

**Thank** you for putting on yet another fun Derry race. Every year it is just the reminder I need to know that I'm not ready for Boston. Thanks.

I really like the shirts that were given out this year. The only problem is when I got home and looked at the size I received an XL instead of a L.

I was registered to run in the race today, but had a quad issue that was worse when I got up this morning, so I decided at the last minute not to come. Very disappointed. On one hand, I know everyone wasn't standing around saying "Where the hell is Milliken?" But on the other hand, I know you wanted people to let you know if they weren't going to make it and I didn't it to look like I decided last week to blow it off and didn't bother to e-mail. I know after the fact it doesn't matter, but I thought I'd err on the side of good manners. Again, I'm very disappointed I missed the race and am looking forward to tackling it next year!

I ran in your Boston Prep 16-miler today. I just wanted to send you a note to say Thank You to you, your volunteers, the police, fire and EMS personnel that I saw on the course. I tried to thank as many as I could in person, but I know I missed some. Lets face it, a race like that doesn't happen without volunteers, and they were out there today under pretty tough conditions.

I enjoyed your race, and will seriously consider running it next year.

**This** message is for the race director of the Boston Prep.

My name is Sherry Brown and I am the Tri-Valley Frontrunners Club President. I ran your race today and as a back of the pack runner, I have to say.....great job today. I was completely impressed with the course support for the entire event. As a relatively slow runner, our needs are often over looked at many long races but your race was a pleasant surprise. As my first Boston Prep attempt (many of our runners have run this race in the past and have succeeded at scaring the tar out of me!), I enjoyed my self completely and despite the "moderately challenging" course, I might just run this again next year!

Thank you,

Sherry L Brown  
Tri-Valley Frontrunners Club President

**Thanks** again for letting Mary and I race. Mary and I both came down with a nagging cold that almost sidelined us but we made it and had a great time. The event was great. A nice course, accurate mile markers, great directions and volunteers, and best of all, great food following the race. We will defiantly race the Prep again. Have a great winter, First want to thank you for hosting a great race. My husband and I had a great day! The post race food was quite a treat!

**Just** had a quick question for you. Is it possible to purchase another shirt from today's race? Let us know.

**Great** job with the Boston Prep - everything was great! (It's Kim Najem.) I was wondering if Becky's track team would need any size 8 female sneakers.

**Great** race ! Well organized and great route. I'd run it all the time if I lived around there. I just wanted to tell you what a great job you did with Boston Prep. I know that you have been doing this for years, and obviously the experience shows. What great race volunteers - always with an encouraging word as they stood out in the freezing cold. And the people handing out water and gatorade who surely endured splashes throughout the day - thank you so much! I was

very impressed with the post race food as well. The soup really helped warm us up. I don't know how you do all this, plus provide medal and great shirts for the very modest entry fee. Thanks again to all!

**Thank** you for organizing such an enjoyable run. The weather condition were quite favorable this year, which was a bonus.

I donated some track stuff as per your e-mail, but am unsure if you recieved any of it as I could not find any donation box and just handed it to a volunteer. My friends and I do have some additional equipment, and would be happy to send it out to your daughter if she still needs it.

**Great** job yesterday – I really enjoyed the shirt. I am looking to upgrade the shirt I provide at the Clough Triathlon, which printing company did you use?

Thanks again for all the efforts in keeping the race going....

**Jeff Litchfield**

The whole club did a wonderful job – everyone was all smiles along the route

**Jeff Litchfield**

**Hi**, Dave. Congratulations and thanks for another great job on the 16 miler. I had fun and enjoyed the course as much as ever. I'm sorry I wasn't able to stay around for the awards since I had a committment here in Vermont. I don't know what I may have won as 1st place in the 60-69 age group, but if possible, maybe you could mail it to me. If not, I'll be down that way for other races, and maybe we could arrage to meet somewhere. I expect to be at the New Bedford 1/2, and probably the Bedford 12k in May, too.

Thanks again for a great race yesterday.

**great** race yesterday. I was talking to you on Humphrey St before the race and wanted to let you know it was extremely well organized and indeed challenging. I was pleased with my race (7:02 pace) and would certainly return if I was fit. nice work!

