



GREATER NEW BEDFORD TRACK CLUB

Jan 2010

Visit us on
Facebook and <http://www.rungnbtc.com>



**If you have not already done so;
Please remember to renew your track club membership!
See last page of newsletter for application.**



GNBTC Presidential Election

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: Kenny Rogers,
Richard Flood,
Jim Frenette
Kristina da Fonseca

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,

I was delighted to see the photos that Phil took of the Fairhaven Penguin Plunge. I ran that morning and felt very strong and positive about running the New Bedford 1/2 this year. While running I started to think about goals before I turn 50 (another year and a half) because I like to enjoy milestones. I thought about the plunge at mile 3 of my 5 mile run and about taking things off my bucket list. I remember last spring pulling a muscle just prior to the half and questioned if a jump in the cold water would be risky. Age started to bring me back to reality, and I decided that I still have next year. I am still looking for a fun and interesting goal before I turn a 1/2 century. One possibility is doing all the races in the grand prix or maybe taking a ride on a zip line for this adrenaline junky.

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.

Happy New Year,
Mary Cass

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

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

P.S. Thank you to all those that contribute each month.

MONTHLY MEETINGS FOR CLUB

JANUARY 30 TH	-1 ST ANNUL DINNER BANQUET	PLEASE refer to flyer for info.
FEBRUARY 9 TH	-END ZONE RESTAURANT	NEW BEDFORD MA 6 P.M.
MARCH 9 TH	-CHUCK'S CHINA INN RESTAURANT	NEW BEDFORD MA 6 P.M.
APRIL 13 TH	-YMCA 1 ST QUARTER MEETING	NEW BEDFORD MA 6 P.M.
MAY 11 TH	to be announced	
JUNE 8 TH	to be announced	
JULY 13 TH	to be announced	
AUGUST 10 TH	-YMCA 2 ND QUARTER MEETING	NEW BEDFORD MA 6 P.M.
SEPTEMBER 14 TH	to be announced	
OCTOBER 12 TH	to be announced	
NOVEMBER 9 TH	to be announced	
DECEMBER 14 TH	-YMCA 3 RD QUARTER MEETING	NEW BEDFORD MA 6 P.M.

GREATER NEW BEDFORD TRACK CLUB EVENTS FOR 2010

JANUARY 30 TH	-1 ST ANNUL DINNER BANQUET
MARCH 14 TH	-HALF MARATHON FUN RUN
MARCH 28 TH	-BAGEL RUN
APRIL 28 TH	-CAN OPENER
MAY 16 TH	-HAZELWOOD WOMEN'S RACE
JULY 10 TH	-GNBTC COOKOUT
JULY 21 ST	-COUPLE'S RUN
AUGUST 20 TH	-PAWSOX GAME
AUGUST 25 TH	-LEO'S SCOOT
OCTOBER 31 ST	-SPOOKY RUN
NOVEMBER 2 ND	-WAREHAM TO NEW BEDFORD RUN
DECEMBER 5 TH	-CHRISTMAS PARTY

PRESIDENTS MESSAGE

Happy New Year to all, may this year bring lots of joy and good health to everyone and lots of miles too. This month we have had lots of harsh weather and it's been very cold which makes it very hard to train. But you need to keep up the hard work and it will pay off. Think spring, it is only a few months away and you'll be in great shape when we get there.

I am hoping to see everyone at the banquet. This will be a great social event for members and family to mingle. Please order your ticket ASAP it will be **JANUARY 30TH -1ST ANNUL DINNER BANQUET**, please join the fun. For more info please look at the flyer in the news letter for the event. Thank you for friend and President Fernando Coelho.

GREATER NEW BEDFORD TRACK CLUB

1ST ANNUAL DINNER BANQUET

This is SPECIAL GATHERING for G.N.B.T.C. members and family.

This is event to join together and also so we can meet with friends and family. Hope you will join the fun. Let's have a party.

