



GREATER NEW BEDFORD TRACK CLUB

August 2009

Visit us on facebook



WELCOME NEW MEMBERS & WELCOME BACK TO ALL OUR MEMBERS



Kevin Silva & son and Paul Correia

Greater New Bedford Track Club

P. O. Box 1209

New Bedford, MA 02741

Executive Board

President: Fred Coelho
Vice President: Jim Frenette
Secretary: Katie Cabral
Treasurer: Ann Russo

Newsletter Editors: Mary Cass

Contributors: Don Cuddy

Results: Vin Murphy

Webmaster: Vinny Murphy

Past Presidents: Leo Rodeillat
Larry Finnerty
Martin Flinn
Paul Foster
Richard Hinkley
Joe McCarthy
John Braun
Emily Thompson
John Anjos
Dave LaPlante
Dave Richard

Membership in the GNBTC is open to all.

Dues \$20/Year individual \$25/Year family.

Make check out to: GNBTC
Send to: Ann Russo
36 Mosher Street
Dartmouth, Ma. 02748

News/Articles/Results/Comments to: news@gnbtc.org

Deadline for news and results, 25th of each month.

Newsletter published February—December

Editorial:

Hello,

This month has many pictures and articles that I hope you enjoy. Relish the last month of summer and remember cooler running is just around the corner.

This is your newsletter. What would you like added to the newsletter. Please e-mail me any **ideas, photos or stories** at Mary.Cass@bristolcc.edu.

Thanks,
Mary Cass

*I apologize in advance for any incorrect information, and will address any error in the following months newsletter.

President's Message:

Hi everyone, July was really busy month. The track club cookout was a great success. We had a great time at Fort Phoenix. There was about 50 members and friends that showed up. We had lots of food and great cooks, Jim F., Kevin S, and myself. Members were just hanging out for an afternoon of fun. So I am hoping to have a second cookout this year maybe the end of August or September so at the next meeting I hope more people will be in favor, if so let me know.

Thanks Your
Friend and President
Fernando Coelho

Track Club Singlets Available
Contact Donald Dayton
ddayton380@earthlink.net

Greater New Bedford Track Club Meeting Minutes

July 7, 2009

Board of Directors' Meeting

Meeting Location: Catwalk Bar and Grille, New Bedford,
Start Time: 6:00 p.m.

1. Treasury and Membership Report
Over \$5,000, but \$ 1,000 will be going to the Women's Center
\$410 can't be used; allotted for next year's dues
Pawsox bus tickets \$15; August 7;
meet at Mc Donald's
2. Leo's Scoot
August 26 @ airport
GNBTC will supply pizza
Fred motions for \$150 for pizza; Kate seconds
Leo will take care of other details
3. Women's Center Meeting
Friday @ 11:00- Krissy, Michelle, and Fred
Will give \$1000
\$500 towards fitness
Fred will talk to Don Cuddy about press
4. Airport 2.5 Mile Timed Run
Runs are going well
Rich is taking care of time trials
Kenny there each week
Limited funds for Couple's Run
Moving to Ft. Tabor on a Friday night
Ann will talk to Me & Ed's about pizza
August 14 or 21
Ann and Jim will work on it
Rich will research 15th date
5. Track Club Cookout and Fort Tabor Run
Fred made flier to newsletter and talked to members
Rich will call Leo
Jim will bring his grill (and Kevin's)
Kathi and Kenny will bring coolers
Bring your toys
Next year add a rain date
6. Walk to Run
Jim has been going and people have been showing up
Need fliers: Russ distributes at yoga and track, Kenny at Titleist and YMCA
Ken will start again this week
Jim will talk to the Krugers about it
Thursday @ 5:00
7. Letter to New Members
Jim made it

Add distance disclaimer

Ann will send them out

Add Facebook

8. Spooky Run
Krissy, Michelle, and Fred
JB Race timing
Donald will help Fred on flier
Kate C. until the end of August
Kate D., Nancy, Kathi, Kenny will help
Ask Dave Richards to help set up
9. Old Business
Have federal nonprofit status but not state; recommend filing; insurance waiver?
Incorporated passes
Need to draw up bi-laws
Website: Fred spoke to woman who does Falmouth's website; she needs to speak to Vinny; \$20/hr.; Fred also spoke to Mike DaLuz; intention is there in many places; may find someone local;
www.baystatetriteam.com; Kate will email Stan Harrison;
Ann will find out who does the Run for Dave web site
Ft. Tabor has been going well
Jim will send Kate welcome letter
10. New Business
Ed Talbot- October 11th Recovery Run @ Industrial Park, 5k
Table of contents page on newsletter
11. Next Meeting
August 11, 2009 @ 6:00 @ Antonio's
Adjourn: 8:03 p.m.

CPR AND FIRST AID TRAINING

An interest was brought up in the last track club meeting about having a CPR class for members. If we could get enough members who would be interested we will have a class. The cost should be between \$35 and \$40 per person. This will include training, books, and CPR cards. The course also includes child CPR and first aid.

If interested please contact Jim at:

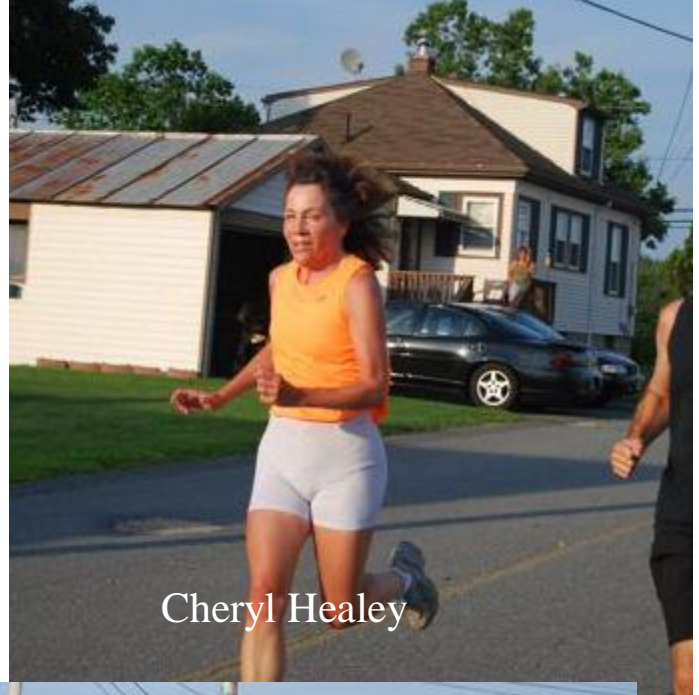
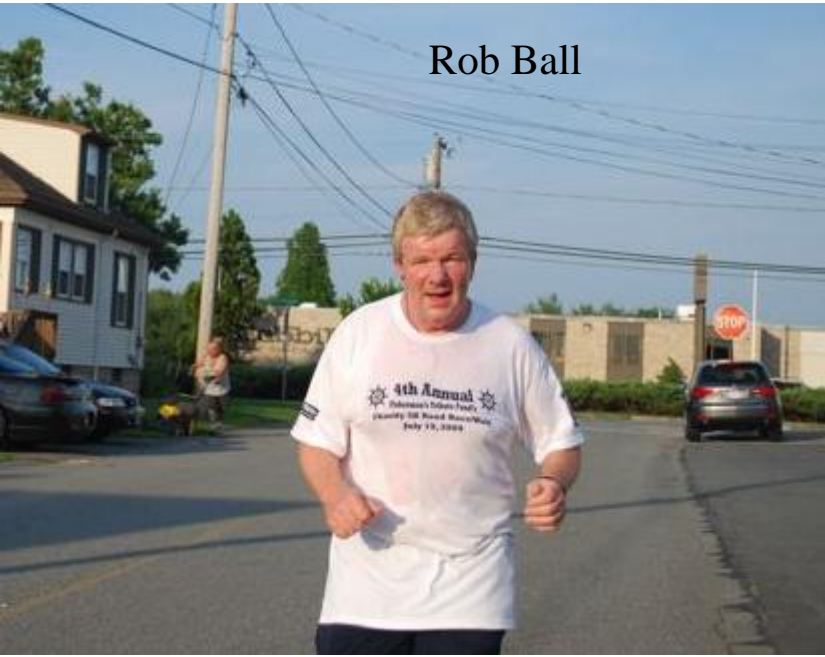
jpfren@comcast.net