**Thanks** for a great run yesterday. As always a challenging course in tough conditions - but the snow was wonderfully a non-issue, unlike previous years.

**Thank** you for my mug as 2nd place senior woman. I am still in the results page as 3rd Filly Master. How that happened I don't know (I work hard at NOT being a Filly!!) My time was indeed 2:09, and my age is 55, for 2<sup>nd</sup> place Senior woman.

**Truly** a great run and nicely organized. I especially liked my posted faster time! I think those frozen clocks knocked off about 5 minutes from my overall finish. I remember when the splits were first called off in the beginning they were minutes off.

**Yes**, I looked at the results on Coolrunning and found an error in my time. My bib number is 439 and according to my posted results I ran 2:27 and change. My watch matched the clock at the finish: 2:32:09 Any questions, feel free to contact me.

Thank you,

Ed Dowling

**Thanks** again for organizing a hell of a great race! Family and friends ask me year after year, "16 miles? when? where? WHY???!!!!!!" but I'll keep coming back as long as my legs will have me. I love the course and the organization and the post-race buffet.

**Thank** you for a VERY well organized race and a great time! The course was challenging yet refreshing.

**Thanks** Dave, had a great time. F.Y.I, my finish place was 251, I had 2:10:57 on my watch ( overall time ) and was listed at 2:11:14. Now I don't worry about the time, but if it would help you, that's it. Thanks, it was fun

Kenny  
Great pictures

I thought the race was well organized and God bless all the volunteers for being there in the cold...while standing still! I am not listed in the results and was # 499. My photo is on page 43 and page 86 for proof I did run. I believe my time was somewhere between 2:28 and 2:30. However, there was no mat to start our chip time at the beginning of the race that I can remember. Will you keep me posted once all the results are in?

One final suggestion: upon completing the run, I walked to the gym and stood in line for quite a while before I could even get fluids. Maybe next year at least the fluids can be right inside the door...most of us DESPERATELY need them at the finish. This was my third run on this course and it is quite a production. Thank you for all your efforts; they are appreciated.

I just wanted to thank you for putting on a great race. This was a very well organized event. Probably the coldest run I have ever done, but a great experience nonetheless. I'll be sure to tell my running buddies down here in North Carolina.

My coolrunning time is 2:19:23 but I believe that my time was really 2:18:14. It is really not a big deal though. I'm happy going by the splits on my wch.

I think what is a bigger deal is just how great the course support was along the way. It was VERY cold out there and the people directing runners, handing out water/gatorade etc were all so positive and stood there cheering and smiling as if they were warm and comfortable. This was my second year running this race (last year was so much warmer!) and I hope to run it every year now. I have only great things to say about this race.

Thanks for a great day,

**Good** course, great finishing food (hummus wraps/veg soup) and nice shirt...

**Glad** to have participated in another great Derry race. You have a great course, and it is a thrill to see it growing each year. Please thank your volunteers, who were all friendly and encouraging.

**It** was a great race and well organized! Congrats! I just wanted to let you know that my time seemed to be two minutes off. I started my watch right at the start and it was exact to your clock as I crossed the finish line at 2:20:29, but the posted results said I came in at 2:22:ish. It doesn't really matter to me, but I just thought I'd let you know. Not sure if you've gotten similar complaints.

I'll definitely be back next year!

**Wow!** One of the most beautiful runs I've done. Very well organized too. You guys rock. Great food at the finish. How about next year we make it about 20 degrees warmer though? Thanks so much for helping my training.

**Just** like to say that although the bitter cold, windy weather conditions, but hey it was Jan. 21st what could one expect?, make for a less than memorable racing experience, enough can not be said for the organizations of this race. The course, which has many turns, was well-marked with humans at crucial points and cones when needed for safety reasons. Water was available (although frozen solid at stop 1, but what the hey, it actually was kinda funny and helped boost one's recap story), and the race was very, far from moderately!, challenging. But isn't that what it's all about. Anyway, this race is not for the meek. Finished 20 minutes slower than the previous year, proving that weather conditions are everything! Just opted to jog along in my frozen solid sheet of sweaty ice of a jersey top and finish. Not sure about next year, but like most marathons, we swear never again and then there we are 365 days later.