Date: **January 30, 2010**
Location: **Cafe' Restaurant Europa** Time: **6:00 p.m. Cocktails / Socializing**
1256 Acushnet Ave. **7:00 p.m. Dinner**
New Bedford MA. 02745 **8:00 p.m. Awards Ceremony**

Price: \$20.00 per Person
Checks only payable to: GNBTC
Mail to: **GNBTC**
P.O. BOX1209
New Bedford, MA 02741

For more info please call or email: gnbtcnews@gmail.com
Fernando Coelho Jim Frenette
508-725-2646 508-287-7164

Please Fill out Form:

Name _____

Address _____

Phone ## _____ Number of Tickets _____

Confirmation no later than January 23, 2009 deadline. Thank You

2010 GNBTC GRAND PRIX

#	RACE	DIST	TOWN	DATE	URL
1	PADDY KELLY	5 MI	BROCKTON	14-Feb-10	http://www.colonialrunners.org/PaddyKelly.php
2	NEW BEDFORD HALF MARATHON	13.1 MI	NEW BEDFORD	21-Mar-10	http://newbedfordhalfmarathon.com/
3	LOUIE'S RUN	5K	NEW BEDFORD	18-Apr-10	http://www.louiesrun.com/
4	RUN FOR DAVE	5.3 MI	DARTMOUTH	22-May-10	www.runfordave.org
5	DAY OF PORTUGAL	5K	NEW BEDFORD	13-Jun-10	www.jbrace.com
6	FATHER'S DAY	10K	FAIRHAVEN	20-Jun-10	www.jbrace.com
7	FISHERMAN'S TRIBUTE	5K	NEW BEDFORD	18-Jul-10	http://www.fishermensmonument.org/
8	FEAST OF THE BLESSED SACRAMENT	5K	NEW BEDFORD	31-Jul-10	www.jbrace.com
9	LEO'S SCOOT	2.5 MI	NEW BEDFORD	25-Aug-10	www.rungnbt.com
10	ACUSHNET RR	4.1 MI	ACUSHNET	06-Sep-10	www.jbrace.com
11	FT. PHOENIX	5K	FAIRHAVEN	12-Sep-10	www.jbrace.com
12	GNBTC	10K	NEW BEDFORD	31-Oct-10	www.rungnbt.com

DATES ARE ESTIMATED, BE SURE TO CHECK

WWW.COOLRUNNING.COM OR WWW.JBRACE.COM

**RACE ALL 12 AND BECOME RICH AND FAMOUS. WELL MAYBE NOT RICH
AND MOST LIKELY NOT FAMOUS, BUT YOU'LL BE THE ENVY OF ALL THE
OTHER TRACK CLUB MEMBERS**

Greater New Bedford Track Club Meeting Minutes

Greater New Bedford Track Club Meeting November 10, 2009

Greater New Bedford Track Club Meeting Minutes

Meeting Location: Rose Alley Pub

Meeting Time: 6:00

Treasury and Membership Report

\$6683.36

Apply for ATM card

Online registration?

Grand Prix

Dave calculated results; awards being worked on
Any suggestions for next year should be made to
Jim

Dave for Grand Prix next year?

Website

Rich has been making changes

Kristina has been helping Rich

Would like to have a membership page; page
would include names and when membership
expires

Upcoming races should be listed

Want 10 pages

Sal and Rich may talk about a blog

Facebook link will be added

January Party

\$20 or \$25 per person at Europa

Awards and social event

Sit down meal

Spooky Run

Went well

More volunteers needed in future

Low key Spooner invitational?

Spooky on a Sunday next year

Team competition next year

Halloween themed awards

Money for top runners

Thirty-seven children ran

JB Race brought runners in

Sunday Morning Runs

8:00 from the park or trails

Awards

Jim has form

Will be in next newsletter

Awards will be in January

Optional bio

Put nominations on website?

End of the Year Party

Jog-a-thon on Sunday, December 6th

Waiting on confirmation for venue

Collect food in addition to money

Neediest Family Fund

Prizes for collecting most money: 1st, 2nd, 3rd / \$50,
\$40, \$30 to Dick's Sporting Goods

Coffee, bagels, and muffins

9:00 start

Wareham to New Bedford Run

o Joe is set

o 8:00 at the YMCA

o Celtic Café- coffee and bagels after
November 22, 2009

Tax ID

o Signatures are still needed. A four year officer history
of the treasurer position is needed.

