

Still Runnin' On Empty



The Official Newsletter of The Somerville Road Runners
March/April 2005

'Supersonic' Flies Again

This year's cohort of Derry 16-Miler survivors may not be able to regale their globally-warmed grandchildren with tales of icicles hanging from beards or hair freezing solid, but many personal stories of strong running did emerge. Temperatures in the 40's with almost no wind led to a number of personal bests from the many SRR runners taking part. Indeed SRR runners claimed 8 out of the top 56 spots. Amongst all the individual tales of grit, fortitude and speed, one stood out. Our very own Diona "Supersonic" Fulton smashed the women's course record, logging a time of 1 hour 44 minutes and

36 seconds, smashing the previous record. All this after running a breezy 1 hour 25 minutes just a couple of weeks prior at the Las Vegas half-marathon. Other performances of note include a 3rd place for esteemed-leader Kathy Hynes in the Filly section and a blistering 1:42:55 from Jonathan Davey, narrowly missing out on a placing in the 40-49 age bracket. Shad Miller clocked a scorching 1:34:39

Of course Derry, would not be Derry without at least some bad weather. The race originally slated for 23rd January was rescheduled following the hefty 2 feet of snow we received the night

before the big day. This of course did not stop some (fool?)hardy souls from donning Yaktrax and slipstreaming behind snow ploughs to get their long runs in. The SRR email group saw many postings from individuals reporting local runs of 10 miles and upwards after the Derry police postponed the event the day before. No doubt some were subjected to worse than usual guerilla-tactics of Massachusetts drivers that have unfortunately plagued this winter running season. Just remember, stay safe kids. Here endeth the public service announcement.

== *Fast Track* ==

BY STEVE BURTON

This month's Fast Track is nothing more than a listing of some club related activities. First off I'd like to let everyone know who received the Boston Marathon numbers from the club this year. Every year the club receives some Boston Marathon entries for unqualified runners from the BAA to give out at the club's discretion. SRR gives out the entries to members who have volunteered at different SRR events and activities over the previous year, and if there are numbers left over there is a lottery to determine who gets those. So if you are interested in running Boston next

year (though I highly urge you to try and qualify!) volunteer as much as possible and then apply for one of the SRR numbers next fall.

This year Boston numbers went to:

Kyle Grady

Jim Sweeney

Jamie Sarkesian

Bob Agnone

Niall O'Fionnagain

Tim Maul

Barry Lavalley

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How I Travelled 2,700 Miles to Run 10K

BY FRED BOWEN

SRR was well represented at the Las Vegas International Marathon on January 30th, with participants in the marathon, half-marathon and marathon relay. For the Boston Stragglers, this was our third relay race and our second foray across the country. The odd thing about this group (besides the fact that we are odd people) is that there is some bizarre travel voodoo hanging around our necks. It started when someone who shall remain nameless (let's just say his or her name starts with an "F" and ends with a "red") took a very wrong turn on the way to Manchester airport last summer and caused 4 team members to miss their flight to Oregon. Well, this time I'm glad to say it had nothing to do with me - er, that person - but there was a bus mix-up on the way to Logan and for a while I feared we'd be riding to Vegas in an 18-wheeler with a guy named Chuck wearing an oil-stained flannel shirt and a John Deere trucker hat.

Upon making it to our gate just in time for final boarding call, I found out that SRR had actually chartered Song flight 2054 from Boston to Vegas. With such trouble makers present as Sara Radkiewicz, Lisa Jaco, Niall O'Fionnagain, and Diona "Genus Supersonicus" Fulton, I felt sorry for those drowsy-eyed passengers who had no idea what they were getting into. Now, a nice thing about flying Song is that you can compete against your fellow passengers in a friendly and silent game of music trivia. At least, on other flights, I imagine it is friendly and silent. On the SRR flight it was a full-contact sport. After several million rounds of trivia, I made the first of many strange discoveries about our SRR teammates.

Bizarre revelation #1: Aileen Mason knows everything about anything that there is to know about music. Seriously, she's like the Rain Man of MTV. Consistently edging out such other serious players as "POO" and "MOANER" (I'm sworn to secrecy about the identity of the latter), Aileen answered every question within 0.3 seconds. Also, she apparently mistook the touch screen on the back of my seat for a punching bag.