Or

508-287-7164

Rob Ball

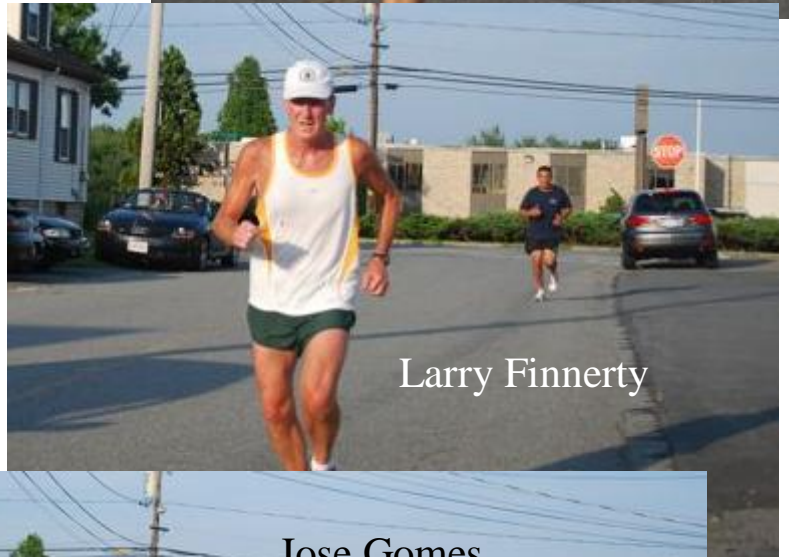
**Airport Run
Pictures by Phil Chase**



Cheryl Healey



Dealila Ferreira



Larry Finnerty



Jose Gomes

**Track Club Cookout
Pictures by Phil Chase**



WEEK AT THE GYM: ONE READER'S NIGHTMARE

Dear L.C.M:

If you read this without laughing out loud, then there is something terribly wrong with you. This is dedicated to anyone who ever attempted to get into a regular workout routine, after years of being a couch potato.

Charlie Horse

Dear Diary,

For my fifty-fourth birthday this year, my girlfriend (the dear) purchased a week of personal training at a local health club. Although I am in great shape since being discharged from the Army 35 years ago, I decided it would be a good idea to go ahead and give it a try. Called the club and made my reservation with a personal trainer named Zelda, who identified herself as a 26-year-old aerobics instructor and model for athletic clothing and swimwear. My girlfriend seemed pleased with my enthusiasm to get started! The club encouraged me to keep a diary to chart my progress.

MONDAY:

Started my day at 6a.m. Tough to get out of bed, but it was well worth it when I arrived at the health club to find Zelda waiting for me. She was something of a Greek Goddess – with blonde hair, dancing eyes and a dazzling white smile. Woo Hoo!!!!

Zelda gave me a tour and showed me the machines. She took my pulse after 5 minutes on the treadmill. She was alarmed that my pulse was so fast, but I attributed it to standing next to her Lycra aerobics outfit. I enjoyed watching the skillful way in which she conducted her aerobics class after my workout today.

Very inspiring. Zelda was encouraging as I did my sit-ups, although my gut was already aching from holding it in the whole time she was around. This is going to be a FANTASTIC week!!

TUESDAY:

I drank a whole pot of coffee, but I finally made it out the door. Zelda made me lie on my back and push a heavy iron bar into the air, and then she put weights on it! My legs were a little wobbly on the treadmill, but I made it through the full mile.

Zelda's rewarding smile made it all worthwhile. I feel GREAT!! It's a whole new life for me.

WEDNESDAY:

The only way I can brush my teeth is by lying on the toothbrush on the counter and moving my mouth back and forth over it. I believe I have a hernia on both sides of my navel. Driving was OK as long as I didn't try to steer or stop. I parked on top of a GEO in the parking lot. Zelda was impatient with me, insisting that my screams bothered other club members. Her voice is a little perky for early in the morning and when she scolds, she gets this nasally whine and it scares me.

My chest hurt when I got on the treadmill, so Zelda put me on the stair monster. Why to heck would anyone invent a machine to simulate an activity rendered obsolete by elevators? Zelda told me it would help me get in shape and enjoy life. She said some other stuff too.

THURSDAY:

Zelda was waiting for me with her vampire-like teeth exposed as her thin, cruel lips were pulled back in a full snarl. I couldn't help being a half-hour late; it took me that long to tie my shoes. Zelda took me to a work out with the dumbbells. When she was not looking, I ran and hid in the men's room. She sent Lars to find me, then, as punishment, put me on the rowing machine, which I sank.

FRIDAY:

I dislike that witch Zelda more than any human being has ever disliked another human being in the history of the world. Stupid, skinny, anemic little cheerleader. If there were a part of my body I could move without unbearable pain, I would run away from her. Zelda wanted me to work on my triceps. I don't have any triceps! And if you don't want dents in the floor, don't hand me the *&%#(#&**!! @*@ barbells, or anything that weighs more than a sandwich (which I am sure she learned at the sadist college from where she graduated magna cum laude).

The treadmill flung me off and I landed on a health and nutrition teacher. Why couldn't it have been someone softer, like a drama coach or a choir director?

Continued on next page

WEEK AT THE GYM: continued & 2004 ACTIVITIES

SATURDAY:

Zelda left a message on my answering machine in her grating, shrilly voice wondering why I did not show up today. Just hearing her made me want to smash the machine with my planner. However, I lacked the strength to even use the TV remote and ended up catching eleven hours straight hours of the Weather Channel.

SUNDAY:

I'm having the Church van pick me up for services today so I can go and thank GOD that this week is over. I will also pray that next year, my girlfriend (the witch), will choose a gift for me that is fun – like a root canal or a health club without a Zelda.

LCM Webster

lcmwebster@verizon.net

JULY 2004 FLASHBACK!

SMILE MILE, PASTA RUN FROM MARGARET'S RESTAURANT, WEDNESDAY NITE FUN RUNS AND YOUTHTRACK AND FIELD

The Greater New Bedford Track Club's 20th Annual Smile Mile was held on Sunday, May 30 at Buttonwood Park. In running parlance we were blessed with 'p.r.' weather and mucho young 'road warriors'. Thanks to Cecelia Roberts and Anna Marshall for co-chairing this most special 'hootin and hollerin' event. A very special merci to our most generous sponsors: AFC Cable Systems, Barley Chiropractic, Bonville's Market, Glaser Glass, Dr. L. Michael Gouveia, Hot Wheels, McDonald's and New Bedford Parks and Recreation-City of New Bedford. Kudos to New Bedford's Finest and all of the volunteers who gave of their time and effort in making this a safe and special day for all of our 'Smile Mile' children. One of our club's greatest rewards is the knowledge that we may have motivated some children to do more with their lives. One of our goals was to set good examples for the school kids and get them to be more active. According to many of the phone calls we received, we may have encouraged a few adults as well.

"It's delightful, it's de-lovely, it's delicious, wrote Cole Porter and his lyrics may well have describe the club's Pasta Run from Margaret's Restaurant on the evening of June 15. For the members that attended this 'delightful' event, I am positive their consensus would be that of a 'de-lovely' occasion. A titanic thanks Gail for serving a fabulous and 'delicious' meal as always. Merci to all who gave a helping hand to this five star event. To sum it all up, it was like home cooking directly from Italy. (If at all possible, even better.) Once again, Gail, from our club to you 'tanti grazie'. These two words of gratitude, like your pasta, are authentic Italiano.

Middle of the week Fun Run/Time Trials is doing rather well in attendance. If you have never run or walked this 2.5 miler before, we begin at 6:30 p.m. every Wednesday at the Shawmut Avenue entrance to the Greater New Bedford Regional Airport. So, come on 'up' and 'fly' with us. At the same time you will meet some of your fellow GNBTC members and enjoy their gregarious company.

Our club's 5th annual Hershey Youth Track & Field Meet was held at Paul Walsh Field on the evening of Wednesday, June 2 for youngsters 9 to 14 years of age. Kudos to all of the participants, sponsors and valued volunteers for making this event very special to all of our future track and field athletes. More information and results may be found in this issue of GNBTC News.

JULY IS COUPLE'S RUN MONTH

Our club's annual Couple's Run will once again take place at the Greater New Bedford Regional Airport on Wednesday, July 7 at 6:30 p.m. So select yourself a partner and try to be one of the first ten couples to finish with the best combined times. If not you'll have loads of fun anyway. We will try to match you with a partner if you do not have one. There will be many attractive surprises: T-shirts (1st 40 to enter), awards (1st ten couples), our popular mystery trophies, pizza, soft drinks, etc. All of this for a mere six portraits of George Washington for each person. A very short and impromptu club meeting will follow the completion of the 2-1/2 mile run. Applications can be found inside this newsletter. Hope to see all of you there.

