

March 2008



# Greater New Bedford Track Club

[www.gnbtcc.org](http://www.gnbtcc.org)

# The Wall



*If You Are a Runner Come In*



At The Half:  
Photos by:

**Don Dayton**

## Greater New Bedford Track Club

P.O. Box 1209

New Bedford, Ma. 02741

### Executive Board

President: Leo Rodeillat  
Vice President: Mary Fitzgibbons  
Secretary: Connie Mimoso  
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Membership in the GNBTC is open to all.

Dues \$15/Year individual \$20/Year family.  
Check 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

## Penn State Anger

*The following letter appeared in National Masters News in December of 2006*

Editor,

I may be missing the point about All-American Standards for road running but I know that I qualify for All-American at 5K, 10K, Half-Marathon and Marathon. However I do not consider myself to be a fast runner. When I was 70 I broke 23 minutes in the 5k. I sure don't want to be wearing a badge that some old codger who can't break 27 minutes is wearing. I think the standards should be based on something a little more challenging. Then again, the trend seems to be toward rewarding mediocrity in our sport. Can you believe that my club gives out awards to any male who can break 40:00 in the 10K?

The times they are a changing.

Don Dayton  
New Bedford, Mass.

*In the above letter I was responding to the on-going controversy over the All-American Standard for road runners. The controversy stems from what I, and many others, believe to be a to low standard, i.e. a 43:41 10K for a male or 48:19 for a female in the 40-44 division would warrant All-America status. See "The Wall" October- November 07*

*The following letter appeared in the February edition of NMN*

Defending All-Americans  
December 14, 2007

Recently I received my December issue and it was gratifying to read about the accomplishments of both Bill Melville and Don Leis, both outstanding competitors and first class individuals who deserved the recognition given to them. I had the great pleasure of being a member of the 4x100M relay team with them at Boston in March 2006.

Unfortunately I also read Don Dayton's abrasive and egotistic diatribe in your editorial page with utter disgust. My comment is Mr. Dayton, the problem is not masters standards for track; it is your contempt towards others who are working hard to achieve some success. Your attitude is not conducive for others to compete in masters' track, but more or less discourage said individuals from ever starting.

*Burt Hughes, Shiremanstown Pa.*

*Normally I would heed my own council and not respond to Burt's personal attack on me, however since he completely misinterpreted my letter I must bring to his attention that in the first sentence of that letter to NMN I made it clear that I was referring to the standards for road running.*

## President's Message

Salutations! It's been awhile since we've met on the pages of *The Wall*, but here we are back again. We understand that it's important to let you, our members, know what is going on with *your* club, so that you feel more connected to your running family.

The *GNBTC* Hilltop Bagel Challenge is slated for Sunday, March 30 at 8a.m. from Bristol Community College. (Fall River). You may run a 10 or 6-mile loop. Showers will be made available with coffee and bagels to follow. For more information call us at (508)-998-2701. (Please, please do not send me for the bagels).

April 30 marks the commencement of our club's annual Can-Opener and the beginning of our Wednesday Time Trials 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).

May 4<sup>th</sup> is the date for this year's 29<sup>th</sup> Annual Women's 5k Run/Walk. Gentlemen, this is the ladies day. So let's all pitch in and give them the assistance that they need to make this a very successful event. A percentage of the proceeds from this year's race will benefit the New Bedford Women's Center. A great theme: Women helping women. For more information or to volunteer, call Mary Fitzgibbon's at (508)-644-5610 or the *GNBTC* hot line at (508)-998-2701. You go, girls. Applications for this event may be found and printed off our club's web site. [www.gnbtc.org](http://www.gnbtc.org)

Attention all of you 'little folks'. We will be holding our club's annual Smile Mile on the last Sunday in May, at Buttonwood Park. This event was designed as a fun time for children, with a giant size raffle, 'beaucoup' goodies, but mostly for a connection with dental hygiene, health and fitness, hopefully to last a lifetime. If you care to give help to this most important *GNBTC* event, please call Celia Roberts at (508)-999-9448. The fun and merriment begin at 11:00 am on May 25. You will find more information and applications for this event on our club's web site. [www.gnbtc.org](http://www.gnbtc.org)

If you care to offer your services to any of the above events, please call the club hot line at (508)-998-2701.