When we landed in Sin City, the dirty dozen split up. The "rock star" contingent (Sara, Lisa, Diona, et al...) was picked up by a stretch limousine and hit the town in style. Not to be outdone, my team picked up our minivan and were instantly the envy of soccer moms throughout the southwest. We headed straight for the Excalibur (a sort of creepy version of Cinderella's castle) which is the sixth largest hotel in the world and somehow the fifth largest in Las Vegas. The others stayed next door at the Luxor, an Egyptian pyramid with a margarita by-the-yard bar. (Apparently, after a long day hauling stones for the pharaoh, Egyptian workers liked to kick back with a 3-ft margarita and compare whip marks). We dropped our bags and hit the labyrinthine casino floor, to be serenaded by a cacophony of bells and clinking change which I'm convinced is being played on a CD player somewhere since I never actually saw anybody win anything. Now this part may come as shock to you, but there is rampant prostitution that goes on in Las Vegas. This is how I discovered...

Bizarre revelation #2: Hookers love Chris Vezeau. I don't know what it is. The team collectively decided it is because of his innocent appearance, but for whatever the reason anytime we left Chris alone for more than 5

seconds he was swarmed by ladies of the evening. (And after the first five or six times he was propositioned, I don't mind saying, the rest of us felt a little left out).

As the night went on, and square yardage of margaritas set in, the group dwindled in size, leaving just team captain Johnnie O'Malley and I, which leads us to -

Bizarre Revelation #3: Johnnie O'Malley never sleeps. I'm convinced that he's actually a robot. He returned to his room in the morning for an oil change or whatever and ten minutes later went to the race expo to get our numbers. Oh yes, had you forgotten that there was actually a race to this story?

From what I hear, I didn't miss much by sleeping through the expo. There was however, an oddly bland power bar type thing in the goodie bag - sawdust flavor, I think. The Stragglers spent the pre-race day at Hoover Dam getting the same presentation by several different tour guides. I'm proud to say that our team can now recite from memory five or six different key phrases that somehow relate to the dam's construction: something about 130 degrees, 16 hour days and irrigated farmland. Go ahead and snicker, but someday we'll hit the jackpot on \$25,000 pyramid when the category is "Things a Hoover Dam Tour Guide Might Say". On the way back from the Dam, we made our first attempt to visit the world famous Ethel M's chocolate factory. With 5 cell phones, a G.P.S., several maps, an engineer and a PhD in geography between us, we eventually found the place 52 hours and approximately \$1,263 in gas later. But it was well worth it for the free bite of choco-

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Pep-Talk From the Prez...

Weather or not, spring is here, and the Boston Marathon is just days away. Best of luck to all the SRR members who are running Boston in 2005! Don't forget there are a lot of other great marathons out there. Just ask one of your fellow SRR members and you're sure to get some good suggestions and advice.

As for me, I'd recommend the Cape Cod Marathon held in Falmouth in late-October. The course is scenic, the field much smaller than Boston (aids concentration without the distractions), and it's a great excuse to spend a late fall weekend on the cape. Since this race has once again been selected as the final race in the USATF Grand Prix series, there is the added incentive of earning an "Iron Runner" Jacket if you also complete the

Runners On the Go

A review of the weekly results at srr.org reveals that as a group we often travel far and wide to compete in races. In 2004, based on those results where data was recorded, SRR runners raced in 23 different US states. More typically, perhaps, most of us travel for work or pleasure without a race in mind, but we still want to run when we are away from home. Running in an unfamiliar city can sometimes lead to an unintended long run and perhaps a multitude of miserable experiences. With that in mind, in future newsletters we would like to publish brief guides to running in other cities as submitted by club members. To make this happen we need as many SRR members as possible to submit simple routes or places to run in towns and cities across America. Perhaps you know of clubs that have a weekly run that we could join in. If you know of any resources on the web or otherwise, why not share them with us. Let us know by emailing: newsletter@srr.org.

