



Greater New Bedford Track Club

www.gnbtc.org



Auspicious Start For Eagles Race

By: *Don Dayton*

A look back

The year was 1951. In world news, war still raged on the Korean peninsula, as Seoul fell to the North Koreans on January 4th and was retaken by UN Troops on March 14th. On the domestic front, Harry Truman was president, and the 22nd Amendment to the US Constitution was ratified (Feb. 27th) limiting the number of terms a president may serve. Color television would be introduced in 1951, and Allen Freed would coin the term rock 'n' roll. At the movies people would flock to see *The African Queen*, *A Streetcar Named Desire*, *An American in Paris* and *A Place in the Sun*. J.D. Salinger's *Catcher in the Rye* and Herman Wauk's *The Cain Mutiny* would be published. A gas station attendant would fill your tank for \$.27 per gallon and wash your windshield in the process. Policemen still walked the beat, and a letter was sent first class for \$.03.

Eagles announce route of 12 mile race.

On Friday, March 23 1951 the New Bedford Aerie 647, Fraternal Order of Eagles announced the route for a 12 mile handicap race to be held on Saturday, March 31st. The course would be as follows: Start at corner of Linden and Pleasant Streets; and proceed north on to Weld Street, east on Weld to Ashley Boulevard; north on Ashley Boulevard to Nash Road; east on Nash Road to Acushnet Avenue; north on Acushnet Avenue to Tarkiln Hill Road; west on Tarkiln Hill Road to Church Street; south on Church Street to Nash Road; west on Nash Road to Mount Pleasant Street; South on Mount Pleasant Street to Hathaway Road; west on Hathaway to Shawmut Avenue; south on Shawmut Avenue to Durfee Street; west on Durfee Street to Liberty Street; south on Liberty Street to Parker Street; west on Parker Street to Rockdale Avenue; south on Rockdale Avenue to Dartmouth Street; north on Dartmouth Street to Allen Street; east on Allen Street to County Street; North on County Street to Linden Street; east on Linden Street to finish at Pleasant Street.

Note: The course east on Weld Street as described

above could not be followed today since Weld Street has been altered by Route #18.

Bob Black established as favorite

The Standard Times, on Friday, March 30, 1951 established Bob Black as the favorite in the Eagles Race to be held the following day. Black had been a standout distance runner at Rhode Island State. Also entered were such notables in the running world as: John J. (Johnny the younger) Kelly who would go on to win the Boston Marathon in 1957 but on this date was a student at Boston University and training with the BAA, John (Jock) Semple of the BAA, John Lafferty also of the BAA and O. Gardener Spooner, unattached, from New Bedford who at 58 was considered the grand old man of road racing.

Race features handicap system

The race was to be a handicap race, meaning that those who had showed less speed than others in previous races would start at various intervals ahead of the more talented and proven runners. Black, and Lloyd Bairstow were co-favorites going into the race but only Black would live up to his billing. Black, a speedster had won several National titles at 2 and 3 miles but was notorious for under training and had never run a race over ten miles. On April 19, 1951 Bob Black would take his speed and his lack of training to Boston where he would learn that it takes more than speed to win the marathon. A 3:01:57 was only good for 32nd place. Black would never challenge the Hopkinton to Boston run again.

Black lives up to favorite billing

In the Eagles race however, Black would overcome the handicap given to other runners—12 minutes to some—and tear up the 12 mile course. With a time of 63:49 he was two hundred yards ahead of second place finisher John McKay of the North Medford Track Club at the Linden Street turn to the finish. Third place went to John Lafferty of the BAA. John Kelly from BU, with a respectable time of 68:21 could do no

(Continued on page 12)

Greater New Bedford Track Club

P.O. Box 1209

New Bedford, Ma. 02741

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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, 20th of each month.

Newsletter published monthly; February—December

We are deeply indebted to Terry Frenette for her assistance with the formatting of past results.

President's Message

First up on this year's calendar of events is our Annual Blood Drive.

It's on Wednesday February 22nd. People never realize how limited a supply of blood is available until a loved one is in need, so come on and stick your arm out there. The Ladies at the blood bank do a great job of making you feel comfortable and getting the job done quickly and without pain, plus they give you a drink and a snack when you're done. So come on and save a life. It'll make you feel good knowing you're helping someone in need, and who knows, you may need a pint or two some day. Give me a call at 508 996-2134 if you're interested in donating.

The NBHM is also just around the corner. Have you sent in your application yet for this fun-filled event? Don't forget, if you're not up to the that kind of mileage, we are always looking for new volunteers to help out in one way or another. The Fun Run will be held one week prior to this great event, on Sunday March 12th, from the YMCA, with hot coffee and lots of goodies, that is, carb-replacements after the run.

We leave the YMCA in New Bedford at 9 A.M. SHARP. Once again "The Paper Cup Gang" will be out on the course to provide water at two stops, Rockdale Ave (North end) and West Rodney French Blvd. Remember, you don't have to run the whole distance; alternate distances are available to you if you're not up to it. It's just a great get together!

Stop by and introduce yourself, let's get to know one another!

Have you renewed you club membership yet? There is a renewal form in the back of this newsletter or you can get one on-line on our web site, gnbtc.org

We are always looking for volunteers, there are many event that you can help out at, plus we're looking for a new race director for the Spooner race if anyone is interested let me know.

