



GREATER NEW BEDFORD TRACK CLUB

NOV/DEC 2009

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WELCOME NEW MEMBERS & WELCOME BACK TO ALL OUR MEMBERS



Wareham to New Bedford run

Greater New Bedford Track Club

P. O. Box 1209

New Bedford, MA 02741

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President: Fred Coelho
Vice President: Jim Frenette
Secretary: Katie Cabral
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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 am sorry that I am late and needed to combined the two months. I know that a lot has happened and I worked hard at catching as much of the information and consolidating it for our newsletter.

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 Holidays,
Mary Cass

*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.

Track Club Singlets Available

Contact Donald Dayton

ddayton380@earthlink.net

Presidents Message

Dear Members and Friends,

The first thing I like to do is thank the committee members that worked hard on putting on our GNBTC 2009 "Spooky Run" this year. It was a lot of hard work and it was a great turnout and it wouldn't have happened without the support of all the volunteers and race committee members. We had over 300 runners/walkers plenty of water, candy, and pumpkins. There were lots of runners/walkers who showed their holiday spirit by dressing up in costumes. We had lots of awards including best costumes in different categories, which helped make the race a great success and lots of fun. We also had a kids run for ages 10 and under with a total of 37 GNBTC future runners. Again it could not have happened without our volunteers, race committee, and race sponsors which I would like to mention:

Robert Commercial Construction	Fernando Coelho for Mayor
At Home Mortgage	Law Office of Kalife & da Fonseca
Anderson Law Offices	Rose Alley Ale House
Halloween Connection	Panera Bread
BMC HealthNet Plan	

Please show your support to the above sponsors.
Thank you!

December is Coming UP Soon.

It's getting close to the end of the year and it's time for our annual jingle jogathon. The jingle jogathon takes place at the YMCA in New Bedford on Sunday, December 6, 2009 at 9 a.m. It is a 3 mile or 4.5 mile run to Buttonwood Park and back. This event is a charity event to raise money for the Neediest Family Fund. Please get friends and family donate to you so we can support this charity and to help this event happen there will be three awards to the three highest dollar amount raised from track club member will receive a gift certificate to Dicks Sporting Goods.

The awards is as follows:

- 1st place will receive a \$60 gift card
- 2nd place will receive a \$50 gift card
- 3rd place will receive a \$40 gift card

Also, you do not have to be present in order to receive the award. If you are not planning to attend please send all donations to Ann Russo by December 5, 2009 or call Jim Frenette at 508-287-7164 or Fernando Coelho at 508-725-2646 for any questions.

Following the race there will be food from Riccardi's, to warm everyone up. Please bring a friend or family member to join us on this great event.

Presidents Message – Continued

The award ceremony will be held in January of next year at an award banquet. The exact date is to be announced in the next news letter. This will be a dinner for the GNBTC members and their family. It will be a chance for everyone to mingle and get to know each other. I am hoping that most members will be able to attend the GNBTC banquet.

Tickets will be for sale next month and ticket price will be announced in the next news letter.

Please feel free to join our group training runs in the morning, afternoon, or weekends.

Please check out our website at www.rungnbt.com or the newsletter for contact information and running times.

Thank You,
Fernando Coelho
President
gnbtcnews@gmail.com



Wareham to New Bedford Run



Wareham to New Bedford Run



Greater New Bedford Track Club Meeting Minutes

Greater New Bedford Track Club Meeting October 13, 2009 @ End Zone, New Bedford, MA

Greater New Bedford Track Club Meeting Minutes

Meeting Location: End Zone

Meeting Time: 6:00

1. Treasury and Membership Report
 - Φ \$3773.67
 - Φ Bill for P.O. Box due at the end of the month
 - Φ Membership is the same.
2. Grand Prix
 - Φ Four people completed the Iron Man. A vote passed to award technical tee-shirts.
 - Φ Age group winners will get tee-shirts.
3. Website
 - Φ Jim talked to the web designer. Rich has directions on how to download membership applications.
4. January Party
 - Φ \$20 per person
 - Φ Fred will work on a letter for the function
5. Spooky Run
 - Φ Looking for sponsors to cover the cost of race expenses
 - Φ Seventy-five applicants so far
 - Φ Color fliers working well
 - Φ Looking for race volunteers
 - Φ Nancy has 40 candy bags
 - Φ Kids' run will be at 8:30. Children under 10 will run for free. Awards will be given.
 - Φ Costume award
6. Walk to Run
 - Φ No new walkers
7. Awards
 - Φ Nominations will have all 170 members listed
 - Φ Write a short bio on the person you nominate
 - Φ A draft of the nomination paper will be completed for the newsletter
8. End Of The Year Party
 - Φ Jog-a-thon on Sunday, December 6th
 - Φ Fred will talk to the YMCA.
9. Race Shirts
 - Φ Nice to see in races
 - Φ Don has new singlets for \$22
10. Tax ID
 - Φ Fred, Alex, Jim, and Kevin have the ID number now.
 - Φ All officers' names and addresses are needed. A four year officer history is needed. Who was responsible for donations?

11. Old Business
 - Φ Time trials at Fort Taber
 12. New Business
 - Φ November 22nd Wareham to New Bedford Run; parking at the YMCA? Can Stephanie set this up?
- The next meeting will be on November 10th at the Rose Alley Pub.