Good luck to all of our track club members running the



Boston Marathon on April 14. Just look for our *GNBTC* banner at the 5 miles – checkpoint. We'll be there to show our support.

If you have not done so, try to remember to send in your 2008 *GNBTC* membership. You don't need a Ph.D. in runningology to realize that there isn't a wiser investment on this runner's planet.

And please try to patronize our sponsors. Thank you.

*Watch your step out there.*

### 2008 *GNBTC* Grand Prix

#### 1.) Paddy Kelly 5 Mile Road Race

Sunday, February 10, 2008

<http://www.colonialrunners.org/PaddyKelly/>

#### 2.) New Bedford Half Marathon

Sunday, March 16, 2008

<http://www.newbedfordhalfmarathon.com/>

#### 3.) Louie's Run 5k

Sunday, April 20, 2008

<http://www.louiesrun.com/>

#### 4.) Day of Portugal 5k

Sunday, June 8, 2008

<http://www.jbrace.com/>

#### 5.) Fairhaven Fathers Day RR (10k Only)

Sunday, June 22, 2008

<http://www.jbrace.com/>

#### 6.) Carver Cranberry 5 Mile Road race

Saturday, July 26, 2008 (Tentative Date)

#### 7.) Leo's Scoot 2.5 Miles

Wednesday, August 27, 2008

<http://www.gnbtc.org/>

8.) Fort Phoenix 5k (To be announced)

9.) Spooner 10k (To be announced)



## Magazines, Inc.

*LCM Webster*

Readers Digest again. Or Life. Or Woman's World. Nobody but the school nurse calls your home at that hour. "Is [name withheld] there?" asks an unfamiliar voice. "Who?" I say. "Haven't seen him. I don't think he lives here anymore."

Now, I feel like Peter, insisting that he's never met Jesus. I can almost hear the cock crowing. My denial seems even worse than Peter's. What kind of person denies not knowing himself? But when the bloodhounds come baying after their breakfast, I make like the longshoreman in "On the Waterfront." I go D-and-D deaf and dumb. (For me that has never been too difficult.) Actually by going D-and-D I'm doing the telemarketer a big favor. If I make our conversation brief, he/she can move on to the next name.

At first, the calls bothered me. For a while, I gave the standard response from Forrest Gump's mother about her long-absent husband: "He's on vacation." But that merely guaranteed a ringing phone at a later date. Over time, I have come to enjoy these calls for their ritual quality and predictability; it's as if we are following a script and are on a path that we have all been down before. The most recent call was typical, or at least it started out that way. The caller said she had a discount certificate, good for one year; that I could use should I decide to purchase magazines. To which I replied that at the moment I was rather preoccupied. Could she leave her phone number? I would return her call, later on. At that point she unraveled. One way to get even with an annoying telemarketer is to be annoying in return. It's symbiotic.

And because I have a sort of relationship with the magazine people, I prefer to hang in rather than hang up. A brush off would violate our implicit social contact and interrupt our mercantile dance. That is why if at times the magazine people are late in there predictable sales calls I feel rejected.

The magazine people called again the other day. The phone rang at 8:45 in the morning, just as I was preparing for my daily run. I was sure that it was the bloodhounds from

Being in denial isn't a bad policy when the phone rings at 8:45a.m. In fact, I'm thinking of going the nihilist route myself. "Is [name withheld] there?" a "courtesy caller" will ask someday. "Who" I'll reply. "Never heard of me."

And that's why I never feel entirely guilty. On the contrary: If the magazine people are so eager to waste my time, why shouldn't I reciprocate by wasting theirs? Besides, someday soon one of them may actually say something I want to hear. Like: "You have won lifetime subscriptions to Runner's World and New England Runner."

