



Greater New Bedford Track Club

www.gnbtc.org

The New GNBTC Publication

It is time for the GNBTC newsletter to advance to a more professional document. With this in mind I have agreed to take on the task of upgrading these pages (as temporary editor) and help to produce a newsletter that the track club can be proud of. I will of course need the help of the members in order to fill the pages with interesting and timely news and information. Several members have agreed to assist me in the coming months, and it is my hope that past contributors will continue to submit articles.

The **president's message**, **L.C.M. Webster** and **Don Cuddy** will remain staples along with material gleaned from local, regional and national publications. A feature that I would like to resurrect is the member profile. If there is anyone who would like to volunteer to do the interviews it would be appreciated. Please bear with us and understand that through trail and error the news-

letter will become a publication that is worthy of our club and its officers, board of directors, dedicated runners and their families. Articles submitted to this publication must be within the bounds of good taste. We will interpret those bounds liberally.

Don Dayton
Editor

A Publication of the
Greater New Bedford
Track Club
PO Box 1209
New Bedford, Ma.
02747

Pres. Dave Richard
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Vinnie Murphy
Richard Flood
Brian Peacock

President's Message

Next up on the GNBTC list of events is the GNBTC Spooner 10k. It's a great little course for those who haven't run it yet. It has something for everyone: some flats, some hills, and a great finish in front of the senior center. For those of you who are not going to compete in the race, please stop by and help out. We're looking for volunteers for traffic control, and can always use a helping hand. Give me a call at 508-962-9926 to give your name. Your assistance in helping the club out for this one would be appreciated.

The next event for the club is the annual "Wareham to Fairhaven" Run. This will be held on Sunday November 27th. For those of you who don't know about this event, this is a "get together" event for the club. There is no charge for it. We have a bus available to GNBTC runners that leaves from the Fairhaven VFW at 8 a.m. The bus leaves Fairhaven and heads for Wareham. Then, bus will stop and drop you off anywhere along Rt. 6, depending on your preferred running distance. Run 8, 6, 3, or 2 miles, or go the whole distance.... whatever you are up for that day. Stop by; there's always someone you can run along with. When we get back to Fairhaven we will have snacks available, along With juice, coffee, and conversation.

"Good Luck" to all club members competing in Fall marathons this year.

Believe it or not, it's time to start thinking about the club's Christmas party and annual meeting! Please submit your votes for recipients of the annual club awards - your ballot is enclosed with this issue of the newsletter. Fill in your choices, and please send them in to me as soon as possible so the votes can be tallied and trophies can be ordered. (Plan on joining us for the run to benefit "Quarters for Christmas" immediately before the party, too!)

That's it for now. Keep your best foot forward, and be careful out there!

Dave

Cuddy's Corner

The Green Mountain Marathon does not have much name recognition but it is the third oldest in New England and since I have already run the other two- Boston and the Walter Childs- I decided to head up to the North Country last month. It was the 35th edition of the race and this is road racing as it once was. The entry fee is \$22 for which you get a certified marathon along beautiful Lake Champlain with aid stations every three miles. The course is moderately challenging, out and back, with some rolling hills, including one a mile long between Mile 24 and 25. The scenery is right out of the tourist brochures- red barns, white fences, fat dairy herds, apple orchards and, in mid-October, peak Fall foliage.

It's a Saturday race so I drove up the day before. Unfortunately that was the week we had non-stop rain and gales of wind and I had a difficult six-hour trip through torrential downpours and fog.

South Hero Vt. lies about thirty miles north of Burlington, out on an island in the lake.

It's a very rustic area, no cute stuff, and I got a room for \$65 and dinner for \$10 so gas was about my biggest expense.

I was looking forward to this race. I had planned to run it on several occasions but something always intervened and I was happy to have made it up there. My training had gone well and I also had a massage on Friday morning just before leaving town.

The past few years I have done a Fall marathon more or less as a ritual and was mainly concerned with finishing but I felt confident enough to set a goal this time. 3.35 would qualify me for Boston and I thought that was a reasonable target.