AUGUST IS PAWTUCKET RED SOX OUTING MONTH AND STEVEN LEO'S SCOOT MONTH

Our track club's annual excursion to McCoy Stadium will be Friday, August 6. A mere eleven dollars will cover your transportation and admission to watch the PawSox entertain the Triple A farm club Rochester Red Wings. (Don't you just love a bargain?) Tickets are at a premium. Please call Mary FitzGibbons at (508) 644-5610 or the GNBTC hot line at (508) 998-5068 to reserve your seat.

The 18th annual Steven Leo's Scoot (in memory of Peter Ryan) will be held on Wednesday, August 25 at 6:30p.m. The 2.5-mile run/walk will take place at the Greater New Bedford Regional Airport. Trophies will be given to all participants who cross the finish line before L.C.M. Webster. (Now how is that for a challenge?) Applications may be found inside this newsletter.

The Coalition for Buzzards Bay will be holding their 11th annual Swim Buzzards Bay on Saturday, July 17. If any of our club members wish to participate in this 1.2-mile fundraiser we would ask you to enter the Greater New Bedford Track Club as your team of choice. It is easy to register as a team. Simply check the box marked "watershed team member" and your team name. If you are a first timer to this event and feel that you need coaching or guidance. Club members who have participated at this event before will be glad to assist you. Let's see if we can bring the Richard Wheeler Cup back to New Bedford. For more information call the GNBTC at (508) 99-5068 and ask to speak to 'Salty'.

Reflection for the month: If I don't run one day, I know it. If I don't run two days, my family knows it. If I don't run three days, everyone knows it.

'Tis the season to be running. So please...
Watch your step out there. July 2004

STEVEN LEO'S SCOOT - CHANGES - 17TH ANNUAL - AUGUST 25, 2004 - NO LATER THAN AUGUST 20 - FLAVOR FOR THIS YEAR - RAISIN RUM (2004)

7
APPLICATION - COUPLE'S RUN - JULY 7 - 6:30 PM

Doc's Diagnosis

Developing Effective Sports Medicine Doctor-Patient Communication

by Christoph A.B. Maywald, DC

This is a guideline to help you open an effective channel of communication with your sports medicine provider. In "Inside the Mind of the Doctor," a June 2007 article by Dr. Daniel Sokol, a medical ethicist at Imperial College, London, the author notes that only 85% of diagnoses are correct. There is speculation as to why that is. However, several facts emerged from the article that I feel are particularly relevant to the serious athlete.

What appears important is to understand how doctors think. Sokol pointed out that most errors were *cognitive*, not *technical*. In the UK one study showed that the average consultation was just nine minutes and that the doctor interrupted the patient within the first 18 seconds of asking the patient to describe their symptoms. How can you, as a patient, improve the situation?

We all need to remember that most doctors are overwhelmed and suffer from the same emotions and distractions that you and I have. At the day's end we all wish there was more time. When you first come into the consultation remember the 18-second listening statistic. I recommend that in these first seconds you establish your communicative style and present your wish to be an active, informed, and vital partner in your healthcare. Say something like, "Doctor, I get so intimidated by doctors and their interruptions that I forget to share important information." Follow quickly by saying, "I sincerely respect you and I hope you will help me feel relaxed and comfortable while I tell you *all* that is going on. In the past I have been interrupted, leading me to forget important details and feeling that the doctor did not want to listen and did not understand my condition."

That ought to take the first 18 seconds! Now that you have established your requirements, wait for the doctor to assume a listening posture, then clearly and slowly describe your symptoms and relevant medical history.

You have just created a standard of responsible communication between the both of you. In effect, you have asked that the doctor to promise not only to hear you but to try and let you finish your whole thought without interruption. This helps the doctor overcome his bias and establishes a partnership with you, the patient. His or her questions will now be framed to focus in on your historical medical facts, providing direction toward appropriate diagnostic testing, a more accurate diagnosis and appropriate treatment or referral.

I also believe it is always essential to repeat what you believe the doctor is saying regarding diagnosis and treatment plan. You should also follow up with, "Could this be anything else?" and, "How long do you think it will be before I'm better?" Finally, ask if there are additional, supportive treatments that you can do in tandem with the primary treatment plan. Do not forget to communicate your athletic objectives and seek advice as to how best achieve them.

You have now become an active and vital partner in your care. As a result you very well may heal quicker and achieve a higher state of long-term wellness and athletic prowess.

Christoph A.B. Maywald is a chiropractic physician in private practice in Weymouth, MA.

Published in "Running & Fit News"^(R) 11-12/2007

Christoph A.B. Maywald, D.C.

Cuddy's Corner



A group of us from the club headed up to the Blue Hills last month for the Skyline Trail race. This is not your average 5K folks. It's actually 7.8 miles over some pretty rough terrain with conditions exacerbated by heavy overnight rain, leaving the

trails wet and the rocks slick. And it was rocky!

I have not done a trail race for years and was prompted to go by the fear that the race might be taking place for the last time as there were rumblings from the bureaucrats about getting ambulances involved and all of the stuff that is becoming increasingly common in this society where efforts to protect us from ourselves are becoming ever more pervasive.

Trail running is a whole different world than road racing. The entry was \$20 and there was a very nice shirt included. You can easily check the results but I believe there were around seventy runners. This was not a lot of people over this course and I can testify to that since I got lost twice for lack of anyone to follow.

A major difference from road racing became apparent almost immediately once we set off from the foot of the ski slope. As soon as we got onto a trail the course narrowed to single file and once we started going up the slope we were all reduced to a walk.

That's kind of an odd feeling early in the race when the adrenalin is pumping and the instinct is to charge ahead but it is no bad thing as I soon found out.

Once we got over the hump and there was room to pass, the field quickly began to spread out and that's when I went astray the first time. Two people were close behind me and followed but fortunately the last man was spotted by a runner who knew the course and after some yelling we were able to return to the correct route with little loss of time.

The Skyline Trail then lived up to its name. At the top of the hill there was a fine 360 degree panoramic view of the surrounding countryside including all of the high rises in downtown Boston.

Going down the slopes you had to pick your way very carefully over the roots and rocks and there was not much thought of speed. I saw people falling and slipping but nothing serious. My ankle went over a couple of times also.

Once we came off the hill there was a nice loop through the woods on fairly level ground and I started to up the pace as well as I could to see if I could overhaul another runner since I was all alone by this time. When I found a good rhythm I really began to enjoy the run. It was very quiet in there and running freely was a joy after the scramble up and over the Blue Hill.

I was having too much fun as it happened because I breezed past a water stop and kept going when I should have followed a trail up the next hill. The woman at the water stop began to yell but I ignored her. I thought it was somebody with a dog. Fortunately she began to run after me and when I finally looked over my shoulder because of the persistent noise I saw her waving her arms and turned around.

After that detour I was overtaken by several people so I decided not to worry about time and just finish the race. This was a wonderful experience and a very enjoyable and relaxed low-key affair. The following morning was not so serene however as I had trouble getting downstairs from the bedroom. My leg muscles screamed at every step- at least the ones you use for climbing. It was like my first marathon. It took me a few days to get over that but I'd do it again in a heartbeat and it was a nice day out with the club.

I also did the Fishermen's 5K at Fort Taber in July. I support this race and have done it every year but I have to say that it's pretty discouraging that after four years they are still putting the water stops on the wrong side of the road. Hello!

The other thing I noticed is that inclusion in the GNBTC Grand Prix did not bring out a lot of club runners and the obvious conclusion is that the Grand Prix does not mean much to the majority. It doesn't mean much to me to be frank. If there were bonus points for doing a certain number of races or some other way to level the playing field that might attract more interest since only a few people have any realistic chance of winning. Then again speed should be rewarded so I don't think that talented runners should be penalized. Maybe there can be some new categories?

You may have noticed that I did not contribute anything to the newsletter last month. Sad to say, my mother died on Father's Day so I had to cope with that. She was 83, lived a good life and taught me well. Life is precious. Don't sweat the little stuff.

Don Cuddy

THE EXTRA MILE

Keep Your Running Economy Out of a Recession

Some of you might have heard the term “running economy” before and thought you might have had to start investing in Nike. What we are actually talking about here is how easy your body is working at any given intensity. Compare it to your automobile and its fuel economy. Same idea, just dealing with your human body and how it uses its fuel (calories) to create energy for you. I think we have all had those days where we feel like we are breaking the sound barrier on our run, but come to find out – we’re 2min slower than usual. Sorry, your body wasn’t very efficient that day. Not to say that it varies greatly on a day to day basis, but there are certainly many variables that can contribute to a bad day. So the big question here is: how can I make my body run faster, easier?