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

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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  
Glaser Glass Corp.  
Pencils**

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## 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](mailto:gntbc-subscribe@yahoogroups.com)  
Post message: [gntbc@yahoogroups.com](mailto:gntbc@yahoogroups.com)

Need HELP Subscribing...  
[gntbc-owner@yahoogroups.com](mailto:gntbc-owner@yahoogroups.com)



<http://groups.yahoo.com>

## Cuddy's Corner



If anyone wants to know what it was like at the A1A marathon in Ft. Lauderdale on February 17<sup>th</sup> last, simply cast your mind back to any airport run in August after you have crossed the finish line and you just can't seem to get cooled down because the sweat cannot evaporate in the humid air. Well it was just like

that, and that was before the sun came up.

We started out in the dark at 6 a.m. right downtown where they were still cleaning up after the bars closed at 4. A couple of drunks were trying to have a fistfight near the starting line but they were both so wasted that neither was able to land a single blow.

The paper said there were 3500 runners but the first couple of miles were along the broad Las Olas Boulevard and there was no crowding as we headed east towards the beaches.

I had a sleeveless top but that was for the sun and it came off after the first mile because I was already damp. It was 74 degrees.

Things went along fine for the early miles. I found an Irishman who was living in Palm Beach and we ran together until the course split the half marathoners from the rest of us.

After that it was pretty quiet. Most of the runners were doing the half. There were no spectators at all that early in the morning, with just the odd dog walker out on the road.

There was no traffic either.

I was feeling loose and running well and I passed the small knot of runners following a 3.40 pacer with a balloon on a stick about mile 10.

I hooked up with a Belgian surgeon next. He had come to town for a medical conference and had noticed the finish line near his hotel when he went to dinner on Saturday night so he had jumped in without a number. He hung in till around 16 when the rising heat forced him to drop back. I was working by then myself and when I hopped into the bushes at 17 to take a leak I felt as though my whole body was pulsing as soon as I broke my stride.

It was 80 degrees by then.

I did not have a watch but they had digital clocks at almost every mile, a real luxury, and I went through 18 in 2.30.

That meant that I had 75 minutes to complete the race and still get the 3.45 I was hoping for. I was pretty hot by then and the sun was climbing higher but I thought that I still had a shot. At the 20 mile mark a guy yelled out that I was 58<sup>th</sup> and told me to keep going and I would probably win my age division but his enthusiasm was misplaced because

I knew the signs, they were all bad, and it was ten minutes before I made the next mile marker with considerable effort expended in the process.

Because the finish was on the beach the course looped through a deserted park on the return leg of the out and back course to compensate for the three-mile leg we had run from downtown. That was pure hell. I could not see anything but walls of shrubbery on either side and in my state of agitation it felt like being lost in a corn maze.

At 25 I had to halt at the water table to gird up my loins for the last push. I was pouring three and four cups of water over my head at every opportunity and my socks were thoroughly wet by this time and it felt like I was wearing waffle irons on my feet.

When I came out onto A1A again it was a straight shot along the shore to the finish line. By this time every skateboarder, roller blader and stroller in South Florida was in the lane closed to traffic and with just an occasional runner they were all probably unaware that there was a race in progress.

I made it across the line in distress in 3.56 and headed straight into the ocean to recuperate. The post race scene was an anti-climax. Three thousand runners had already eaten and left before most of the marathoners straggled in so I stuck my head in a barrel of ice water, grabbed a bagel and headed for the shuttle bus back to the start. They gave me a medallion, which is about four times heavier than anything I've ever seen previously, but they missed me in the results. The Miami Herald had me listed as an 'unknown runner' the following day when they published complete results and even that dubious acknowledgement was removed from the official race web site when I finally got near a computer some days later.

Kind of odd since I had a chip that worked. They must have lost my entry form.

I can't complain. They gave out free numbers to veterans, a nice gesture, and that was worth \$95.

If I had run a 3.45 I would have been less tolerant as I had planned to do Boston if I qualified. That's gone now. I called an e-mailed them but there was no response.

They are a just some promotional company and the race itself was probably of little concern to them.

As marathons go I would not recommend this one very highly. As an event it is very well organized, with plenty of aid and volunteers, but they should probably just confine it to a half-marathon.

It's not very interesting as a longer race; plus for those of us coming in from the cold it is hard to get a time even though it's absolutely flat. Last year however it was wet and cool I'm told. If you happen to find yourself down there in February it may prove worth the experience. I enjoyed it although I am glad it was just a part of my vacation and not the purpose of it.