— Jason Roberts

...and a Word From the Editor

Not much room for a commentary this month. Inevitably, given the heightened level of interest, I made the predictable editorial decision to devote a number of pages to the Boston marathon alongside some handy tips on how to get yourself in shape to run future years. Even if you are not running, hopefully you'll come along to cheer on fellow club members or support the SRR water-stop.

The last 4 or 5 marathons have revealed a disturbing trend: its got hotter each year. Speaking personally, I really suffered last year. Soaring tem-

peratures and humidity combined to create a major ice-cream melting disaster from my vantage spot at Mile 10 in Natick (so pur...lease I don't want to hear any more whiny stories about dehydration and falling asleep in the medical tent for an hour if your name is Mike Greco). Hopefully the mercury won't climb that high for '05. Its my first Boston marathon and I'm praying for 45 degrees. Good luck to all participants and see you at the finish (hopefully).

— Jason Roberts

other six series races this year.

So whether it's Boston '05 for you, or another marathon out there, may you

meet your goal – whether it is to finish in a certain time, or just to finish.

— Kathy Hynes

Khoury's Birthday Bash

A landmark in the history of road-running was reached on the 3rd of February with the 10th anniversary of the first Khoury's 4.13 mile run. 57 runners turned out, though chilly temperatures meant few runners – Joe O'Leary and Niall O'Fionnagain stick out - ran even remotely close to being in their birthday suit (a tradition that started some way back apparently). Special recognition must be given, therefore, to Karin Turer who timed the race with her modesty covered only by the SRR banner. In a tongue-firmly-in-cheek move that will remind Karin's British husband of the tabloid newspapers back home we decided to make Karin our very own Page-3 'stunna' for this issue of the newsletter. (Thanks to Karin for being such a good sport).



Karin says "Go — Yankees!"

A Not Necessarily Definitive Statement on Boston Weather

Jim Rhoades, revealing a keen sense of climatologic history, unearthed some interesting weather stats from past big days:

BRRRRR....

1908 – snowflakes and drizzle

1961 – snow squalls, temperatures of 39 degrees and wind blowing in your face

1967 – more squalls

DRENCHED

1970 – heavy rain and temps in the low 40s.

HOT STUFF

1905 – allegedly topped 100 degrees

1909 – 97 degrees (quite a change from a year earlier – see above)

1931 - Reports of "terrific heat"

1976 – as hot as 96 degrees between Hopkinton and Newton

1987 – high 80's and humidity of 95%

Looks like 2004 was up there with the best, or should that be the worst.

The average high for April 18th should be: 57 degrees according to the "experts" at The Weather Channel.

So, for an alternative perspective, what does the Old Farmer's Almanac predict? Answer: warm, with showers.

Follow this link to the Old Farmer's Almanac website to find out more about predicting the weather with a pig-spleen:

www.almanac.com/weathercenter/pigspleen.php

The Agony and the Ecstasy

BY CHARLIE KELLEY

Charlie describes an attempt to qualify for Boston at the Hyannis Marathon. Needing 3:35:59 to qualify, Charlie listens to the 'internal dialogue' that rages during the latter stages of the race. We join Charlie over half-way in....

* * *

I was trying to assess the damage and make a decision as to whether it made any sense to keep on running. The usual stuff: what damage now, potential damage if I keep on running, how important is this race. At this point I felt comfortable,

excepting my calf, as we were slogging along at 8:14 on average. I began to think that my leg would naturally get progressively worse and I would be forced to stop by a muscle tear or spasm. Dave

Sullivan was running with me offering the positive. He was saying things like: "its all in your mind", "you can do

it if you want, no problem"...I'm internalizing Dave's comments. So now I am thinking: I can do this unless I tear a muscle. I'm at mile 15 running with Vlad Luppov, I am very surprised that the tightness in my leg has not led to some disastrous event. I tell Vlad of my concern. He basically shrugs and says it is what it is: your call. The stoic in Vlad steels me and all of a sudden there is no way I'm stopping unless I blow a tire.