As I’m sure some of you are waiting with baited breath to see what the answer is, you probably already know it. There are a few simple workouts you can do to help improve your body’s overall efficiency. Hill workouts are one of the better options for you to help your body improve. The trick here are the big questions of what kind of hills (long? Steep? downhill?), how many(4? 12? 20+?), when to do them pre-race(2wks? 2mos? 2seasons?). Those are all topics that should be discussed on a person to person basis depending on what your goal is. Practicing with hills in your workouts will allow you to put your body under more stress than just a typical training run. I don’t know of anyone who running up a hill is able to still talk the same as if it were a flat and not have their HR shoot up. Hills make you do work. In doing so, you’re body gets fed up with working hard and adapts its energy systems to make it easier for you the next time. If you are like most runners and hate any sort of incline, have no fear, there are other options as well.

Another selection from the buffet of running performance could be intervals on a run or as some of my child-minded friends enjoy hearing me say, fartlek. Hopefully most of you have heard this term before and if you have are probably above being a novice runner. If you have no clue as to what I am talking about you probably think this article is taking a turn for the per-

verse and are about to learn a great new training tool to incorporate into your regime. Fartlek is a Swedish term, as one of my high school track coaches Mike Henriques was so fond of reminding us, meaning “speed play”. You might know them as pick-ups, intervals, on-offs, and dare I say it “telephone poles”. The reason why I resent using the term “telephone poles” is because fartlek workouts should have less structure than a giant wooden log every 100ft or so. Make up interval distances by time or how you feel or by how many cars you have to pass to get to the one with that hot looking person in it (don’t forget, suck in the stomach until their out of view). Doing hard and slow intervals several times during a run will, over time, allow your body to feel more comfortable at a faster pace and will eventually lead to better race times or even a faster training pace. Again the trick here is knowing the answers to most of the questions asked about the hills. Hopefully most of you will have a seasoned running veteran that knows what he/she is doing and would be willing to offer you more specific advice on either topic. If not, I am in the process of forming a Running 101 class at Healthtrax if you are interested in learning more and finding ways to make our passion (running) easier to love.

*Nate Goldrick
Altheus Coach
Healthtrax Gym*

P.S.

If you are interested in training by Nate I believe you do not need to join Healthtrax to take their classes.

Mary

Blue hills Skyline Trail race 7.2 miles

On July 12th was the annual Blue Hills Skyline Trail Race. The GNBTC usually has a good showing for this race each year, not only is it challenging but Paul Correia of the track club is one of the directors of the race. The race started at 8 am and with no less than 10 track club members going, we usually end up car pooling to the race. A lot of track club members have hiked the Skyline Trail before, but it's a lot different when you actually are competing for a time.

Early that morning there was a heavy downpour and thunderstorms that had gone through just before we headed up to the race. Kevin Silva, Kathi Cabral, Fernando Coelho, Don Cuddy and I met at Kings Highway and went up in my truck while Lori Watkins, Sheryl Briggs-Coye, and Ken Rogers went up with Sheryl driving up from Bourne. We all met up there around 7. It was a cloudy, cool and wet July day. They hadn't opened the bathrooms yet so some of us used the Mother Nature's facilities while others went up the street to Dunkin Donuts.

We had a couple of what would be first time runners for Skyline. Kathi and Don, both had been up there for hiking before, but unless you actually have run it before it's hard to explain the difficulty of it. Christine Anderson, who is an excellent runner and former world class runner, might have described it best. She told herself while running the course last year "God if you let me live through this race I promise to never run it again". Well now she now holds the women's masters course record there.

We all then got prepared for the race, some carried water, Fernando took his camera, I put a brace on my left ankle (old basketball injuries) and others dressed for a normal run. Ken had left earlier to hike over to the water stop, at the road crossing, to volunteer for the runners. We then headed over to the starting line which was located at the bottom of one of the ski trails to the right of the parking lot. After a few instructions from the race director, which included a few scare tactics it was time to start!! All the trails were marked with either blue dots or chalk arrows so it would be

difficult for someone to get lost.

71 runners then set off on their adventure. For me this year's race was about making up for last year's poor performance by my standards. I ran a 1:37 and bonked really bad in the second half with Kevin S., Fernando, and Leslie Danzell all passing me on one of the steep climbs just after halfway. We started by running about a half mile on what amounted to an old access road along the highway. We then made a sharp left to go up our first climb. Kevin, Fernando, and I were pretty much together at this point and I could tell right away this was going to be a tough day. Basically you are hiking on the climbs. There were lots of stones, roots and walls of rock to get over and it was wet. I had already had my feet slip out a couple times on the first ascent; it was a sign of things to come. On the first descent I was having a hard time; getting out of control and fell on my back when my foot slipped out from underneath me. The hardest section of the race was just before you crossed over the highway. It was a steep downhill with walls of slippery rocks and I went down hard twice in this section. Once you got to the road for the first crossover you were about a 1/3 done, I grab water where Ken was. Then you run about 1-3/4 miles on an access road before your next big climb. The access road is where "roadies" put the hammer down and make up some time. I passed 5 people on that stretch and by the time I got to the next big climb I had Mark Dearing in my sights. Mark is an excellent trail racer and does the downhills like a mountain goat. He was about 75 yards ahead of me on that climb at the base but by the time we got to the top I was right on his shoulder. But soon as we got on the downhill he was out of sight.

Continued on next page

Blue hills Skyline Trail race 7.2 miles continued

Now you are about 2/3 done with the race. We had 4 good climbs are in oxygen debt and pounded our quads on those steep downhills, and it is time to crossover the highway again and begin the last 2 climbs. By now most of us mortals are thinking to ourselves “when is this going to be over with”. The climb right after the crossover is steep and long and your lungs are screaming for mercy. Then another steep downhill where I lose sight of Mark again, by now my legs cannot take the descents I am practically tip toeing down. We had one more lengthy runnable section on single track trails, through a rocky, muddy stream before you get to your last climb. The last climb is very tough and you use your hands a lot to pull yourself up the trail. It is drying out by now but you are still slipping occasionally. Once you reach the top you run about 1/3 of a mile on the top of mountain. I catch Mark again when we get to the ski trail, before our descend to the finish. Running down the ski slope was tough just to keep yourself from losing control. I got to the finish line in 1:27:52, 8 seconds behind Mark and a full 10 minutes better than last year!!! Manny Francisco had already run an amazing 1:17:06, impressive in those slippery conditions.

Fernando Decosta came in next for the club in 1:31 excellent showing for his first time, followed by Kevin Silva in a great time of 1:34 despite falling 4 times and forgetting his trail shoes while running in worn out road shoes, Yikes!!! Guido Medeiros was next in 1:37, he has done this race many times, a veteran. Fernando was next in 1:39 who was taking pictures at the top of the mountain and also sprained his ankle during the race, way to go El Presidente!!. Sheryl Briggs- Coye came in at 1:46 which is great considering she hadn't been able to train as much as she likes and falling 6 times, OUCH!!!!. Don Cuddy was close behind in 1:48, good run for the seasoned veteran, not sure he expected the technical severity?. Kathi Cabral was next in 1:51, excellent for her first trail race, especially Skyline, and said she loved it?? In those conditions, WOW!!. Lori Watkins who has run many trail races came in at 1:53 for a fine showing, she made it look easy! Overall a good show-

ing by the GNBTC members. Ken, thanks for volunteering.

For the next few days quite a few of us, including myself really felt the effects from the toughness of that race. Our legs felt like they had been beat with a meat tenderizer. But overall I think we were all satisfied and proud of our performances.

A note from Paul Correia,

To the members of the GNBTC who either ran the race or volunteered in New England's toughest 7 miler, I would like to personally thank you for supporting the wonderful and challenging Blue Hills Reservation. Part of the proceeds from the race goes to “The Friends of the Blue Hills” who help maintain the trail system.

Results Skyline 7.2 mile trail race

71 finishers

10. Manual Francisco	1:17:06
22. Mark Dearing	1:27:44
23. Jim Frenette	1:27:52
27. Fernando DeCosta	1:31:16
34. Kevin Silva	1:34:37
37. Guido Medeiros	1:37:13
38. Fernando Coelho	1:39:10
47. Sheryl Briggs-Coye	1:46:14
49. Don Cuddy	1:48:16
52. Kathleen Cabral	1:51:25
55. Lori Watkins	1:53:08

Jim Frenette

Blue hills Skyline Trail
Pictures by Phil Chase



Presidents Question of the month:

“What is your favorite brand of sneakers and why?”