Next Meeting: Nov 10
at the Rose Alley Pub New Bedford at 6:00

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 (rungenbtc.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

2010 Boston Marathon

Waivers

The Boston Marathon closed early this year and forced us to draw this years lottery winners early. The marathon is selling out earlier every year. We had fourteen applications for this years drawing, ten members received 2010 Boston Marathon waivers. The waivers have been delivered. Wish the following members luck in their training....

- 1.) Bill Fortier
- 2.) Stephanie Poyant
- 3.) Lori Watkins
- 4.) Vincent Murphey
- 5.) Lynn Poyant
- 6.) Kate Collins
- 7.) Rod Borges
- 8.) Ryan Couto
- 9.) Mark Kruger
- 10.) Jayme McLaughlin

Good luck to everyone running Boston this year, watch for information on the annual bus to Boston.

A RUNNER'S CHRISTMAS THOUGHTS

Dogs seem to love Christmas and runners.

There are always fleeting moments of depression at Christmas. But I consider myself lucky. I can always go for a run.

What was the best Christmas present I ever got? My very first pair of running shoes.

I like Christmas above any time of the year. It turns gray winter into bright colors and the world with it.

A Tuesday is the ideal day for Christmas. It gives me a Sunday to go for a run and think about what last-minute things I have to do Monday.

Someone is always giving me advice on how to carve the turkey.

My face always turns the color of a Christmas poinsettia after my annual cold and windy morning yuletide run.

Need no fireplace after 10 miles; my feet are already nice and toasty.

It's the only day that I would ever change from Gatorade to eggnog.

None of the tricks they tell you about helps keep the needles on a tree.

I always think that something has been thrown out with the Christmas wrappings.

Please don't tell me that Christmas is too commercial.

Spending Christmas Eve with 'The Rethreads' and sharing a brew or two or

I have never read 'A Christmas Carol'. Is that why I'm always catching the 'dickens'?

Christmas with interest: 3% light snow.

How come I never tire of listening to Christmas music?

My holiday wish: That every day of the year be Christmas.

Merry Christmas everybody!

Cuddy's Corner



After my Fall adventures in running to excess I took some time off recently. Seven weeks actually. The first few weeks I did not have much choice as I had a lot of discomfort with soreness

in the hip caused by overuse. It was bursitis I'm told and that requires rest so that is what I did. The odd thing was that I did not suffer any withdrawals and used the time to get some things done around the house.

Inevitably however I became restless so I went down the Y on Friday morning, Nov 20 to see who was there and six of us set off across the bridge for the Fort Phoenix run which is close to a five miler I believe. That went okay despite torrential rain and howling wind and I didn't feel any ill effects the following day, other than sneezing, so that Sunday I went back to the Y since, coincidentally, it was the Wareham to Fairhaven run.

I was the last one off the bus since I decided to be sensible about my capabilities after a period of inactivity. Joe Russo dropped me off at the Oxford Creamery in Mattapoisett and I did about seven miles since the run finished in New Bedford this year for the first time, rather than the VFW in Fairhaven. That added about a mile to the traditional distance.

Again, nothing happened. I felt pretty good the next day so I concluded that I was fit to resume my normal range of activities. That is what saw me lining up at 8 a.m. on Thanksgiving Day behind the Y in Seekonk for a 10K race. I thought a race might be just the thing to work up an appetite for the feast my wife was busy preparing at home.

There was a 5K as well and both groups started and ran together for the first mile or so. It was a low-key event. The pace was relaxed and I felt very happy just being out there.

It was a nice day for running, no wind and temperature about 50 degrees.

The course was flat and traffic was very light.

I went past the timer at Mile 1 in 7.56, a leisurely split for a race.

The 5K runners peeled off shortly thereafter and that thinned out the field a whole lot. By the time I got to Mile 2 I was not smiling any longer since I didn't feel like I had a lot in the tank and I realized that I had only finished one-third of the distance.

At times like that you just keep putting one foot in front of the other.

It didn't get any worse and so I was able to grind it out and I finished in 48 something. They did not have professionals doing the results so I left before they were posted. They did have a nice little raffle however, a feature that was once common but is now almost extinct.

It's been a good year for me. I didn't set any PR's, I failed to qualify for Boston again and breaking seven minutes for a mile is becoming an achievement but I was able to run 3 marathons, did some new races and most importantly enjoyed my running and the company of the people from the GNBTC with whom I shared many miles and a few laughs. I have much to be grateful for.

Don Cuddy

THE EXTRA MILE

RUNNERS OF THE NIGHT

AUTUMN IN NEW ENGLAND IS ALWAYS ONE OF THE BEST TIMES OF THE YEAR IN THE COUNTRY. THE WELCOMED CHANGES IN FALL FOLIAGE MIX WELL WITH THE CRISP TEMPERATURES IN THE AIR AS WE WAKE UP TO FEEL A WARM SUN ON OUR FACE. THIS IN BETWEEN SEASON CAN BE VERY PROLONGED OR VERY SHORT LIVED IN THIS REGION OF UNCERTAIN WEATHER. AS ENJOYABLE AS ALL OF THESE NEW CHANGES ARE, THERE ARE SEVERAL OTHER UNWELCOMED DIFFERENCES IN THE SEASON THAT AREN'T TO THRILLING TO RUNNERS.

