

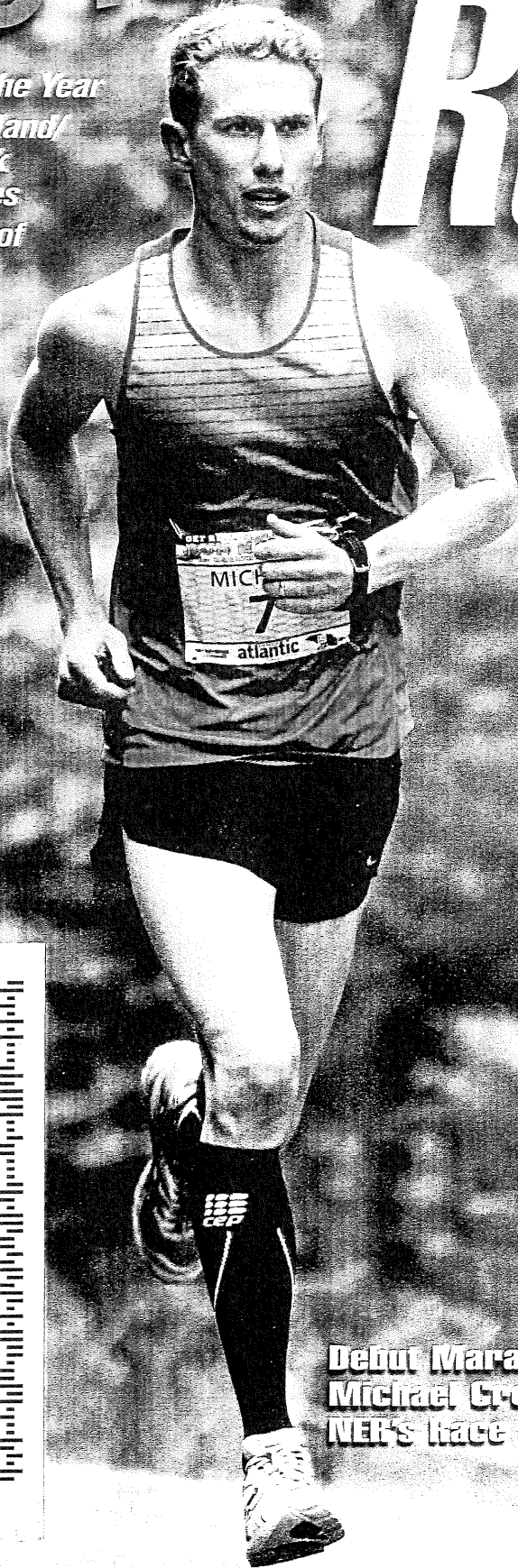
ON YOUR MARK! ... New England, New York ... & Beyond.

JANUARY/FEBRUARY 2016 • ROAD RACING • TRACK & FIELD • CROSS COUNTRY • TRIATHLON • \$3.95 • KEEP ON SALE UNTIL MAR. 15

2015 Year in Review

New England Runner

- *Race of the Year*
- *New England/ New York Top Races*
- *Runners of the Year*



A Talk With Four Marathon Trialists

ON SITE AT 40th Stockade-athon 15K

US MARATHON TRIALS: Logistics of L.A.

CROSS COUNTRY COLOSSUS High School, College, Open Coverage

Fall Marathon Coverage: Bay State, LOCO, Mohawk Hudson, Mount Desert Island, New York City

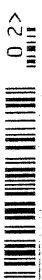
Debut Marathoner: Michael Crouch at NER'S Race of the Year

WEB ADDRESS - www.nerunner.com

ISSUES LEFT: 0 RENEW CODE: H6E985
 BILL ENGLE
 SARAIA'S RUN
 2155 MAIN ST
 Glastonbury CT 06033-2282



\$3.95 • Keep on sale until Mar 15



Top Road Races & More



New England's Top 70



(August continued)

Falmouth Road Race 7M, Falmouth, MA. Summertime extravaganza, with "can't beat" oceanscape views. Founded by the great Tommy Leonard 42 years ago. NER's 2010 Race of the Year. Entry by lottery in early May.

Run 4 Kerri 4M, Matunuck, R.I. A very popular race in memory of former S. Kingstown HS and LaSalle runner Kerri Lynn Bessette. Cash prizes, refreshments and a large post-race raffle.

Yankee Homecoming 10M/5K, Newburyport, MA. Coming up on year 57. The races are part of the Yankee Homecoming festivities, a weeklong festival in the historic town of Newburyport. Good organization, finishes on the track at the high school.