Fast forward to 18 miles. I have sud-

denly reached the end of my conditioning, after all 18 was my longest run. Now I have two voices in my head and one running next to me. One voice is saying you can't do this you are not trained and you are out of fuel, you are injured and doing a lot of damage. Another voice is saying: you only have 8 miles to go, this is going to hurt but it is doable. I am listening to the other two like a third person out of body experience and just taking it all in. While I am having this internal dialogue Vlad has realized I'm in trouble and starts working overtime to get me back on track. I have stopped taking splits now and have lost touch with my pace and the time. He tells me to relax, he reminds

“One voice is saying you can't do this you are not trained and you are out of fuel, you are injured and doing a lot of damage. Another voice is saying: you only have 8 miles to go, this is going to hurt but it is doable.”

me I have a long stride as we go down the hills, he starts giving me total time reads, he tells me we are both zombies and I should not think just follow him, he tells me how proud I will be to tell my daughter I qualified, it is now or never, you must do it now, our tempo runs are much faster than this, this is easy, this is the moment to

just do it, we have 48 minutes to run a 10k, we have 26 minutes to run a 5k, we are done just relax and run for three more miles, no problem, we have 30 seconds to run 200 yards, hurry you are going to miss it by 5 seconds. It felt like my brain (in an effort to compete for limited glycogen, self preservation) was trying to convince me to stop running another part of me was weighing the signals from my body and listening

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2005 BOSTON MARATHON

Your Special Day Off: A Guide to *Not* Running Boston

BY JIM SULLIVAN

More entertaining pearls of infinite wisdom from the SRR's Special Injury Correspondent, Jim Sullivan. You may remember from the last Runnin' on Empty, Jim broke his toe.

The Boston marathon is one of the premier sporting events in the world. On Patriots' Day, millions of people who ignore the sport the rest of the year will be glued to their televisions or watching in person along the course. A fraction of these might even have some vague idea of how long the race is. Over the next few weeks, you'll hear a great deal about training techniques and racing strategies, and it will seem that everyone who owns a pair of running shoes is obligated to participate.

The truth is that many of us won't be running. I'll be sitting out due to injury this year, but that's just one of many reasons not to run. In fact, having attempted Boston only twice in my 30 years of racing, I've almost always been able to find some excuse. As it's safe to say that nobody knows more about not running Boston than I do, I wanted to offer some advice on how to sit out the race. Unlike programs for running, which are often geared to people at specific levels of ability, the beauty of a system for not running is that it works for everyone who won't be participating, regardless of the reason.

Everyone agrees that a good mileage base is the key to running success. Training for the marathon adds a degree of difficulty, but the challenge is not limited to increasing your mileage and the frequency of long runs. The biggest problem is discussing your mileage with other marathoners, as every one who has ever completed 26 miles thinks they

know more than you do and will always find some flaw in your plan. Since you're not running, nobody cares about your mileage, and you're off the hook.

Although the Boston course increases the importance of hill training, I find myself relying less on hill-work than most runners, due to a combination of chronically bad knees and, more importantly, an intense dislike for these workouts. For those not running, it's far less important to train on hills than is to be able to talk about them and appear knowledgeable. I'm fond of noting that Boston's design is quite similar to that of Athens, with the exception that Athens has a much

“Proper hydration is going to be absolutely critical — whether you're running or not.”

greater elevation. This information is useless, but tossing out factoids like this can make you seem more like a devotee of the sport, and less like some crank who happens to live down the street.

While speed is generally considered a low priority, there is a new philosophy developing which relies more heavily on speedwork than traditional marathon programs. A workout known as the “Yasso”, consisting of 10 800-meter repeats, is not only supposed to improve your conditioning, but even project your marathon pace. I'm not going to examine Yassos in any detail, as I don't understand the concept and I've got other things to worry about.

With the New England weather causing all kinds of havoc, more runners are incorporating treadmill running into their routine. I've never been clear on how this is helpful in Boston, which in its entire 107 years has never been held indoors. Still, this doesn't mean you can't make good use of this apparatus. If you're planning to attend Boston in person, you may have trouble finding a comfortable place to sit. One way to prepare for this is to make a trip to the local gym, find an unoccupied treadmill, and sit there for a few hours, ideally with some tasty snacks.

