

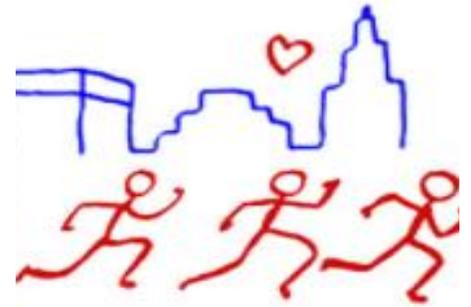
RMHP 2021 Highlights

Club Members Don't Slow Down In Year Two of the Pandemic

Races might be cancelled, postponed or at limited capacity, but RMHP runners made the most of what was available. There's certainly a multi-dimensionality here, as members found outlets in road races, cross country, trail running, mountain running, triathlons, biathlons, and even ice running.



And with signs of lower case numbers through spring and fall, some races opened up on the calendar, including a successful running of the Women's Classic.



What's Inside:

- Winter Run Series
- Providence Races
- Father's Day Club Races
- World Record Roundup
- Women's Classic
- Trail Runs with Bill
- Coaches in the Media
- Molly Huddle's Fall-Comers XC 5k
- Members Stories 2021
- Major Marathon Review
- Shout Out : Bob & Anne
- Addendum: At the High Schools

Plus: Find out why this Olympic Gold Medalist is at Brown Stadium Track.



Winter

Only 5 more Saturday runs to get my shirt.

OMAC STILL CLOSED

Winter outdoor track practices continue.... Little stoppage for cold temps., snow, ice, sleet, or freezing rain.

New Saturday Event:
Bring Your Shovel to Practice Day.



Winter Run Series

Many thanks to Linda Lewis for once again organizing the 2021 Winter Run Series, meeting in some cold temperatures each Saturday morning on Blackstone Boulevard. The 2021 Winter Series was especially welcome as many runners sought some outdoor social interaction with Club friends and acquaintances—with the additional bonus of the official Winter Series long sleeve shirt.

Snow Events & Outdoor Track Practices

Keeping up the practice schedule outdoors required creativity and additional manual labor from everyone. Coaches tried out a first-ever Saturday morning practice for warmer temps and time to shovel the track beforehand. Sample email from Teddy with a plea for shoveling help!

*"The one caveat is that practice will truly start once the track is clear. **We ask that members show up at the regular time, 7:45am with a shovel, to help clear the track.** We will, at a minimum, aim to clear 1 lane. If you want to arrive early and get a jump on it, go it! For those of you who don't typically participate in track Saturday, you can still come on by with a shovel and lend a hand! Shoveling is a great way to warm up for a long run, an easy run, or to earn your coffee and pastry for the day."*

Spring/Summer

After a long year of canceled events and postponements, members were revved up to get out and compete at the Providence Races.. Coach Bob summed it up: *"Our club had 43 finishers (16 5K, 20 Half Marathon, 7 Marathon). 24 of the runners equaled or exceeded the predicted their predicted performance. 29 of the runners were in the top 20 of their age groups. Special thanks to 4 teammates who rode their bikes while cheering on their fellow club members - Teddy Marak, Lorna Campbell, Greg Hamilton, Randelle Boots, and to so many others applauding from the sidelines."*

Not only locals entered: runners from all parts of the country, tired of the ubiquitous virtual races of 2020, found these races as some of the first to open up for real competition. The marathon attracted almost 600 runners alone.



←
I SPY QUIZ.
FIND 3 ITEMS OF
RMHP GEAR IN
THIS PHOTO.

"Feels so great to be out here ... with Ronald McDonald House !!", Erin tells Channel 10 after finishing the Providence Races Half 6th overall

Marathon

Robin Hewson 2:33 (7th Overall)

Will Landis 3:06

Andrea Gilmore 3:13

Tina-Marie Lohela 3:39

Ted Jordan 3:41

Brian Mulligan 3:59

Kelly McHugh 5:26

5k:

Kim Chula*, 6th W overall

Half Marathon

Colin Sullivan * 1:27

Erin Kilduff* 1:29 7th W overall

Lauren Leslie* 1:35

Caroline Troise* 2:01

Ken Rampino 1:28

Erin Carberry 1:29 6th W overall

Clay Howard 1:32

Nicole Picard 1:35 20th W overall



Strange mounds appear on the track infield. Practice continues at Hope High while officials investigate.