Ocean Beach/John & Jessie Kelley 11.6M, New London, CT. New England's longest held FREE road race...now entering its 54th year. Did you hear us, we said FREE and named for NER's former columnist and Boston Marathon/Mt. Washington winner and his wife. NER Race of the Year for 2012. Unique prizes.

Bridge of Flowers 10K, Shelburne Falls, MA. A great event with small town touches in a beautiful location. Unique awards from area locals along with cash prizes for the fleet of feet. Ranked in NER's 2005 Toughest 10K Series primarily for awe-inspiring Crittenden Hill. NER Race of the Year in 2006. USATF-NE Grand Prix Event for 2008 & 2010.

SEPTEMBER

New Haven 20K & 5K, New Haven, CT. Past NER Race of The Year. A must on the elite racing circuit. Perennial US 20K Championship. The event is a great supporter of US distance runners. Coming up on its 39th running in 2016.

Great Josh Billings RunAground Triathlon, Great Barrington, MA. Race features a canoe/bike/run combination. Unique and awe inspiring. Family fun in a beautiful Western Mass. setting. Great organization.

St. Charles Children's Home 5K, Portsmouth, NH. Put on by the nuns of St. Charles. Very well organized race that benefits its namesake. Cash prizes, kids race and activities. Post race cookout. This is a true "feel good" event.

CVS/Downtown 5K, Providence, RI. Great local and national competition, good organization. USA Championship. Many, many youth events from toddlers to high school.

Ogunquit Beach Lobster Dash 5M, Ogunquit, ME. Run at low tide on hard packed sand, around a cone and back with lobster rolls at the finish line. One of the more unique running events in New England.

Long Gull 10K, Gloucester, MA. USATF-NE Grand Prix Championship in 2013, 2014 & 2015. Staged at Good Harbor Beach with a beautiful seaside course. Plenty of parking. Ample awards.

Acushnet 4M Race, Acushnet, MA. Rolling course on traffic-free country roads. Cash prizes to both individuals and teams with a very competitive team aspect. Offers a course record bonus as well. Great, friendly event.

Archie Post 5M, Burlington, VT. Oldest race in Vermont (coming up on its 48th anniversary!) True New England Classic with a storied race history. A beautiful course run entirely on bike paths overlooking the Green Mountains.

OCTOBER

Maine Marathon/Maine Half Marathon, Portland, ME. The runner friendly atmosphere and the Maine Track Club's attention to detail are a winning combo. Moderately hilly out and back course. Small but nice expo, tech shirts. Past NER Race of the Year. Race has good community support and has given over \$3 million to charity since 1997.

Baystate Marathon, Lowell, MA. Flat & fast double loop course that provides all the amenities runners have come to expect. Hosted by the Greater Lowell Road Runners. A favorite of those trying to qualify for the Boston Marathon.

Tufts 10K Run for Women, Boston, MA. Three decades of the finest women's running in New England. Site of the US Women's 10K Championship. Largest women's race in New England. Molly Huddle set a new course record of 31:21 in 2015.

Green Mtn. Marathon/Half Marathon, South Hero, VT. Low key, well organized event put on by the Green Mtn. Athletic Association. Scenic course by apple orchards, lakes, farms; run partly on hard packed dirt roads. Prize purse, numerous aid stations.

Mayor's Cup Cross Country Races, Jamaica Plain, MA. Event has several race distances for adults and kids alike, with great local and national talent. Great organization provided by the Boston Athletic Association. The kids and open races experienced record numbers in 2015.

White Mtn. Milers Half Marathon, North Conway, NH. Excellent organization provided by White Mt. Milers. Surprisingly flat, loop course that now features much of North Conway's downtown scenery. The race has also added a 5K and 2-person relay and a post race bash at the Sea Dog brewing company.

Paddy's Shillelagh Shuffle 3M, Newton, MA. Best T-shirt, Irish step dancers, shillelachs to overall winners, great chicken pot pie, and a Guinness to wash it all down. A flatter, certified course will not be found. NER Pub Series Grand Finale. The event expanded its outdoor Beer Garden in 2015. 15th Anniversary coming up in 2016.

Smuttynose Rockfest Half Marathon, Hampton, NH. Lovely, mostly flat scenic waterfront course. Post race party with lobster rolls sponsored by Smuttynose brew-

ing with plenty of food and libations. Race also has a 5K distance.

