

# SPECIAL SUPPLEMENT

## RMHP RC 2020 HIGHLIGHTS

INCLUDING:

- A PRESIDENTIAL ELECTION



- A NEW (MEMBER ONLY) RACE SERIES
  - OUTDOOR WINTER TRACK
  - A 2020 INDOOR TRACK QUIZ

2020 STARTED STRONG WITH THE HANGOVER CLASSIC January 1st.

Over 20 members ran a chilly course out along Narragansett Bay.

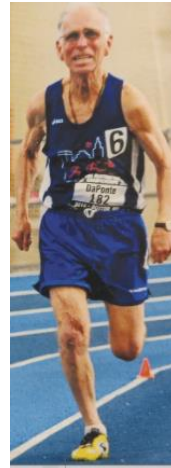


Emily Hebel, Erin Kilduff, and Anna Tomasulo took home some prizes.

## USATF Masters Highlights January 26, 2020.

Tony DaPonte inches out a long-time rival by .02 second in the 200M. Tony's time of 43:02 earned him All American status per the USATF All American Standards. See if you're up to the task on the USATF chart:

[http://nationalmastersnews.com/aas/standards\\_men.jpg](http://nationalmastersnews.com/aas/standards_men.jpg)



Highlights: Women's 800-

30-34 **Anna Tomasulo 1st 2:40:05**



35-39 **Tina-Marie Lohela 2nd 2:58.81**

45-49 **Erin Kilduff 1st 2:54.14**

50-54 **Leslie Battle 3:39**

Great mile run by **Erin Kilduff 1st Place: 5:46.32!**



Under 19:56 in the 5k:

30-34 **Anna Tomasulo 1st Place** 19:55.0

30-34 **Teddy Marak 3rd** 19:11.76

Joe Sullivan and Duane recover after the Men's 800M



3000M- After borrowing an RMHP Club singlet minutes before the starter's gun, **Dave Dugan** flew to a first place finish. Coincidence?

45-49 **Dave Dugan 1st** 9:54.03

45-49 **Sally Gomaa 1st** 16:07.38

**Notable field event highlight: Leslie Battle** earns a silver medal in women's shotput with a 6.14 meter throw.

Leslie made excellent use of her day, competing in the 200M, 800M, and Shotput.

**BU mini meets:**

Mini #1	3km	Mini #2	Mile	Mini #3
Robby Hall	8:48	Lauren Dobson	5:49.3 (PR)	Lauren Dobson – Mile:
Delle Boots	10:05	Robby Hall	4:34	5:43 (PR)
Karolyn Bowley	10:25	Karolyn Bowley	5:17.3	Karolyn Bowley 3000M
Erin Carberry	11:00			10:11.03 *
Lauren Dobson	11:25			

**\*a new national record for the indoor 3000 for women 50-54**

Hyannis 1/2 Marathon 2/23/20:

5th woman overall - **Kate Wilson**, new PR at 1:26.51 (6:38 avg.)

10th woman overall - **Emily Hebel, 7 minute PR** at 1:29:09 (6:48 avg.)

**Leslie Battle** - 1:59:06 (9:06 avg.)

*(March 12, 2020 – OMAC closes; shutdowns and cancellations begin.)*

Born out of necessity, a new Club race series begins:

5k / 10k Race Series.

From Rick Ripley June 2, 2020: "In the absence of an excuse to get up at 4:30am to drive into Providence and hold 6am workouts, Bob and Anne poured their energies into a novel (sorry) idea: **5k/10k races that observe government / commonsense guidelines** while giving the Running Club a chance to actually run. More or less together. In "stable" groups. But as a club. Bear in mind that cooperation and

precise execution of the plan is vital to a successful venture. And it should be fun.” -. In lieu of an entry fee, runners and volunteers could drop any amount into a dedicated jar with 100% of all donations going to the House.

And a success it was.



The series received overwhelmingly positive reviews. **“Brilliant!” “Five out of five thumbs up (\*\*\*\*)!” “Uplifting!” “A breath of fresh air”;** **“Should be a permanent Club event!”**

Pros: Early morning start time, free sign-up, social distancing in

effect, cool gifts, familiar course, donuts, coffee, great volunteers.

Cons: None

The series first ran in June, then, by popular demand, again in August, October, and November.

Overall, the series had excellent weather, provided numerous PRs and lots of negative splits, and perhaps most importantly, a chance to see our running friends after months of isolation.

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Virtual Boston on the Providence East Side.

On September 12<sup>th</sup>, Bob and Anne organized a virtual marathon on the East Side for Boston Marathon entrants. With help from Erin Kilduff and other volunteers, the virtual marathon offered course marshals and water stops. The route included four 6 mile loops through the East Side and Blackstone Boulevard with a shorter loop to cover the marathon distance.