## Our Larry Legend

On Monday February 25<sup>th</sup> I received a call from Don Cuddy regarding the next newsletter. Don told me that he saw that a Larry Finnerty from New Bedford had run the Hyannis Marathon. Knowing that Larry of the GNBTC has had injuries that have kept him on the sidelines, Don wondered if this could be our Larry Finnerty. I said I would check and the following email exchanges were sent and received.

**Hi Larry,**

*I was quite surprised to see that you did the Hyannis Marathon. Must have been strange after all these years. If you get a chance the members would be happy to read your thoughts on the comeback.*

*dd*

**Donald,**

*I did it quietly because I only got out of PT on January 31. Two PT's were working on me together for half hour each all of January but it worked like magic. I was not able to run until Feb 1 and did 2.5 that morning, I ran the next 22 days until Saturday hoping the pain would not come back and I would not do too much too soon. When the pain in the knees did not come back I moved up slowly to a top one time mile-age of 13.7 by Feb 17 (Years ago I would be doing art least 20 every Sunday for at least two months). I thought that this might be the last time that I could get a chance at Boston so I sent in a registration just in case the knees held up the last week. I ran with Kenny Rogers who helped me out during the first half but was I sorely lacking the stamina to get the other half in any kind of decent time. I was able to get it in though and I'm glad to get under the four hour limit and be able to continue training the next two months without any injury. I will be 60 in a few weeks and therefore 60 on Boston's race day so my qualifying time was the 4 hours. I certainly hope to improve the stamina and speed in the next two months. You must search the regional results for the club in order to see the finishes yesterday because I thought that no one would even notice.*

*Larry*

**To Paul Mello**

**Hi Paul,**

*You may or may not know that Larry Finnerty ran the Hyannis Marathon in under 4 hrs. He did it with only*

*22 days training. I am planning to write it up for the next newsletter. Could you comment on Larry's competitiveness? I know that you and he were contemporaries. I was always too slow to be anywhere near you guys.*

*Thanks,*

**Hi Donald,**

*That doesn't surprise me at all. Larry has such great competitive spirit. I chased Larry many a time. He was someone I always aimed for, although I don't remember ever beating Larry, even on my best day. I tried going out faster than him, didn't work. I tried dogging him, didn't work. I tried going out slow, didn't work. He has a great fire that burns inside. I don't think I would have achieved what I did if it were not for the likes of Larry. Congratulations Larry. It's great to see the old guys do well.*

*Paul Mello*

## **New Book**

**Hi**

Please allow me to introduce myself – my name is Teresa Belgrove and I am the author of a recently published book entitled – Girls on the Run..!

Just briefly – the book is aimed at everyday girls of all ages, and would be suitable for members of your club, their wives or partners, family and friends, or to anyone looking for that extra bit of inspiration and motivation to ignite a passion for running, to promote some of the many health benefits running can bring into our busy lives, and to encourage new female members.

ISBN: 978-1-4251-3363-4

Available to view online at: [www.trafford.com/07-1280](http://www.trafford.com/07-1280)

Also available to order at: [www.amazon.com](http://www.amazon.com) or most major online and high street bookstores.

I would be most grateful if you could help to spread the word amongst your members, and if you require any further information please email me at:

[teresa.girlsontherun@hotmail.com](mailto:teresa.girlsontherun@hotmail.com)

Thank you and I hope you enjoy!

Kind Regards

Teresa

## **Training**

### **GNBTC Group Runs**

#### **Sunday Striders**

Sunday Mornings 8:00am

Buttonwood Park Senior Center

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

Maps available on the yahoo group.

#### **Thursday Night Runs**

Buttonwood Park Senior Center

5:00pm Warm-up run

5:30pm 6 mile run

Be safe, please bring a safety vest!!

### **Other Track Clubs**

#### **Upcoming Races**

registration (no extra fee) is available at needtorace.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.