Hartford Marathon/Half Marathon, Hartford, CT. Top notch NE Marathon, great tech shirts, music, food, tremendous post race amenities, complete with "Oktoberfest Beer Garden," all staged from beautiful Bushnell Park. Past NER Race of the Year. Features unique New England's Finest Program with a very competitive field. To wit: NEFers Jonas Hampton of Conn. (2:15:58) and Maine's Erica Jesseman (2:41:41) won this past year. A race distance for everyone from the 5K to the marathon and relay.

Somerville Homeless Coalition 5K, Somerville, MA. Urban course with varied terrain, nice t-shirts. A fresco post race brunch with thousands of eggs supplied by Johnny D's. Plenty of awards in age groups.

B.A.A. Half Marathon, Boston, MA. A world-class event with great competition, prize money and a beautiful course through the Emerald Necklace with the start/finish in Franklin Park Zoo. Colorful t-shirts. NER's 2011 Race of the Year.

Leaf Peepers Half Marathon, Waterbury, VT. Signature production from the Central Vermont Runners during fall foliage season. Rather challenging, but tremendously scenic New England course. With only 900 race slots the half marathon closes out early every year so plan ahead.

NOVEMBER

MVS Feaster 5 Mile/5K, Andover, MA. Huge event, complete with two distances, closed to traffic, great t-shirt and large apple pies for all participants. The community spirit is alive and well at this Thanksgiving Day race. Hosted by the Merrimack Valley Striders. NER Race of the Year for 2013.

New York's Top 50

JANUARY

Hangover Half Marathon, SUNY Albany. The second in a series of low key but well organized Winter Series events hosted by the Hudson Mohawk Road Runners. The half marathon begins at noon with an accompanying 3.5-mile race. A New Year's tradition since 1977.

Joe Kleinerman 10K, NYC Central Park. In honor of NYRR founding member. Take on the challenge of a chilly (17° in 2015) 10K trek through scenic Central Park on the first weekend of the New Year (4,209 made the circuit in 2015).

FEBRUARY

Polar Cap Run 4M, Lake George. The lake is beautiful with scenic (wintry) surroundings. Runners can look forward to hot soup and homemade baked goods after completing this rolling loop course with the town's Winter Carnival just a jog from the finish.

Al Gordon Snowflake 4M, NYC, Central Park. Another 4-miler with a slightly better chance of moderate weather. The race is

Falmouth in the Fall 7M, Falmouth, MA. The cousin to the summer extravaganza but (thankfully) with less than 500 runners to contend with. If you are looking to really experience this beautiful course, try opting for the fall version.

Run for All Ages 5K, Wakefield, MA. Put on by the NE-65+ Runner Club, this event boasts awards in 5-year age divisions through 90+. A magnet for top flight age-groupers. Age-graded cash prizes extend 10-deep. Flat, certified course around Lake Quannapowitt. Ample post race food and beverages.

Manchester Thanksgiving Day 4.748M, Manchester, CT. One of New England's most storied races. Definitely "A Happening!" This race is a must at some point for every New Englander. Largest Thanksgiving day race in New England (12,421 finishers in 2015.)

Gobble, Gobble, Gobble 4M, Somerville, MA. A Thanksgiving Day event run out of The Burren Irish Pub, with several kegs of the ole "black Irish gold" post race! This event just continues to surge, so get your gobble on early. Closed out for 11 straight years...in 2015 at 3000 runners!

DECEMBER

Christopher Martin's 5K Xmas Run for the Kids, New Haven, CT. A race with a wonderful cause around Christmas, donating over 50,000 toys since the race began. Great post event food & festivities. Beware, event sells out.

Santa's Run 3.5M, Glastonbury, CT. T-shirts are designed by the Glastonbury HS Commercial Arts Dept. Awards include merchandise, both running and Xmas related. Costume division. Great local and community support.

named in honor of a NYC runner and walker who lived to be 107.

MARCH

Running of the Green 4M, Green Island. This traditional first competitive race in the Capital Region is now located at Schalmont High School in Rotterdam. Be prepared for some heated action up front for this Adirondack USATF 4M championship that also offers USATF team competition.

Johnny's Running of the Green 5M, Rochester. Johnny's kicks off the racing season in western NY and this Niagara USATF championship brings out the heavy hitters (sub-5 won for men in 2015, sub-6 for women) along with a green wave of 1500 participants of all abilities.

Shamrock Shuffle 5M, Glens Falls. Top runners are rewarded with soda bread and sweatshirts in this traditional event. Bagpipes provide the inspiration for fast times on a speedy loop course with a downhill third mile. Put on by The Adirondack Runners, 2016 marks the 30th anniversary.