DAYLIGHT SAVINGS TIME ENDS: PRO- WE WAKE UP TO SUN. CON- IT LOOKS LIKE MIDNIGHT AT 3PM. ONE OF THE MAJOR CONCERNS HERE WITH RUNNERS IS ALMOST THE OPPOSITE OF WHAT IT IS IN THE SUMMER WHEN RUNNING WHILE THE SUN IS SETTING (SUN IN A BAD PLACE IN THE SKY). THE ISSUE NOW IS THAT THE SUN ISN'T IN THE SKY AT ALL AND WE NEED TO MAKE OURSELVES A LITTLE BIT BRIGHTER FOR EVERYONE ELSE TO SEE. THE FIRST THOUGHT IS USUALLY TO WEAR REFLECTIVE GEAR TO MAKE YOU "SHINE" WHEN HEADLIGHTS AND SUCH ARE ON YOU. WISE DECISION, BUT BE CONSCIOUS ABOUT WHAT PARTS ON YOU ARE REFLECTING AND HOW MUCH ATTENTION WILL THAT GET. REFLECTIVE PIPING ON YOUR BACK WILL LOOK LIKE YOUR NOT MOVING COMPARED WITH TWO PIECES OF REFLECTIVE TAPE IN YOUR LOWER LEGS OR ARMS. THE OTHER OPTION WOULD BE TO PUT LIGHTS ON YOU TO SHINE BACK. HEADLAMPS ARE A GOOD CHOICE NOT ONLY BECAUSE THEY CAUSE A ". . WHAT THE?" RESPONSE BY CARS WHEN ITS PITCH BLACK OUT, BUT MOST ALSO DO A GREAT JOB OF ILLUMINATING TOUGH TO SEE TERRAIN AT NIGHT. THERE ARE ALSO TONS OF LED BLINKERS, STROBES,

MINI LIGHTS THAT CAN BE ATTACHED TO YOUR CLOTHING OR SOMETIMES ALREADY COME ON THEM. ALMOST LIKE A BLINKING BRAKE LIGHT BEHIND YOU.

WIND CHILL: THE SURPRISING FACTOR THAT CAN REALLY MAKE IT MISERABLE IF YOU'RE NOT PAYING ATTENTION WHEN YOU GO OUTSIDE. EVEN WHEN IT'S 20 DEGREES OUTSIDE A 15MPH "BREEZE" CAN MAKE IT FEEL LIKE 6 DEGREES. IF THAT FACTOID AMAZES YOU, GOOGLE "WIND CHILL FACTOR CHART" AND BE AMAZED AT WHAT THE WEATHER CAN DO. WHENEVER DRESSING TO RUN OUTSIDE, ESPECIALLY DURING THE DAY WHEN IT IS TYPICALLY MUCH MORE WINDY, TRY TO PREPARE YOURSELF NOT FOR THE TEMPERATURE, BUT FOR THE WIND CHILL. AGAIN, NIGHT TEMPS, ALTHOUGH LOWER, MAY FEEL MUCH MORE COMFORTABLE TO RUN IN SINCE THERE MIGHT NOT BE AS MUCH WIND. CERTAIN CLOTHING CAN HELP IN THESE SITUATIONS SINCE THEY ARE DESIGNED TO FIGHT FACTORS OF WIND. THINGS FROM THE OBVIOUS WINDBREAKER TO EVEN A FAIRLY THICK SOFTSHELL WILL HELP. ONE THING YOU SHOULD LOOK OUT FOR WHEN WEARING WIND CLOTHING IS HOW WELL IT CAN BREATHE. GORE-TEX FABRICS ARE GREAT BECAUSE THEY ARE ALMOST EVERYTHING PROOF, HOWEVER SOMETIMES BAKE YOU LIKE A POTATO IN TIN FOIL IF IT DOESN'T HAVE THE RIGHT VENTS.

BLACK ICE: COULD A CLEAR SUBSTANCE LIKE ICE BECOME EVEN MORE INVISIBLE? YES!! FORTUNATELY I HAVE ONLY HAD ONE BAD EXPERIENCE WITH THAT WHICH LEFT ME WITH THE HORRIFIC MEMORY OF MY BONES CRASHING INTO A PILE ON THE STREET AS MY LEGS TOTALLY WENT OUT FROM UNDER ME. HOW CAN YOU AVOID THIS? IF RUNNING AT NIGHT, TRY TO USE THE STREET LIGHT TO REFLECT OFF THE GROUND TO CHECK ON SHINY AREAS ON THE

THE EXTRA MILE

RUNNERS OF THE NIGHT CONTINUED

GROUND, WHICH MAY BE ICE. RUNNING IN GRASS IS A BETTER OPTION SINCE GRASS TYPICALLY DOESN'T HAVE ICE WORTH SLIPPING ON COVERING IT.

LEAVES IN THE GUTTER OR ON THE SIDEWALK CAN HELP GIVE YOU A LITTLE BIT OF TRACTION, AS LONG AS THEY ARE IN A PILE AND NOT ALREADY FLAT AND FLUSH WITH THE GROUND WHICH MAY MAKE THEM SLIPPERY. THERE ARE ALSO PRODUCTS OUT TO HELP ADD TRACTION TO YOUR SHOES. THINGS LIKE SHOE GOO WHICH SOMETIMES COMES WITH TINY ROCKS TO STICK ON THE GOO WILL HELP TURN YOUR ROAD SHOE ALMOST INTO A TRAIL SHOE. YAKTRAX IS ANOTHER GREAT SLIP-ON, SLIP-OFF PRODUCT YOU CAN USE TO GRIP SO YOU DON'T TRIP.