**Dave** (and GDTC),

Thanks for an awesome race! It was indeed a tough course, but well worth it. They volunteers were incredibly helpful and encouraging. Thanks for all the hard work you all have put into this event.

**Thanks** to you and your crew for putting on another great race!

Pros: course monitors, tech shirts, post race food

Cons: shirt logo colors (pink and blue)?, weather (out of your hands)!

See you next year!

I've heard no complaints from WCRC runners about Derry, only the usual enthusiastic recounts of the hills and cold. Everyone knows the timing had issues but we know our times and as long as the people deserving awards got them, what the heck.

Pass on our compliments to the race day volunteers on the course and at the school (I know many of them worked both inside and out).

Tom Miller  
WCRC

**Great** job on the race under difficult conditions! I really enjoyed it.

I started my watch with the starting horn and had myself crossing the finish line at 2:13:17. Results had me (bib #471) at 2:14:38. No big deal to me but thought it might help form a baseline with other runner's discrepant times.

Thanks for great day in Derry,

**Hi** Dave,

thanks for the nice run. It was cold indeed. You should change your motto from "moderately challenging" to "absolutely chilling"!

Frank

**Huge** kudos to the hardy volunteers on the roads, in the weather, suffering for the rest of us. As runners, they know how much warmer they would have been if they could be moving. Thanks to all

I wanted to let you know how much I enjoyed this race.

As a relatively new runner (my first race was last March), I was intimidated by the course and trained hard for it. I found the course as challenging as I thought, but enjoyed myself anyway (crazy!).

The race was well run, the course was well marked, plenty of water stops and great shirts and medals.

The only input I could add is that it would be great if there was a porta potty on the course.....for me 16 miles is a long way to go without stopping.

Thanks for a great race and I'll be back next year!

**As** it was my first time running this race, I enjoyed this beautiful course and its challenges that were to me a little more than just moderate. The organization was very well done. I hope to be back next year.

Thank you,

**As** always a great, great event! We as usual had a big crowd from the Somerville Road Runners. My friends and I could think of only ONE suggestion for next year: is it possible for us to perhaps use two rooms for a men's and women's changing room after the race? Folks fill up the rest rooms to change when that could be done elsewhere. I realize the school may not want us in any more rooms - but thought I'd ask.

And, special thank yous to the parking folks and the cold, cold people at the turns/doing traffic, and taking off our chips at the end.

**Thanks** for your message. This was my first time running this race and I had a good time. Hats off to the volunteers out on the course. I still fail to understand how they kept themselves warm standing there in the frigid cold. Please pass on my gratitude to all the volunteers.

Since you mentioned, I did find a little discrepancy between my times that I saw on coolrunning and what I actually saw on the clock at the finish line. My bib # is 378 and my finish time on coolrunning is 2:17:44, whereas I remember crossing the finish at 2:17:05 approximately. Its not a huge difference, but its just the "runner's ego" speaking!!

Again, congratulations on the great organization of the race. I look forward to running it again.

Warm Regards  
Amit Arora

I ran Derry this past weekend for the first time. It was a great race! Once I got moving, the cold wasn't a problem at all. Good job to you and all the others who organized the event!!! Just wanted to say thanks for organizing such a terrific race. It really is fun - there aren't that many races around that are 'moderately challenging'.

I wanted to thank you for all your help with registering for the above mentioned event. It was a lot of fun, considering it was FREEZING, and I'm grateful for the experience.

Has anyone else reported a discrepancy with their race time? As I crossed the finish line, I distinctly remember looking at the clock and seeing my time as less than 2:20. When I saw the results last night, I noticed my time was recorded as 2:20:48. I was just curious.

Once again, I enjoyed participating in this event and look forward to being a part of more GDTC events in the future.

Sincerely,

Cyndi Springford

Health Fitness Service Representative

**Thanks** for your help. I've been on a road race committee for the Sharon Timlin 5K for the past 4 years so I know how much work is involved in a race. The Derry 16 miler was one of the hardest races I've ever run including marathons and everything else was great except the wrong time.

It was fun, in spite of the cold. I would drive up again to run the race!

**Ooh**, Dave, I had no idea that I had entered as Filly – me and my skinny little 130 pounds! Sorry for the bother.

**Dear** Dave, Thanks for another great race! This was my 3rd Boston Prep, and it is always very well-organized, well-staffed and fun.