And as always... *BE CAREFUL OUT THERE!*

If you know of a member who is going to do something unique or something for the first time please send info to news@gnbtc.org



Cuddy's Corner



I went up to Raynham for the Frostbite 15K last month, which lived up to its name, and found many old friends among the crowd. This is a good time of year for serious runners and the winter races bring everyone out of hibernation. There

Don Cuddy was a fully catered hot breakfast served afterwards-bacon, eggs, potatoes etc. That is something new. Is road race catering a niche market? Anyway I saw Dave Simmons there and went over to inform him about the dinner at the Cobblestone. Dave lives about a half-mile from Ft. Phoenix but is the president of the Rhode Island Road Runners, a fact I uncovered when doing the RIRR runs in Warren last summer. I asked him why he did not belong to this club and he told me frankly that he had never been made to feel welcome after moving to this area. He had joined up to meet other runners but he said: "When I said hello to people they looked at me like I had three eyes." So he decided to look elsewhere.

This has given me food for thought particularly as this subject arose at the Track Club board meeting in the Europa just a few days earlier when the discussion centered on attracting newcomers. It was pointed out that the Sunday morning run was the most likely occasion where a potential member might first come in contact with the club and that an effort should be made to greet any unfamiliar faces who come out to the Warming House. This might prove an uncomfortable topic for some. Speaking as an outsider myself I recall that my own move here to New England was not without a measure of exasperation. I found people to be very stoic around here. They mind their own business and are not outgoing. They don't complain a lot, neither do they rejoice. Breaking the ice was always a challenge. I ran on Sundays for a while before I felt a part of the group. Maybe we can all an effort to get to know one another better.

Another difficulty with the Sunday runs is the pace and distance. Beginners cannot be expected to go ten miles and even if they can they may end up being dropped by the others. Maybe there is a way we can address these issues. A good start is to begin talking about them and it is my view that we could get together more frequently. For that we need to plan more social occasions that bring people together. The

Cobblestone event is a beginning and I would welcome any other ideas anyone cares to bring forward. The club can be anything we want it to be. A club is defined as 'a group with a common purpose.' My purpose is to have fun, which brings me to another topic currently receiving some scrutiny: the possible relocation of the Airport Run.

It was proposed at the Board meeting and the New Bedford Industrial Park was mentioned as a possible alternative.

Last summer for the first time in many years my hours limited my participation so I do not feel qualified to get on the soap-box. However my preference is that it should be near a beach. There would be nothing better after a hard run in August on one of those insufferably humid evenings than a cool dip at the finish. West Island, Fort Phoenix, Apponagansett and Fort Tabor were all mentioned. Fort Tabor would get my vote as its more central. More than once in times past we have stopped in the middle of the Sunday run on Smith Neck Rd. in Dartmouth to swim. And if the Wednesday run was held at a recreation area it would encourage family members to come out also. If you have an opinion on this or anything else then please email it to the editor. It's your club too.

The editor responds:

I know Dave Simmons. Seems like a nice chap to me. It is however his loss when he chooses not to belong to this club.

As to the recruitment of new, less experienced, runners into this club, we have tried that with our ad in the "Calendar" section of the Standard Times. The problem is that we need to have a group of volunteers who are willing to lead new runners around the various courses in the area. If Don would be willing to form and lead such a group I will place an in ad in "Calendar." I am also willing to meet new runners at the "Warming House" on Saturday mornings and show them what we are all about. I certainly run slow enough.

Yes, there are runners in the club who are not as friendly as they should be, but we as a club are being painted with too broad a brush.

After a 10+ year hiatus I returned to the GNBTC and found the new members to be as friendly as those who preceded them. I have many friends in the RIRR Club. I have always found them to be friendly. However, I will venture to say that GNBTC takes a back seat to no club when it comes to friendliness.

Don Dayton



The Perfect Mile

By: Neal Bascomb

The date was May 6, 1954. An employee of radio station WBSM located on Pope's Island in New Bedford stood by the clattering Teletype machine in the newsroom. When the noisy machine quieted he tore off the paper and read the news it contained. Excited by what he read, he ran to the studio and handed the paper to Chris Clark who was on the air at the time. Clark immediately read the news to his listening audience. "Roger Bannister of England has just broken the four minute mile barrier with a time of 3:59:4," He proclaimed.

Bannister had just done what most people believed was impossible.

The story of the breaking of the four-minute mile is told in great detail by Neal Bascomb in, "THE PERFECT MILE".

Here is the story of three men in pursuit of a dream that only one can achieve. The story of three men on three continents with one single goal, being the first man to run the mile in less than four minutes. Today that seems to be quite slow by world standards, but in the early 50's it was the gold standard of track running. On July 7th, 1999 in Rome, Morocco's Hicham Guerrouj ran the mile in 3:43:13. If Bannister had been in the race he would have finished over 100 yards behind Guerrouj.

All of this is told in minute, but interesting, detail in Bascomb's account of the record-breaking efforts of Bannister and those who tried and failed to be the first across the line in less than four minutes; Roger Bannister from England, Wes Santee from the United States and John Landy from Australia.

In paper back from: Mariner Books, \$14.00



Board of Directors

Left—Don Cuddy, Kevin Silva, Katie Cabral, Vinny Murphy, Joan Sparrow (hidden), Joe Russo, Ann Russo, Kenny Rogers. Right—Julian Youngblood, Richard Flood, Connie Mimoso, Don Dayton, Mary Fitzgibbons (hidden), Dave Richards.

Photo by Phil Chace

Don't get shut out!! Important Registration Deadlines.

The following is a list of upcoming registration deadlines for popular regional races and events in February. These races fill up quickly! Some are lottery's and some are first come, first served.

Check out upcoming issues of GNBTC's "The Wall" and GNBTC's Yahoo Event calendar for up to date listings. We will try to be as thorough as possible and include events such as trail races and triathlons that may be of interest to our members.