I like to read as much as I like to run and ask “why”. I have recently read “Born to Run” and am intrigued by the concept of barefoot running. I actually won my first road race at 14 running a mile barefoot, which was my MO for most of the summer. The race was part of the end of the summer activities and my feet were quite tough. I have read several sources that discussed the benefits of not heel striking, but hitting mid-foot instead. I am currently recovering from a hamstring pull which I believe was caused from excessive heel striking while preparing for the New Bedford Half. I spend my winters running fast on the treadmill and suddenly started running long slow miles slamming my heels onto the harder pavement. I visited Doc about this injury and he had me feeling my hamstring as I walk versus running on the balls of my feet. We talked about leaning forward and landing more on my mid and forefoot (This style of running is discussed in Chi Running). He has been encouraging me to get off my heels when I run for years.

“When you run heel-toe, your heel bone transmits impact directly into your shin bone, up into your knee, and further on up the chain. When you run with a natural stride as you would barefoot, you land on your toes, which allows your toes and your arches to absorb the impact so your legs, hips, and spine don’t have to. Running with a natural stride also allows your hip flexors to stretch out and gives you a little extra spring in your step that should propel you forward faster than you’re used to. Notice that sprinters are on their toes a lot? Think what that’ll do for you.” (<http://sanfranciscorolfing.com/2009/05/03/nix-those-nagging-running-injuries-in-one-easy-step/>)

“Born to Run” discusses how our bodies have been designed by evolution to run long distances. As an engineer I found many of the facts were back with valid science. The natural way to run is on the balls of our feet and the heel is designed so that we don’t fall backward while standing. The concept that interests me about barefoot running is that it is closer to how our bodies want to run. The hitting of our heels becomes painful when barefoot and this pain causes you to change your foot strike off the heels and onto the balls of your feet. I have very high arches and have been sensitive to any improper fitting arch support. I never thought of my arch as a shock absorber and comparing it to an arch bridge. The arch is the strongest when weight is applied on the top and is weakened

by any support from the bottom.

Coach Vin Lananna from Stanford University uses barefoot running on grass as a training drill. He feels that the runners learn proper running techniques, suffer fewer injuries and run faster. Roger Bannister (4 minute mile) ran every day on a hard cinder track in thin leather slippers. The Tarahumara Indian tribe in Mexico is known for some of the best long-distance runners in the world. These runners run with only strips of old tires or leather thongs strapped to the bottom of their feet. They are virtually barefoot. Barefoot running strengthens muscles that are used when running properly on the fore foot.

The cushioning of many running shoes actually allows us to heel strike by softening the impact, but some of our muscles are still being strained by the heel striking. The other interesting statements are how the running shoes are causing some of our problems by preventing our feet and bodies from moving naturally. The question then becomes what shoes are best for you. I don’t know what is best for you, but I currently run in Saucony Fast Witch after years in Asics DS Racers. These shoes are racing slicks with little cushioning and no corrections. I do slide orthotics into my shoes.

Vibram FiveFingers, Nike Free Running Shoes and other shoe companies have been developing shoes to mimic barefoot running. The Vibram Five Fingers act like a thin rubber glove that slides on the foot to protect it from cuts and abrasions caused by the road or trail surface. The Nike Free Running shoes were developed to mimic Coach Vin Lananna training methods. I don’t think I am going to spend the money on these shoes, but maybe try spending more time barefoot around the house and do some running in the grass and focus on leaning forward and not heel striking.

When asked, “What running shoes I would recommend.” I often say that what works for me may not work for you, and you need expert advice. I encourage them to go to Days or any good running shoe store with knowledgeable staff.

Mary Cass

Presidents Question of the month: “What is your favorite race and why?”

Presidents Question of the month

Well it is hard to pick a race, but I must say there are a lot of great races that I have done in the past, that I enjoyed . One race that I missed this year was the Father Day 10K Race. It is a great race and has a great course. This race brings in a lot of people from all over. It is always a good time and its a great time of year to race because it not to hot yet. The course and crowd are great. It is a race that I hope to be able to do next year.

”What is your favorite race or just a race that you enjoy 5K,10K, Half Marathon or Full Marathon and why?? “

Dear members please reply to the question of the month if you dare. Your answer will go into next month news letter? You can send your reply to gNBCnews@gmail.com or Mary.Cass@bristolcc.edu

President Fernando Coelho giving a check to the New Bedford Women's Center from the money raised from Hazelwood Road Race last May.



GNBTC Airport Volunteer List

Revised 06/15/09

June 2009

June 10th	Richard Flood	-----
June 17th		
June 24th	Richard Flood	

July 2009

July 1st		
July 8 th (Dave Vac)	Michelle Robert	Kevin Silva
July 15 th (Dave Vac)	Kate Diogo	
July 22 nd (Dave Vac)	Jim Frenette	
July 29th	Hilary Sousa	

August 2009

August 5th		
August 12th		
August 19th		

I updated the volunteer list for the airport runs; until we have some where to post this, I'll just post it here & send out e-mails from time to time.

Helping out is pretty easy, Dave, Connie, or whoever is there will get volunteers helping out up to speed. Just email me if you can help out, we have a bunch of weeks we still have to cover.

-Rich
rflood_pe@verizon.net

2009 GNBTC GRAND PRIX

The Races

#	RACE	DIST	TOWN	DATE*	URL
1	NEW BEDFORD HALF MARATHON	13.1 MI	NEW BEDFORD	15-Mar-09	http://newbedfordhalfmarathon.com/
2	LOUIE'S RUN	5K	NEW BEDFORD	19-Apr-09	http://www.louiesrun.com/
3	RUN FOR DAVE	5.3 MI	DARTMOUTH	23-May-09	www.jbrace.com
4	DAY OF PORTUGAL	5K	NEW BEDFORD	14-Jun-09	www.jbrace.com
5	FATHER'S DAY	10K	FAIRHAVEN	21-Jun-09	www.jbrace.com
6	FISHERMAN'S TRIBUTE	5K	NEW BEDFORD	19-Jul-09	http://www.fishermensmonument.org/
7	FEAST OF THE BLESSED SACRAMENT	5K	NEW BEDFORD	01-Aug-09	www.jbrace.com
8	LEO'S SCOOT	2.5 MI	NEW BEDFORD	26-Aug-09	www.gnbtc.org
9	ACUSHNET RR	4.1 MI	ACUSHNET	07-Sep-09	www.jbrace.com
10	FT. PHOENIX	5K	FAIRHAVEN	13-Sep-09	www.jbrace.com
11	HOUGHTON'S POND TRAIL RACE	10K	CANTON	04-Oct-09	http://www.colonialrunners.org/HoughtonsPond/
12	GNBTC	10K	NEW BEDFORD	31-Oct-09	www.gnbtc.org

*

The Rules

Eligibility: As soon as you are a paid member you are eligible

Age Divisions (Male and Female): Your age as of 1 January 2009.

29 and Under

30 – 39

40 – 49

50 – 59

60 – 69

70+

Points: Points are awarded to the top 10 in each age group with the winner getting 10 points, second place 9, third place 8 etc. If less than 10 runners participate in a particular age group the winner receives the point total equal to the number of finishers in that age group. All finishers will receive at least 1 point. Total points will be based on your best finishes from 10 of the 12 Grand Prix events. Participants cannot earn points in more than one age division.

Races: There will be 12 races in the Grand Prix (see table above). Your total score will be based on your top 10 finishes. To be eligible for an award, a member must run a minimum of 6 of the 12 events.

Awards: Awards will be given to first place of each age / gender divisions. If necessary, the New Bedford Half Marathon results will be used as the tiebreaker when determining first place. Ironman / Ironwoman awards will be given to each member that completes all 12 Grand Prix events. An overall Grand Prix Champion (Male & Female) will be awarded based on age graded results using the WAVA age graded calculator. All award types will be voted on by the GNBTC board and its members.