Another meeting needed

Old Business

o Secretary position will need to be filled

The Boston Marathon will be filling- 7 people interested
in waivers; will give waivers now

New Business

o Technical tees for renewal?

o Gear on the website

o Money has been earmarked to be sent out

o Thank you to all police officers for help with Spooky

The next meeting will be on December 8th at Fay's

Hi Everyone,

We are well on our way to becoming a non-profit corporation! The proposed bylaws and articles of incorporation will be available on our website (rungnbtc.com) by the end of the week. We hope that after the Jogathon at the YMCA on December 6th, we will be able to approve them. Please feel free to email or call Kristina da Fonseca with any questions or concerns at Kristina@kflawoffice.com or 508-542-1993.

Kristina da Fonseca

Greater New Bedford Track Club Meeting Minutes

Greater New Bedford Track Club - Special Meeting for Election of President January 12, 2010 @ YMCA, New Bedford, MA

Greater New Bedford Track Club Meeting Minutes Meeting Time: 7:00

- Φ Richard Flood, Member of the four person election committee (Christine Anderson, Kristina da Fonseca, Richard Flood, and Dave Richard) called the meeting to order at 7:00 PM
- Φ 3 candidates for President were present, Frenando Coelho, Sal Corrao, and Stephanie Poyant, and roughly 47 track club members were present.
- Φ Richard Flood stated that all three candidates will have three minutes to present their platform for the position. Christine Anderson will time the speeches and give a 1 minute warning.
- Φ Through a random draw, Stephanie Poyant was first to present her platform
- Φ Second was Sal Corrao
- Φ Third was Fernando Coelho
- Φ After all three candidates spoke, a vote was held.
- Φ The results were tallied by the Election Committee
- Φ The results were:
 - Fernando Coelho, 22 votes
 - Stephanie Poyant, 18 votes
 - Sal Corrao, 7 votes.
- Φ Fernando followed up with a thank you speech.

Run that by me again

Let's take the long way home...

After running everyday for a year, my husband and I wondered whether running had affected our two young daughters in any way. We found that it had when my husband changed his routine from evening to morning runs.

Heather, who is two, asked her four-year-old sister if their daddy had already gone to work.

"No," Melanie answered. "Daddy went running. Do you know what running *means*, Heather?"

"No," Heather replied.

"It means they won't be back for a long, long time."/>

Janice Slower

I didn't know what time it was...

It was my first official race and I was anxious to do well. I knew experienced runners always asked for their splits. So, not wanting to appear like the novice that I was and wondering if I was running as slowly as I thought, I asked for the time at the halfway point. It was then that I realized naiveté was rampant in this race, the official who gave me my time shouted, "It's a quarter to ten!" *Jeannie Rolex*

Gonna build a mountain...

A slightly overweight 38-year-old mother of five came running down the road, having covered a mile in her best time yet-9:02. A group of her son's high school friends were waiting for her up ahead.

"Run, Mrs. H. Run!"

"Atta girl, don't work to hard."

Amidst loud riotous laughter, they started running along the road with the woman. Halfway up the next hill, the last boy puffed to a halt and breathlessly explained, "I'm a football player, not a cross-country runner."

I continued home at my steady pace, experiencing, for the first time, a natural high.

/Patricia Hiller

Please don't eat the daises...

I ran in a 10,000-meter race in Wisconsin, barely making it to the starting line on time. I never got chance to use the facilities before the race and after about four miles, nature was calling me to the bushes. Little did I know that while I was out in the weeds, a policeman was waiting on the road, ready to hand me a \$62 ticket. I paid the ticket after the race and a month after, after a court appearance, I got my money back. */Tom Streamer*

L.C.M. Webster

lcmwebster@comcast.net

The 11th annual Fat ass 50k trail race January 9, 2010

7 GNBTC members decided to go up to Topsfield January 9th to attempt to run the 11th annual Fat Ass 50k. Mark Kruger, Ken Rogers, Kevin Mullen, and I went up in Mark's truck. While the ladies Katie Cabral, Lori Watkins, and Sheryl Briggs-Coye went up together in Katie's car. The race was held at the Bradley Palmer State Park and is put on by Gil's Athletic Club (GAC) which puts on a few trail races throughout the year including the stone cat 50 miler.

