



GNBTC News

Volume 8, Issue 2

March 2003

President's Message

Leo Rodeillat

GNBTC Blood Drive at St. Luke's is Success, NBHM Fun Run, 26th Half Marathon, Bagel Challenge All Up Next

During a typical month, St. Luke's Blood Bank uses about 600 pints of blood for local accident victims, surgery patients and those receiving treatment for such diseases as leukemia, cancer, sickle cell anemia or hemophilia. The blood bank is somewhat unique in that it is 90 percent self-supporting, meaning that the majority of the blood is collected from local donors to meet the needs of the three Southcoast hospitals. Taking all this into account, you can see why our club's annual blood drive plays such an important role in our local community.

Thank you to St. Luke's Hospital, Sandra Pires, Deb Gabriel and the blood bank staff, for their polite and gracious assistance. Most of all, a capital letters 'MERCY' to all who donated and gave of their valuable time and HDL. Remember that blood can be contributed on other days, year round. Just mention the GNBTC and it will be

Inside this month's News...

- Don Cuddy's Kick-off 15Ks, page 6
- Results begin on page 4
- LCM Webster writes on page 3
- 2003 Calendar on page 10

added to our club's cupboard supply for future use in our time of need.

Our club's annual fun run of the New Bedford Half-Marathon course will be held on Sunday, March 9 from the YMCA. You may complete the full 13.1 miles, or for six miles, take a left onto Union St. back to the 'Y'. Or by taking a left onto County St. at Cove Rd., you can enter 9 miles into your running log. This event is a great tune-up for the following Sunday's NBHM 'main event'. Shower facilities, lockers, coffee and such will be provided at the YMCA after the run. We leave at 9 a.m. sharp!!! Water stops will be supplied along the course, compliments of the 'Paper Cup Gang,' Hope to see you all there.

(continued on page 2)

Editor's Message

Thank You for Your Patience!

We really appreciated your patience with us all as we transitioned from LaVerne Read's editorship. It was a bit challenging, — I confess, it took somewhat longer than I thought it would, and of course, everything that could go wrong did. But now, everything seems to work and this issue has pulled together much more easily.

Thank you for bearing with us!

Let's hope March will put some Spring in our steps!

lin

Due to the snowstorm & holiday, and the tardiness of the February issue of the News, we're giving those of you who haven't renewed your membership a REPRIEVE! But don't delay — RENEW TODAY! See page 7

President's Message, cont.

The **New Bedford Half-Marathon** will step off on Sunday, March 16 at 11 a.m. sharp. We will be celebrating our 26th year for this quality 13.1 mile race. Add our selection to New England Runner's 'not to be missed' top races of the year and you have a unique happening. Quite an honor for the entire NBHM committee that has worked so diligently to achieve this stellar status. Jim Ryan and the race committee will need help on this upcoming third Sunday in March. If you, your family, or friends care to help, please call Dave Richard at (508) 996-2134 or the club's hot line (508) 998-5068. To all of you who are running this event, from us to you, good luck and grab that PR. First timers, go for it!

The **GNBTC Hilltop Bagel Challenge** is slated for Sunday, March 30 at 8 a.m. from Bristol Community College. (Fall River, MA). You may run a 10 or 6-mile loop. Showers will be made available. For more information, see the insert inside this newsletter or if you prefer, call us at

(508) 998-5068. (Please, please do not send I for the bagels.)

Down the Road Events

April 23 marks the commencement of our club's annual **Can-Opener** and the beginning of our Wednesday Nite Fun Run series. All of this frolic and action will take place at the Greater New Bedford Regional Airport, as always at 6:30 p.m. (So drink up me lad and lassie – [Scot.] for overindulgence.)

Special Olympics will be held at New Bedford Vocational High School on Saturday, May 3 or 10. Please try to offer your support for this very worthwhile and warm-hearted event. [Editor's Note: Please note that the date of this event is unsettled at press time. Check next month's News, or call the Club Hotline.]

L'affaire, pour les femmes. Better known as the **GNBTC Women's 5k Run/Walk** will be held on Sunday, May 4. Mary FitzGibbons and her committee will be contacting you for your assistance. Applications are to be found in this issue of GNBTC NEWS.

Cecelia Roberts and Anna Marshall will chair our club's annual **Smile Mile** on Sunday, May 25.

If you care to offer your services to any of the above events, please call the club hot line at (508) 998-5068.