Club-Only 5K & 10K on Father's Day

With sponsored races scarce for the second year in a row, the Club invited all members for a timed 5k or 10k through the East Side on a carefully measured course. The early morning start featured near perfect conditions with blue skies, low humidity and low temps.

The Club-only race has the benefits of greater flexibility with a 6:30 AM Start for the 10k and 7:45 for the 5k. Plus, no entry fees! (Voluntary donations to the House accepted.) Donuts and coffee were available for runners and volunteers. With clean-up complete by 8:30, the rest of the day was wide open for everyone to enjoy. Members are lobbying for its return in 2022 (with hopefully fewer protocols).



Pandemic protocol benefit: no more jostling or crowding at the starting line!

GREAT MORNING FOR A FAST RUN OR FAMILY OUTING, OR BOTH



US Women's Olympic Trials held at RMHP Home Track — Wait, What?

115 Women Athletes Await Olympic Trials Tomorrow

Arrive by Train, Auto and Airplane for National A. A. U. Track and Field Championship Meet in Afternoon.

By Joe Nutter

One hundred and fifteen of the finest women athletes in the world paused in their work today to await the opening of tomorrow's Olympic final tryout and National A. A. U. championship track and field meet on Brown Field.

Picture on Page 3

Green to "uphold American ideals of democracy and freedom, not apologetically, but proudly," when they go to Berlin this summer.

"Some of you are going to a country"



Helen Stephens won the 100m, shotput, and discus events before a July 4th crowd of 4,000 at Brown Stadium. At the Berlin Olympics Helen won gold in the 100M (WR 11.5 seconds) and the 4x100 relay.

It may not seem that way today, but the Olympic Trials were not always held in Oregon. July 4, 2021 marked the 85th Anniversary of the Women's 1936 Olympic Trials held at Brown Stadium. The City of Providence hosted the Trials as part of its 300th Anniversary Celebration (1636-1936).



1936 US Olympic Women's Track & Field Team

More Rhode Island connections:

On the men's side, Ellison (Tarzan) Brown of the Narragansett Tribe, was selected to run the 1936 Olympic Marathon after winning in Boston earlier in April.

Tarzan Brown wins the 1936 Boston Marathon setting up his Berlin Olympics selection.



RMHP COACHES IN THE MEDIA

Team New Balance Boston Coach, Mark Coogan, visited the Daily Shakeout Podcast. Mark talks about his very first coaching job—hired by **Bob Rothenberg** (!) to help the distance runners at Brown.

Key training takeaway from Mark: *“being really consistent over a long period of time.”*



Coach Barnes in action mid-race

Prior to the US Olympic Trials, the *Boston Globe* caught up with **Jon Barnes** for his thoughts on coaching high school sophomore Sophia G., and her prospects in the 800M at Trials.

Karolyn Bowley was named USA Track & Field's Masters Athlete of the Year in the 50-54 age group



USATF New England spoke to Karolyn Bowley after her 4th place overall (and 1st in the 50 age group) at USATF Masters Cross Country Nationals. Karolyn gives a special thank you to “my amazing coaches, **Bob Rothenberg** and **Jon Barnes**.”

MEMBER HIGHLIGHTS



PATRICE at 1565 Feet Elevation

Patrice French writes about the thrill of getting back to the Mountain Goat Series which she started running about seven years ago. This series involves 7 mountain races sponsored by the USATF; running 5 out of 7 races gets you an automatic entry into the sought-after Mt Washington Race.

"I was fortunate to get into Mt Washington which I have run for about 6 years by lottery. This inspired me to rejoin the Goat series post Covid starting with Ascutney, Mt Wachusett, Cranmore, Waterville Valley and Mo-nadnock.

It is an understatement to say that getting back to the people that have a passion for this was invigorating! There is no competition- only mutual admiration for us "middle of the pack" people. There are times you are walking up a 20% incline or barreling down a trail and yelling out to your fellow runners to watch out or praising them for their courage.

The more I ran, the more invigorated I became. To be able to run Mt Washington after a year of fear, my own health issues with MS and also running in a world dealing with COVID and the unknown was beyond joy for me!

I think I got back to the celebration of life and health and that nothing is impossible if you can re-ignite the passion.



MEMBER HIGHLIGHTS (CONTINUED)

Ted Jordan

Ted writes that it was an up and down year, but he managed a PR in both the marathon and 5K.