We were supposed to meet the ladies at the Burger King on rte. 24 in Bridgewater and drive up together but Lori and Sheryl were running late. So the always on time men drove up and got to the race at 8:10 while the fashionably late women showed up at 8:30 for a 9 am start. There was no entry fee for the race, all you needed was to put your name on the list and donate a food or drink item to enter. It was about 20 degrees with bright sunny skies a good northwest breeze about 15 mph and 5 to 6 inches of snow on the ground.

The race course was a 10k loop that you would have to check in at after each loop to record your name at the aid table. You could do anywhere between 1 to 5 loops but results would only be recorded for marathon distance or the full 50k. There seemed to be about 50 to 60 runners who were going to start the race with various gear for their running shoes including yaktraks and our group's favorite, screw shoes. All of us had drop bags across from the aid table which you could get food or drink or a change of clothing if needed.

I noticed Kevin, Mark, and Ken at the start line when they told us to start but the girls were still at the porta potty when the race started. Found out after the race that they were 3 minutes late for the start. The race starts right out on a single track trail and noticed quickly that this was going to be a difficult run. Mark and I decided we would run the first loop together than see how we felt from there. The 1st mile was mostly flat single track with one quick short hill through thick woods early. The footing in the 1st mile was decent with the snow packed down pretty good making it relatively easy

going. The 2nd mile you climbed a quick hill then out into a large open field for a ½ mile where the footing was horrible. The snow was 6 inches deep and your feet would just slide all over the place. The 3rd mile consisted of running on a fire road and again on loose snow, then back out into another open field where you could barely maintain your balance before you hit the single track back in the woods. The 4th mile started with a sharp right into a thickly wooded area on a tight single track with switchbacks that included a long ½ mile climb. The footing wasn't as bad here but the constant turns and long climb made it difficult to move fast. The 5th mile included another long open field section before you hit what I thought was the worst footing I have ever run in. It was a flat section of 6 foot wide path that the snow was so loose that you felt like you were drunk while running. The last mile before you hit the aid station included a nice ½ mile stretch on a flat fire road that was plowed where you could actually run.

Mark and I hit the first 10k loop check point in 1:06, 11 minute pace (ugh!) and we had to work hard for that. The last 2 years I could comfortably do 1 hour loops. Mark was so upset with the time that he didn't even stop at the aid table and took off like a rocket while I grabbed drink and some food. I left the aid table and headed back out on the trail. I was thinking I would catch back up to Mark later but he kept pulling away to never see him again. We were hoping conditions would get better as the day went on but they did not. I slowed to a 1:10 second lap while Mark did a 56 minute lap WOW! He would pay for that later though. On my 3rd lap I was so frustrated from the footing and not being able to run I actually walked the up hills and that sloppy path section leading to the fire road. I did a 1:30 3rd lap talking most of it with 2 other runners who were stopping at 3 loops and was seriously considering stopping at 3 myself at 18.6 miles. I hit the aid table for a couple brownies and Gatorade and decided to go back out for a 4th loop.

Continued

“How to Avoid the Most Common Yoga Injuries”¹

Reference: 1. Black ink as printed in the AMAA Journal 2009; Blue ink are the comments of Dr. Maywald

“Though the essence of the 5,000-year-old yoga tradition lies in tranquility, mindfulness, and transcendence, yoga’s increased popularity in recent years has led to a multitude of variations of the practice. These include more aggressive forms of yoga like Bikram, Iyengar, Vinyasa, and fusion yoga, which sometimes combines yoga and Pilates, or may work a specific area of the body such as in the Yoga Booty Burnout classes available in many health clubs. In part due to its transformation into a fitness activity, and in part due to the sheer number of new students, yoga injuries are more common than ever.” *It has been my clinical experience that these statements are true and of concern. If you use yoga as a cross training option, please be very aware and mindful of the following comments.*