Running technology has come a long way in a short time. If so inclined, you can now wear a “personal training device” that will monitor your distance, pace, heart rate, calories burned, and any other type of data in order to distract you from the unpleasant task of actually trying to run a little harder. In my day, we had watches, and I hear they still make them. I'm not suggesting that runners shouldn't wear them during workouts, despite my strong suspicion that they destroy your soul. However, please remember that they are only for running. If you wear one of these gadgets at Boston, you'd be doing it just to show off, and that would be wrong.

Proper hydration is going to be absolutely critical, whether you're running or not. If you're planning to be there, you're probably going to be doing some fairly heavy drinking. Not only will the alcohol itself present dehydration problems, but the average temperature in Boston on Patriots' Day is a few degrees warmer than Kuwait City, so make sure you load up on water before binging.

Nutrition, normally a critical factor in helping your body maintain a proper

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Introducing Your SRR

Most-Improved Runners From 2004

Typically at the end of the year Coach Burton announces the names of two exceptional runners that have made tremendous strides during the previous 12 months. Runners need not be speedsters, simply those who have dedicated themselves to proving they can run both faster and longer. Few would argue with the male and female choices for 2004: Yili Yao and Chris Brassard. Regular racers and/or attendees of Khoury's will be familiar with this pair. In the hope we may learn something from them, Runnin' on Empty asked Yili and Chris to impart their knowledge for the rest of us mere sloggers. Their stories, of course, are simply one of many other significant achievements during the year. I'm loathe to single out too many individuals but I must mention a couple. John Brown seems to have come from nowhere to become a frequent running partner of Steve Amari on a Thursday night. Seaghan McKay seems to get quicker. I'd like to put a special shout out for Henry Richards (hopefully, because he is too modest and may edit this bit out, he won't read this article too closely). Henry ran his first Khoury's in February 2004 in 36+ minutes with his heart practically pounding through his chest cavity. By autumn he broke 30 minutes with his heart practically pounding through his chest cavity.

THE YILI YAO STORY

When I first joined SRR in May 2003, I was a very slow runner who had never run beyond 5 miles, let alone raced. I have never imagined that 11 months later I completed my first marathon at the 2004 Boston on an 85 degree day with a time of 4:29:30. Six

months later I completed my second marathon at the 2004 Lasalle Bank Chicago Marathon with a Boston qualifying time of 3:45:34 – eclipsing my PR by nearly 45 minutes. Looking back at my growth path, what has made me improve over the last year is something Coach Burton once taught me: consistency and mileage make a runner.

“Every runner is built differently. Whatever works for me doesn't necessarily work for you. However, as long as you find a program that works for you and then STICK to it, you will run stronger, faster and happier.”

Consistency -- I've learned that running has no shortcuts. The only way I can improve myself is to go out and run. I squeeze any possible time during the day to get my run in, whether this means to get up at 4:30am or finish the run at 10pm. I run in all weather conditions, rain or snow, downpour or blizzard, a 90F hot day or a -7F frigid day. I stick to my training schedule faithfully, never allowing myself to skip a run unless I'm injured or sick. I'm always at Tuesday's track workouts and Thursday's double-loop at Khoury's. I believe I hold the title for the best attendance at BOTH Khoury's and track. To me, track is a great speed workout and Khoury's is a great tempo run – both are highly necessary for marathon training.

Mileage – It took me months to realize that increasing mileage before speed is THE key to distance-running improvement. Studies have confirmed that the more we run, the more efficient we become. I started to see this benefit when I was doing high-mileage up to 77 miles-per-week last summer during Chicago training -- my long runs became easier; and I set PRs in all distances. Physically I feel stronger and I became naturally faster! As for a training program, I reference Peter Pfeitziinger's 18-week up-to-70 mpw training schedule from his book “Advanced Marathoning” and designed my own program. My typical week consists of 3 hard days: Tuesday's track workout at Tufts, Thursday's tempo run at Khoury's, and a weekend long run of 18~24 miles. For the rest of the week, I do runs of 8~14 miles with a very easy and slow pace, both for getting mileage in and for muscle recovery. Since increased mileage is a leading cause of injury, I monitor my body very closely to ensure adequate rest is taken between two hard days.

Every runner is built differently. Whatever works for me doesn't necessarily work for you. However, as long as you find a program that works for you and then STICK to it, you will run stronger, faster and happier.