The race began at a school at 8.30 and we parked our cars in the apple orchard across the road..

It was pouring and there was no expectation of it stopping. The wind was calm and the temperature was in the mid 50's. There were less than 200 runners and no lines for the bathroom before the start. I wore shorts, a singlet and a nylon windbreaker since wind off the lake was a definite possibility.

Before we had gone two miles we were running on dirt roads. It was hard packed but after all the rain

it had softened considerably and was an excellent running surface. A few cows were the only spectators. I ran about six miles easy and then hooked up with a guy under thirty who had run a 3.28 at the Adirondack Marathon just two weeks before. We had a nice chat until he started seeing the leaders coming back to us around Mile 12 at which time the young man became restless and zoomed away. Curiously, as I approached the turnaround and began to study the runners coming towards me my ego got involved.

I decided I was not running fast enough if I was trailing some of these people. They might have all been doing hundred mile weeks all year long for all I knew but there you go. I picked it up. I hit the half in 1.47 and knew I would need close to a negative split to finish in 3.35. I went for it. The field was pretty thin on the way home but I enjoyed ten good miles of running where I passed everyone I could see and that is always a powerful stimulus.

My fastest mile was at 15 where I did a 7.57. By Mile 23 I was on the reserve tank and then at 24 came the long climb all the way up to the 25 mile marker. When I turned for home at the summit I realized that I would just break 3.40 if I could summon up a final effort. I flung my jacket aside and surged ahead. Well after twenty-five miles 'surge' might be a little too eloquent to describe what was actually taking place but after the hill it seemed as if I was flying and I made it home with some seconds to spare. I was well pleased. They gave me a nice medallion and there was fresh cider inside the school. It was the best cider I ever had so I brought a couple of gallons home with me.

This is a unique race and well worth the trip for those who can appreciate a quality low-key event. I rank it right up there with my other two New England marathon favorites- the Clarence De Mar and Newfound Lake. I finished 59/180 in 3.39.22 but I was only eight in the 50-59 age group, a testament to the kind of runners that seek out these undiscovered gems in an age when mass marketing is so prevalent. If anyone wants to learn more about this race check out the website at www.gmaa.net