2009 GNBTC GRAND PRIX

Women													
Age Group / Name	NBHM	Pts	Louie's Run	Pts	Run for Dave	Pts	Day of Port.	Pts	Father Day	Pts	Fish. Tribute	Pts	Totals
29 & Under													29 & Under
Stephanie Poyant	1:43:08	2	22:03	3	39:29	1	21:51	4	45:49	2	21:57		12
Kate Diogo			22:07	2			21:01	5					7
Erin Poyant	1:46:25	1					22:49	3	51:00	1			5
Bethany Bertrand	1:39:50	3											3
Nancy Martins			32:42	1			34:43	2					3
Kristina da Fonseca							28:18	1					1
30 - 39													30 - 39
Sheryl Briggs			24:34	2	43:52	1	24:53	2	51:58	3			8
Monique Poyant	1:32:48	3					20:21	4					7
Kathi Cabral	1:53:03	2					24:00	3	52:46	2			7
Rebekah Williams	2:02:22	1	27:00	1			25:58	1	55:56	1			4
Erica Morency					38:39	2							2
40 - 49													40 - 49
Chrissy Anderson	1:27:54	7	18:21	6	32:24	4	18:17	2					19
Karen Caddell	1:47:19	5	23:44	4	40:02	3							12
Mary Cass			21:16	5			22:29	1	43:46	2			8
Dalila Ferreira	2:01:16	1	25:51	3	44:35	2			53:07	1	26:33	1	8
Teresa Frenette	1:42:01	6											6
Darlene Peixoto	1:47:21	4											4
Kathleen LaPlante	1:54:01	3											3
Pamela Perry			31:43	1	44:34	1							2
Katie Collins	1:59:17	2											2
Cecelia Roberts			29:16	2									2
Lara Stone	2:09:14	1											1
50 - 59													50 - 59
Kathleen Teixeira	1:56:42	2	25:13	3			24:20	2	50:58	4	24:26	3	14
Cheryl Healy	1:54:46	3	24:40	4	43:01	1			51:35	3			11
Robin Bodeau			29:12	2			28:16	1	59:34	2	29:57	1	6
Kathy Lopes											27:58	2	2
Carol Mamroe	2:10:49	1											1
Joan Sparrow									1:02:44	1			1
Jayne Souliere			41:16	1									1
60 - 69													60 - 69
Mary Fitzgibbons	2:21:08	1	29:30	2	51:32	1			1:01:07				4
Dorothy Arnold			32:13	1			31:15	1					2
70+													70+
Barbara Belanger									58:15	1			1

2009 GNBTC GRAND PRIX (MEN'S CON'T)

50 - 59													50 - 59
Don Cuddy	1:42:06	7	21:56	3	39:05	4			45:57	5	22:52	3	22
Carlos Barbeiro	1:32:16	10			35:05	5	19:37	4					19
Timothy Greene	1:55:24	3	25:00	2	41:24	2	23:30	2	52:25	3	24:21	2	14
Kenny Rogers	1:40:24	9			39:31	3							12
Joel Hartley	1:44:50	5							46:44	4			9
Kevin Mullen	1:40:59	8											8
Robert Pina	1:42:17	6											6
P J Costa									45:48	6			6
Charles Marshall	1:52:47	4											4
Paul Correira					41:16	1	22:23	3					4
Paul Lemieux	2:17:28	1					26:48	1			28:49	1	3
David LaPlante	1:55:43	2											2
Rick Rosenfeld									58:32	2			2
Salah Abdur-Rahman									1:16:09	1			1
John Sinko	2:21:15	1											1
Philip Sabra	2:26:42	1											1
Richard Mello			26:46	1									1
60 - 69													60 - 69
Jack Daniels	1:35:15	4	20:17	3	35:02	4	19:47	6	41:59	7	20:26	3	27
Ted Silva					51:12	2	28:03	4	57:47	5			11
Rob Ball	2:38:20	1	32:10	1	58:00	1	31:47	2	1:08:31	1	31:54	1	7
Ed Talbot			27:32	2					57:53	4			6
Ralph DeBalsi									50:48	6			6
Daniel Victorino							26:43	5					5
Brian Grant							28:45	3			29:42	2	5
Charles Donohue	2:22:23	2							1:00:46	2			4
Bill Beardsley	2:09:20	3											3
John Anjos					47:11	3							3
Martin Flynn									1:00:04	3			3
Maurice Bourque							31:47	1					1
70+													70+
Joe Fernandez					49:20	1	26:49	1	56:21	1	27:12	1	4
Brian Peacock	1:49:37	1											1
Donald Dayton			28:20	1									1

Omissions / errors
 please send to bancroftdg@comcast.net

June/July

RACE RESULTS

13th Annual Marion Village 5K Road Race

in Marion, MA

Distance: 5 kilometers

Date: June 27th Finishers: 419

Jeff Reed	3	17:14	5:32
Jose Francisco	7	17:50	5:44
Manny Francisco	11	18:12	5:51
Taylor Days	14	18:29	5:56
Sal Corrao	16	18:31	5:57
Fernando Coelho	22	19:08	6:09
Jim Frenette	34	19:57	6:25
Jack Daniels	38	20:15	6:30
Ken Glazier	45	20:34	6:37
Allison Rossi	71	21:48	7:00
Kevin Mullen	82	22:07	7:07
PJ Costa	84	22:09	7:07
Joel Hartley	92	22:30	7:14
Karen Caddell	100	22:46	7:19
Maciel Pais	102	22:52	7:21
Ryan Couto	112	23:13	7:28
Cheryl Healy	138	24:36	7:54
Sheryl Briggs	140	24:40	7:56
Dalila Ferreira	166	25:41	8:15
Joe Fernandez	215	26:58	8:40
Ed Talbot	241	28:15	9:05
Brian Grant, Sr	255	28:45	9:15
Frank Frain	300	30:22	9:46
Marie Hartley	322	31:57	10:16

Bridgton Four on the Fourth in Bridgton, ME

Distance: 4 miles

Date: July 4th Finishers: 1722

Ed Talbot	728	38:41	9:40
-----------	-----	-------	------

Mattapoisett Road Race in Mattapoisett, MA

Distance: 5 miles

Date: July 4th Finishers: 1026

Jeff Reed	4	28:39	5:43
Jose Francisco	10	30:08	6:01
Sal Corrao	15	30:46	6:09
Jim Brogioli	29	31:43	6:20
Fernando Coelho	35	32:01	6:24
Peter Danzel	43	32:34	6:30
Carlos Barbeiro	54	33:36	6:43
Ken Glazier	61	34:09	6:49
Mary Cass	63	34:23	6:52
Peter Ribeiro	82	35:11	7:02
Richard Flood	104	36:25	7:17
Don Cuddy	124	37:09	7:25
PJ Costa	126	37:10	7:26
Bethany Bertrand	129	37:16	7:27
Allison Rossi	140	37:41	7:32

Mattapoisett Road Race in Mattapoisett, continued

Joel Hartley	165	38:16	7:39
Maciel Pais	181	38:49	7:45
Erin Poyant	243	40:10	8:02
Kathleen Teixeira	246	40:15	8:03
Ryan Couto	264	40:39	8:07
Carmelio Rodrigues	266	40:41	8:08
Sheryl Briggs	308	41:47	8:21
William Fortier, jr	343	42:37	8:31
Dalila Ferreira	362	42:58	8:35
Joe Fernandez	502	46:01	9:12
Skip Daniels	517	46:20	9:16
Richard Mello	567	47:22	9:28
Barbara Belanger	578	47:35	9:31
Mary Fitzgibbons	745	51:38	10:19
Garnett Powers	776	52:32	10:30
Maurice Bourque	779	52:48	10:33
John Reedwisch	780	52:49	10:33
Joan Sparrow	804	53:20	10:40
Salah Abdur-Rahman	941	1:01:22	12:16
Norman Aronberg	989	1:11:03	14:12

Little Compton 29th Annual 4.8 Mile Road Race in Little Compton, RI

Distance: 4.8 miles

Date: July 11th Finishers: 527

Angel Martin	14	29:41	6:11
Taylor Days-Merrill	18	30:14	6:17
Peter Danzel	26	31:01	6:27
PJ Costa	90	35:10	7:19
Dalila Ferreira	222	40:54	8:31
Richard Mello	304	43:48	9:07
Ed Talbot	343	45:13	9:25
Brian Grant, Sr	374	46:37	9:42

Run for Open Space in Nantucket, MA

Distance: 5 kilometers

Date: July 18th Finishers: 278

Michele Robert	100	25:25	8:10
----------------	-----	-------	------

Mt. Ascutney State Park Bike Climb in Brownsville, VT

Distance: 3.7 miles

Date: July 18th Finishers: 170

Frank Frain	117	40:27	10:55
-------------	-----	-------	-------

JUNE/JULY RACE RESULTS

GNBTC Airport Run/Walk New Bedford, MA

Distance: 2.5 miles

Date: July 15th Finishers: 23

Joe Francisco	1	14:23	5:45
Patrick Debortoli	2	15:15	6:06
Keagan Miller	3	16:17	6:30
Leslie Danzel	4	16:42	6:40
David Gulley	5	17:43	7:05
Paul Correia	6	17:54	7:09
Joe Gomes	7	17:56	7:10
Larry Finnerty	8	18:22	7:20
Camilio Rodrigus	9	18:40	7:28
Karen Cadell	10	18:57	7:34
Donald Rio	11	19:49	7:55
Dealila Ferreira	12	20:37	8:14
Alex Kalife	13	20:44	8:17
Joe Amaral	14	20:48	8:19
Peter Danzel	16	21:38	8:39
Megan Danzel	15	21:38	8:39
Joe Mimoso	17	21:41	8:40
Tiago Mimoso	18	21:41	8:40
Christina Defonsica	19	23:18	9:19
Mary Cass & Company	20	23:37	9:26
Robert Ball	21	25:38	10:15
Ed Sinkevick	22	26:04	10:25
LCM Webster	23	29:59	11:59