**Thanks** for putting together a great race. It was my first real race other than a couple of 5k's and I'm looking forward to doing it again next year. As far as my time, it has me in 456th place with a time that is better than what I recall seeing when I crossed the finish line. My name is Jonathan Starr and I believe my actual race time was more like 2:30:20 (not 2:27:05). It's not a big deal (plus it makes look look faster than I am) but I figured I'd let you know in the event it helps you straighten out some of the discrepancies.

**This** was my first year running the Derry Prep and overall, I thought it was a very well organized race. My only complaint is that there is no place to go to the bathroom. I developed a stomach/GI virus the day of the race (which I didn't realize until mile 6) and my only option was to go in the woods, which as you can image, was not pleasant.

Given the length of the race, I don't think it's unreasonable to have 1 or 2 port-a-johns along the race course.

Just a suggestion for anyone else that might have an experience like I did.

It was a great event. It is so low key, and the course is a good " Boston Prep"

Thank you and all your help for a great job!

**Thanks** for the race. I finished in 610 place and while I would love to claim the time of 2:45 (that is approximate) I believe my finishing time was closer to 3:02. Unfortunately I was so happy to be been and to get out of the cold, I forgot to stop my watch. In addition, I can say with confidence the people who are listed as finishing seconds after me did not finish that close behind me.

Good luck. I hope this was helpful.

Tresa Casaletto

I have finally thawed out.

**In** the spirit of sportsmanship and integrity I would like to add my name to the list of folks whose finish time was recorded incorrectly. I can appreciate the hard work of the time keepers (and certainly appreciate the significant reduction in time), but for the purposes of honest record keeping, my finish time was 3:08 (sorry, I don't recall the exact seconds).

The great reduction in my time was amusing considering how much more difficulty I had with the race this year! It gave me a good laugh and helped to ease the pain I am having in my knee. :) I appreciated the course support, police officers, the enthusiastic cheerleader gals at the water stops and the volunteers who stood out in the cold smiling and cheering us slower folks along. Great refreshments and t-shirts as well. Good job!

Thanks,  
Pam Carabba

I haven't run this race since 1999 and despite the bitter cold, I am glad that I was able to do it again. Great job with the race. Well supplied, laid out and organized. You asked about times and just to let you know in case it helps I did notice a 12 second discrepancy on my watch. My watch showed 1:49:03 and coolrunning had it at 1:49:15.

**Dave,**

I'm glad to hear that others have passed on good feedback - I wanted to do the same. I wanted to thank you and your volunteers (who were all really nice despite the freezing temperatures) for hosting a 1<sup>st</sup> class event.

This is my 5th consecutive time participating in the Boston Prep and I feel it is a vital step in my preparation for the Boston marathon (as a charitable exempt runner). Your organization, attention to runner safety and necessities (I'd call them amenities, but in the dead of winter, they are necessities) are top notch. I'll make the same recommendation that I do every year and that's for one more water stop. In the low humidity conditions and the difficulty in carrying my own fluids (my fuel belt contents have frozen 2 of the past 3 years) the water/gatorade stations are critical. I typically require more fluids than my running partners and I really feel the dehydration/pain at the end of this particular race. I'm sure the elevation changes have nothing to do with that;>)

It's also great to see a local talent like Casey Moulton keep showing up. Being on the same 'playing field' with an elite athlete and in a smaller race such as this is really a unique experience to running.

Again, thanks for putting on such a great race. As much as I dread it, as much pain as I'm feeling right now, I look forward to it every year.

**Was** there a timing mat at the start of the race or was the gun the official start for everyone?

By the way, the organization, the food and the volunteers were fantastic.

Thanks for a great event, Lou Economo

**Thanks** for a great race.

Maren H. Kravitz  
Certified Personal Trainer, NASM

**Just** wanted to thank you and all the police and volunteers for making Sunday's race very enjoyable! This was my first Boston Prep. I was surprised, however, to see my time of 2:15:44 (bib 549) in the results on cool running. When I crossed the finish line, the official clock

was at 2:14:00 as was my running watch! I'm not worried anyway, to be honest, mid-packer that I am, but the time discrepancy was still surprising. Thank you once more for a great day!