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



## **USATF-NE Grand Prix**

**Mar 16- New Bedford Half-Marathon, New Bedford MA**

**May 11 Medical Center 6K Nashua NH**

**June 1- Rhody 5K, Lincoln RI**

**July 29 -Yankee Homecoming 10 mile, Newburyport, MA**

**August 9 - Bridge of Flowers 10K, Shelburne Falls, MA**

**Sept 6- Ollie 5 Mile, South Boston MA**

**Oct 19- Bay State Marathon, Lowell MA**

#### **Individual Competition.**

Individual competition will be scored in the 39-and-under, 40-49, 50-59 and 60-and-over divisions, both men and women, and 70 and over for men only.

- a. Points are awarded to the top ten USATF-NE finishers in each division. The winner will receive ten points, and the next finishers are awarded nine, eight, seven, six, etc., points respectively. If less than ten athletes participate in a particular division, the winner receives points equal to the number of finishers in that division.
- b. Only current USATF-NE members are eligible for Grand Prix individual scoring.
- c. At the end of the series, awards will be presented to those athletes with the highest number of accumulated points in each division.

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## **BOSTON WAIVERS**

The following members received Boston Marathon waivers from the club. As always, members who volunteer for at least two GNBTC events receive first preference. The BAA rules require waivers be given out to members only. We wish all our Boston Marathon Runners the best of luck.

Carla Burke  
David Bancroft  
Ed McGlynn  
Fernando Coelho  
Kate Collins  
Lori Watkins  
Sompak Nilson

**IMMIGRATION LAW  
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**WAREHAM, MA 02571**

**(508) 295-7361**

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## GNBTC CALENDAR OF EVENTS FOR 2008

### FEBRUARY

\*12- BLOOD DRIVE – ST. LUKE’S HOSPITAL –  
4:30 TO 7:30PM

### MARCH

\*9 – FUN RUN FROM YMCA – 9AM

\*16 – NEW BEDFORD HALF MARATHON–  
11AM

30 – BAGEL RUN FROM BCC – 8AM (FALL  
RIVER, MA)

### APRIL

\*30 – CAN OPENER – 6:30PM (BEGINS OUR  
WEEKLY AIRPORT WEDNESDAY NIGHT -TIME  
TRIALS UNTIL AUGUST 27)

### MAY

\*4 – HAZELWOOD WOMEN’S 5K – 10AM

\*25 – SMILE MILE – 11AM

### JUNE

\*8 – DAY OF PORTUGAL 5K – 10AM

TBA - PASTA RUN – 5:30PM (FAIRHAVEN,  
MA)

### JULY

\*9 – COUPLES RUN – 6:30

### AUGUST

1 – PAWTUCKET RED SOX – BUS LEAVES AT  
5:15PM

\*27 – STEVEN LEO’S SCOOT – 6:30PM

### SEPTEMBER

14 – GNBTC PICNIC – AFTER FORT PHEONIX  
5K (FAIRHAVEN, MA)

### OCTOBER

### NOVEMBER

\*9 – GNBTC SPOONER 10K – 10AM

23 – WAREHAM TO FAIRHAVEN – 8 AM  
(WAREHAM & FAIRHAVEN, MA)

### DECEMBER

\*7 – CHRISTMAS PARTY – 9AM FROM YMCA

ASTERISKS DENOTE ALL EVENTS TAKING  
PLACE IN THE CITY OF NEW BEDFORD.