Providence Marathon - 3:41:11 (Per Ted, Saturday long runs with RMHP members were a key factor in his marathon success).

Finish for a Guinness 5k - 21:37

Also, a plug for the Sunday trail runs, he enjoyed many trail miles at Big River.

Volunteer Highlight: Volunteering at the finish line of the Boston Marathon!

To top it off, Ted's son won the Molly Huddle XC kids race.

Sounds like a great 2021!



Ted and Klaus share a post race beverage

Teddy Marak

After a tough 2020 working too much and running too little, I vowed to make 2021 a better year and from January to October consistently increased my weekly and monthly mileage and got back to Wednesday practice and tempo Tuesday! A terrible ankle sprain ended my 2021 running campaign but I can't wait to be back!

- The addition of Sunday Trail Run to the RMHP schedule! I love a good scamper through the woods and have loved exploring new parts of the state. And really thankful for Bill and Christine for their extensive knowledge of trail systems that I know nothing about. Looking forward to 2022 adventures

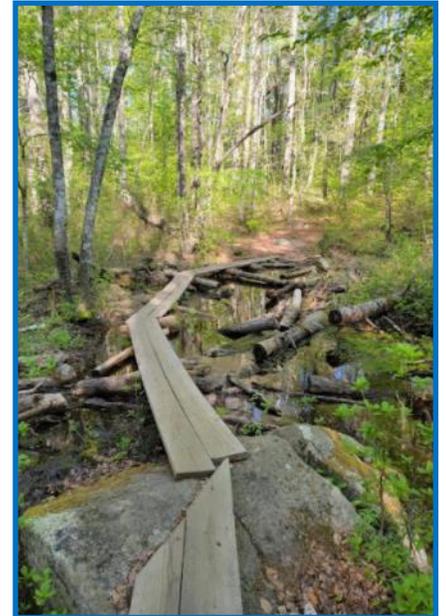
-



Teddy & The Metro Gnomes at Molly Huddle Fall-Comers XC [Erin K. missing from photo]

TRAIL RUNS WITH BILL

Many thanks to Christine Eisenhower and Bill Mott for adding regular trail running to the Club's activities! Bill's comments on getting things started in 2021 below:



This past year Club members had some fun exploring trails in the region. Some were first time trail runners, which we highly encourage, and others have been trail running most of their lives. For those who have not yet tried it, you will definitely get a better workout than on a smooth road, working different muscles and having fun out in nature.

To kick off 2021, we got more organized and created a new page on the Club website with plenty of information about getting started with trail running and links to exciting trails to explore, both nearby and throughout the region. We also implemented a regular monthly trail running schedule, with group trail runs on first and third Sundays.

On first Sundays we held "destination" trail runs, exploring a variety of trails in the region and on third Sundays we stayed in Providence, running trails at nearby Roger Williams Park, a relatively easy non-technical trail experience and great for first-time trail runners. For our destination runs, we visited Big River Management Area in West Greenwich, Gammino Pond in Seekonk, Lincoln Woods State Park and nearby Chase Farm, the Cumberland Monastery trails, a new trail network at The Nature Conservancy's Moshassuck River Preserve in Lincoln, and also the George Washington State Management Area in Chepachet.

New for 2022, we'll continue to have trails runs on first and third Sundays but will alternate between exploring trails east, west, south and north of Providence. In addition, for those interested, following runs we'll be visiting some fun local favorite places for coffee or a snack afterwards and for those interested, we will carpool and help reduce carbon pollution. Look for the upcoming trail locations in Teddy's weekly update, or on the Facebook page of the running club. We also have more info posted on a dedicated FB group, [Trail Runners of New England](#).

As a reminder you can learn more about trail running on the Club website: <https://rmhprovidencerc.org/trail-running-news/> and let us know if you have a favorite place to explore. Hope to see you on the trails! Bill.

MAJOR MARATHON RECAP

Lorna Campbell, RMHP Club Member and Head of Communications, World Marathon Majors

In the fall of 2021, we welcomed the return of five of the six Abbott World Marathon Majors. The jam-packed season began in Berlin then moved quickly over to London where the marathon included the first ever Age Group World Championships within the race. Next up was a double header of Chicago on Sunday 10th, followed by Boston in an unfamiliar October slot the following day on Columbus Day. Boylston Street came alive again as a reduced field size completed the historic 26.2 miles but they did so with as much enthusiasm and passion as ever to celebrate the 125th edition.