If you have not done so, try to remember to send in your 2003 GNBTC membership. You don't need a Ph.D. in runningology to realize that there isn't a wiser investment on this planet.

Please try to patronize our sponsors. Thank you.

Watch your step out there.

To all of you who are running the NB Half Marathon, from us to you, good luck and grab that PR!

First timers, go for it!

GNBTC News

Published monthly except January

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The Greater New Bedford Track Club

PO Box 1209
New Bedford, Massachusetts 02741
(508) 998-5068
www.GNBTC.org

Send news and articles to News@gnbtc.org



GNBTC Board of Directors Next Meeting

March 4, 6:30 pm
(508) 998-5068 for info

L C M Webster writes...

A Hillbilly Runner's Medical Terms

Benign.....	What's after running eight miles.
Bacteria.....	Back door run to cafeteria.
Barium.....	What you do with dead running folks.
Cesarean Section.....	Italian jogger's neighborhood in Rome.
Cardiogram.....	A singing telegram for middle-aged athletes.
Catscan.....	Long distance search for backwoods feline.
Cauterize.....	Made eye contact with a female runner.
Chest Pains.....	A symptom indicating one is either running or dying
Coma.....	A punctuation mark found in GNBTC NEWS.
D&C	Where the Marine Corps Marathon is.
Dilate.....	To live and run longer than your kin folk do.
Dope Test.....	Quiz for a not to smart hillbilly runner.
Enema.....	Not a running friend.
Fester.....	Quicker than another runner.
Fibula.....	A runner's small lie.
G.I. Series.....	Grand Prix for military runners only.
Hangnail.....	The one next to your black toe.
Hospital.....	The biggest building in town, other than the YMCA.
Impotent.....	Distinguished runner, well known.
Labor Pains.....	Getting hurt while on a training run.
Morbid.....	An offer higher than the original prize money.
Node.....	To my self while passing another jogger.
Outpatient.....	A runner who has fainted.
Pap Smear.....	Any dad passing you at the Fairhaven Road Race.
Pelvis.....	Second running cousin to Elvis.
Post Operative.....	Day of road race volunteer handling registration.
Secretion.....	Hiding training secrets.
Stones.....	Fast-paced backwoods rock group
Tumor.....	To go after passing the one-mile mark in a 5k.
Urine.....	I lose for coming in last. (Example: LCM Webster at time trials.)
Varicose.....	Nearby road race.
X-Ray.....	Raymond the mountaineer who had his name changed to Fay.

Pass this page on & educate a hillbilly runner.

L.C.M. Webster
Lcmwebster@aol.com

GROCERIES - MEATS - LOTTERY

BONVILLE'S MKT.

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Results

Greater New Bedford Track Club.

These are the track club members results from 3 races starting 01/26/2003 and ending 02/15/2003.

**RUN WITH
THE BEST**



AMARAL'S LINGUICA
 433 SO. SECOND STREET, NEW BEDFORD
 993-7645

Boston Prep 16 miler at Derry, NH on January 26th

Distance: 16M

There were 2 GNBTC members with 436 total finishers.

Name	Time	Place	pace/mile
Thomas Parker	2:01:41	125	7:36/mile
Rosemarie Lyons	2:02:46	134	7:40/mile

Paddy Kelly Road Race at Brockton, MA on February 9th

Distance: 5M

There were 5 GNBTC members with 277 total finishers.

Name	Time	Place	pace/mile
Felix Almeida	29:21	15	5:52/mile
Bill Beardsley	39:12	132	7:50/mile
Donald Clukies	39:44	139	7:56/mile
Ted Silva	41:33	162	8:18/mile
Jim Soden	44:06	204	8:49/mile

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Martha's Vineyard 20 Miler at Martha's Vineyard, MA on February 15th

Distance: 18M

There were 3 GNBTC members with 447 total finishers.