AUTUMN LEAVES

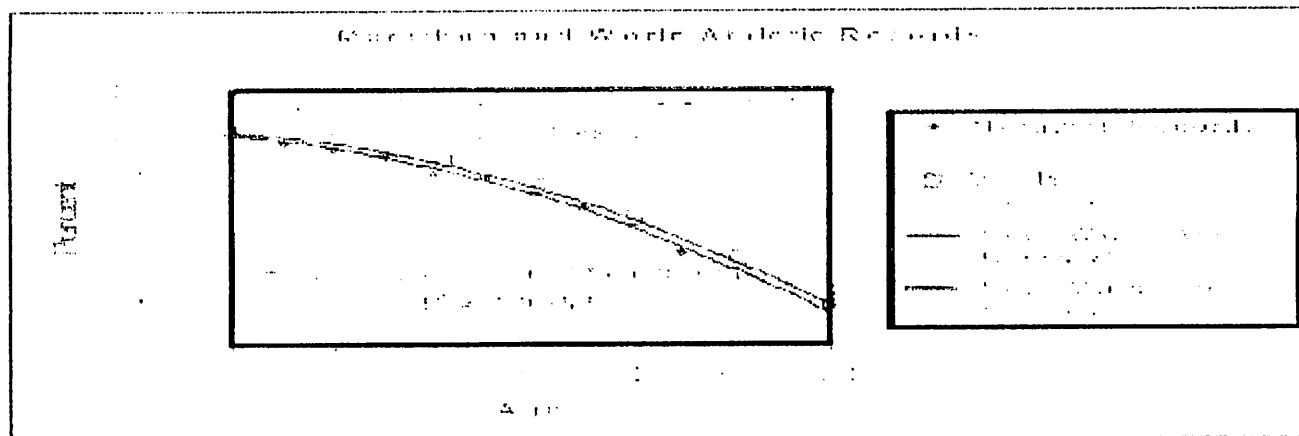
Brian Peacock

Picture this: A still crowded, middle of the pack, ribbon of runners turns into New York's Central Park for the last few miles of this spectacular November marathon when a gust of wind precipitates thick showers of leaves for as far as the eye can see. You are hemmed in by the six deep lining of cheering spectators on either side of the park road. And you still have enough energy to push onward (mainly because you shuffled from mile thirteen to 22). But P. Diddy is still ahead, what a humiliation! And your chip time was 4.22. What happened? Blame the heat – the promised cold front didn't arrive until early evening. Four weeks earlier, in Detroit, the time on the Ford Field 30 yard line read 3.47. That race had falling leaves too, as you ran around the spectacular Belle Isle and then through some old Detroit neighborhoods with mature trees.

So why this 1.20 minutes a mile difference? One way of looking at times is to compare your particular pace with your best pace this year, ever, or the world record pace, overall or for your age. For example:

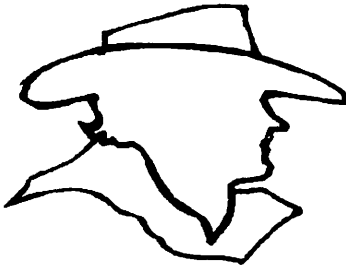
	World	Personal	Detroit	New York
	2.04	3.04	3.47	4.22
World Record 2.04	100%			
Personal Record (49) 3.04	67%	100%		
Detroit (65) 3.47	55%	81%	100%	
New York 4.22	47%	70%	87%	100%

At my best I was a 67% runner and this year I dropped to 55% and last weekend to 47%. (You should note that there are a lot of 0% runners.) Or I could say that over 15 years I lost 19%, when compared with my best time. Finally, I lost 13% last week compared with a month ago. These percentages tell great stories, especially because they can be used to describe particular times – like records or today's effort. They are the sound basis of your excuses – about the hills, weather, your new shoes or whatever. The following graph shows age group records as compared with the world record for a 40 year old. Also on the graph are the average percentages over 16 Olympic events. The curves tell the same story – at age 80 the best you can expect to be physically is 60% of where you were when you were 40, and at 100, if you keep going, you will be less than 20% of your capability as a 40 year old.



What does this have to do with falling leaves? Nothing, except that in your autumn years you become keenly aware of the slippery slope. Just imagine a conversation piece at a [arty-not how good I was, but rather how bad I am going to become. But I still enjoy the autumn leaves.

Fever Pitch – Part Deux



LCM Webster

I THOUGHT she knew what to expect when I married my wife. We had dated for years, and while she believed that I was an even-tempered, unflappable soul, I told her how I had to stay home from

high school for three days after the Red Sox lost the 1946 World Series. And then she was with me through 1967, 1975, and the agonizing 1986 loss to the Mets. So it's not that she didn't know what she was getting into.

She got used to the roller coaster. Every June my hopes would quietly rise. I was not a believer in the "The Curse," and I'd get angry at the romanticized view of defeat as destiny. Every spring I would start off happy, proclaiming, "This is the year." And every year, by August the Red Sox performance would slide, taking my mood with it. Until, of course, last year when they finally won the whole thing. For weeks after, we'd be out and people would come up to us and congratulate me, as if it was my own personal victory.

I was pleased. Pleased. I even used that word. Not ecstatic, euphoric, elated, or rapturous, but pleased. Perhaps she thought, after all these years of waiting, this would add some protective sheen to life, would make it impenetrable to life's blows. After all, the Red Sox were the World Series champs.