GNBTC Airport Run/Walk New Bedford, MA

Distance: 2.5 miles

Date: July 22nd Finishers: 23

Peter Danzell	1	15:31	6:12
Paul Bedard	2	15:51	6:20
Andrew Gonsalves	3	16:19	6:31
Nick Martin	4	16:30	6:36
Carl Beckman	5	16:59	6:47
Jose Gomes	6	17:08	6:51
Paul Correia	7	17:48	7:07
David Gully	8	17:59	7:11
Kevin Silva	9	18:56	7:34
Joe Gonsalves	10	19:10	7:40
Larry Finnerty	12	19:13	7:41
Jackie Francisco	11	19:13	7:41
Donald Rei	13	19:38	7:51
Cheryl Healy	14	20:19	8:07
Dealila Ferreira	15	20:24	8:09
Joe Amaral	16	20:50	8:20
Tino Fidalgo	17	21:21	8:32
Brian Miller	18	21:43	8:41
Kira Ball	19	21:55	8:46
Dave Simmons	21	22:21	8:56
Ted Silva	20	22:21	8:56
Rob Ball	22	27:50	11:08
LCM Webster	23	29:55	11:58

Fishermen's Tribute Fund Charity 5k

Road Race/Walk in New Bedford, MA

Distance: 5 kilometers

Date: July 19th Finishers: 198

Scott Anderson	2	16:23	5:16
Jeff Reed	4	16:53	5:25
Jose Francisco	7	18:02	5:48
Sal Corrao	11	18:27	5:56
Fernando Coelho	17	19:25	6:14
Jack Daniels	19	20:26	6:34
Ken Glazier	21	20:32	6:36
Rodrigo Borges	22	20:35	6:37
Stephanie Poyant	28	21:57	7:03
Vincent Murphy	34	22:42	7:18
Brian Grant, Jr	36	22:44	7:18
Don Cuddy	37	22:52	7:21
Maciel Pais	43	23:06	7:26
Timothy Greene	59	24:21	7:50
Kathleen Teixeira	64	24:26	7:51
William Fortier, jr	73	25:19	8:08
Dalila Ferreira	85	26:33	8:32
Tiago Mimoso	92	27:03	8:42
Jose Mimoso	93	27:03	8:42
Joe Fernandez	95	27:12	8:45
Kathy Lopes	105	27:58	8:59
Paul Lemieux	118	28:49	9:16
Brian Grant, sr	127	29:42	9:33
Robin Bodeau	128	29:57	9:38
Rob Ball	147	31:54	10:15

Blessing of the Fleet 10 Mile Road

Race in Narragansett, RI

Distance: 10 miles

Date: July 24th Finishers: 2752

Jeff Reed	33	59:31	5:57
Fernando Coelho	98	1:05:53	6:35
Bryce DuBois	128	1:07:15	6:43
Rodrigo Borges	326	1:14:19	7:25

Carver Cranberry 5 Miler in Carver, MA

Distance: 5 miles

Date: July 25th Finishers: 217

Joe Fernandez	124	43:28	8:41
Paul Lemieux	139	44:43	8:56

LOCAL ROAD RACES

August 9, 2009 (Sunday)

[15th Annual Dartmouth Parks Dept Triathlon](#)

South Dartmouth, MA 8:00AM Round Hill Beach, Round Hill Beach Road (*Proceeds benefit the Greater New Bedford Children's Fund.*) Contact: Joan Britto (Dartmouth Parks Department Triathlon), 19 Twin Ponds Dr., South Dartmouth, MA, USA, 02748. 1-508-994-1412 jb7319@comcast.net

[Cape Cod Canal 14.2 Mile Run & 2 1/2 Mile FUN Walk/Run for Cape Cod Cares For Our Troops](#)

Buzzards Bay, MA 9:00AM Buzzards Bay Recreation Area, Buzzards Bay Recreation Area (*Out and back along the scenic canal. No traffic No turns!*) Contact: Cape Cod Canal Run and Walk for Cape Cod (Cape Cod Cares For Our Troops), 40 Walcott Rd, Beverly, MA, USA, 01915.1-978-921-7866 raceinfo@nii.net

September 7, 2009 (Monday)

[29th Acushnet Road Race](#)

Acushnet, MA 10:00AM Ford Middle School, 728 Middle Road Contact: John Braun (JB S Road Race Management), 652 Middle Road, Acushnet, MA, USA, 02743. 1-508-998-2408 braunjh@comcast.net

September 12, 2009 (Saturday)

15th Annual Run to the Rock - 5K, 10K and 1/2 Marathon

Plymouth, MA 9:00AM 5K at Cordage Park, 10K at So Meadow Road, 1/2 Marathon at BBC Cedarville, 9 Resnick Road (*5K, 10K and 1/2 Marathon*) Contact: Anne Marie Winchester (Boys and Girls Club of Plymouth), 9 Resnick Road, Plymouth, MA, USA, 02360. 1-508-746-6070 Runtotherock@gmail.com

September 13, 2009 (Sunday)

[Ft. Phoenix 5K Road Race](#)

Fairhaven, MA 10:00AM Fort Phoenix State Beach, Green St. Contact: Kathy Lopes (Ft Phoenix Five K Road Race), 100 Cedar St, Fairhaven, MA, USA, 02719. 1-508-991-2194 lopeska@aol.com

September 20, 2009 (Sunday)

Buzzards Bay Triathlon

Dartmouth, MA 9:00AM Buzzards Bay Lloyd Demarest State Park, 115 Barneys Joy Road (*Sprint Triathlon*) Contact: Tim Richmond (Max Performance), 35 Neponset Street, Foxboro, MA, USA, 02035 race_info@maxperformanceonline.com

[OCEAN at MGH 9th Annual 5K Roadrace and Walk](#)

New Bedford, MA 11:00AM Hazelwood Park, 200

Brock Avenue

Contact: Cristina Balboni (Ovarian Cancer Education Awareness Netwo), Box 172, Easton, MA, USA, 02334. 1-617-623-1311 cbalboni1@comcast.net

September 26, 2009 (Saturday)

Dighton Run for Heroes 5k

North Dighton, MA 9:00AM Manheim New England Parking lot, 123 Williams Street Contact: Christopher Moulding (Manheim New England), 123 Williams Street, North Dighton, MA, USA, 02764. 1-508-977-4680 chris.moulding@manheim.com

BIRTHDAYS

Jessica Enes	August 1st
David LaPlante	August 3rd
Erin Murphy	August 3rd
Karen Woodcock	August 4th
Vincent Murphy	August 6th
Marc LaPlante	August 7th
Ed Talbot	August 7th
Debra Bolger	August 8th
Marie Hartley	August 8th
Jose Mimoso	August 9th
Carlos Barbeiro	August 11th
Kathleen LaPlante	August 11th
Alex Tjersland	August 15th
Mary Lou Pires	August 16th
Dorene Akshar	August 17th
Bill Beardsley	August 17th
Erin Poyant	August 17th
Jim Frenette	August 18th
Aaron Tjersland	August 18th
Debra Richard	August 20th
Paul Robbillard	August 20th
Kevin Mullen	August 22nd
Rodrigo Borges	August 23rd
Michele Robert	August 23rd
Rob Ball	August 24th
David Cass	August 24th
Kathleen Teixeira	August 26th
Timothy Greene	September 2nd
Renate Oliver	September 4th
Jayne Souliere	September 6th
Robin Bodeau	September 9th
Nadia Mimoso	September 9th
Jack Daniels	September 10th
Sue LaPlante	September 11th
David Richard	September 11th
Carmelio Rodrigues	September 11th
Mary Cass	September 12th
Grace Woodcock	September 13th
Richard Mello	September 14th
Salah Abdur-Rahman	September 19th
Russell Dearing	September 19th
Ross Perry	September 21st
Alondra Abdur-Rahman	September 23rd
Autumn Daniels	September 29th

Training

GNBTC Group Runs

Sundays- two options available

Buttonwood Park for 8,10,13,15,18 mile road options, Starting at 8:00 until 6/21/09, 6/28/09 is 7:00 start for heat reasons- Fernando Coelho or Vinny Murphy contact person.