Name	Time	Place	pace/mile
Leonard Verville	2:13:51	89	7:26/mile
Rosemarie Lyons	2:16:49	105	7:36/mile
Bruce A. Tavares	2:29:55	191	8:19/mile



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Robert Burgess
 Sales Director

Upcoming races

1/2 Way There, River Dogs Half Marathon
 March 8th, 10:00 AM Woods Hole MA

Massachusetts Law Enforcement Half Marathon and 5K
 March 9th, 10:00 AM Wakefield MA

Charbo's Run
 March 11th, 11:00 AM Dorchester MA

6th Annual An Ras Mor 5K
 March 16th, 10:00 AM Cambridge MA

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- David LaPalme, C.P.A. -

13 Welby Road, New Bedford, MA 02745

998-1116

26th Annual New Bedford Half Marathon
March 16th, 11:00 AM New Bedford MA

East Bridgewater Vikings Sports Parents Road Race
March 22nd, 9:00 AM East Bridgewater MA

Senator John H Chafee Memorial 10K
March 23rd, 10:00 AM Bristol RI

WHS 2003 5K Run
March 23rd, 10:00 AM Westerly RI

Boston Alternative Half-Marathon '03
March 30th, 10:00 AM Barnstable MA


The Cape Cod 5K '03
March 30th, 10:00 AM Barnstable MA

TriValley Front Runners 23rd Boston Tune-Up 15km
April 5th, 10:00 AM Upton MA


Montreal Half-Marathon
April 13th, 9:00 AM Montreal Canada

Boston Marathon
April 21st, 12:00 PM Hopkinton MA

RI State Police Foot 5K Pursuit
April 26th, 10:00 AM Gloucester RI

 delKEN COIN LAUNDRIES	SCOTT B. NANFELT President 16 Front St, P.O. Box 40547 New Bedford, MA 02744-0005 (508) 990-0289 FAX: (508) 994-9309
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BREAKFAST - LUNCH - SEAFOOD DINNERS



16 Main St. In Historic Fairhaven
Hours: 6-2 on Monday - Thursday, Saturday
6-8 on Friday, 7 - 12 on Sunday

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**Get the latest
results at**

<http://gnbtc.org/results.htm>

**Email any results or corrections to
results@gnbtc.org
or mail in the form on page 7**

**Want to see your results in next month's issue?
Renew your GNBTC Membership now! Use the
application on page 7!**

Renew Your GNBTC Membership

Now!

Application on page 7

Two 15Ks Get New Year Started on the Right Foot

by Don Cuddy

15k is not the most common of distances on the racing calendar but, curiously enough, this year has begun for me with two of them. In January the Frostbite race is held out of the Raynham Athletic club on Rt. 44. Now in its third year, it has already outgrown the location and runners were parking on the shoulders of the highway as the start-time approached.

The moderately challenging course is both rural and rolling and the weather that Sunday was cold and clear. In 2002, a cold front passed through the area during the race and several inches of swirling white flakes had blanketed the streets before the finish adding to the excitement.

This time it was just the bright light and pure air of a 20 degree winter day. At the finish, the supply of hot water in the showers was quickly exhausted by those pesky fast people, but the sauna, steam-room and swimming pool provided some pleasing alternatives. A couple of miles up the road, at a large function hall called the Jockey Club, a fine breakfast buffet was laid out for the runners.

This race is a very laid-back event, well-organized, reasonably- priced and highly recommended. Plus, you can stop by the Raynham flea market for that air-brushed Elvis portrait before coming back down the highway.

Last month I drove up to Lynn, on the North Shore to run in the Stew Chase, an old race in an older town. The course has changed since I was there last but it is still honest. It used to follow the shore, through Swampscott and Marblehead but has now moved inland. I have also run this race in a blizzard. What was light snow at the beginning turned into white-out conditions near the end and I was only able to find my way by following the tracks of those ahead of me.

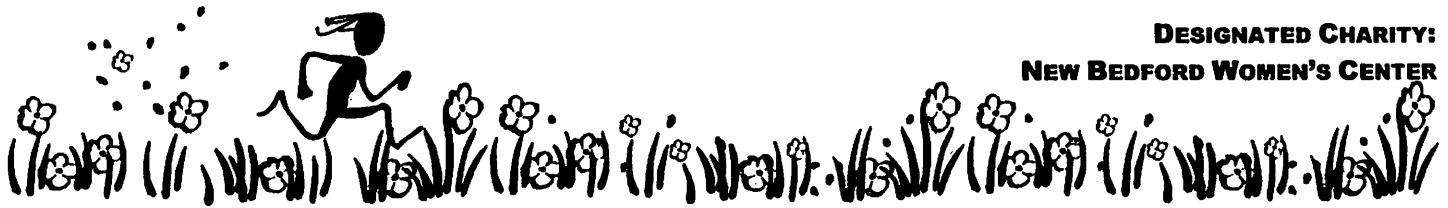
This year there was snow and slush on the out- and-back course, which featured a long uphill stretch towards the mid-point. This was most welcome on the return and if anyone is looking for a negative split this would be the place.