## RESULTS of 2008 GNBHM

Jeff Reed	157	1:21:10	6:11
Jose Francisco	299	1:29:00	6:47
Jack Daniels	340	1:30:41	6:55
Jim Frenette	414	1:33:44	7:09
Richard Flood	491	1:36:58	7:24
Monique Poyant	506	1:37:24	7:26
Julie Morris	522	1:37:46	7:27
Kenny Rogers	523	1:37:47	7:27
Ed McGlynn	533	1:38:08	7:29
Peter Ribeiro	549	1:38:54	7:32
Fernando Coelho	553	1:38:59	7:33
Kevin Mullen	567	1:39:16	7:34
Bethany Bertrand	570	1:39:23	7:35
Teresa Frenette	578	1:39:42	7:36
Don Cuddy	614	1:40:53	7:42
David Bancroft	667	1:42:53	7:51
Fernando DaCosta	679	1:43:21	7:53
Carlos Barbeiro	704	1:44:20	7:57
Kevin Silva	756	1:46:16	8:06
Marc LaPlante	796	1:47:27	8:12
Joel Hartley	815	1:47:49	8:13
Ralph DeBalsi	858	1:49:25	8:21
Kelly Silva	869	1:49:39	8:22
David LaPlante	876	1:50:00	8:23
Sheryl Briggs	915	1:51:12	8:29
PJ Costa	922	1:51:29	8:30
Rodrigo Borges	966	1:52:59	8:37
Cheryl Healy	980	1:53:27	8:39
Robert Pina	981	1:53:29	8:39
Daniel Moura	996	1:53:52	8:41
Ira Joseph	1007	1:54:16	8:43
Sal Corrao	1010	1:54:23	8:43
Kathy Lopes	1012	1:54:25	8:44
Julian Youngblood	1016	1:54:35	8:44
Kevin Childs	1035	1:55:13	8:47
Erin Poyant	1045	1:55:31	8:49
Woody Wilson	1143	1:59:09	9:05
William Fortier, jr	1243	2:03:11	9:24
Kathi Cabral	1247	2:03:25	9:25
Joe Fernandez	1251	2:03:28	9:25
Robin Bodeau	1341	2:07:03	9:41
Charles Marshall	1343	2:07:08	9:42
Kathleen LaPlante	1342	2:07:08	9:42
Karla Burke	1385	2:09:22	9:52
Paul Lemieux	1422	2:11:35	10:02
Denise Williams	1471	2:14:23	10:15
Mary Lou Pires	1475	2:14:45	10:17
Steven Pelletier	1491	2:16:00	10:22
Mary Sahady	1516	2:17:51	10:31
Carol Lawton	1536	2:19:12	10:37
Mary Fitzgibbons	1611	2:29:19	11:23
Rob Ball	1645	2:40:59	12:17

# Louie's Run

## 5th Annual 5k Run/Walk

A loving tribute to Louis M. Xifaras

All proceeds to benefit Massachusetts General Hospital Parkinsons Research



**Date:** Apr 20, 2008 (rain or shine) \*\*\*\*\*NEW DATE\*\*\*\*\*

**Time:** 10 a.m. \*Walk 9:45 a.m. \*Kids Fun Run (10 years & under) 9:30 a.m.

**Place:** Buttonwood Park Senior Center, New Bedford, MA  
 Directions: From I-195 east or west take exit 13A (Rt. 140 south).  
 Follow one (1) mile to traffic light (Rt. 6). Go straight through light and follow to next traffic light (Hawthorne St.)  
 Go left, then left again into zoo parking lot. Follow walkway to Senior Center.

**Entry Fee:** \$10.00 Pre-registration until April 13, 2008 / \$15.00 Thereafter and day of race, until 9:30 a.m.  
*Kids Fun Run* \$5.00 (**Must pre-register.**)

**Mail To:** Louie's Run c/o Carolyn Correia Xifaras  
 22 Bass Point Rd.  
 Marion, MA 02738

*COOL MAX TEES TO  
 1<sup>ST</sup> 100 ENTRANTS!!!*

**Cash Awards:** Top three male and female in run (\$100-\$75-\$50)  
 \$50 -- 1<sup>st</sup> male and female in walk. Prizes for 2<sup>nd</sup> & 3<sup>rd</sup> male and female  
 \$100 -- Course record – Male (Dylan Wykes 14:47) & Female (Julie Spolidoro 17:24)  
 \$50 -- 1<sup>st</sup> Male & Female runner 40 or older

**Divisions:** Awards to top three in each division—male and female

**Special Awards:** 1<sup>st</sup> New Bedford Male and Female / Midpacker

**Results:** By 5K Sports Race Management. Results posted on Cool Running & Louiesrun.com

**Amenities:** Long sleeve T-shirts to 2nd 100 entrants. Huge raffle—prizes for all *Fun Run* entrants.  
**Huge pre-race and post-race** feast to all participants, families and friends.