She thought this year would be different. I would relax. I would not be so invested and obsessed; after all, they had already won and my goal had been met. So this year would be different, and it is but not as pleasantly so. I am worse. I stand (yes, stand) in front of the television each night toggling back and forth between the Red Sox and the Yankees, yelling at the screen. They remain in first place, but I yell even when they are winning. Poor Manny Ramirez almost didn't catch a ball, and I compared him to Sam Jethroe. We went away last weekend, leaving Comcast and NESN behind, but she caught me huddled under the covers checking the play-by-play on my Blackberry.

I'm still trying to figure it out. Perhaps it's simply

a matter of wanting more. Now that I know it can be done, well then it must be done. An obtainable goal, not a pipe dream. Why, I wonder? So I can be pleased two years in a row? In the meantime, my wife wakes at night to find the television on – extra innings on the west coast – and looks forward to the end of the baseball season when I will return to my normal routine and she gets to choose a TV reality show.

But having become a Red Sox fan by marriage, what could be more realistic, after all of these summers of discontentment.

The following companies help to support the production of this publication. We hope that the members will in turn support them.

**Barley Family Health Care
and Rehabilitation, P.C.**

Day's Sports

Amaral's Linguica

Bonville's Market

Dias, Lapalme, & Martin, LLP

Glaser Glass Corp.

Pedal Power Bicycle Shop

GNBTC Message Board

Stay connected with other track club members. Special announcements, group runs, Phil Chase race photos, and much more. Email and non-email options available.

Subscribe: gntbc-subscribe@yahoogroups.com
Post message: gntbc@yahoogroups.com

Need HELP Subscribing...
gntbc-owner@yahoogroups.com



<http://groups.yahoo.com>

AWARDS BALLOT 2005

Please circle your choices. Fold your completed ballot, apply postage, and mail to the address on reverse side by November 13, 2005 or bring your ballot to Spooner 10K.

Hall Of Fame: This is a person who has been a GNBTC member for at least 8 years, and who exemplifies dignity and integrity with respect to running and the GNBTC.

Kenny Rogers Paul Mello John Mulligan Peter Schmidt

Jack Daniels Kathy Lopes Gail Isaksen Other _____

Runner of the Year: Your choice should be based on good sportsmanship as well as running ability.

Female:

Mary Cass Michelle Robert-Britto Barbara Belanger Teresa Frenette

Male:

Jeff Reed Felix Almeida Peter Ribeiro Brain Foster Brian Grant Jr.

Donald Dayton Other: _____

Volunteer of the Year: This is a person who seems to always be there to lend a helping hand at many of our GNTC events.

Female:

Joan Sparrow Connie Mimoso Ann Russo Other _____

Male:

Rich Flood Phil Chase Bob Burgess Other _____

Distinguished Service Award: This recipient is the person or business who has made an outstanding contribution to the GNBTC

Dias, Lapalme, & Martin Barley Chiropractic Bob Hanna Tony Marques

New England Runner Dr. Michael McCarty Pedal Power

Atlantic Choice Acushnet Insurance Other _____

Winners will be announced at the annual Christmas Party.



**Place
Postage
Here**

GNBTC Awards Ballot
35 Gellette Rd.
Fairhaven, Ma 02719

November Birthdays:

Marion Yuille	November 1st	Eric Rosengren	November 15th
Pam Gallant	November 1st	Tracey Ross-Ramos	November 15th
Robert Pina	November 3rd	Sheryl Briggs	November 16th
Leonard Verville	November 3rd	Nicholas Nobrega	November 16th
Mark Richard	November 3rd	Garnett Powers	November 17th
Nicholas Bergstein	November 3rd	Bruce Tavares	November 18th
Gary Thomson	November 4th	Debbie Crompton	November 18th
Cecelia Blouin	November 5th	Sarah Przystarz	November 18th
Mathew Blouin	November 5th	Brenda Robillard	November 22nd
Stephen Pires	November 10th	Kristin Michel	November 22nd
Jeff Reed	November 10th	Mark Pawlak	November 24th
Bob Unger	November 10th	Jane Friedman	November 25th
Taylor Days-Merrill	November 11th	Heidi Abdallah	November 25th
Jim Fortin	November 11th	Jackie Benedetti	November 28th
Richard Flood	November 13th	Peter Veale	November 28th
Morgan Browning	November 13th	Katie Cabral	November 29th
Bobby Desrosiers	November 13th	Anne Burnell	November 30th
Steven Pelletier	November 14th	Dianne Walsh	November 30th
Richard Ramos	November 14th	Greg Leite	November 30th
		Phil Goyette	November 30th