Of the two-hundred plus runners here, and I saw all of them thanks to the turnaround, I did not know a single one. I am still pondering whether that has any significance. True to its name, a hot stew is served at the finish line. Even after fifteen kilometers of raw winter running I declined. Meat and potatoes

(continued on page 7)

The Greater New Bedford Track Club Presents
24th Annual
Hazelwood Women's 5k
Run/Walk

**DESIGNATED CHARITY:
 NEW BEDFORD WOMEN'S CENTER**



Date: May 4, 2003

Time: 10:00am SHARP



Hazelwood Park, Brock Avenue,
 South End, New Bedford, MA.



From 195 take Rte. 18 South to end
 left at 2nd set of lights
 1 mile to park.

Fast and flat through scenic waterfront

- Divisions 5k Run:**
- ◆ Junior
 - ◆ Open
 - ◆ Master
 - ◆ Veteran
 - ◆ High School
 - ◆ Sub Master
 - ◆ Senior
 - ◆ Mother/Daughter

Entry Fee: Pre-entry \$10.00 (per person) by April 26th
 Post-entry \$12.00 until 9:30AM race day.

Check Payable to: Greater New Bedford Track Club

Mail Entries to: Mary FitzGibbons
 4 Martin Drive
 Assonet MA 02702

Information: Mary FitzGibbons
 Telephone: (508)-644-5610
 E-Mail: mfitzgibbons@earthlink.net
 GNBTC: 508-998-5068

Awards: 5k Run first three overall
 5k Run first three in each division & first
 three Mother/Daughter teams
 5k Walk first three overall & first three
 Mother/Daughter teams

Shirts: T-Shirt to the first 150 entered

Raffle: All participants eligible to win
 merchandise prizes

Refreshments: Post-race refreshments; coffee,
 pastry, beverages, etc...

Sponsors:
 Dr. Phillip J. Sabra – Cardiology Associates of SE New England
 Acushnet Insurance Agency
 Dias and Lapalme - Certified Public Accountants
 Dr. Michael J. McCarty - Optometrist
 Delken
 Dominos Pizza

Please Check One: 5K Road Race 5K Walk

Name: _____ Phone: _____ Age: _____

Address: _____ City: _____ State: _____ Zip: _____

- Female Divisions:**
- Junior (Under 13)
 - Sub-Master (30-39)
 - High School (13-18)
 - Master (40-49)
 - Open (19-29)
 - Senior (50-59)
 - Veteran (60+)

Mother/Daughter Team ◆ Partners' Name: _____

Club affiliation: _____

In consideration of the acceptance of this entry, I do forever release the Hazelwood Women's 3.1 Mile Road Race Committee, the Greater New Bedford Track Club, and other sponsors and organizers of the Hazelwood Women's 3.1 Mile Road Race from any claims whatsoever form my participation in this event. I attest that I am physically fit and sufficiently trained to compete in this event.

Signature _____

Signature of parent or guardian required if under 18 years old



ST. LUKE'S HOSPITAL

*New Bedford Site of
Southcoast Hospitals Group*

Dear Members:

The Southcoast Hospitals Blood Bank is thrilled with the response to the blood drive for the Greater New Bedford Track Club. Once again, the members went out of their way to make it a resounding success.

We wish to express a sincere thank you to all who donated a Gift of Life for our patients.

We were able to collect a total of 23 pints for those who are ill and in need.

We look forward to next year's drive being just as successful or more so than this year's.

In the meantime, we encourage you to donate as much as you are able to.

We are open Monday-Friday, 8:00 A.M to 4:00 P.M. and Saturday 8:00 A.M. to 11:30 A.M. (You are eligible to donate every 8 weeks)

Once again THANK YOU!!!!

Sandra M. Pires

Southcoast Hospitals Group
Blood Donor Coordinator



Bagel Run

Where: Bristol Community College
When: March 30, 2003 8:00 AM

Come run the famed Hilltopper course!
Run either 3, 6, or the entire 10 miles!
Bagels and coffee and juice after the run.
Showers and changing facilities will be
provided.

Call the GNBTC Hotline for more info
@ 508-998-5068

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