HAVE FUN RUNNING IN THE FALL AND GOOD LUCK NOT FALLING WHEN YOU RUN!

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

Doc's Diagnosis

Overuse Injuries Part2

by Christoph A.B. Maywald, DC

THE OUTCOME

In my last article, I described a training regimen that focused on hard training sessions and longer recover periods. Below I have reprinted the actual history of a runner that utilized that protocol.

DH is a 30-year-old male who wants to run a sub three-hour Boston Marathon in 2010. He ran his first Boston last year after recovering from an injury with about 6 uninterrupted months of pre race training in 3:17 or so without any new injuries. He is a full time graduate student with little time for long hours of training. He is following a schedule that is similar to that described in part 1 with outstanding success. He is doing his short training 5-10K runs in sub 6's and is keeping his mileage below 30 miles per week. In his words, "I have definitely gotten faster on 3x per week running. I ran a 20 miler at 7:28 and certainly could have continued. Today I ran 3x1 mile repeats at 5:45 with 400 meters at 8:00 pace in between (as recovery). I have an extra week built into my training plan for recovery [marathon October 18] in case of injury... but will just slip in a couple extra days of rest in after long runs or exceptionally hard runs. I haven't taken a NSAID since my initial ankle injury more than 1 year ago, I would agree they are not necessary for the daily/chronic pains and injuries."

He ran this year's Boston Marathon Qualifier in Lawrence. Those of you who ran it, will remember it as a "challenging" weather day. ***DH did qualify with a 3:07 shaving 10 minutes of his first marathon time in 6 months.*** Further, he did not incur any musculoskeletal injuries other than the typical muscle soreness that accompanies any marathon and from which he recovered uneventfully.

Take away points:

Shorter distance, but more intense training followed by adequate recovery, has the potential to reduce overuse injuries and significantly increase performance.

Happy Holidays

The Zen of Weeding

I am sitting cross legged in the middle of my front lawn on a sunny Sunday afternoon listening to Miles Davis on my head phones and digging crabgrass one blade at a time. I could have done it the easy way back in April by spewing a bagful of pre-emergent killer granules from my spreader, but what with rainy weekends and more pressing business, the season got away from me.

Now the only solution except to let nature takes its unruly course, is to get down and dirty. Sweat is dripping on my forehead. A blister is rising on a couple of fingertips. My adductor (or maybe it's the abductor) muscles are cramping. Something has crawled up inside my shorts and bitten me on the back of my thigh.

And yet, I am blissfully content, locked in and Zenned out, having crossed the line beyond which drudgery becomes luxury, like the luxury a toddler has of eating a bowl of Cheerios one at a time and putting the world on hold.

Plucking hundreds of weeds individually is a tedious, almost mindless chore that is supposed to have gone out with the 19th century. Yet there is a profound simplicity and clarity and sensuality to it that I've come to find irresistible.

Weeding requires the one thing most endeavors don't allow us these days: time. Time to get down on your hands and knees and run our hands slowly and thoroughly through the grass and among the flowers and do one uncomplicated but productive thing a thousand times, week after week for the better half of a year.

An hour passes, then another. A large plastic trash bag is filled, then another. For once, there is no world beyond that which I can reach with my grimy hands.

A couple of months ago the weeds were dandelions, hundreds of them sprouting in the rot tilled side yard that had been waiting . . . and waiting . . . for me to lay down a new lawn. I plucked the dandelions one at a time, too, taproot and all. I could have sprayed them, of course, but that would have meant giving up a rare chance to slow my metabolism down to plant level and in-

spect my surroundings in microscopic detail.

I've lived on this property for over a quarter-century, and yet I've rarely taken the time to check out what's sharing it with me. Besides a vast assortment of insects that reside on my property (given the bug-to-human ratio, I appear to be residing on theirs), there's a bewildering variety of flora, most of which I couldn't identify until I set about uprooting them.

Getting down and dirty is a humbling experience, if only because it reminds me that life- and nature – goes on without me whether I do anything about it or not. The grass grows whether or not I'm around to care for it, and if I don't fill in the bare spots, something else will.

The seasons progress on their own schedule, and if I fall behind in my landscaping duties, the landscape moves on without me. Weeding gives me the satisfaction of bringing order, however momentary, to one small corner of the cosmos. With pruning shears in hand, I can even reshape that corner, trimming an overgrown bush, balancing a lopsided flowering tree. If I have time and vision and fertilizer enough, I can create my own backyard arboretum.

For now, though, the crabgrass and dandelions and the random fuzzies and spikies that sprout and spread here and there are as much as I care to deal with. I have the time and patience to unearth them one by one, but I do have my limits. A few hours of locking in and Zenning out is marvelously therapeutic.

But come October, I will not rake one leaf at a time. Nor, come February, will I shovel one flake at a time. There is, after all, only so much simplicity and clarity and sensuality that a man can stand.