— Yili Yao

THE CHRIS BRASSARD STORY

Chris started 2004 with a goal in mind, one many of us share: qualify for Boston. He also kicked off '04 by joining SRR. With a couple minutes of

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Not Running Boston

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energy level, will be more or less irrelevant if you're not running. On race day, your only requirement is to eat enough to soak up the aforementioned alcohol.

The recovery time following a marathon can vary greatly from runner to runner. All things being equal, you should feel a lot better the day after not running 26 miles than you would if you had participated. This is, in my opinion, the biggest advantage to not running Boston. Since you shouldn't be in too much pain, it will be advantageous to do a few miles the next day. If you move as slowly as possible, and try to embellish the look of discomfort, people may actually think you ran the race.

Once marathon day is over, it's time to start planning for the future. Nearly every major city in America now has a fall marathon. There's even a marathon in Antarctica, which is neither in America nor in the fall and therefore has nothing to do with my point, but I find this interesting nonetheless. [Jim Rhoades could probably find data to suggest Antarctica does have autumn, I hear it reaches 0 on some crisp mornings – ed.] Having successfully not run Boston, it's time to start thinking about which fall races you won't be doing. As for me, I've already committed to not running Cape Cod.

I think I've covered the basics you'll need to enjoy your inactivity, and I sincerely hope your sedentary experience is rewarding. I also would like to wish you well in your future marathon endeavors, though you might find the benefits of avoiding this race vastly superior to those of running it, and choose to make a tradition of taking this very special day off.

Agony and Ecstasy

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to Vlad.

Dave and Vlad actually had a profound influence on my decision to continue running initially, at the halfway mark and later to convince me that finishing on time was viable. The whole time I was aware of the struggle going on, in part because I have been there before. Vlad was able to redirect my focus from the internal dialogue, which was turning ugly, to the task at hand, which he was making more viable as we got closer to the goal. I am not certain that I would have made it through that last 5 miles on time, if Vlad were not there to guide me. There was a definite benefit for me in having someone present to provide a positive, constructive external stimulus. The need for such an external influence may have been compounded by my lack of conditioning and the self-doubt that an injury can mitigate. I find the internal dialogue to be fascinating: the notion that different components of

who I am can have a meeting to discuss possible courses of action while I am running down the road. My glycogen greedy brain telling my body that it absolutely must slow down, my conscious logical awareness assessing what is probable, my running ego responding to external inputs... I have to wonder to what extent self control over these dynamics could transcend our conditioning, innate physical ability.

Peter Hansen and I were reflecting on the richness of the experiences we take away from these long run episodes, the awakening of our heroic natures, the sharing of all this with our kindred spirits and how central they are to our motivation to return to these stages. We both agreed that even though we are slowing down and getting injured more often, we will keep returning for more as long as we are able.

* * *

Charlie qualified with a time of 3:35:15.

Most Improved 2004

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wiggle room he achieved his goal, running 3:07:50 at the reliably fast Bay State Marathon. That time was not necessarily a 'given'. Chris had been running for 12 years but was more comfortable with a steady diet of 5-milers. To achieve his qualifying time he shaved an amazing 41 minutes off his previous personal best. How? By copying the formula outlined by Yili: consistency and mileage. "I steadily increased from 35 to 70 miles per

week" says Chris. He also made track workouts and regular attendance at Khoury's a must-do activity. Interesting Chris does not cross-train and eats just about anything.

To some this may sound like a no-fun commitment but Chris finds running a way to relax and forget about work. Asked what his goals would be for the future he responded "keep improving, learning and have fun".

Excerpted with kind permission from "Chris Brassard: my life so far".

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

Fast Track

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Aileen Bonilla

Ray Charbonneau

Karen Serafin

Jason Roberts

Mike Greco

Also, each year SRR pays for the upcoming years USATF membership of anyone who has raced in 5 of the 7 USATF-New England Grand Prix Series races for the previous year (you

needed to be a USATF member that previous year). This past year we had a large group run 5 of the 7 races, six of them ran all 7 (becoming an Iron Runner and receiving a jacket from USATF)!:

Joe O'Leary

Jim Sullivan

Terrance Savitsky

Anthony Capobianco

Joe Heaney

Yili Yao

Pam Thomas

Greg Picklesimer (Iron Runner)

Kathy Hynes (Iron Runner)

David Souza (Iron Runner)

Barbara Grandberg (Iron Runner)

Dan Solomon (Iron Runner)

Buddy Hubert (Iron Runner)

For more information on the USATF Grand Prix Series for this year go to: www.usatfne.org.