“Shoulder girdle/rotator cuff injury. Overstretching causes many yoga injuries. The biomechanical stresses associated with getting a good workout are a far cry from the original purpose of traditional Hatha Yoga: to prepare the mind for meditation.” *I strongly advocate Hatha yoga, as it is an effective tool for focusing the mind and preparing the runner for pre-experiential race mind-body practice. It also helps the athlete to learn how to breathe primarily using the diaphragm. This is important because many runners do not effectively use diaphragmatic breathing. One way to recognize if you breathe inefficiently is your chest tightens up quickly when you run, especially with hard runs, and your chest and shoulders are heaving. If this sounds like you then yoga breathing will be a good help increasing your performance.* “Among the more common acute injuries these days are shoulder girdle/rotator cuff injuries. These can occur during plank and crocodile poses, during which knees are off the floor such that the lower half of your body is without support. If you feel shoulder strain during these positions, drop your knees to the floor and bring your hands together.” *Typically women are stronger in the lower extremities and men in the upper. As a result men are less likely to get OI injury from weakness rather from over stretching and the opposite is typically true for women. One final caveat, after the mid 30’s tendons and ligaments begin to loose elasticity. This loss is why you see so many rotator cuff tears and impingement syndromes. Bottom line: Avoid over straining*

and stretching while in a yoga posture.

“Lower back strains. Forward bends and twists can cause back problems, particularly if you are not experienced in maintaining correct form. It’s best to bend the knees for all forward flexion, which will also reduce strain on the hamstrings. Damaged knee joints. Never force your knees into a lotus or other vulnerable positions. Hip flexibility must be obtained first; without adequate training you may tear a meniscus or one of the knee ligaments. To protect knees, do gentle hip-opening poses like the pigeon pose or Baddha Konasana. This pose is the familiar one in which you sit with the soles of your feet together and knees out to the sides.” *The above advice is critical. Other postures to avoid are those similar to the ‘hurderler’s stretch’ which places high rotational and flexion forces on the knee particularly the medial (inner) side of the knee joint.*

“Wrist injury. Many yoga injuries are chronic, resulting from microscopic trauma occurring over time (*I have explained the mechanism of overuse injuries as a result of repetitive micro-trauma in previous issues*) through repetitive stress to the same joints, often in tandem with poor technique. Tendonitis in the wrists can be common in inexperienced practitioners of Vinyasa yoga. If you are experimenting with this type of yoga during your workouts, take care to perform salutation movements correctly, such as the down and up dog poses.” *More exercise is not typically better! Adequate recovery time is the most important factor in training.*

“Pelvis and gluteal inflammation. Soft-tissue inflammation can occur in the buttocks when the pelvic joints become destabilized by too much seated practice. *This is a common finding I have found in patients who are yoga enthusiasts. The hypermobility is a subtle process that while initially described as excellent flexibility can progress to instability and increase the risk of sacroiliac sprains, piriformis syndrome, greater trochanteric bursitis and evulsion injuries to the hamstrings and hip adductors.*

Continued on next page

“How to Avoid the Most Common
Yoga Injuries”¹.
Continued

The 11th annual Fat ass 50k trail race
January 9, 2010

Neck injury. Poses that do not support your head can be dangerous. *[In the 1990's a number of professional medical journals carried articles that discussed neck injuries. One article concluded that cervical extension with rotation was particularly risky. I concur and do not recommend cervical extension and cervical role exercises for my patients.](#)* “Among these are the plow, shoulder stand, and headstand. Note that a yoga instructor may show you how to perform these poses correctly, but if you try it with tight neck or shoulder muscles, you may injure yourself. For this reason it is best to practice yoga in small classes where a teacher can become familiar with your experience level, flexibility level, and even pre-existing medical conditions.”

People with hypertension, for example, are not advised to perform these inversion poses. *[I always recommended that headstands, shoulder stands and plows are not part of your regimen unless you have started as a child/young adult and have an exceptionally strong upper body and core. Last point; do not remain inverted longer than 2 minutes as it can increase risk of a cerebral vascular accident.](#)*

To find and vet a particular instructor or studio, visit www.yogaalliance.org.