The following week should have seen the Tokyo marathon return but COVID had other plans (and their March 2022 event now looks likely to be for Japanese runners only as the travel restrictions continue) so the season - and Series XIII of the Abbott World Marathon Majors for the elite runners - ended on the first Sunday of November at the New York City Marathon with 25,010 finishers in Central Park.

I was fortunate to be able to travel and work at three of the five races (our team divided and conquered the Chicago and Boston week) and it was such a pleasure to see runners taking to the streets once again. In 2022, the Boston Marathon will return on Patriots Day while the London Marathon team are opting to hold onto their October position for one more year. Field sizes are expected to increase towards pre-COVID levels but many of the new COVID measures requiring proof of vaccination and/or other protocols that they hope will keep all staff and volunteers safe. In-person events are returning at a steady pace, and if a Major is on your calendar this year be sure to soak up the incredible atmosphere that awaits you - it's been a long time coming!



FALL

Molly Huddle's PVD FALL-COMERS XC 5K



Club colors turn out for PVD Fall-Comers XC at Temple To Music Field.



Off Topic Musical Perseverance :

On the same day as the PVD Fall-Comers xc 5k, the Go Go's were inducted into the Rock and Roll Hall of Fame in Cleveland, some 40 years after their first album hit #1. They were the first multi-platinum-selling, all-female band to play their own instruments and write their own songs.

Metro Gnomes' Pace (nearly) Tough to Beat

The RMHP Metro Gnomes, aka, the mixed team of Teddy Marak, Erin Kilduff, Renita Johnson, and Will Landis, thought they had scored first place in the mixed team event; but upon further review, a team of collegians, Big Red Car, finished a few ticks ahead. All was not lost for the Gnomes as they outscored the CLCF Panthers, a team of 8 to 12 year olds (which included Coach Mike Fadil's daughter). All teams are looking forward to a rematch in Fall 2022.

RMHP Running Club co-founder (and past American record holder in the 10 mile), **Anne Hird**, took time out from her rowing to finish first in her age group at the Fall Comers XC race.



Membership Recap

As of December 31, 2021, the Club had 291 adult members, and 35 kids, not including these 3 new arrivals.

Family memberships are available!



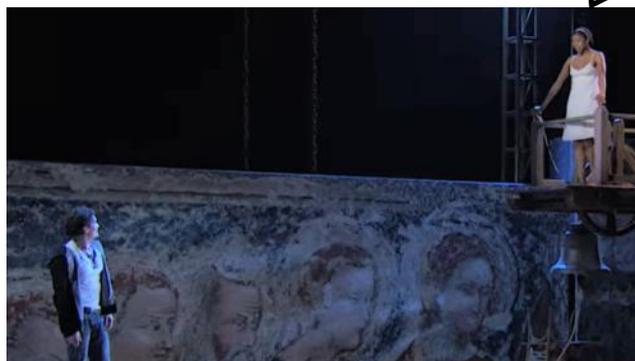
What's in a name?

With the proliferation of name changes recently (Dunkin, KFC, Meta, Cleveland Guardians, and even Rhode Island), it's easy to miss some. But sharp-eyed members may have noticed a change in the Ronald Mc Donald House of Providence name. After a merger with the Boston House, the official name for

the combined Houses is Ronald McDonald House Charities of New England, or RMHCNE. President Teddy sees little change for the running club, other than perhaps a tweak to newer singlets and other gear. Same awesome running club as ever!



What's in a name? That which we call a rose by any other name smells as sweet.

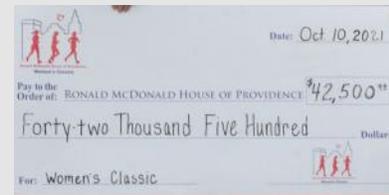


ANNUAL CLUB MEETING CANCELLED IN 2021. HOPING FOR A RETURN LATER IN 2022!

Women's Classic 2021

(UNDER) 21 CLUB

Taylor Fortnam	18:37
Erin Kilduff	19:22
Kim Chula-Maguire	19:25
Renita Johnson	19:38
Nicole Picard	19:53
Felicia Hwang	19:54
Anna Tomasulo	20:15
Lauren Leslie	20:30
Emily McCaffrey	20:56



Even with the final route in doubt until shortly before race day, the Women's Classic was a huge success, raising \$42,500 for Ronald McDonald House Charities of New England. Many thanks to all volunteers and runners who make this event one of the best in New England. The Women's Classic could not raise these funds without the amazing volunteers from the Club, with nearly all 290 Club Members making some contribution of time, prizes, or expertise.