46th Mount Washington Road Race

<http://www.coolrunning.com/mtwashington/>

Registration Opens March 1, 2006

Registration Closes March 15, 2006

Lottery Drawing, March 16, 2006

Race Day Saturday, June 17, 2006

2006 VW Mt Washington

Auto Road Bicycle Hill Climb

<http://www.tinmtn.org/hillclimb>



Saturday, August 19, 2006 Registration opens February 1, 2006 at 6:00am eastern time to the first 600 Riders. A wait list will be generated once the race is filled; the practice ride will be open to registered entrants and cyclist on the waiting list.

If you know of any other important deadlines or races that fill up quickly? Send an email to news@gnbtc.org and we will get it into the next issue of "The Wall".

2005 & 2006 USATF New England Mountain Running Circuit

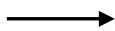
Congratulations to Donald Dayton for completing four of the six mountain series races. Donald won the over 70 division by a hair with 230.28 total points. He beat second place finisher Paul McDermott of the North Medford Club with a total of 229.96 points. Nice job Donald!!!

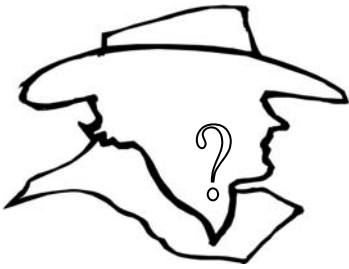
The 2006 mountain running circuit schedule will be out soon. Race all six of the races and receive a tee shirt and official "Mountain Goat" standing. Dates and race information will be included in upcoming issues of GNBTC's The Wall, or visit:

<http://www.usatfne.org>



Don't just do the best you can—
Do what you think you can't
Silverfox (2006)





Running Away With '60s'

LCM Webster

Some of the artists from the '60s are starting to revise their hits with new lyrics to accommodate some of us aging runners. They include:

Herman's Hermits – Mrs. Brown, You've Got a Lovely Stride

The Bee Gees – How Can You mend a Broken Hip

Bobby Darin – Splish, Splash, I Was Havin' a Flash

Ringo Starr – I Get By With a Little Help From My Depends

Roberta Flack – The First Time Ever I Forgot Your Face

Johnny Nash – I Can't See Clearly Now

Paul Simon – Fifty Ways to Lose Your Liver

Commodores – Once, Twice, Three Times to the Bathroom

Marvin Gaye – I Heard it Through the Grape Nuts

Procol Harem – A Whiter Shade of Hair

Leo Sayer – You Make Me Feel Like Napping

The Temptations – Pappa's Got a Kidney Stone

Abba – Denture Queen

Bob Dylan – Like a Kidney Stone

Queen – We WERE the Champions

Dion – Limparound Sue

The Rolling Stones – Drooping Jack Flash

Tony Orlando – Knock 3 Times on the Ceiling If You Hear Me Fall

Helen Reddy – I Am Woman, Hear Me Snore

Willie Nelson – On the Throne Again

Lesley Gore – It's My Procedure and I'll Cry If I Want to

L.C.M. Webster

www.lcmwebster.com

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.**

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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>

Aug. 12 run will honor area's Mr. Runner, O. Gardner Spooner

I never knew the man, but I like his style.

I refer to the late O. Gardner Spooner, in whose memory the Greater New Bedford Track Club is hosting a 10-kilometer road race Aug. 12 at 10 a.m.

Spooner, a New Bedford native, was a fitness freak and distance runner long before running became chic in suburbia. He was a marathoner when the Boston Marathon consisted of one to two hundred "idiots."

Spooner was no idiot. He knew the rewards of running and a well-conditioned body long before Dr. Sheehan and his contemporaries were writing books on it. And he started running at age 50.

He was 57 when he finished 33rd in the Boston Marathon in three hours and 37 minutes, which wouldn't even get him a number under today's qualifying times, but that wouldn't have stopped him, either. Marathon officials refused to permit him to run officially in his later years because of his age, but he ran, anyway.

He ran the Boston classic 15 times in all, finishing 12. In a 20-mile road race in Medford, Spooner, at age 70, earned the distinction of finishing ahead of the legendary Clarence DeMar, seven-time Boston Marathon winner, by 15 seconds. DeMar was 69 at the time.

Active in baseball, football, soccer and hockey in his early years, Spooner, who was born without a right hand, turned to running when bicycle racing faded during World War II. "Replacements (for bicycles) were hard to get and as the cycle events faded out, I happened to turn to running," he said.

Active cyclist

As a cyclist, Spooner competed in races throughout New England from the time he was 34 until he was 50. His cycling records include 12-1/2 miles in

**So Help Me
Hanna!**

By Bob Hanna



33 minutes, 7 seconds, and 50 miles in 2:24. He several times rode 100 miles in less than five hours.

He was also active in walking races and competed in a 10-kilometer walk race at age 81. But he never stopped running. He died in 1969 at 81 doing what he loved, jogging along Shawmut Avenue, where he was a familiar figure to early morning motorists.

His widow, Mrs. Ruth Spooner, will present a trophy to the overall winner of the O. Gardner Spooner Memorial Road Race. Special guests for the race will include well-known marathon veterans Fred Brown and John (The Elder) Kelly, both of whom knew Spooner.

The 6.2 mile course, mostly flat, will start at Buttonwood Park on Rockdale Avenue and will proceed right on Hawthorn Street to Slocum Road, right on Slocum to Hathaway Road, right on Hathaway to Rockdale, right on Rockdale to Hawthorn, right to Hawthorn to Brownell Avenue and finishing in Buttonwood Park.

There will be eight divisions - junior boys (18 and under), open men (19-39), master men (40-49), senior men (50 and over), junior girls (18 and under), open women (19-34), master women (35-49) and senior women (50 and over).

There will be trophies for all division winners, medals for the first 100 finishers and certificates to all finishers. There will be four aid stations (water and ERG) with splits at one, three and five miles. There will also be refreshments for all runners following the race.