Yoga Alliance is a voluntary registry of teachers and schools. To be registered in the database, instructors must demonstrate that they have met Yoga Alliance standards for 200 to 500 hours of training.

ACE Fitness Matters, 2007, Vol. 13, No. 6, pp. 12-13

Christoph Maywald D.C.

Meanwhile Katie had done 2 laps (12.4 miles) and added 4 miles on the road to get 16 miles. Ken and Lori stopped at 3 laps (18.6 miles) also saying that the footing just wore them out. Ken said he had tried several different styles of running to try to get better footing but to no avail. Mark, who was still nowhere in sight Kevin, and Sheryl were still out there chugging along. The conditions on the 4th loop seemed slightly better or I was just getting used to it. I only saw 4 runners that whole 6.2 miles as the runners were either dropping out of the race or getting spread out. I was able to run a little more that lap and ran a 1:18 lap. When I got to the homestretch Ken told me that Mark was all done after 4 laps (24.8 miles) and could not run another step. I finished the 4th lap and added on the 1.4 miles to get the marathon distance. They told me that I was 2nd marathon finisher with a time of 5:24. YOW!! Shows how tough the conditions were. As I was heading back to the truck Kevin was just coming in for his 4th lap and was going to go out for the final lap to complete the full 50k. Shortly after Sheryl came in and completed the marathon in 6 hours and 1st place women marathoner. Great job Sheryl!!!

At this time I saw Mark in his truck hunched over and sick. He had puked 3 times and felt sick for a couple hours afterwards. He was about a ½ hour ahead of me at 4 laps so he had run hard. Mark had said it was the hardest thing he had ever done his whole life. Great run Mark!!! After taking off my running shoes covered in ice with freezing toes and changing Kevin Mullen was coming in for the full 31 miles in 7 hours and was 1 of only a dozen finishers. Great job Kevin you are one tough cookie!!!! You were the star of the day!!! The conditions might have been the most difficult in my 26 years of running.

Another tough run completed by a group of strong willed runners. After the race the boys headed over to Hooters for some delicious wings and burgers while the girls headed to the Hilltop Steakhouse for some much deserved nutrition. See you in Derry!!!!

Jim Frenette

Cuddy's Corner



The New Year began for me, and a number of other club members, with the plunge at Fort Phoenix on January 1 and there wasn't too much pain this time around since the temperature on the beach was about 44 degrees. It was some-

thing less than that in the water of course but that did not deter a couple of hundred people from taking the plunge for a good cause.

They announced that this was the tenth and final edition of the Polar Plunge but this is an event that is becoming more popular every year and it's a guaranteed fundraiser so hopefully some other group out there will step up to continue it.

The next day they held the Little Compton road race and I went down there to get my running going again. Going to any race after a layoff is always tough but there is no better way to shock you back into running mode.

It was a raw day with snow flurries and a cold wind but the roads were okay. I started out in the pack and ran 7.45 for the first mile. Thing opened up a bit after that and I was able to pick up the pace a little clocking 7.25 for mile two. That was the pinnacle of my achievement. At mile three I was not feeling very energetic and became extremely glad shortly thereafter that the distance is only 4.8 miles rather than 5. I finished in 37.49.

Once inside the cozy school gym and with a hot bowl of 'steak and beer' soup in hand I felt a lot better about my effort. This is a fine race, reasonably priced, and always a top quality shirt. The course is beautiful also.

The following week it was down to Monument Beach for the Weary Traveler. This race is frozen in time. It has not changed a whit since I

first ran it in 1991 was it, past homes with downed trees from Hurricane Bob in every yard. You get a pair of gloves, a great run, hot chowder and clam fritters and it costs just \$15 post. It's road racing like it used to be before the big 5K crowds came along and started paying \$30.