Member Happenings

As 2005 comes to a close it is time to reflect on some of the club members' accomplishments. Congratulations to the members of the Greater New Bedford Track Club who have set PR's or have run longer distances than they had ever thought possible. Several runners including Terry Frennete, Michelle Robert Britto, Fernando Coelho, Richard Flood, and Cheryl Briggs have finished their first marathon and are looking for more. Terry and Michelle have qualified for Boston on their first try. The coming winter will test their mettle as they transition from Sahara training to Artic training in order to make it to the starting line of the oldest and arguably the best marathon in the country. The training will reap a great reward as they turn from Hereford Street on to Boyl-

ston and hear the finish line calling in the distance, "Bring me your tired, your weak, your leg weary, longing for rest and sustenance." No marching bands, no cheering throngs. The inner feelings of accomplishment will suffice.

Congratulations also to Kevin Silva who went from a slug to a respectable runner (in a years time)- ready to graduate from the "B" team. Kenny Rogers continued to do long distances as he chocked up Boston, Vermont City, Nipmuck, Portland and heads for Marine Corp, and New York City Marathons.

The Sunday Striders continue to meet Sunday mornings at eight. The turnout has been quite good due to marathon training. Don't miss the opportunity to get some distance training for **Boston**.

Miscellaneous Results

Colonial Road Runners

Paddy Kelly 5 Miler Brockton, MA

Distance: 5 miles

Date: February 13th Finishers: 284

Angel Martin	15	30:45	6:09
Carlos Barbeiro	43	35:01	7:00
Richard Flood	48	35:27	7:05
Joe Fernandez	100	38:21	7:40
Michele Robert-Britto	103	38:23	7:40
Don Clukies	133	39:42	7:56
Sheryl Briggs	138	40:06	8:01
Lori Watkins	169	41:56	8:23

Foxboro Against Diabetes

5k Road Race Foxboro, MA

Distance: 5 kilometers

Date: June 4th Finishers: 589

Woody Wilson	50	22:13	7:08
James Benoit	125	25:19	8:08

St. Mary's Primary School

5k Road Race Taunton, MA

Distance: 5 kilometers

Date: October 2nd Finishers: 81

Brian Foster	3	19:02	6:07
Carlos Barbeiro	7	20:48	6:41
Rodrigo Borges	8	20:51	6:42

Ollie 5 Mile Road Race Boston, MA

Distance: 5 kilometers

Date: October 2nd Finishers: 769

Angel Martin	138	30:29
Donald Dayton	435	40:39

Sportshoe Center Maine Marathon Portland, ME

Distance: 26.2 miles

Date: October 2nd Finishers: 735

Kenny Rogers	107	3:35:07	8:12
Fernando Coelho	207	3:52:30	8:52

Run for Ricky Taunton, MA

Distance: 5 kilometers

Date: October 8th Finishers: 58

Angel Martin	2	18:06	5:49
Robert Dowd	20	22:11	7:08

Greater Hartford Marathon Hartford, CT

Distance: 26.2 miles

Date: October 8th Finishers: 1221

Michele Robert-Britto	144	3:32:45	8:07
Jim Frenette	210	3:42:20	8:29
Teresa Frenette	268	3:48:42	8:43
Letita Costa	768	4:37:00	10:34

Cardi's Furniture 5K Swansea, MA

Distance: 5 kilometers

Date: October 9th Finishers: 155

Bruce Tavares	18	20:10	6:29
Rodrigo Borges	19	20:11	6:29
Ann Bell	114	32:05	10:19
Ernestine Morin	140	41:55	13:29