O. Gardner Spooner
A race in his memory

Entry fee is \$2, with post entries \$3. Deadline for pre-entries is Aug. 5. Checks should be made payable to Greater New Bedford Track Club, P.O. Box C-209, New Bedford, Mass. 02740. Runners are asked to report early to avoid any delays in starting. There will be a fun run at 9 a.m.

Editors note: *Many thanks to Bob Hanna for allowing me reproduce this page*

WOMENS RUN FOR FUN – 4 MILES

MAY 4, 1980

1.	Lea Ventura	28:11	(7:03/MI)
2.	Sue Whitney	28:33	
3.	Sue Foster 1 st SW	28:49	GNBTC
4.	Shannon Hathaway	28:57	
5.	Kathleen Kelly	29:06	
6.	Mary Fitzgibbons	29:45	
7.	Frances K. Saverine	29:56	
8.	Patti Somers	29:57	
9.	Flo Days 1 st MW	30:07	GNBTC
10.	Denise Goff	30:18	
11.	Elna Kugler	30:23	
12.	Lynn Davidian	30:30	
13.	Jody Barkhouse	30:40	
14.	Emily Thomson	30:47	
15.	Sandra Watkins	30:53	
16.	Ann Kugler	31:31	
17.	Sarah Wilcox	32:14	
18.	Beth Hathaway	32:21	
19.	Kathleen Gaspar	32:27	
20.	Josephine Barkhouse	32:29	
21.	Susan Reed	32:31	
22.	Susan Hess	32:43	
24.	N/R	----	
25.	Debbie Gagnon	33:02	
26.	Lori Otis	33:12	
27.	Mary Ellen Flinn	33:18	GNBTC
28.	Susan Watkins	33:19	
29.	Anne Zarlengo	33:50	
30.	Elizabeth Setters	33:59	
31.	Kathy Pimental	34:07	
32.	Michelle Collard	34:08	
33.	Maryann Maranhao	34:18	GNBTC
34.	Pat Hayes	34:22	
35.	Heidi Reuter	34:25	
36.	Susan Guidicci	34:31	GNBTC
37.	Ilene Holland	34:39	
38.	Donna St.Amant	34:46	
39.	Mikeline Sullivan	34:50	
40.	Mary-Jo Ahlander	34:53	
41.	Cindy Silva	35:12	
42.	Wendy Forbush	35:23	

February Birthdays

David Bancroft	February 2nd
Octavio Silva	February 2nd
Charles Donohue	February 3rd
John Sinko	February 4th
Joel Hartley	February 4th
Sarah Days-Merrill	February 6th
Frank Frain	February 7th
Megan Michel	February 7th
Naomi Cass	February 7th
Michael Oliver	February 8th
Laura Carreira	February 9th
Linnea Michel	February 10th
Julian Youngblood	February 12th
Peter Murray	February 12th
Thomas Browning	February 15th
Shannon Nobrega	February 19th
David Nobrega	February 19th
Brian Peacock	February 19th
Kristen Fortin	February 20th
Triona Cuddy	February 20th
Susan Blatchford	February 21st
Edward Sweeney	February 21st
Richard Demers	February 21st
Meaghan Healey	February 22nd
Bob Duquette	February 24th
Estela Silva	February 24th
Teresa Frenette	February 24th
Joan Sparrow	February 27th
Michael Abdur-Rahman	February 27th
Gordon Coombs	February 27th

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.

Sunday Striders continue to meet at Buttonwood Park for weekly long runs.

Winter is upon us but that doesn't stop the dedicated Sunday Striders. This group continues to meet Sunday mornings at the Senior Citizen Center.

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>

Plantar Faciitis

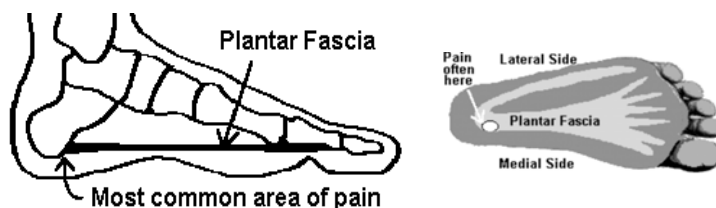
By: *Lori Watkins*

Plantar Fasciitis is an inflammation of the plantar fascia- a thick band of tissue in the bottom of the foot. This fibrous band runs from heel to the base of the toes. When placed under too much stress the fascia stretches to far and tears which causes inflammation of the fascia and surrounding tissues. The tears turn into scar tissue making the fascia less flexible further exaggerating the problem. Most people describe the pain plantar fasciitis as feeling like a bone bruise or a dull pain similar to a toothache. Plantar fasciitis is most painful in the morning, as you take your first steps out of bed or at the beginning of a run when the irritated fascia is stretched. Often runners will adapt by changing their stride. A change in gait often results in hip or knee pain. As the tight fascia is pulled and torn away calcium is deposited and a bone spur may develop at the inferior calcaneus (heel). Contrary to popular opinion the bone spur itself does not cause the pain but the chronic inflammation of the torn fascia causes the pain. A bone spur is the sign of fasciitis not the cause. What causes plantar fasciitis? There can be many factors. For runners, worn out shoes, which allow feet to over pronate, an increase in distance and time on your feet, a harder surface, change in shoes, a recent weight gain, . Very high arches, very flat feet and tight calf muscles are also factors. Immediate treatment is key to success. If treatment is delayed, it may take 6 -18 months or more to heal. Reduce your running! I know, I know... tough one. Take aspirin or ibuprofen daily if your stomach can handle it. There are also organic substitutes which help (I like New Chapters zyflamend made with rosemary, tumeric, ginger, basil.... good stuff). Ice the area for 15 minutes several times a day. A great way to do this is to fill a paper cup with water and freeze it. Peel the paper and roll on foot from heel to ball of foot. Once the swelling is down, roll the foot over a tennis ball or golf ball to break up scar tissue (this may be a bit painful). Taping the arch or using over the counter arch supports or customized (expensive) orthotics may help. Again if you have very high arches or flat feet do your homework and buy running shoes appropriate for your condition. Heel cups have proven to be the least effective treatment, though cushioned heel supports seem to feel good to me. Additionally running shoes should be replaced frequently. Stretch! Yes, I know.. who has time??? Stretch the calves! Stand with hands against the wall. With one foot forward and one