Snow Crab Legs

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late. The pasta dinner was pretty good (even though we were almost denied entry) and included smoothies and a talk from four-time Boston Marathon winner Bill Rogers. Most of the team hit the sack early while I squeaked in a G.P.S.-measured midnight mile through the hotel parking lot to keep my New Years resolution of running every day (since broken).

Race morning began early... for some of us. The half-marathon bus left at 4:30am for a 6:30 start. The full marathon and relay kicked off an hour later. There was a highly competitive field in attendance, due no doubt to the \$100K in prize money up for grabs. The weather was not great all weekend (note to self: pack warmer clothes next time), and on marathon morning, runners were greeted with the mother of all headwinds. That, and about a billion orange traffic cones. Jetsetter Diona Fulton finished the half-marathon fourth in her age group and continued running straight to the airport to catch her flight home. The Boston Stragglers finished 4th in the mixed relay division and 7th overall. And Hugh Hallawell single-handedly beat us by ten minutes, finishing the full marathon in 2:58:42.

As for the relay, I had the honor of run-

ning anchor, for the sole reason that no one else wanted to do it. The upside of running last is that you get to sleep the latest. The downside is that you have to make up the extra 1.2 miles, God save the queen. (If you got that last part, congratulations: you're as big a running geek as I am). After an ill-advised last minute bagel stop, I got in my warm-up run trying to find the relay bus - which was well hidden, by the way. Fortunately, I was able to cut them off at a red light and board in the intersection to a round of applause from the other runners. Then, assuring I would retain the title of poster boy for transportation problems, the bus to leg five got hopelessly lost in the desert for over an hour. As my teammates sped through their five-mile legs, I sat anxiously on a bus full of angry runners while our driver tried to navigate with an utterly useless course map. Construction detours took the blame, but race management really dropped the ball here. Unless it was double secret road construction that began that morning, they really should have known about it and planned accordingly. I did finally get to the transition with enough time for a few strides before getting the handoff from newsletter editor Jason Roberts. Another nice thing about running last in the relay (which reminds me, I'd like to thank my teammates for carrying the baton in their hands and not in

the back of their shorts), is that you get to cruise along while all the marathon runners around you are falling apart. As I crossed the finish line to high-fives from my teammates, I saw 3:08 on the clock and wondered if that meant the five of us had just qualified for Boston.

After much free beer, a lost teammate and a lost bag, the Stragglers went for a celebratory Chinese food buffet. When questioned why the Sunday price was higher than the one advertised in neon lights on the strip, the maitre'd explained with thick Asian accent, "There's snow crab legs and more seafood." Aileen Mason relayed this to rest of the team: "Okay guys...there's more seafood, but there's no crab legs."

We spent the rest of the afternoon at the beautiful Red Rocks canyon. There we got into another race, trying to sightsee and get the hell out before they closed the gate at sunset. (Think Chevy Chase at the Grand Canyon in Vacation.) The post-race party that night was held in the basement of the Luxor temple, at the tres chic nightclub Ra, where large screens bombarded us with images of the 80's. I guess the sun god, Ra, didn't get enough of the Rubix cube, Billy Jean, and "Where's the Beef?" the first time around. The SRR gang saw to it that the bartender

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New SRR Board of Directors Elected

Dewey Defeats Truman!

The March club meeting was well attended and after a clear and fair election a new Board was sworn in. Kathy Hynes, Larry Horlick and Robin Shor will continue in their roles of President,

Treasurer and Secretary respectively. Joining them will be Paul Clark as Vice-President and Mike Greco as Member-at-Large.

Next Club Meeting

May 2, 2005, 7:00 pm
The Asgard Irish Pub & Restaurant
350 Massachusetts Ave,
Cambridge, Mass

Snow Crab Legs

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got lots of practice mixing hurricanes, and it turned out to be my favorite post-marathon party (probably because I didn't run the marathon).

