top 3 overall runners, male and female:

\$200 1st, \$100 2nd, \$50 3rd,

*\$250 bonus for new male or female course record.*

Top 3 Teams male and female (4 person team):

\$240 1st, \$160 2nd, \$120 3rd.

**AGE GROUP MONEY** Sponsored by *New England Runner*

Masters: M/F-1st \$100, 2nd-\$75      Veterans: M/F 1st 40, 2nd \$20

Seniors: M/F-1st \$50, 2nd \$25      70+, M/F-1st \$25

**COURSE RECORDS:**

Male: John Mortimer, 14:09

Female: Atalelech Ketema, 16:44



For information email: [AnRasMor@srr.org](mailto:AnRasMor@srr.org) or visit [www.srr.org](http://www.srr.org)  
*Benefits Cambridge Family & Children's Services*

PHOTO BY FITZFOTO

JF05, p. 7

## ***Time to party! (again?!)***

Khoury's 10th Birthday Run  
Thursday, February 3, 2005



1. Yeah!
2. Running!
3. Winter HILL!
4. Uncontrollable traffic!
5. Party!
6. Beer!
7. Right here in Somerville in your own back yard!  
(or in somebody's back yard...)
8. Every Thursday!
9. Every week!
10. For TEN YEARS straight!

*Come celebrate the World Famous Khoury's  
Thursday Night 4.13 Mile Run 10th year..  
Hmmm... don't forget to wear your birthday suit.*

For more info, contact Steve Pepe (781-275-1584)  
or Kathy Hynes (617-923-0093) or email [khourys@srr.org](mailto:khourys@srr.org).

## ***MEMBERSHIP RENEWAL NOTICE***

Yes, it's THAT time of year again!!!  
Time to renew the ol' Somerville Road Runners  
Membership!!!

You have one of three ways to do this:

- 1.) Renew your membership  
AND pay directly online  
at [www.srr.org](http://www.srr.org)
- 2.) Download a paper application at [www.srr.org](http://www.srr.org),  
fill it out, send it with that money  
and PRESTO you're done!!!

*OR if you prefer the old fashioned way...*

- 3.) Grab an SRR application from anyone of  
our directors, fill it out, send that money,  
and BAM you're renewed!

**FORTITUDINE VINCIMUS  
(BY ENDURANCE WE CONQUER)**

***Somerville* ROAD RUNNERS, INC.**

PO BOX 44204  
WEST SOMERVILLE, MA 02144 USA  
[WWW.SRR.ORG](http://WWW.SRR.ORG)