Race: The NewportFed 14th Annual

5k Road Race Newport, RI

Distance: 5 kilometers

Date: October 9th Finishers: 58

Lou Vicente	50	32:30	10:27
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The NewportFed

14th Annual 1/2 Marathon Middletown, RI

Distance: 13.1 miles

Date: October 9th Finishers: 283

Russell Dearing	43	1:31:10	6:57
Kevin Mullen	134	1:50:57	8:28
Don Clukies	149	1:54:45	8:45
Woody Wilson	181	1:59:48	9:08
Sheryl Fredette	237	2:10:31	9:57

10th Annual Reflections

5K Road Race New Bedford, MA

Distance: 5 kilometers

Date: October 10th Finishers: 86

Brian Foster	5	18:29	5:56
Peter Ribeiro	8	19:03	6:07
Sal Corrao	10	19:43	6:20
Rodrigo Borges	13	20:22	6:33
PJ Costa	14	20:47	6:41
Kenny Rogers	15	21:10	6:48
David LaPlante	20	22:02	7:05
Kevin Silva	21	22:15	7:09

Miscellaneous Results

Marc LaPlante	24	22:29	7:14
Richard Flood	25	22:47	7:19
Joe Fernandez	34	24:17	7:48
Paul Lemieux	48	26:58	8:40
Ed Talbot	51	27:12	8:45
William Fortier, Jr	52	27:19	8:47
Paul Mailloux	54	27:54	8:58
Gail Rebello	56	28:28	9:09
Barbara Belanger	62	29:12	9:23
John Anjos	63	29:19	9:26

Ocean Mist 4.2 Mile Road Race Wakefield, RI

Distance: 4.2 miles

Date: October 10th Finishers: 92

Don Clukies	69	39:24	9:22
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St. Pius V 9th Annual 5k Road Race Providence, RI

Distance: 5 kilometers

Date: October 15th Finishers: 86

Woody Wilson	27	22:58	7:23
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The John Correiro Memorial 5k Road Race Fall River, MA

Distance: 5 kilometers

Date: October 16th Finishers: 138

Jeff Reed	2	17:15	5:33
Brian Foster	8	18:36	5:59
Peter Ribeiro	15	19:35	6:18
Rodrigo Borges	18	20:35	6:37
Bruce Tavares	19	20:37	6:38
Carlos Barbeiro	20	20:45	6:40
PJ Costa	23	20:59	6:45
Don Clukies	46	23:59	7:43
Richard Mello	50	24:22	7:50
Brian Grant, Sr	83	28:10	9:03

23rd Annual Boston Firefighters 10k Road Race Dorchester, MA

Distance: 10 kilometers

Date: October 16th Finishers: 439

Angel Martin	3	38:32	6:12
Dorothy Arnold	419	1:08:31	11:01



Jogathon

Christmas Party

Annual Meeting

Date: *December 4, 2005*

Time: *9:00 a.m.*

Place: *YMCA New Bedford*

Benefits: *2005 Standard-
Times Neediest Families Fund*

- **The run will be held at 9:00 Sharp.**
- **You can run 4 or 6 miles and showers will be available after the run.**
- **We will the be served dinner.**
- **The annual meeting, election of officers and awards presentation will follow.**
- **Membership renewals will be accepted.**

Training Calendar

Thursday Night Runs

Buttonwood Park Senior Center

5:00pm Warm-up run

5:30pm 6 mile run

Be safe, please bring a safety vest!!

Sunday Striders

Sunday Mornings 8:00am

Buttonwood Park Senior Center

8, 10, 13, & 15 mile loops available.

Maps available on the yahoo group.

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



27th Annual **Spoooner 10K**
 In Memory of O. Gardner Spoooner

In addition to the registration fee we are asking for all participants to bring 2 non-perishable items to the race that will be donated to local food pantries.

