



# Tri-Valley FrontRunners

Over Twenty Years and still running...

[www.tri-valleyfrontrunners.com](http://www.tri-valleyfrontrunners.com)

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## Run into summer

The month of May saw TVFRs run in sixteen races leading into the summer race season. Susan Cahill placed 1st in her division and sets a new course record in the W50-59 age group besting the old record by almost 2

minutes. Glenn Miller continues racing at a sub-six pace. Jill Duhaime runs the Hyannis Half-Marathon despite an injury. Mike Carroll and John Brown run a marathon and an ultra in the same month! Mike Sawyer, Diane Brannigan, and Charlene Gaboriault place 1<sup>st</sup>, 2<sup>nd</sup>, and 1<sup>st</sup> respectively at a Wellesley 5K. Russ Fradkin and Bill Lyon each finished first in their division at the Shining Star 5K in Milford.

June had plenty of the annual races with a few attracting several TVFRs. The Rhody 5k had four TVFRs participating with Don Palladini, Doug Sylvester, Linda Usher, and Mary Tyler all grabbing points towards their grand prix totals. The Sharon Timlin 5K had the best showing with 35 of us running including the ever-young Frank Nealon. Mike Nixon ran his first half-



marathon in the beautiful City of Worcester – way to go Mike! Rich Victor completed the Mount Washington Road Race, arguably one of the toughest races in New England. Les Steinbrecher and Martin Auty both placed in their age divisions in races in eastern Massachusetts.

We closed out June with 23 of us running the TVFR Woodland Trail Series 5 Miler. 59 TVFRs participated in road and trail races during the month of July. The “We Will Not Lie Down to Cancer” in Franklin had an interesting finish with TVFRs taking the top three spots and separated by only 10 seconds.

For more information and runner’s quotes on this and other races visit: <http://www.tri-valleyfrontrunners.com/Races-Results/Months/2011/July-2011.htm>

## **WOODLAND TRAIL SERIES—2011**

This trio of races started off with a near record number 67 participants in the June race including 23 TVFRs. Eight of those 23 placed in the men's age divisions while six women placed in their respective divisions. In fact, on the women's side, Jenn Lade, Jackie Kelley, and Marie Paturzo swept the 19– 29 year olds division! Way to go ladies!

July's race was part of the Eastern New England Trail Race Series. That in part contributed to another high turnout with 69 runners participating this month. Nine TVFRs place in the mens divisions including a sweep of the 60-69 year old's division. On the ladies side, five of our ladies placed.

For the final race in August, thunderstorms threatened, but never interrupted the race or cookout hosted by our volunteers. With only 51 finishers , one has to assume the ominous clouds were to blame. Still, we had a great race for the finale of this series! TVFR had six men place, including three who swept the 50-59 year olds division. Way to go men! For the ladies we had six place including three first place finishers. Recognition of achievement has to be bestowed upon Jay Stock for winning all three races in this series. Keep up the good work Jay! In closing out this annual series participants agree that this race is like a step back in time with its low price, deep awards, and a great cookout in a perfect setting. Frank Nealon continues to put on a great show. A thanks from all... See more at:

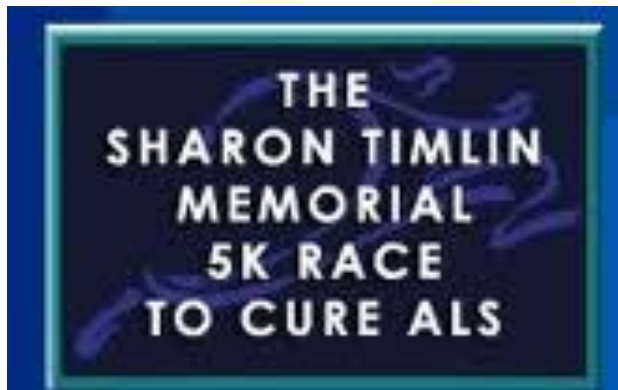
<http://tri-valleyfronrunners.com/Woodland-Trail-Series/woodland.htm>



As of May 11 Glenn Miller and Mike Walsh are separated by only eight points with Glenn in the lead with 120. On the women's side Charlene Gaboriault maintains a commanding lead with 99 points, 21 ahead of Linda Zavalick. Results, rules, and standings can be found at:

<http://tri-valleyfronrunners.com/Events/Listed-events/TVFR-Grand-Prix.htm>

## SHARON TIMLIN 5K HOPKINTON, MA—JUNE 18, 2011



Race Highlights: Among TVFR's, The Timlin Race had six fifty-somethings, four sixty-somethings, two seventy-somethings, and the aforementioned eighty-something Frank Nealon. While race highlights are often summarized by division winners and the quickest, I thought it

interesting that twenty-five percent of our participants in this race were fifty years old and older. Still, we had six division winners and another six who placed in their respective age divisions. Chris Kivior, Jay Stock, and Glenn Miller finished 2nd, 3rd, and 7th respectively. Overall a great showing and great racing by all! For these and other race results go to: <http://tri-valleyfrontrunners.com/Races-Results/Race-Results.htm>

## Who's in the news??

### BLUE RAIDER 5K

The 3<sup>rd</sup> Annual Hopedale Blue Raider 5k was again a success. And, not a bad day for a road race. Charlene Gaboriault, Jen Lade, and Mike Walsh all placed first in their respective age divisions. Jay Stock was fifth overall and a total of eight TVFR's placed in their age divisions. For complete results visit:

[http://coolrunning.com/results/11/ma/May7\\_3rdAnn\\_set1.shtml](http://coolrunning.com/results/11/ma/May7_3rdAnn_set1.shtml)



### A LITTLE ABOUT THE EDITORS...John & Lori-Ann Dumont

John is the "content man," who gets all the information and makes sure that everything is accurate, informative, fun and yes...he's responsible for the boring ones too—sorry!

Lori-Ann is the "attention to detail," behind it making sure that the content, photos, etc fits. This usually occurs after John has a photo and distorts it over the verbiage or the link isn't showing because the Blue Raider is hiding it. You understand, right?

Anyway, I am the reason this edition is much later than expected as John gave it to me weeks ago. Essentially John has me working a full-time job and my time is limited to work on this, so I appreciate your patience!

Enjoy our 3rd edition and hopefully you will see the 4th edition very soon!