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## Outdoor Winter Track Anyone?



(Like those paw protectors.)

The Club expands outdoor track workouts to include winter months. Practice hours and days were shifted slightly to allow for (some) solar warming for coaches and timers.

No indoor track facility? No problem, thanks to the work of RMHP volunteers bringing shovels and true grit to clear ice and snow from Hope track.





## MEMBER HIGHLIGHTS

### Another birthday, another mile.

-Delle Boots celebrated her 30<sup>th</sup> birthday in September with a 30 mile run, tagging along with the Club's virtual Boston Marathon and then some.

-Sara Pearson ran 36 miles at an Ultra 100 event to celebrate turning 36 years old this year.



## Who's next?

(There's a rumor that Rick is already planning his next birthday run at the Vermont 100 Miler.)

### Lauren Leslie has kept busy:

-Blessing of the Fleet - Narragansett - ran as a virtual race with my youth club

-Mother's Day 10 Miler - NK - ran with my daughter on Mother's Day

-Foster 10k - Foster - took amazing pics along the way...follow me in IG to see

-Independence Day Half Marathon - Bristol - got lost but found my way

-10k By the Bay - Warwick - ran it with an old running friend - now a new running friend

-Narrow River 10k - Narragansett - it was my first time running this course

-Pie Run - Newport - hadn't run this course in 25 years...won a pie back in the day

-Foxboro Old Fashion 10 Miler - Foxboro - saw a fox along the route!!!

-Little Compton 4.8 - LC - got lost and ran 8 miles...well worth it!

*\*Biggest Highlight was joining RMHP Run Club! Cheers to all!*

Lauren

### From **Anonymous:**

In early spring the RI State Parks prohibited cars and gatherings. Great time to experience a long, solo run in a secluded, beautiful setting.



Colin Sullivan writes that he logged 2,127 miles during 2020 with the help of the RMHP Running Club.

Adam Malek reports several new PRs in 2020.

Road Mile: 4:17 ; 4 Miler: 19:33; 5 Miler: 24:21, 10k: 30:53 (virtual tracking on Runjoy app)



Adam's 10k was run as part of the USATF Toyota Virtual Series, and earned him a #1 spot on Bell Lap.

### From **Lorna Campbell:**

Well, on a year when there was not much in-person racing I was one of the lucky few who managed to get a marathon in during 2020...an actual, proper in-person event with all the bells and whistles we used to call normal.

After Tokyo was cancelled I quickly hit 'sign-up' for Atlanta and went from an almost totally flat marathon to one of the hilliest out there (1,811ft!). But I finished under my target time (3:44:28) and am so grateful to Bob and the club for getting me ready.

10 days later the world was a very different place and it turned out that Atlanta would be one of the last full scale marathons to take place in the US this year. And though races will return, they will be under a 'new' norm for a very, very long time to come.

Lorna

## OFF-TRACK HIGHLIGHTS



Another club perk: a drama-free presidential election and transition. By unanimous vote, the Executive Committee elected Teddy Marak as RMHP RC President; outgoing President Rick Ripley passed along the official gavel and baton in a seamless transition between the 5k and 10 races November 15th. Rick is *not* retiring to Palm Beach and will continue to be a presence at practices and on the Executive Committee.



In appreciation of Rick's serving as Club President from 2009-2020 and his tireless efforts behind the scenes, the House and the Executive Committee presented Rick with a granite paver to be installed later this year at the House courtyard. (Many thanks to Michael Fantom and Tina Ledo at the House for arranging the paver.)



David Hall '01, Bronze Medalist - 1900 Paris Olympics

**Save Brown Track** Bob and Anne received a mention in a *New York Times* article about the amazingly organized coalition of student athletes, alums, and coaches in the campaign to reinstate men's track & field and cross country:

*"Two of Brown's most celebrated running figures, Bob and Anne Rothenberg, longtime coaches who had retired years earlier, were already working in the background to offer counsel and the organizational prowess that came with having directed hundreds of meets."*

As a result of the efforts chronicled by the NYT, Brown reinstated men's cross country and track and field. (Note: Other aspects of the University's decisions involving several women's sports went to Federal Court and were recently settled by joint agreement and approved by the presiding federal judge on December 15, 2020.)

-You may have run into Brown track coach, **Ken Hunt**, with some of his athletes at the Brown outdoor track or OMAC. In 2020 Ken was elevated to Associate Head Coach of Track and Field/Anne Rothenberg Assistant Coaching Chair. "The **Anne Rothenberg Assistant Coaching Chair** was established in 2020 in honor of the extraordinary legacy of Anne's leadership of the (Brown) program." [brownbears.com]

**Mike Fadil** (Dartmouth '85) joined the RMHP coaching staff in early 2020. Mike was All Ivy in both cross country and track, and earned All-American honors for the 3000 M Steeplechase; he is still Dartmouth's current record holder in the 3000M Steeplechase (8:29).