back, press against the wall- shifting weight over the front foot while straightening the back leg. Keep the back foot on the floor and feel the stretch in the heel, Achilles tendon and calf. Switch legs even if that foot doesn't hurt, as long as you are in stretch mode. To stretch the deeper calf muscles, sit on the floor, bend the knees. Wrap a towel or rope around ball of foot, bend knees and pull top of foot toward your head.

Lori Watkins LMT

Marion Massage Therapy



USATF-NE Grand Prix

Mar 19 - New Bedford Half-Marathon, New Bedford MA

June 4 - Rhody 5K, Lincoln RI

June 25 - Whirlaway 10K, Methuen MA

July 16 - Stowe 8 Mile, Stowe VT

Sept 17 - Ollie 5 Mile, South Boston MA

Oct 1 - Apple Harvest 10-Miler, Harvard MA (wild card)

Oct 29 - Cape Cod Marathon, Falmouth 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.

- 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.
- Only current USATF-NE members are eligible for Grand Prix individual scoring.
- At the end of the series, awards will be presented to those athletes with the highest number of accumulated points in each division.

MEMBER PROFILE:

CECELIA ROBERTS

We probably all remember our first real running route—not necessarily the first mile we ever ran or the first race, but that first route that we felt we owned. For Cecelia Roberts, at age 20, that route was around the outside of the YMCA in New Bedford. She and a friend were taking a calisthenics-type class that ended with some running in place. Rather than finish in the stuffy gym air, she and her friend would run outside, around the building. What began as a cool-down evolved, eventually, into a 3 mile run. She doesn't remember how many laps, alternating between running and walking, it took to achieve the three miles. Whatever the total, it was only the beginning of a very long journey.

That summer Cecelia worked at the Snack Shack and found, by the fall, that some of the treats she'd enjoyed eating while she worked had left her feeling heavier than she wanted to be. She decided to run to lose that weight and set out for her first consecutive mile. When she finished, sweaty, red-faced, and panting, she felt absolutely exhausted. But, she did finish. With that, her running career began.

The running boom of the late 1970s and early 1980s drew many people to the sport. At the time, most of those people were men. At a time when elite and average role models were hard for a female runner to find, Cecelia became rooted in the sport. When she was asked to reflect on the history of the sport, she identified the Bonne Bell road race as a significant milestone for women. It promoted the sport, promoted women's athletics, and it got noticed. "After that women took the opportunity, the open door, and they showed they could excel. They weren't *given* the opportunity, they *took* it. And once they did excel, everyone took notice". She remembers her own experience running first half of the Bonne Bell, an out-and-back course, watching Joan Benoit sprinting to finish in the opposite direction. And, she notes with pride, that her own first race, which had come a bit earlier, was the Women's Race. In 1980, the four mile Hazelwood course finished uphill and Cecelia recalls that her entire family was there to cheer her at the finish and to celebrate with her afterwards. She has maintained a connection to the race for two decades, and has served on the Race Committee for the last 16 of those years.

Cecelia's run one marathon, Montreal, in 1989. Unlike the half marathons she repeated (Hyannis, Orleans, and New Bedford), she had no desire to try to repeat what was a truly successful first outing. Her finish time of 3:52 and her feeling of health and easy recovery that followed are still sources of pride and not a memory she wishes to jeopardize with another attempt. That doesn't mean she hasn't had her share of running adventures. Cecelia and her husband Steve were both runners when they met and have built running into nearly everything they've done. When vacation plans brought them to Cape Cod, Steve ran the distance from Acushnet to Falmouth while Cecelia and another couple traveled by car as support crew, with each of them taking turns running along with Steve. She remembers that of the 35 miles, Steve only ran 2 alone. She and Steve biked from Plymouth to Provincetown during those years. She fondly recalls the camaraderie of the GNBTC members, noting that most running events culminated in a group carb-fest of pizza and beer.

After she and her husband each began working in Boston, and later raising their daughter Stephanie, their running changed. In that way, Cecelia's also a representative of women runners, constantly attempting to balance family, community, work and other responsibilities with a commitment to fitness and fun. Just as she blazed a trail in her early running, Cecelia's leading the pack in this area too. She completed her first sprint triathlon recently, is able to run 3-4 miles a few times a week, and is hoping to build her total mileage and participate in the Dartmouth Triathlon again this year. She's still going strong, a personal characteristic that her running career reflects. Not seeing herself as competitive, Cecelia's been committed to achieving her own personal goals rather than a specific place, time or status in any running event.

Cecelia values the friendship of fellow GNBTC members, appreciates the club's ability to promote running in the area, and wholly supports the many contributions that the club makes to the local community. She's proud to have been an active member and to have formed the lasting connections that she has over her years with the club.

Continued on page 11

Undaunted by the weather—buoyed by the season

Greater New Bedford Track Club Members were out in force to support the Standard Times Neediest Fund, and to enjoy the festivities at the annual Christmas party and awards banquet. Although the weather was brisk, and snow was falling, these runners made the best of the situation and collected a fair amount of money for this worthy cause. Plan to attend next year and see what the fun is all about.



The usual suspects are pictured to the right. There's a group you wouldn't want running through your neighborhood.