Date: November 13, 2005
Time: 10:00 AM
Place: Start/Finish at Buttonwood Park Senior Center, New Bedford, MA
Entry Fee: \$12 Pre-registration; \$15 Day of Race
 Plus, 2 non-perishable items to be collected the day of the race
 Please make checks payable:
 GNBTC, P.O. Box 1209, New Bedford, MA 02741
Course: A measured 10K course with a few hills through New Bedford.
Awards: Top 3 Overall Male and Female **No Duplication of Prizes**
Divisions: Awards to the top 3 male and female runners in each of the following
 Youth (12 and under) High School (13-18) Open (19-29) Sub-Master (30-39)
 Master (40-49) Senior (50-59) Veteran (60-69) Grand Master (70+)
Amenities: T-Shirts to the first 150 entrants
 Food and drink to all participants
Race Info: Contact Race Director Sheryl Briggs at 508-748-1729

**Thank You to
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A&A Seafood

Antonio N. Marques
 Boat Carpenter

Name: _____ **Age:** _____ **Gender:** _____ **Phone:** _____

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

10K Run _____ T-shirt size: S M L XL (circle one)

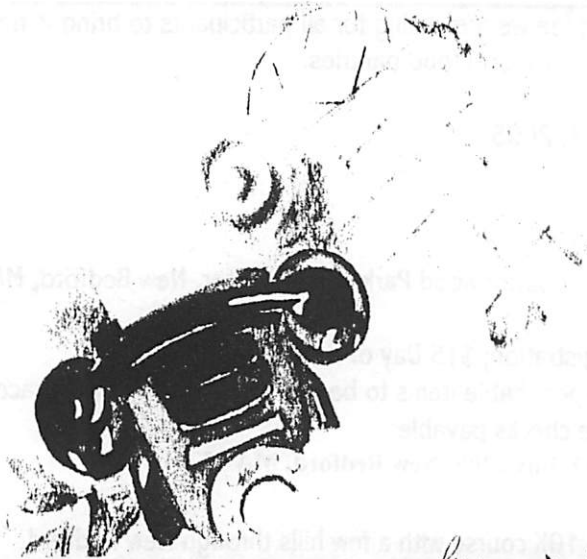
In consideration of the acceptance of this entry, I hereby for myself, heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against the GNBTC, City of New Bedford, sponsors, race officials organizers, and volunteers associated with this event for any injury that my result from my participation in this event.

Signature: _____ **Date:** _____

(Guardian signature if under 18 years if age)

A Very Special

Thank You



Dear Leo,

Just a note to express my heartfelt gratitude for the excellent work and amount of time you took to put together such an exceptional "run" in memory of Mr. Ryan & my husband.

Mike was always in "awe" of the wonderful people he met at the NB Track club and was very proud to be a mem-

ber. I know he would have been very honored, as were his children and I, at the awards race in his memory.