L.C.M. Webster
lcmwebster@comcast.net

BAYSTATE MARATHON & ½ MARATHON OCTOBER 18TH, 2009

On October 18th a dozen or so runners from the GNBTC went up to the Baystate Marathon and ½ Marathon in Lowell Ma. It was an 8 am start so we had to get an early start to head up there. Kevin Silva, Kevin Mullen, Ken Rogers, Karen Caddell, along with myself who were competing in the marathon and Cheryl Healy who was competing in the ½ marathon met up at the Kings highway park and ride at 5:15 am. Karen drove up with her husband Marvin in their vehicle and the rest of us were in Kevin Silva's vehicle. We then drove up to the rte. 24 Burger King to meet Lori Watkins, along with Kathi Cabral who were both running the marathon. Lori and Kathi along with her boyfriend Gerry hopped in Kathi's pickup and the 3 vehicles convoyed up to Lowell together.

The race started at 8 and we got up there about 7:15. The line of traffic was quite long, so we were scrambling to get dressed in the cars while in traffic and running off to "pit" stops when stopped, it was quite comical. We finally got to the parking garage around 7:30 and met Beth Bertrand who was running the marathon along with her fiancé Ryan Couto who was running the 1/2. We also met up with Allison Rossi who was running the marathon. After 1 more pit stop for everyone, where ever they could find a spot, it was then off to the starting line.

I met up with Mark Kruger at the starting line, who I was going to pace for a 3:15 to try to qualify him for the Boston Marathon. After wishing everyone good luck it was time to start the race. The weather this day was going to be a factor for everyone. At the start it was 39 degrees, raining lightly with a light wind. The conditions got worse as the day went on. I had told Mark the 1st mile I wanted to go out a little conservative around 8 minutes and then pick it up from there.

The gun went off and we were off. I believe there were about 4000 runners combined for both marathon and ½ marathon so it was a little congested at first. Mark and I were up at the front of the pack to start so we got into a groove right from the get go. Well, we went out a little faster than planned at a

7:30 for the 1st mile but felt comfortable. The course is a relatively flat course with 3 miles out, then two 10 mile loops along the Merrimack River, and then 3 miles back to the finish.

By mile 2 Mark and I had locked into our goal pace of 7:20 which would be 7 seconds faster per mile than needed for a 3:15. Mark and I continued to rattle off 7:20 miles right up to the half marathon mark and hit there at 1:36:00. By then the weather was getting increasingly worse. It was raining harder and the temperature getting colder and the wind picking up. We then set off for our second half, I continued to run 7:20 miles but Mark was starting to fall behind at mile 15. I was able to maintain a 7:20 pace till mile 18 till we crossed over the foot bridge and headed back.

At mile 18 I started to slow, not horribly but the 3:15 was starting to be out of reach. By now my hands were frozen from the cold rain and fatigue was setting in. By mile 21 I had slowed to 8:30 pace and a 3:20 was soon slipping away also. The rain was getting colder and wind stronger heading in and by mile 23 I heard someone yelling my name from behind!! It was Mark!! He had reeled back in and was able to pull away from me and finished in an impressive 3:19:35!! Excellent first marathon, he didn't qualify but with his strong will I am sure qualify soon.

I "slugged" my way in from there and was happy to see the stadium where we finish. Just a trip around the warning track of the baseball field and I was finally done. I was toast!! I was able to do a 3:23:00 a little disappointed but a solid time nonetheless in those conditions. I quickly met Marvin in the stands who had Kevin's key to his car. Cheryl who had run a solid 1:53 ½ marathon must have been freezing waiting for 1-1/2 hours for us to come in was also waiting in wet clothes.

I want to thank both Marvin & Gerry for waiting for and supporting all the runners at the finish line in those horrible conditions. You guys are troopers!!

BAYSTATE MARATHON & ½ MARATHON CONTINUED

I missed Ryan who had run a PR ½ in 1:45:45, great run in those conditions!! After me it was Beth who I also missed, she ran a PR also in 3:29:13!! Wow that's fast!! Only 6 minutes behind me!! Next was Kevin Mullen who ran a 3:31:50 also a PR by 16 seconds, great job Kevin!! By now you can see a trend a lot of strong runs by everyone. Next person in was Karen Caddell who was running her 1st marathon and needed 4 hours to qualify for Boston. Well Karen shattered that time and came in an amazing time of 3:34:36! She exceeded all expectations including her own. You are a natural!! Great run!!!!

The bunch of us then headed off back to the car in the pouring rain. We were all freezing, and couldn't hang around any longer. As runners came back to the cars they were all shivering uncontrollably. Allison just missed qualifying by 37 seconds with a 3:41:36. Still a solid run in the soup! Allison would qualify 2 weeks later at New York though, now that's tough. Kevin Silva who had basically trained 2 or 3 days a week came in at 3:43:58!! A 37 minute PR!!! Imagine what you could do if you trained 5 days a week???? Ken "the machine" Rogers had another solid marathon in 3:51:48. Kathi was next and just missed breaking 4 hours by 33 seconds with a time of 4:00:32 but had a PR by 11 minutes!! That's a huge improvement, great run!! Lori who had knee trouble out on the course was still able to push her way through the pain and finish in 4:30:58. Persistence pays off!

After we all changed and warmed up we then headed over to the Brewery Exchange for some much deserved chow and beer. Some even celebrated with shots of JD! While we were there it actually started to snow!! Must have been tough for those runners still out there! After we satisfied our bellies and talked about our runs we then headed home late that afternoon knowing that everyone had very good runs in not so good conditions. The GNBTC we are one tough but friendly bunch!!! Thanks guys and gals for such a great day!!