This is not Mike's preferred technique over the water jump.

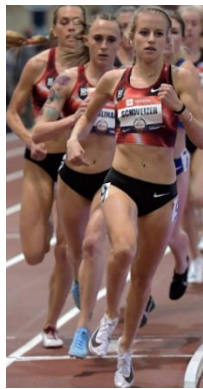
## 2020 US INDOOR TRACK QUIZ

Which of the following 2020 races received the most views on YouTube as of December 31, 2020?

- (a) Elle Purrier's American record performance (4:16.85) in the Wanamaker Mile on February 8, 2020 (breaking Mary Decker's 38 year old record)



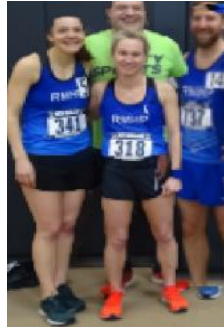
- (b) Three Bowerman Track Club women break Shalane Flanagan's US record in the 3,000M. (BU Last Chance February 28, 2020) featuring Colleen Quigley, Shelby Houlihan, and Karissa Schweizer.



- (c) HS Freshman Shocks Collegiate 800M, featuring Moses Brown's Sophia G. (January 24, 2020 BU Terrier Classic)



- (d) RMHP's 4x 200 Gold Medal Mixed Relay at USATF NE Masters – (January 26, 2020 Providence, RI) featuring RMHP's Anna Tomasulo, Erin Kilduff, Teddy Marak, and Klaus O'Neil.



ANSWER:

If you chose (c), you would be correct. At over 9,000,000 (!) views, Sophia's race is approaching Taylor Swift territory. Sadly, the RMHP race never made it to YouTube.

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RMHP Alumnae Highlights:

**Maddy Berkson** (Classical 2014, Stanford 2018), now a professional runner with the Rhode Island Track Club (RI's new elite club) had an outstanding 2020. She set personal bests in the 5000M (under 16:00), the 3000M and the 1500M.

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## AT THE HIGH SCHOOLS

Many thanks to Coach Jon Barnes for the following highlights of the younger members, former members and other high school student athletes we see on the track and roads:

Evan Reynolds (started with us when he was in Middle School. Now a senior at Hendricken going to Northeastern.)

Indoor Track: 2nd 3000M, 4th 1500M RI State Meet

Cross Country: 2nd RI State Meet

Darius Kipyego (St. Raphaels Academy senior going to Iowa State, top 800M recruit in the country)

Indoor Track: 1st 600M, 3rd 1500M RI State Meet

1st 600M NE Indoor Championships

Cross Country: 4th RI State Meet

Sophia Gorriaran (sophomore at Moses Brown)

Indoor Track: 1st 1500M, 1st 1000M RI State Meet

1st Mile NE Indoor Championships

Fastest 800M ever by a female freshman Feb. 2020 3rd fastest HS indoor in the US 2020.

Outdoor Track: Fastest 800M outdoor HS US 2020 @ 2:02.90

Cross Country: 3rd RI State Meet

Rachael Mongeau: (St. Raphaels Academy senior going to Monmouth State.)

Indoor Track: 3rd 3000M, 7th 1000M RI State Meet

Cross Country: 5th RI State Meet

**Caroline Jankowich:** (Sophomore at Classical been running with the Club since Middle School)

Indoor Track: 5th 1500m, 9th 1000m RI State Meet (qualified for National Freshmen mile but meet was cancelled due to Covid)

Cross Country: 2<sup>nd</sup> in Class A Meet; 7th RI State Meet (18:56)

Stephanie Chun: (Barrington Class of '20, a freshman at Bowdoin)

Indoor Track: 2nd 3000M, 8th 1000M RI State Meet

Rory Sullivan: (Freshman at North Kingstown HS)

Cross Country: 6th RI State Meet

Other young Club members who competed at the RI HS level over the past 12 months are: Molly Sullivan (NK), Mia Barrus (The Lincoln School), Nick Mott (Classical), Lachlan Bishop (LaSalle). All qualified and ran in the RI State Cross Country Meet.



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***MOST IMPORTANT HIGHLIGHT OF 2020:*** BOB, ANNE, JON AND OTHER COACHES HELPING EVERYONE TO STAY IN SHAPE AND STAY SANE DURING THESE CRAZY TIMES. THANK YOU!