Trail Runs- held at New Bedford Water Works in Freetown/Rochester/Lakeville area.(Route 105) Various distances through serene landscape untouched by man for thousands of years. 8:00 Start Kenny Rogers contact person.

Tuesdays — Run from Buttonwood park w/ possibly track workout commencing at 5:30 Jim Frenette contact person.

Wednesdays — Air Port Runs
Starts with the Can Opener on April 29 @ 6:30
2.5 mile measure time trial
New Bedford Air Port
Dave Richards contact person.

Thursday Night Runs
Buttonwood Park Senior Center
5:00pm start for walk to run people
5:30pm 6 mile run
Kenny Rogers contact person.

Fridays- Fort Taber (aka Fort Rodman) beginning at 6:00. Fernando Coelho contact person.

All runners are welcome to join this group.

Check out the GNBTC Message Board for trail and other informal group runs.

For more Road Races visit:

<http://www.coolrunning.com>

<http://www.nerunner.com>

<http://www.jbrace.com>

<http://www.needtorace.com>

Please send information and registration forms for electronic distribution of any local races

(50 mile radius for New Bedford)

to:

Mary.Cass@bristolcc.edu

Or

gnbtcnews@gmail.com

Guidelines for formatting articles for the newsletter.

If possible use Microsoft Word.

Use Times New Roman font (12 point size).

Do not indent first line in paragraph.

Use one space between paragraphs. I will set the proper spacing when I get the article.

Send mail to news@gnbtc.org.

These are only guidelines, and if you use another

program feel free to do so.



PAWSOX
Vs.
NORFOLK TIDES
FRIDAY
AUGUST 7, 2009 7:05 pm
COST: \$15.00 PER PERSON

Join us on our annual Greater New Bedford Pawtucket Red Sox Road trip to McCoy Stadium. The cost includes round trip bus transportation, and admission ticket. **The bus will leave at 5:30 sharp from the McDonalds located off route 140 on King's Highway, in the Job Lot Plaza across from Stop & Shop.** Please fill out the form below and send it to: Mary FitzGibbons, 4 Martin Dr. Assonet, MA 02702. If you have any questions contact me 508-644-5610, or m.fitzgibbons@comcast.net.

NAME _____

ADDRESS _____

PHONE _____

HOW MANY TICKETS _____ X \$15.00 =

TOTAL _____

(make check out to GNBTC)

Check off one: Please send the tickets to the above address _____

15th Annual Dartmouth Park Department Triathlon

Sunday, August 9, 2009

8:00 AM

Round Hill Beach, South Dartmouth, MA

¼ Mile Swim, 9.5 Mile Bike, 3 Mile Run

ENTRY FEE:	\$40.00 Individual \$60.00 Team Post Entry Day of Race. \$45.00 Individual \$65.00 Team Make checks payable to Greater NB Children's Fund please do not send cash.
SUBMIT ENTRY:	D.P.D TRIATHLON, 19 TWIN PONDS DR. SOUTH DARTMOUTH, MA 02748
AWARDS:	Top three male and female in the Elite Division. Top three male and female in the 18 and under, 19-29, 30-39, 40-49, 50 -59, 60 plus age group. 1 st Dartmouth resident male and female. Teams: 1 st All Male, Female, and Mixed Team. 1 st Dartmouth Town Employee Team. <u>No duplication of awards!</u> T-Shirts guaranteed to all pre-entries. Refreshments and Raffle.
RULES:	<ul style="list-style-type: none"> No drafting rule is in effect. Bicycle helmets are mandatory All participants must fill out and sign entry form All competitors' numbers must be visually displayed in all three segments of the competition.
INFORMATION DIRECTIONS:	On line sign up, directions, and application available on www.tbace.com Hard copy directions send S.A.S.E. when sending entry. CALL JOAN BRITTO AT 508-994-1412

ALL INDIVIDUAL AND TEAM ENTRANTS MUST COMPLETE THE ENTIRE APPLICATION:

PLEASE CHECK/CIRCLE ONE OF THE FOLLOWING

I AM ENTERING AS:	INDIVIDUAL:	TEAM:	SWIMMER	BIKER	RUNNER
TOWN EMPLOYEE TEAM	YES NO	T-SHIRTS SIZE:	MEDIUM	LARGE	EXTRA LARGE

Please print clearly the following information

NAME:
ADDRESS:
CITY/TOWN, STATE AND ZIP CODE:
TELEPHONE NUMBER:
EMAIL ADDRESS:
GENDER: MALE FEMALE AGE DAY OF RACE:
TEAM/CLUB NAME:

Read very carefully this must be signed, if you are under age 18 it must be signed by parent/guardian: This is a waiver of liability. IF NOT SIGNED and COMPLETE, APPLICATION WILL NOT BE PROCESSED.

In consideration of this entry being accepted, I do hereby forever waive and release the Town of Dartmouth, the Dartmouth Park Department, JB'S Road Race Management, race organizers, and the sponsoring organizations and companies, their agents, representative, assigns, and successors from all claims of action which I at any time acquire as a result of traveling too, participating, and leaving from the event for which this entry relates. I attest that I have prepared for, and in physical condition to participate in this event. My physical condition can be verified by a certified licensed medical practitioner.

SIGNATURE: _____ DATE: _____

CHECK IF YOU WISH TO COMPETE IN THE ELITE DIVISION:



The Greater New Bedford Track Club
Presents the 22nd Annual

Steven LEO'S AIRPORT SCOOT

In memory of Peter Ryan & Mike Salmon

Course: Fast, Flat, 2.5-Mile Loop
 Date: August 26, 2009
 Place: Greater New Bedford Regional Airport
 Time: 6:30 P.M. Sharp!
 Sanctioned By: L.C.M. Webster (Of Course)
 Divisions: None
 T-Shirts: None
 Refreshments: None (Just Kidding)
 Splits: Banana

Larry's
Specialty
Shop

Greater New
Bedford
Regional Airport

Flavors:
 Coffee (1988) Maple Walnut (1994) Fudge Swirl (2000)
 Vanilla (1989) Oreo (1995) Chocolate Fudge Mousse (2001)
 Peach (1990) Butter Crunch (1996) Butter Pecan 2002
 Mocha (1991) Rocky Road (1997) Caramel Praline Crunch (2003)
 Pistachio (1992) Rainbow Sherbet (1998) Rum Raisin (2004)
 Strawberry (1993) Cookie Crunch (1999) Coconut (2005)
 Dutch Chocolate (2006) Chocolate (2007) Maple Walnut (2008) Coffee (2009)

Awards: Leo's only trophy - last place at GNBTC Biathlon - 1984
 Entry fee: \$5.00 no later than August 22, 2009 for personalized award - checks payable to Leo Rodeillat
 Post entry & number pickup until 6:00 p.m.
 For information call (508) 995-4239

NAME: _____
 ADDRESS: _____ PHONE: _____
 CITY: _____ STATE: _____ ZIP: _____

MAIL ENTRY TO: L.C.M. WEBSTER/49 MAXINE STREET/NEW BEDFORD, MA 02745

In consideration of the acceptance of this entry, I do forever release the GNBTC and all sponsors from any claims whatsoever from my participation in this event. I attest that I am physically fit to compete in this event.

SIGNATURE OF APPLICANT: _____

SIGNATURE OF PARENT IF UNDER 18: _____



GREATER NEWBEDFORD TRACK CLUB MEMBERSHIP APPLICATION

Name: _____

Address: _____

City: _____ State: _____ Zip _____

Email address: _____

Phone#: _____

Membership: (Circle)
New Renewal

(Membership runs from January-December)

Circle Choice
Individual 1Yr/\$20 2 Yrs/\$35
Family \$25/\$45

I prefer to receive my newsletter by:
email (PDF) US Mail (\$5.00 postal charge)

Total _____

Please make check payable to:
Greater New Bedford Track Club

List additional family members below:

Family Member

Name _____

D.O.B _____ M—F

Name _____

D.O.B _____ M—F

Name _____

D.O.B _____ M—F

Name _____

D.O.B _____ M—F

Mail Applications to:

Ann Russo
36 Mosher Street
Dartmouth, Ma. 02748

Complementary newsletter sent out for first month—ONLY.

If you do not receive electronic copy please contact:

Mary Cass at:
(508)636-5890

Or

Mary.Cass@bristolcc.edu