Ann Russo, Linda Morad, Connie Mimoso, Joan Sparrow and Mary Fitzgibbons were on hand to help make the party a success.

Annual Awards

Awards were presented to the following members;

Kenny Rogers was inducted into the Hall of Fame.

Terry Frenette with the Female Runner of the year.

Donald Dayton with the Male Runner of the year.

Phil Chase with the Male Volunteer of the year.

Connie Mimoso with the Female Volunteer of the year.

Bob Hanna with the Distinguished Service Award

Greater New Bedford

Women's

Center

December 22, 2005

Greater New Bedford Track Club

P.O. Box 1209

Dear Greater New Bedford Track Club:

Thank you for your generous donation of \$800.00 from the Mother's Day Walk to The Women's Center, formerly The Greater New Bedford Women's Center.

The Women's Center provides a myriad of services to survivors and victims of domestic violence, sexual abuse, and child trauma, while adhering to our mission to "empower and support choices for all and to educate and take action in the community for the prevention of oppression and violence."

Our staff, board, and volunteers thank you for appreciating the vital role The Women's Center plays in our community.

Sincerely,

Pamela MacLeod-Lima

Executive Director

MEMBER PROFILE

(Continued from page 9)

Interestingly, Cecelia's now leading another pack. This spring, for the first time, she ran the Women's Race along with her 11 year-old daughter Stephanie, who has also run the Smile Mile and, with both of her parents, finished Louie's Run. Just as it had been for her mother twenty years before, the finish line was a place for Stephanie to celebrate her achievement with family and friend. That's probably a notion that never would have entered Cecelia's thinking as she made those laps around the YMCA all those years before. Isn't it amazing where the road takes us?



Cecelia 7 Steve

the McDonald's restaurant. In a loud, perhaps over-enthusiastic tone, he spontaneously began reciting the Pledge of Allegiance.



Frank Frain, Bill O'Mara,
Sam Palestine, Keith Sherman
at the end of the Pledge Run

Others in the group chimed in and another weekly tradition began. Each week since that day the run ends with a group recitation of the Pledge. It even caught the attention of local DJ Michael Rock. A few years back, the radio station was doing a live, fund-raising broadcast from McDonalds. The DJ looked out the window and saw a group of sweaty men in running clothes with their hands over their hearts, obviously reciting the pledge. He mentioned this curious site on-air and later spoke with Sam a bit about what they'd been doing. While he's not one to mention his own contributions, Sam returned to the broadcasters that afternoon with a contribution to that fund-raiser.

Runners are a curious bunch. We all have our traditions, our rituals and routines that define our own participation in the sport. Sam was right when he said that one of the best pieces of running wisdom he'd heard was that 10 different athletes may have 10 different training programs, but the important part was that every one of them had a program. Success requires commitment and consistency. Among our many freedoms, as Americans, are the freedoms to define our own paths and to choose our companions on the journey. Thursday's coming quicker than you think it is and Sam's extended an open invitation to everyone. Is this the week for you to begin a new tradition and join them?

The Pledge Run

Lisa Talbot

Although you won't find it listed as one of the races in the GNBTC Grand Prix, the Thursday morning Pledge Run is one of the clubs longest running events. There's no entry fee, finisher's medal, tee shirt, or line at the porta-potties. Instead, a group of committed members, headed by Sam Palestine, meet every Thursday in the pre-dawn hours at the Shawmut Diner for a 10 mile loop that they began running about 20 years ago. Bob Dowd, who's frequently in the Thursday pack, did the calculations and realized that over the twenty years, that means they've logged over 10,000 miles on that course alone.

Like many traditional running events, the Pledge Run began by accident. Sam and Dave Waleka originally met at Dave's house for a 10-miler that they decided to do each Thursday at 5:00 AM. After a few weeks, some of the other track club members joined in for the journey. Sam said that if there are three of them, they'll run as a pack. If there are more, they might split off into smaller groups. No one is left behind and no one has to run alone. Over the years, they've experienced some changes. After Dave moved, Sam and the bunch started meeting around the corner from the original start, at the Shawmut Diner. They've experienced nearly every weather condition imaginable and nearly all have some stories of personal milestones in their lives that they've shared on the road.

About 8 years ago, feeling particularly peppy after the run, Sam looked across the street from the Shawmut Diner and saw the American Flag flying proudly by

Constantly regard the universe as one living being, having one substance and one soul; and observe how all things have reference to one perception, the perception of this one living being; and how all things act with one movement; and how all things are the cooperating causes of all things which exist; observe too the continuous spinning of the thread and the contexture of the web.

Marcus Aurelius

(from The Meditations)

Eagles

Continued from page 1

better than 15th despite having the third fastest elapsed time. The handicap system had taken its toll on Johnny. The loudest cheers were reserved for hometown favorite Gardner Spooner who finished last with a time of 93:45. Spooner was undaunted and would go on to compete in the Boston Marathon that same year, finishing 75th with no recorded time. In 1941, at the tender age of 53, O. Gardner Spooner finished 53rd in the Boston. The Standard Times of New Bedford reported on April 1st that 25,000 spectators lined the course to watch the race. There were 2,000 waiting at the finish line cheering madly when the venerable and ancient (58) Spooner turned down Linden Street and came into view.

Eagles receive praise

The NEAAU office in Boston congratulated the Eagles on how well the race had been handled. Special praise went to the Boy Scouts who helped at every corner.

Mayor Harriman was the race starter and followed the race in his car.