The race was part of 3 different grand prix series so they had a very big field. The weather was cold and clear but there were some icy spots underfoot. At one point there was a sheet of ice across the entire street. It was the same thing outside the clubhouse at the finish so they moved the finish line up the street, shortening the course a bit. For this reason I believe it was the same distance as Little Compton and that made me quite content with my 35.35 finish, particularly since I was able to maintain an even pace throughout and finished well. What a difference one week can make. There is nothing like racing to get you back and I hope to start going to more events this year, particularly since I have just been switched to working on Saturdays instead of Sunday.

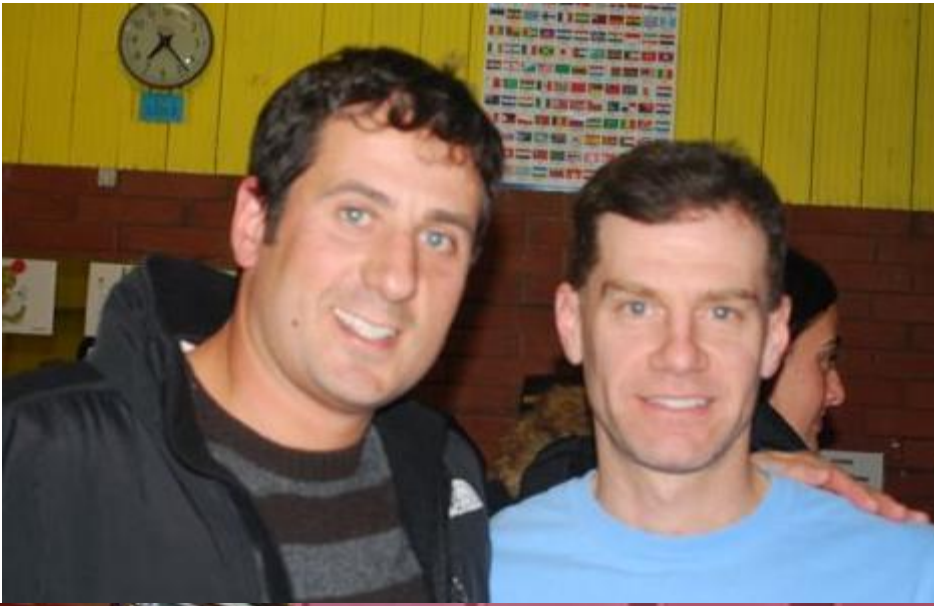
I went to the election at the Y this week and there were 50 people there which I can safely say is the most people I have seen at any track club event since I started coming around. We had three people standing for president and I hope that the obvious concern for the club that drew so many people there on a week day night can now be harnessed and utilized positively to make the club better.

Don Cuddy

**ELECTION
PHOTOS BY PHIL CHASE**



**ELECTION
PHOTOS BY PHIL CHASE**



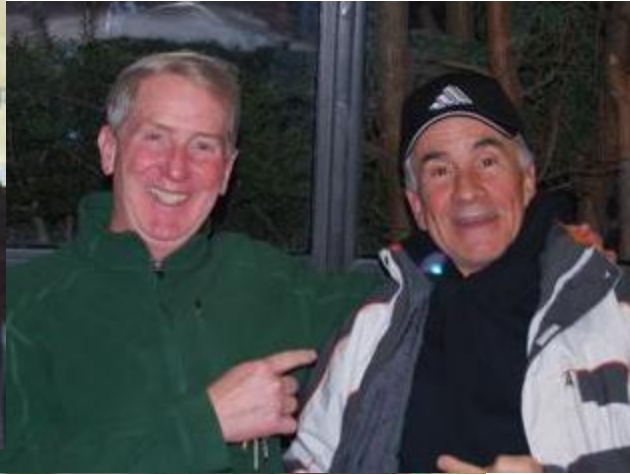
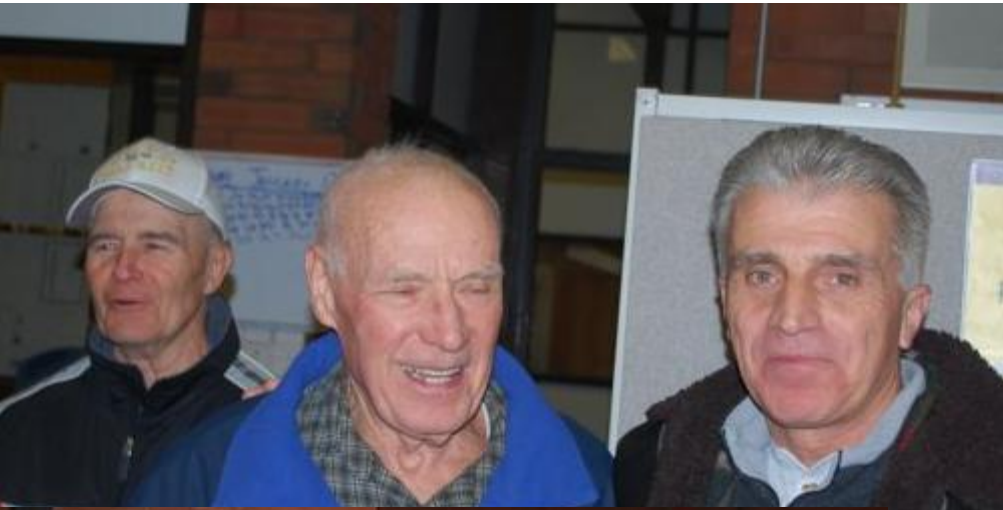
**ELECTION
PHOTOS BY PHIL CHASE**