Seeing some of the

to a very

Special Person

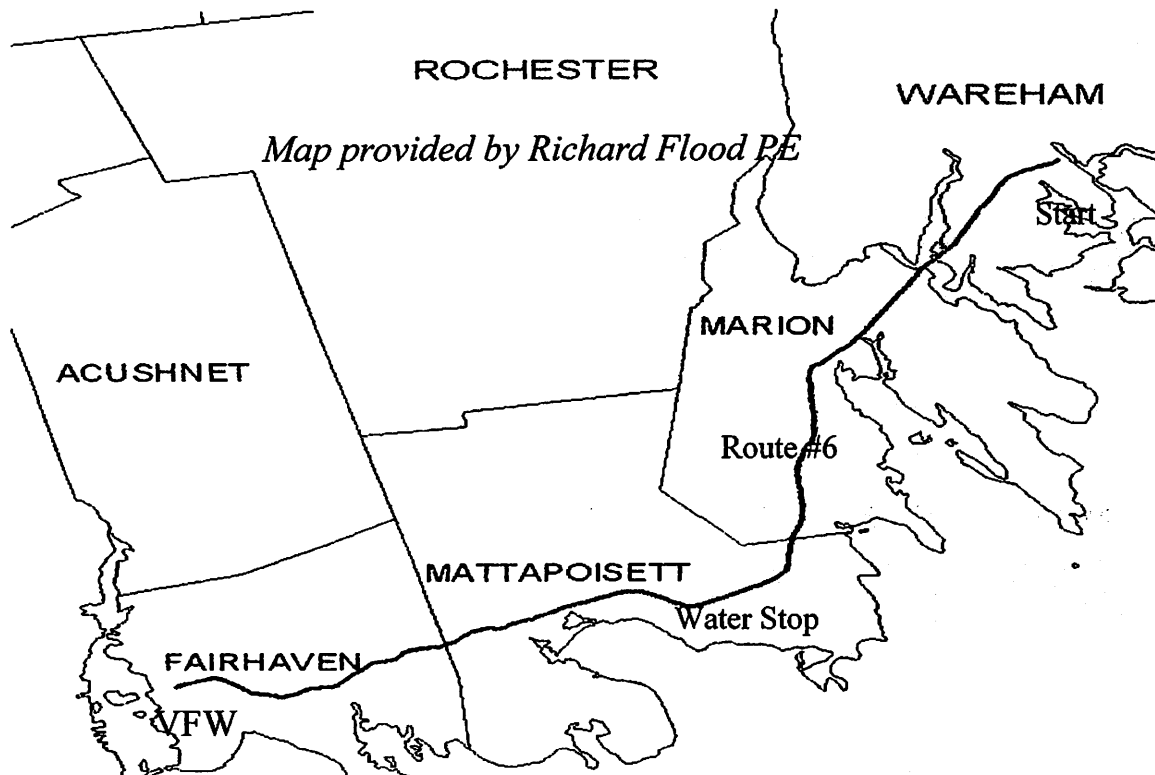
people he ran with was such a wonderful experience for me. The kindness both you and the track members put forth I will never forget. It is no wonder Mike was impressed with such caring people!

Wareham to Fairhaven Run

Sunday, November 27th

Bus leaves the Fairhaven V.F.W. at 8:00 a.m. sharp.

You may be dropped off in the center of Wareham or at any point closer to Fairhaven that you choose. Our capable bus driver (Joe Russo) is very accommodating. The full run is 15 miles and there is water provided on the route. Coffee, juice and soft drinks will be served along with bagels, donuts and pastry. Friends and family are invited to join the merriment at the V.F.W. as we kibitz about the run. This is a fun event and everyone should plan to attend. Joe and Dot Fernandez will be our hosts assisted by volunteers from the club. Below you will find a map of the route. Although the run follows route 6 all the way, the traffic is light at that time on a Sunday morning and we haven't lost a runner yet



BOSTON MARATHON APPLICATIONS

The GNBTC will be receiving applications for the April 17, 2006 running of the Boston Marathon. The track club receives these applications because of the volunteer work that our members do for the Boston Marathon every year.

Every track club member is eligible for the lottery drawing, as long as the following criteria is met.

You are member of the GNBTC for 2005 and 2006.

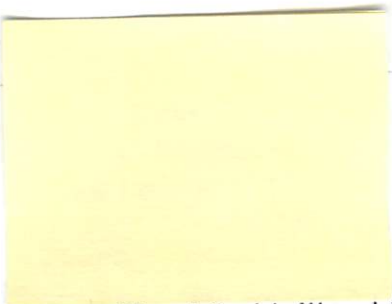
You have volunteered for two club events during 2005.(Christmas party excluded)

Submit your name, address, telephone number, email address (optional) and the two events you have volunteered for in 2005 to: Mary FitzGibbons, 4 Martin Dr, Assonet, MA 02702, or email to m.fitzgibbons@comast.net

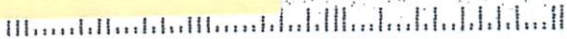


GNBTC
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New Bedford, MA 02741

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BOSTON MARATHON APPLICATION