Jim Frenette

BIRTHDAYS

Albert Porter	December 2nd"
Michael Graubart	December 5th"
Scott Anderson	December 6th"
Kevin Silva	December 6th"
Ross Gagnon	December 7th"
Jason Foster	December 8th"
Ted Silva	December 8th"
William Fortier	December 12th"
Skip Daniels	December 13th"
Larry Roy	December 13th"
Laura Silva	December 14th"
Barbara Jean Barra	December 18th"
Sheryl Grant	December 20th"
Kathryn Richard	December 20th"
Daniel Victorino	December 20th"
Tracy Beckman	December 23rd"
Glenn Fitzgibbons	December 23rd"
Paula Robbillard	December 23rd"
Ken Glazier	December 24th"
Mary Fitzgibbons	December 25th"
Don Cuddy	December 27th"
Mary Ellen Flinn	December 27th"
Robert Browne	December 31st
Manfred Wiegandt	December 31st
Stephanie Poyant	January 1st"
Kathi Cabral	January 2nd"
Joan O'Beirne	January 2nd"
Thomas Wojcik	January 3rd"
Steven Days-Merrill	January 5th"
Barbara Belanger	January 7th"
Jonathan Harris	January 7th"
Anthony Peixoto	January 9th"
M. Julia Victorino	January 9th"
Erin LaPlante	January 10th"
Charles Marshall	January 14th"
Ira Joseph	January 16th"
Fernando Coelho	January 17th"
David Lundrigan	January 17th"
Maurice Bourque	January 19th"
Bill Benedetti	January 20th"
Rick Rosenfeld	January 20th"
Brian Grant	January 23rd"
Cindy Ziewacz	January 25th"
Christine Anderson	January 26th"
Aurea Enes	January 27th"
Ann Russo	January 27th"

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 GRAND PRIX

It seems like it was only yesterday that the 2009 Grand Prix was kicking off with the New Bedford Half Marathon. Some of the age group races were close (if fact we had a tie in one) and others were dominated early on by some truly spectacular efforts.

There were a total 12 races of which your 10 best were used to calculate the standings.

Women:

29 & under: Stephanie Poyant, through persistence (she ran all 12 races) and some strong efforts, dominated this age group. Kate Diogo was the runner up.

30 – 39: In an age group dominated by a lack of participation (no one did more than 6 races), Sheryl Briggs came out on top, just squeaking by Jacqueline Francisco.

40 – 49: In a somewhat of a tortoise (no offense!) and hare race, Karen Caddell outlasted the incredibly fast Chrissy Anderson to win this highly competitive age group.

50 – 59: In another close competition, Cheryl Healy came on strong in the later races to beat out Kathleen Teixeira.

60 – 69: Not many competitors in this age group but Mary Fitzgibbons did just enough to beat Dot Arnold.

70+: In a race against herself, the ageless Barbara Belanger took home the crown in this division.

Men:

29 & Under: Rodrigo Borges, a strong candidate for most improved runner this year, ran all 12 races and was always the near top in each race to easily win this category. Maciel Pais was the runner up.

30 – 39: Clearly one of the fastest age groups, the ever speedy Jeff Reed held off Sal Carrao to win one of the most competitive age groups.

40 – 49: The most competitive age group of all of them, this group had the most participants and fastest times recorded. In the end it came down to a tie between Scott Anderson and Manny Francisco. While I could have come up with a number of tie breakers, I felt it was only fitting to reward both of them for their hard work!

50 – 59: Carlos Barbeiro jumped out into the lead after the half marathon in this category and never looked back! Kevin Mullen, a running machine, came in second.

60 – 69: Based on the Grand Prix races, my vote for runner of the year goes to Jack Daniels. Truly amazing times, in fact he would have won the under 29 group if he could only get his birth certificate changed! Ted Silva was the runner up in this group.

70+: Was there ever any doubt? Joe Fernandez again showed why he is one of the best in the country! Brian Peacock and Don Dayton finished in a tie for runner up.

Ironmen (and Ironwomen)!

Four GNBTC runners ran all 12 races and are hereby declared Ironmen (and Ironwomen):

Stephanie Poyant, Rodrigo Borges, Vinny Murphy, and Rob Ball. Congratulations!!!!

NOMINATIONS FOR 2009 GNBTC AWARDS

The GNBTC is looking for nominations for the year end awards

The categories we are looking for are as follows:

*Male and Female runners of the year

*Male and Female most improved runners of the year

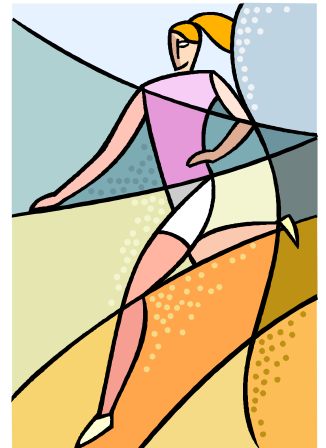
*Hall of Fame

*Volunteer of the year

If you would like to nominate someone for any or all categories please email their name or names to:

gnbtcnews@gmail.com

Also optional if you would like to write a quick bio on why this person should be nominated.