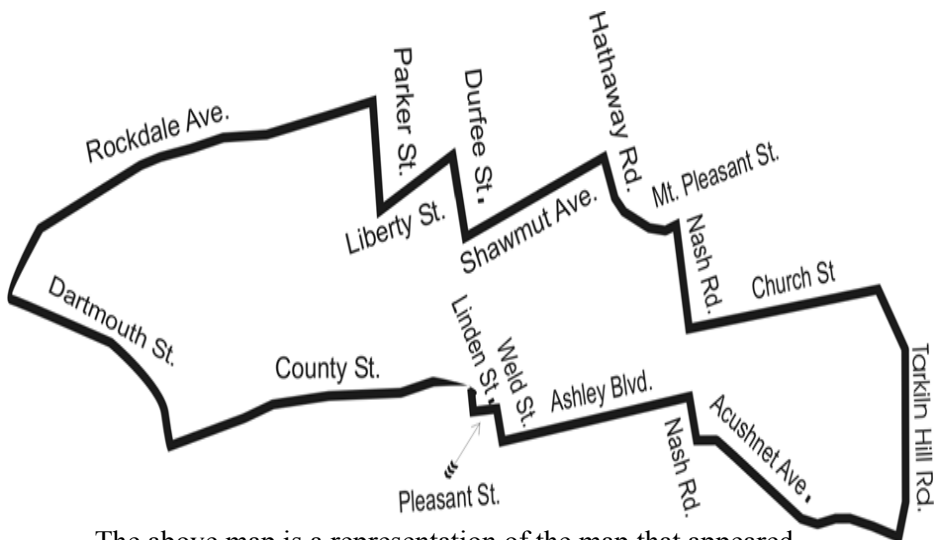
Personal note;

On Saturday March 31 1951 I was a skinny, seventeen year old kid getting ready to report for basic training at the Newport Naval Training Station. I stood on the corner of Rockdale Avenue and Kempton Street with my friends as was our weekend custom. In front of Recca's Pharmacy was our favorite spot. Bill Foley's Gulf Station stood on the Northeast corner, and the Orchid Diner on the northwest. St. Paul's Methodist Church occupied the southwest corner. I frequented 3 of the 4 establishments.

A crowd began to gather at the intersection in the early afternoon to watch the new 12 mile race that had begun at 2PM in the Linden Street area. I had little more than a curious interest as the runners passed, recognizing only Gardner Spooner of New Bedford. Nineteen years would pass before I would be attracted to road running.

Note: Much of the information gathered for this article was taken from the Standard Times archives in the New Bedford Public Library. *The History of the Boston Marathon* by Tom Derderian, Human Kinetics Publishers, 1994, was helpful in linking the 12 mile competitors to their performances in Boston.

	Name	Club	Finish	Elap'd
1	Robert Black	RD	75:49	65:49
2	John McKay	NM	76:28	73:28
3	John Lafferty	BAA	77:03	66:18
4	Francis Driscoll	NM	77:05	73:05
5	Joseph Sterner	NYAC	78:17	75:17
6	Edward O'Connell	BAA	78:23	70:42
7	George Young	BAA	78:40	73:10
8	John Marshall	BAA	79:08	70:53
9	Daniel Gott	NM	79:11	70:26
10	John Shea	BAA	79:15	77:15
11	Frank Ryder	NYMC	79:23	72:19
12	Lloyd Bairstow	BAA	79:41	70:11
13	George Leslie	Unatt.	79:58	76:58
14	Donald Fay	BAA	79:59	76:58
15	John J. Kelly	BU	80:21	68:21
16	Mark Pannachio	NM	80:53	76:55
17	Leroy Davis	NYMC	81:03	73:18
18	Alfred Confalon	NM	81:04	76:34
19	John Semple	BAA	82:06	84:06*
20	Joseph Kajilan	BAA	82:54	79:54
21	Emery Tetrault	NYMC	83:15	76:30
22	Ralph Murray	BAA	83:36	75:31
23	George Pike	BAA	83:29	83:14
24	Kim Lucas	BAA	83:45	79:00
25	Steven Lyden	BAA	83:54	79:00
26	Arthur Ammia	NYMC	83:54	80:09
27	Amealo Siciliano	NYMC	83:57	81:57
28	Robert Sullivan	Unatt.	87:55	83:09
29	Thomas Smith	Unatt.	88:15	86:15
30	Roger Sawyer	NYMC	89:24	84:04
31	Russell Sobbay	Acton		90:44
32	Win Benton	MMC		93:31
33	Gardner Spooner	Unatt.		93:45
*	Does Not Compute			



The above map is a representation of the map that appeared in the Standard Times on Friday March 30, 1951

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. Contact Donald Dayton at: ddayton380@earthlink.net for more information.

Fall River Hill Runs

Wednesdays, 2:30pm

Bristol Community College

Parking Lot "L", 8 or 10 mile challenging course.

Contact Vinny Murphy at vmurphy@cisco.com for more information.

Thursday Night Runs

Buttonwood Park Senior Center

5:30pm 6 mile run. Contact Kevin Silva at crow71@verizon.net for more information.

Be safe, please bring a safety vest!!

N.B. Half Marathon Training Runs

New Bedford Y.M.C.A.

5:00pm Sharp

8 to 13 miles, on the half marathon course. Contact Richard Flood at rflood_pe@verizon.net for more information.

Be safe, please bring a safety vest!!

Upcoming Races

PADDY KELLY ROAD RACE

SUNDAY, FEBRUARY 12, 2006

11:00 AM – BROCKTON, MA

\$15 Pre-Entry by Feb. 3rd / \$20 After

Fast and flat 5 mile run, gloves and post race beer and food after the race. Part of the N.E. Runner Pub Series. Team division prizes; enter "GNBTC" to race for the club. [Http://colonialrunners.org/paddykelly/](http://colonialrunners.org/paddykelly/)

Go Vertical Boston 06 Stair Climb for Cancer

Sunday, February 12, 2006

John Hancock Tower

200 Clarendon, Boston MA

For more information contact:

goverticalboston@drccrf.org or visit:

<http://drccrf.convio.net>

MARTHA'S VINEYARD 20 MILER

Saturday, Feb. 18, 2006

Vineyard Haven Steamship Terminal, Boston

Marathon training run, limited to 600 runner, great long sleeve tee's.