**Race Info.:** Race Director—Paul Correia @ (508) 636-3718 - or visit **WWW.LOUIESRUN.COM**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

T-Shirt size S / M / L / XL (Please 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 assigned against the City of New Bedford, sponsors, race officials, organizers and volunteers associated with this event for any injury that may result from my participation in this event.

Signature: \_\_\_\_\_ (Guardian signature required if athlete is under 18 years of age)

	5K Run	Wheel-chair	Kids	5k Walk	?? Donation ??	Total En-closed
<b>Fill in Amount:</b>	\$10.00	\$10.00	\$5.00	\$10.00	Every dollar helps	

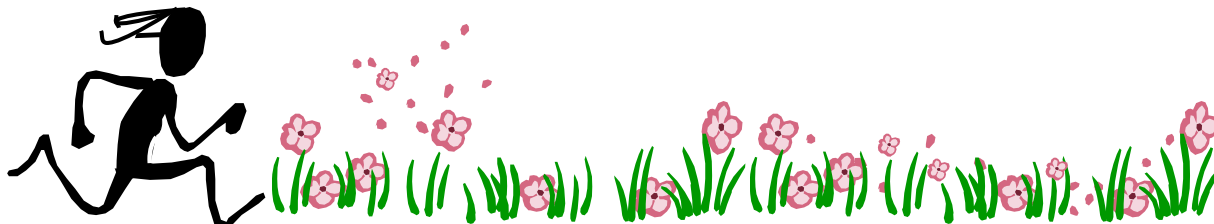
(Please make all checks payable to: Louie's Run)

The Greater New Bedford Track Club Presents

# 29th Annual

DESIGNATED CHARITY:  
NEW BEDFORD WOMEN'S CENTER

## Hazelwood Women's 5k Run/Walk



Date: Sunday, May 4th, 2008	Time: 10:00am SHARP
<p><b>Start/Finish:</b> Hazelwood Park, Brock Avenue, South End, New Bedford, MA.</p> <p><b>Directions:</b> From 195 take Rte. 18 South to end left at 2nd set of lights 1 mile to park.</p> <p><b>Course:</b> Fast and flat through scenic waterfront</p> <p><b>Divisions 5k Run:</b> Junior High School Open Sub Master Master Senior Veteran Mother/Daughter</p> <p><b>Entry Fee:</b> Pre-entry \$12.00 by April 26th Post-entry \$15.00 until 9:30AM race day.</p> <p><b>Check Payable to:</b> Greater New Bedford Track Club</p> <p><b>Mail Entries to:</b> Mary FitzGibbons 4 Martin Dr Assonet, MA 02702</p> <p><b>Information:</b> Mary FitzGibbons Telephone: (508)-644-5610 E-Mail: m.fitzgibbons@comcast.net GNBTC website: www.gnbtc.org</p>	<p><b>Cash Awards:</b> \$200 for new course record. Current course record set in 1994 by Lynne Clay, 17:57</p> <p><b>Awards:</b> 5k Run first three overall 5k Run first three in each division &amp; first three Mother/Daughter team 5k Walk first three overall &amp; first three Mother/Daughter team</p> <p><b>Shirts:</b> T-Shirt to the first 100 entries</p> <p><b>Raffle:</b> All participants eligible to win merchandise prizes</p> <p><b>Refreshments:</b> Post-race refreshments; coffee, water, pastry, pizza, beverages and more.</p> <p style="text-align: center;"><b>Sponsors:</b></p> <p style="text-align: center;">Dias, Lapalme and Martin - Certified Public Accountants Dr. Michael J. McCarty - Optometrist Delken Dry Cleaning Kyler's Catch Dominos Pizza Accu Plus Copy</p> <div style="display: flex; justify-content: space-around; align-items: center;">   </div>

**Please Check One:**     5K Road Race     5K Walk

Name: \_\_\_\_\_ Phone: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

- Female Divisions:     Junior (Under 13)     High School (13-18)     Open (19-29)  
 Sub-Master (30-39)     Master (40-49)     Senior (50-59)     Veteran (60+)  
 Mother/Daughter Team(each must submit an application) 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 from my participation in this event. I attest that I am physically fit and sufficiently trained to compete in this event.



GNBTC  
P.O. Box 1209  
New Bedford, MA 02741



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