I would say you organized a nice race-but you put too many damn hills in it ;). Thanks for a well organized, clearly marked course. It was appreciated. Probably one of the harder runs I've done.

Thanks and great job on the organization!

Caroline Ceailles

**Thanks** for putting on this event, and a special thanks to the volunteers who stood for hours in the freezing cold--I'm sure that was worse than running! There was plenty of good and warm food at the finish, even for those of us towards the rear.

Re: the results: it seems like the posted times are way off for the "back of the packers," showing us running much faster than we did, but not in any consistent way. You have me finishing in 2:37, but I know that I finished in 2:48. A friend of mine told me he finished in 3:02, but he's shown as 2:45...another finished in 2:32, but is shown as 2:28. You show the last finisher at 2:48, but that is obviously wrong, because that's how long it took me and there were at least SOME people behind me! I don't much care about the posted times (obviously, there's no age group awards at stake here!), but I thought I would pass this along, in case it helps you figure out what happened. This does show that chips are nice, but are not infallible, and the timing service should also be recording the results by hand as a backup...with 700 finishers in a 16-mile race, spread out over more than an hour at the finish line, that isn't impossible to do.

John Goldrosen

**thanks** dave great job with the race.i know you already thanked all the volunteers for braving the cold ,but i would also like to send my thanks.again great job. i noticed the discrepancy also with ny time. to give you an idea when i crossed the finish line it was 2hrs. 53min. around 30 sec.my own time

I just wanted to make sure about my race results. On my watch I showed 2:45:07, but the website shows 2:36:43. Personally, I like your results better as I might have started my watch early....but wanted to double check.

My brothers time is correct though, and I'm really proud of him for that ;)

Anyway, thank you again for putting this race together and having it run so smoothly. I was very impressed with this race and by the support and the volunteers. Your volunteers just have so much heart and are so encouraging!

**Thank** you so much for responding so quickly. I really enjoyed the race and could see that a lot of effort went into the event. I want to thank you and your volunteers for such an excellent job. Take care, Don Collins

Just wanted to let you know that the shirt is AMAZING. Possibly the best race shirt I have ever received. Hope next years is just as good.

Eric

**Thank** you for the up date. As Arnold said "I will be baaaaack". Our club the Mystic Runners had a terrific time.

Rick

**Dear** Dave,

I totally enjoyed my 1st experience with this year's Boston Prep! Thanks for all your hard work - I'm already looking forward to next year. Maybe b/t now and then I'll run my first marathon!?

Thanks again,  
Michael

**Great** job, the race was very high end.

I have always liked this race, but this year had a lot of improvements.

- 1) food on the course.
- 2) high tech shirts.
- 3) the race is very reasonably priced.

Only bad thing-----too cold!!!!!!!!!!!!!!

**Thanks.** You did a wonderful job. I am a member of the Tri-Valley Front Runners and we time several races throughout the year. Things happen and it's understandable. Your race was outstanding and I'll be sure to pass it along. Had a great time! Demetra Edwards

**Dave,**

It sounds like things went really well. I am sorry I was too sick to run and missed such a great race-there's always next year. I am sure you are very busy, but you had e-mailed about 2 weeks out, that if anyone couldn't make it, to let you know, as there was a waiting list. You mentioned being able to send the race shirts to those of us who replied and gave up their spots. is this still a possibility? Please let me know. Congrats on a great race. Cara Rossi-Cafarelli

Thanks Dave,

**For** the record: the timing company didn't change my time. Current good health and future performance are more important.

Thanks for all,  
Walt

**Loved** it, Dave. Thanks for your efforts.

**thanks** so much!

I ran your race and just wanted to say thanks for all your and your running group's efforts. I'm running Boston in April and so are a few of my Vermont friends. I learned of the race from Dennis Casey and Bruce Gould who have run Boston Prep several times.

I messed up a bit and they didn't know my wife and I were coming from Connecticut so we all ended up staying at The Sleep Inn hotel in Londonderry but arrived at different times so we were unable to join each other for dinner the night before.

Anyway, yes, it sure was cold! But it was nice to have the building to hang out in and to be told when it was a good time to head out for the start of the race. The huge race maps on the wall were awesome and after talking w/ some veterans and reading about the "moderately challenging" hills I had a pretty good sense of what I was in for. The article by Skip Cleaver was excellent.