Club Sweep! Felicia, Lisa, and Laurie finish 1-2-3 in their age group.



Pat's exhilarating finish..



Erin, Kim, and Cheryl finish 1,2, & 5

World Record Roundup



Sophia G. teamed up with 3 rival middle distance competitors to break the U20 world record in the 4x800 relay at the Virginia Showcase in early 2021. Watching the online replay, there is no shortage of tense moments, including some chaos in the exchange lanes. Through the first 3 legs the team appears over WR pace, but Sophia's anchor leg proves critical in the record breaking run. Relay fans can check it out on Youtube; the race is titled *2021 WORLD RECORD: U20 4x800m*

...for something completely different ...



Adam's Guinness World Record Attempt.

What's the world record for running a mile on ice? Club member Adam Malek filed the paperwork with the Guinness Committee in early 2021 to break the record, but RI weather didn't cooperate; Olney Pond at Lincoln Woods warmed up and was soon under water. Adam is making another run at the record in 2022, but changing the venue to Moosehead Lake, Maine.



Fastest Mile in Jeans

Fastest mile run in jeans?
Local Seekonk native and
2017 USA national team
member, Johnny
Gregorek, ran a 4:06.25 in
Levis on behalf of charity in
2020.

Is there a world record for volunteers? If so **Charles McHue** should enter. A reliable annual volunteer for the Women's Classic, Charles was recognized by the BAA for his 20 years serving as a volunteer for the Boston Marathon.



Finish Line

SHOUT OUT TO BOB & ANNE:

*In case you missed it: new Brown VP of Athletics, Grace Calhoun, a student athlete herself with Bob and Anne in the '90s, had this to say in her first-day introductory remarks last March: **"The Rothenbergs and Brown track taught me the value of hard work, setting high goals, resilience through adversity, and how a strong team makes everyone better."***



Bob, Anne, and high school Club member, Carolyn J. at 2021 RI State Championships

All these years later, Bob and Anne continue to inspire, teach, and support both young and old with their running goals and dreams. On behalf of all members, a huge thank you to Bob, Anne and all coaches for your support in 2021.

ADDENDUM

High Schoolers Associated with the Club - Jon Barnes

Caroline Jankowich: 5 year Club member. The # 1 runner in XC, indoor and outdoor track for Classical HS. Now a junior. Indoors was 2nd in the 1000 and 4th in the 1500 in the State Meet. Outdoors was 2nd in the 1500 and 3rd in the 800 @ the State Meet. In 2021 was 8th in the State Cross Country meet. All three seasons she set many PR's.

Mia Barrus: a 3 year Club member who is a junior at the Lincoln School, and attends many of our Club practices. In 2021 had PR's in all events from the 600 to 2 miles. She runs track on her own as the LS does not have a team. She is the #1 runner on the XC team and won her age division with a 5k PR at the NE Junior Olympics meet.

Charlotte Canning: 2 years in the Club and a freshman at Classical. A varsity XC runner with many 5k PR's.

Molly Sullivan: a senior at NK HS. Consistently #2 for the team in XC and All State at # 7 with many PR's. Also had track PR's in the 1500-3000 in 2021. Expects to run at Davidson next year.

Rory Sullivan: a sophomore at NK. The # 1 XC runner for them and # 5 in the State Meet. She was the Frosh State 1500 champ and was 5th at the varsity state meet. Had many PR's in the 800-1500.

Wade Deshaw: a senior at Classical. In 2021 set PRs in the 400, 600 and 800.

Milo Crisp: a junior at St. Raphael's. Primarily races the 1000 indoors.

All of these athletes have parents who are members. There are another 6 pre-high school runners who join us for 6am workouts, which is how both Caroline and Charlotte started.

Editor's Note: Moses Brown's Sophia G missed the RI State Outdoor Championships due to a conflict — the 800M US Olympic Trials in Eugene, Oregon. In a tough first round with Raevyn Rogers and Kate Grace, the youngest competitor at Trials still finished her heat ahead of four other Olympic contenders with a 2:02.26