Monday, we hotel-hopped down the strip, which is like an R-rated Epcot complete with Rome, Paris, New York, and plenty of \$13 roller coasters. Highlights included the water show at the Bellagio, the sirens at Treasure Island, lots of tigers (white and otherwise), and a 20 minute ear-piercing fire alarm while eating at Caesar's Palace. If you're planning a trip, I strongly recommend Cirque du Soleil's aquatic stage show "O", well worth the ticket price. Also, the view from the Stratosphere is breathtaking. Just allow plenty of time and don't go there an hour before your flight is leaving. Then again, the trip wouldn't have been complete without the 800 meter "luggage dash" through the airport terminal

to catch my plane.

The red-eye back to Boston ushered in a new month and another marathon training season. As Aileen cleaned house again at music trivia (it was easier this time since the questions hadn't changed), I thought of how this sport makes for a great excuse to travel and how this club has made for great (though clearly insane) friends. If you're considering the Las Vegas marathon, I'd consider giving them a few years to get their act together. Race management was terrible and crowd support was low. That, and there's no crab legs.

SRR RESULTS:

Marathon

Hugh Hallawell 2:58:42 (64th overall!)

Half-Marathon

SRR BOARD OF DIRECTORS

President:

Kathy Hynes

Vice President:

Paul Clark

Treasurer:

Larry Horlick

Secretary:

Robin Shor

Member-At-Large:

Mike Greco

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

Sara Radkiewicz - 1:56:35

Lisa Jaco - 2:18:16

Diona Fulton - 1:25:55 (4th in division)

Richard Allen - 1:56:35

Niall O'Fionnagain - 1:39:59

Mixed Relay

Boston Stragglers (Johnnie O'Malley, Aileen Mason, Chris Vezeau, Jason

Roberts, Fred Bowen) 3:08:29 (4th in division)

Race Calendar

Some of SRR's Favorite Races

*Further information may be found on www.srr.org, www.coolrunning.com,
or www.nerunner.com.*

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www.coolrunning.com, or www.nerunner.com.

(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)

4/10	Sunday	Doyles	Jamaica Plain	11 am
4/18	Monday	BAA Marathon		12 noon
4/24	Sunday	James Joyce Ramble 10K	Dedham	11 am
5/1	Saturday	7 Sisters 12M Trail Run	Amherst	9AM
5/7	Saturday	MGH Run for Asthma 5K	Boston	617-726-6694
5/7	Saturday	Breakheart Classic 6K	Wakefield	10am
5/7	Saturday	Irish Village 5M	West Yarmouth	11 am
5/8	Sunday	M.O.M.S Run 5K (ROTM)	Somerville	10am
5/14	Saturday	Ellie's Run 5K	Marshfield	11 am
5/21	Saturday	Bedford Rotary 12 K	Bedford NH	9am
5/22	Sunday	Evan's Run 5K / 10K	Norwell	10:30 am
5/22	Sunday	Milton 10K		2pm
6/5	Sunday	Rhody 5K		9:30 am
6/5	Sunday	Corrib Classic 5K	West Roxbury	12 noon
6/15	Wednesday	Louise Rossetti Women's 5K	Beverly	6:30pm
6/26	Sunday	Whirlaway 10K		9am

2005 USATF – NE Grand Prix

5/21	Saturday	Bedford Rotary 12K	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 5M	South Boston MA	9am
10/30	Sunday	Cape Cod Marathon	Falmouth MA	8:15 am

SRR Race of the Month

4/2	Saturday	Fresh Pond 2.5 or 5 M	Cambridge	10am
5/8	Sunday	M.O.M.S Run 5K	Somerville	10am
6/12	Sunday	Battle of Bunker Hill Road Race 8K	Charlestown	9:30am

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steviep669@hotmail.com

Membership Has Its Privileges

When you join SRR, you will receive a SRR Membership card (good as long as your membership is up-to-date) 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.
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card to receive discount.*

Saucony Factory Outlet

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

*10% off any non-sale purchase.
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card to receive discount.*

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