RACE RESULTS

RECOVERY RUN 5K NEW BEDFORD, MA October 11, 2009

1.	Joe Francisco	18.00	
2.	Sal Corrao	18.24	1 st sub master male
3.	Peter Danzell	18.50	1 st senior male
4.	Jeffrey Viera	18.57	1 st master male
5.	John Benevides	19.24	
6.	Anthony Peixoto	19.45	1 st junior male
7.	Peter Ribeiro	19.48	
8.	Jack Daniels	20.03	1 st veteran male
9.	Michael Piccirilli	20.09	
10.	Ken Glazier	20.13	
11.	Greg Packard	20.24	
12.	Peter Wirzburger	21.39	
13.	Derek Ashworth	21.44	1 st open male
14.	Jackie Francisco	21.59	1 st woman
15.	Paul Correia	22.01	
16.	Cameron Alves	22.08	
17.	Cindy Tillen	22.30	1 st master woman
18.	Darlene Peixoto	22.34	
19.	Joey Nereu	22.44	
20.	Hector Mejia	22.53	
21.	Kenny Rogers	23.06	
22.	Matt Robitalle	23.15	
23.	William Fortier	23.54	
24.	Curtis Moreira	24.14	
25.	Carol Ann Days-Merrill	24.18	
26.	Kathy Lopes	24.20	1 st senior female
27.	Michael Coffey	24.21	
28.	Dave Laplante	24.32	
29.	Cheryl Healy	24.35	
30.	Kathleen Teixeira	24.39	
31.	Dalila Ferreira	24.48	
32.	Sean Barbosa	25.37	
33.	Joe Amaral	25.47	
34.	Paul Lemieux	25.54	
35.	Mark Phaneuf	26.23	
36.	Joe Fernandez	26.57	1 st grand vet male
37.	Victor Couto	27.10	
38.	Jose Mimoso	27.11	
39.	Bethany Fisher	27.18	1 st sub master female
40.	Gayle Phaneuf	27.21	
41.	Caleb Bolger	27.40	
42.	Alan Bolger	27.40	
43.	Taylor Gorske	27.45	1 st junior female
44.	Carol Morton	28.10	
45.	Luisa Gorske	28.41	
46.	Jim Gorske	28.41	
47.	Howard Staples	28.51	
48.	Barbara Morreia	29.07	
49.	Pamela Hall	29.49	

50.	Brain Grant	30.04	
51.	Michael O'Connor	30.26	
52.	Tom Davis	30.31	
53.	Beth Cambra	32.07	
54.	Catherine Kilshaw	32.17	
55.	Dot Arnold	32.30	1 st veteran female
56.	Harry Harrison	33.53	
57.	Rosemary Francis	35.24	
58.	Viliya Lopes	35.41	
59.	Betty Prescott	36.17	
60.	Mary Fitzgibbons	36.17	
61.	Karen Blanchette	42.13	
62.	Kathleen Borges	47.22	

Nahant 30K Road Race in Nahant, MA Distance: 30 kilometers

Date: September 27th Finishers: 172

Bethany Bertrand	51	2:26:07	7:50
Don Cuddy	72	2:36:12	8:22
Ryan Couto	105	2:50:23	9:08

Boston Marine Corps Honor Run 5k in Milton, MA

Distance: 5 kilometers

Date: September 27th Finishers: 403

John Schaechter	21	21:52	7:02
Maurice Bourque	325	35:32	11:26

BAA Half Marathon in Boston, MA

Distance: 13.1 miles

Date: October 11th Finishers: 2995

Ryan Couto	1014	1:47:01	8:10
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Baystate Lowell Sun 1/2 Marathon in Lowell, MA

Distance: 13.1 miles

Date: October 18th Finishers: 1268

Ryan Couto	226	1:45:45	8:04
Sheryl Briggs	384	1:53:30	8:39
Kathleen Teixeira	488	1:57:09	8:56

RACE RESULTS

Greater New Bedford Track Club

Spooky Run 5K in New Bedford, MA

Distance: 5 kilometers

Date: October 31st Finishers: 144

Jose Francisco	2	17:55	5:45
Peter Danzel	5	18:39	6:00
Sal Corrao	6	19:15	6:11
Kate Diogo	12	21:45	6:59
Todd Benevides	13	21:56	7:03
Paul Correia	14	22:01	7:05
Jason Foster	15	22:09	7:07
Mark Kruger	16	22:14	7:09
Jacqueline Francisco			
	18	22:18	7:10
Kevin Mullen	41	25:30	8:12
Kathy Lopes	50	26:02	8:22
Richard Mello	51	26:03	8:22
Mary Sahady	83	28:59	9:19