**ELECTION
PHOTOS BY PHIL CHASE**



**ELECTION
PHOTOS BY PHIL CHASE**



**ELECTION
PHOTOS BY PHIL CHASE**





Alan Days

Fairhaven Penguin Plunge
PHOTOS BY PHIL CHASE



Don Cuddy



Paul Correia & family

**Fairhaven Penguin Plunge
PHOTOS BY PHIL CHASE**



Days & Days-Merrill



Ted Silva



Kathy Lopes

Mary Anne Walker

Fairhaven Penguin Plunge
PHOTOS BY PHIL CHASE



RACE RESULTS

Marine Corp Marathon
in Washington, DC
Distance: 26.2 miles
Date: October 25th
Finishers: 21365

Lynn Poyant	1934	3:38:03	8:19
Monique Poyant	2093	3:39:36	8:22
Stephanie Poyant	3307	3:50:16	8:47

SunTrust Richmond Marathon
in Richmond, VA
Distance: 26.2 miles
Date: November 14th
Finishers: 3820

Lawrence Finnerty	398	3:25:58	7:51
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Little Compton
Scenic Winter 4.8 Mile Road Race
in Little Compton, RI
Distance: 4.8 miles
Date: January 2nd
Finishers: 146

Don Cuddy	29	37:49	7:52
Paul Correia	31	38:02	7:55
Nancy Correia	57	42:21	8:49

BIRTHDAYS

January

Gerald Audet	1st
Stephanie Poyant	1st
Kathi Cabral	2nd
Barbara Belanger	7th
Jonathan Harris	7th
Will Kelly	8th
Anthony Peixoto	9th
Bill Benedetti	20th
Rick Rosenfeld	20th
Brian Grant	23rd
Christine Anderson	26th

February

Joel Hartley	4th
John Sinko	4th
Kristina da Fonseca	10th
Darlene Peixoto	18th
David Nobrega	19th
Triona Cuddy	20th
Evan Kelly	22nd
Michael Abdur-Rahman	27th

March

Ralph DeBalsi	5th
Alexander Kalife	6th
Sarah Pires	8th
Brian Tjersland	8th
Joe Amaral	11th
Pamela Kelly	11th
Jeff Talbot	13th
Bill Harrison	15th
Phil Chase	19th
Danielle Daniels	23rd
Rob Hoyt	24th
Sean Pires	27th
Peter Danzell	28th
Drew Kelly	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 — Fort Taber, New Bedford

Starts with the Can Opener on April 29 @ 6:30
2.5 mile measure time trial
New Bedford Air Port
Runs April through August

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.

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

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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

If you do not receive electronic copy please contact:

Mary Cass at:
(508)636-5890
Or
Mary.Cass@bristolcc.edu