Took me 2:19 and my friends 1:56, 2:01 and 2:26. My wife and I hung around for the good feed and then managed to miss saying goodbye to our friends who headed north shortly after the race

was over! Bridget placed 3rd in her age group but thought there were "a lot of women" in front of her" so didn't stay!

I liked your plea for running shoes etc. etc. I hope your daughter got lots of good stuff. I didn't contribute cuz I tend to wear my shoes way past their 500 mile lives and pronate a lot so no one would want them.

**Eldon** Burkinshaw and Mariano Santangelo did a GREAT job w/ the pictures and if you click the link above you'll see that I grabbed four of them.

Finally, I recognized the guy that did the announcing in the pre-race building. Can't remember his name but he does the Martha's Vineyard 20 Miler (similar race in both time of year and distance) and also a small 5K in Durham, NH where my aunt lives and which my brother and I have run - Todd's Trott.

Again, well done! Now it's get ready for Boston time.

Lee Bradley

**The** race was great! Really well organized and, of course, quite challenging. It was my first and it was awesome. Great training for marathons - especially those hills (wow!).

Thank you!

Mark

P.S. The after race food and refreshments were super

**Hello,**

Thanks for all your hard work.

Just wanted to note, though I don't particularly mind, that the results are not accurate. I crossed the finish line with Alex Ashlock (I'm Karyn Miller-Medzon) and it shows him 2 minutes later. Similarly, my 13.1 mile split should have been 1:57 (we specifically noted it at the time) and it says it was over 2 hours. My final time is off by at least a minute. Of course, it doesn't matter. What matters is that it was a well-run and enjoyable race. But you should know that there are some discrepancies.

Karyn Miller-Medzon,  
Belmont

Had a really good time. Well done.

Bob Bauer  
South Strafford, VT

**Thank** you once again for a fine race - one of my favorites!! I wasn't able to run it in 2006 or 2005 as I was nursing some minor injuries but was glad to be back this year!! Everything was so well organized, the volunteers were wonderful & the food was delicious.

I just have one question. I notice some discrepancies in the race results & was wondering if others have e-mailed you regarding the same thing. My 5 mile split is off by over a minute & my overall finishing time is also off. (My goal was to finish under 2 hours, which I did, but the results show otherwise). It's not a big deal as I know what my actual time was but I was just wondering if others have also found some discrepancies - or am I losing my mind?:-)

**Thank** you so much for your time, for all of your hard work & for putting on such an excellent race!

**thanks** again to you and the GDTC team for all the hard work, I certainly appreciate it.

**Hi Dave!** MY name is Alton and I am a member of the GDTC, but I don't think we have officially met. I was so excited to hear that the results were up; you did an incredible job of putting on a fun, organized race. I plan on doing Boston Prep every year and even volunteering for registration next year (I was too nervous this time). My friend, Cyndi Springford, asked if there was anything she could do about her time being incorrect and I gave her your information. Ironic thing is, I came in about one minute before her. I completely understand how difficult it is to keep all of these things in order and maintain electronics in the cold weather, but I didn't know if this was the "official" posting of the times. I apologize for causing you even more grief and please know that I have not been that impressed by a race before, great job!

I just ran the Boston prep race for the first time and would like to say thanks for a GREAT race.

As a racer who has been at it for a few years now. I've raced all kinds of races from 5k to marathons, and from mountain bike races to Ironman. I really enjoyed the race. The on course people and course support were excellent.

Only one logistical issue I had was with the food line. In my opinion you should just have soup out and let racers serve themselves. No need for dozens and dozens of people to be standing in line to get food or drink after a race.

If racers can access both sides of the food table the line doesn't get nearly as long. Many people only want a drink or a piece of fruit and they end up standing in line for far too long because of this single file line and service from one side.

If the volunteers were there just to add extra supplies to the tables or change out soups pots, or just to help answer questions, they won't slow the line. Runners can easily help themselves. By opening up both sides of the food tables, those volunteers who are there to help won't be the cause of a problem that is easily avoidable.

Thanks and I look forward to another crack at a TOUGH course.