Greater New Bedford Track Club

Spooky Run 10K in New Bedford, MA

Distance: 10 kilometers

Date: October 31st Finishers: 107

Jeff Reed	1	35:01	5:38
Manny Francisco	3	38:37	6:12
Carlos Barbeiro	6	40:55	6:35
Russell Dearing	7	41:21	6:39
Ken Glazier	9	41:49	6:43
Rodrigo Borges	14	42:30	6:50
Jack Daniels	17	42:59	6:54
Bethany Bertrand	21	44:12	7:06
Kevin Silva	27	46:01	7:24
PJ Costa	28	46:12	7:26
Stephanie Poyant	32	46:55	7:32
Teresa Frenette	37	47:56	7:42
Vincent Murphy	38	49:14	7:55
Karen Caddell	39	50:06	8:03
Maciel Pais	45	51:08	8:13
Ryan Couto	49	52:06	8:22
Cheryl Healy	50	52:13	8:24
Dalila Ferreira	52	53:18	8:34
Timothy Greene	56	53:56	8:40
Frank Frain	57	53:57	8:40
Paul Lemieux	61	56:18	9:03
Rebekah Williams	64	56:42	9:07
Rachelle Lemieux	66	56:58	9:09
Ted Silva	80	59:37	9:35
Mary Fitzgibbons	86	1:00:40	9:45
Rob Ball	104	1:09:34	11:11

Old Colony YNCA Taunton Turkey Trot

in Taunton, MA

Distance: 5 miles

Date: November 8th Finishers: 130

Jose Francisco	6	29:23	5:52
Sal Corrao	8	30:36	6:07
Rodrigo Borges	14	32:48	6:33
PJ Costa	35	35:10	7:02
Jacqueline Francisco	41	35:45	7:09
Todd Benevides	46	36:19	7:15
Maciel Pais	53	37:22	7:28
William Fortier, Jr	61	38:00	7:36
Paul Lemieux	79	41:32	8:18
Katie Cabral	85	43:52	8:46
Richard Mello	100	47:56	9:35

Edaville Rail Road 5 Miler in Carver, MA

Distance: 5 miles

Date: November 14th Finishers: 326

Bill Beardsley	244	49:07	9:49
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Camy 5k in Walpole, MA

Distance: 5 kilometers

Date: November 14th Finishers: 107

Bethany Bertrand	17	21:35	6:56
Ryan Couto	27	22:47	7:19

RACE RESULTS

2nd Annual BWS 5K Road Race in New Bedford, MA

Distance: 5 kilometers

Date: October 4th Finishers: 407

Jeff Reed	1	17:05	5:29
Jose Francisco	2	18:16	5:52
Peter Danzel	4	19:00	6:06
Carlos Barbeiro	7	19:40	6:19
Mary Cass	8	19:44	6:21
Jim Frenette	9	19:48	6:22
Jack Daniels	10	20:14	6:30
Peter Ribeiro	11	20:21	6:32
Ken Glazier	13	20:36	6:37
Mark Kruger	15	21:01	6:45
Kevin Silva	17	21:23	6:52
Erica Morency	24	22:14	7:09
Jacqueline Francisco	30	22:37	7:16
Darlene Peixoto	32	22:44	7:18
Kenny Rogers	33	22:44	7:18
Maciel Pais	37	22:53	7:21
William Fortier	45	24:04	7:44
Ray Bolger	47	24:06	7:45
Pamela Kelly	48	24:10	7:46
Cheryl Healy	76	25:31	8:12
Dalila Ferreira	77	25:37	8:14
Joe Fernandez	90	26:21	8:28
Paul Lemieux	94	26:32	8:32
Sheryl Briggs	101	26:46	8:36
Katie Cabral	139	28:32	9:10
Robin Bodeau	162	29:13	9:24
Mary Fitzgibbons	179	29:52	9:36
Brian Grant, Sr	185	30:25	9:47

Baystate Marathon in Lowell, MA

Distance: 26.2 miles

Date: October 18th Finishers: 1564

Mark Kruger	244	3:19:35	7:37
Jim Frenette	306	3:23:12	7:45
Bethany Bertrand	401	3:29:37	8:00
Kevin Mullen	443	3:32:03	8:05
Karen Caddell	486	3:34:45	8:11
Allison Rossi	641	3:42:22	8:29
Kevin Silva	693	3:44:31	8:34
Pamela Kelly	746	3:47:28	8:40
Kenny Rogers	839	3:52:21	8:52
Kathi Cabral	993	4:01:05	9:12
Lori Watkins	1324	4:30:58	10:20

Amica Newport Half-Marathon in Newport, RI

Distance: 13.1 miles

Date: October 18th Finishers: 1630

Todd Benevides	231	1:47:44	8:13
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Amica Newport Marathon in Newport, RI

Distance: 26.2 miles

Date: October 18th Finishers: 515

Russell Dearing	30	3:23:57	7:47
Vincent Murphy	137	3:53:57	8:55
Sompack Nissen	477	5:42:37	13:04

Readers Become Leaders 5K Road Race

in Wareham, MA

Distance: 5 kilometers

Date: October 18th Finishers: 53

Jeff Reed	1	17:59	5:47
Sal Corrao	5	19:42	6:20
Rodrigo Borges	6	21:22	6:52
Alexander Kalife	17	23:40	7:36
Maciel Pais	18	23:46	7:38
Manfred Wiegandt	25	25:30	8:12
Kathy Lopes	29	28:00	9:00

Pet Partners 4 Mile Road Race in

Westport, MA

Distance: 4 miles

Date: October 25th Finishers: 54

Russell Dearing	6	25:16	6:19
Mary Cass	7	25:17	6:19
Ken Glazier	10	26:05	6:31
Todd Benevides	19	28:37	7:09
Maciel Pais	29	30:43	7:40
Mary Fitzgibbons	45	37:52	9:28
Mary Sahady	47	37:58	9:29
Brian Grant, Sr	50	38:42	9:40

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
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

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