[Http://www.mv20miler.com/](http://www.mv20miler.com/)

Old Fashion 10 Mile & 5K

Sunday, February 19, 2006 Foxboro, MA 11:00AM

For more information contact:

Dave Donnelly, PO Box 2526

Attleboro Falls, MA, USA, 02763

<http://wamproadrners.tripod.com>

Four Points by Sheraton Hyannis Marathon, Half Marathon, 10Km & Marathon Team Relay

Sunday, February 26, 2006

Hyannis, MA 10:00AM

Sheraton Hyannis Resort Hotel,

35 Scudder Avenue

Contact: B.A. Event Promotions, P.O. Box 2184,

Hyannis, MA, USA, 02601 617-625-2140

BAevents@aol.com or visit

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

27th Annual Stu's 30K

Sunday, March 6, 2006, 11:00AM

Clinton Middle School,

Shower facilities in the school.

T-shirts to all pre-registrants, for more information

contact: David King, (978) 840-8907

dking@corpacinc.com

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

Compiled by Richard Flood

The Bagel Run

Once again the GNBTC will host the very popular Bagel Run at Bristol Community College in Fall River. The run starts at the Administration Building at 8:00 AM, Sunday, April 9th. You may choose to run either 6, 8, or 10 miles.

After the run, Showers will be available, and coffee, juice, bagels and muffins will be served. The club is indebted to Alty Hickey who has made arrangement for us to use the BCC facilities. For those who have never



run the BCC course, it is one of the best training runs in the area. Several hills add to the enjoyment of the 10 mile course.

BIG BROTHER/SISTER PROGRAM

November 23, 1980

NEAC SILVER 10k CHAMPIONSHIP

1	Steve Gilmore	NEAC GOLD	32:50.9
2	Timothy Coleman	1 st OM	33:45.4
3	Jack Matheson	NEAC SILVER	33:52.3
4	William Daley	NEAC BRONZE	33:54.6
5	Hal Miller		34:22.9
6	Steve Caton		34:23.2
7	Brian Head		34:26.5
8	Alan Fox		34:47.4
9	Paul Talewsky		35:00.8
10	Charles Daley	GNBTC	35:06.2
11	George Conefrey		35:27.1
12	James Felty		35:40.8
13	Paul Mello	GNBTC	35:45.0
14	Thomas Hallal		35:48.4
15	Douglas Perrin		35:50.5
16	James Barnaby		35:58.0
17	Ronald Savaria		36:01.9
18	Tony Macedo	GNBTC	36:06.6
19	Allen Ganeto		36:29.9
20	Thomas Lemaire		36:32.4
21	Matt Breede		36:37.0
22	James Lawrence		36:37.9
23	Christopher Waters		36:39.9
24	Jerry Souza		36:57.0
25	Jack McCarthy		37:00.6
26	Jim Gaffney	GNBTC	37:05.7
27	Timothy Holmes		37:33.3
28	Thomas Amisson	GNBTC	37:48.9
29	John Nolan		37:51.7
30	Edwards Powers		37:52.4
31	David		37:53.8
32	Kevin Dupere		37:57.5
33	Edward Rossi		38:01.5
34	Charles Prefontaine	GNBTC	38:05.0
35	James Benoit		38:12.0
36	Mark Lariviere		38:14.4
37	Randall Souza	GNBTC	38:14.7
38	Ken Butterworth		38:31.0
39	Dennis Siggins		38:32.4
40	Mel Crotty		38:39.5
41	Don Chouinard		38:42.8
42	Lou LaRiviere		38:45.8
43	William Gooley		38:53.3
44	Peter Ryan		39:09.1
45	John Clark		39:21.0
46	Bill O'Mara	GNBTC	39:22.4
47	Ronald Teachman	GNBTC	39:29.9
48	Bob Lemaire		39:30.2

49	Jay Gonsalves	GNBTC	39:36.0
50	Charles Bodine		39:46.4
51	CharlieCarroll		39:51.2
52	Terry Martland		39:54.0
53	Paul Kennedy	GNBTC	39:56.5
54	Roger Camire	GNBTC	39:57.4
55	Theresa Duhamel	GNBTC	40:10.9
56	Paul Tremblay	GNBTC	40:20.7
57	Garnett Powers		40:23.8
58	Arnold Robinson		40:36.2
59	Joseph Silva		40:39.2
60	Gerald Parent	GNBTC	40:49.0
61	Scott Depere		41:04.5
62	Dave Bragdon		41:05.0
63	Unknown		41:27.5
64	Tony Medeiros		41:28.1
65	Jay Jakubaoz		41:29.9
66	Fred Carvalho	GNBTC	41:33.4
67	Herbert Waters	GNBTC	41:34.6
68	Dennis Duhamel	GNBTC	41:40.2
69	Joseph Lawrence		41:52.1

Note: 55 runners finished in under 40 minutes.

I am ready to start a new religion, the first law of which is, "Play regularly." An hour's play a day makes a man whole and healthy and long-lived . . . Exercise that is not play accentuates rather than heals the spirit. Exercise that is drudgery, labor, something done only for the final result is a waste of time . . . What, then should you do? Run only if you must. If running is an imperative that comes from inside you and not from a doctor. Otherwise, heed the inner calling to your play. Listen if you can to the person you were and are and can be. Then do what you do best and feel best at. Sometimes that gives you the security and self-acceptance and a feeling of completion; even moments when you are fused with the universe and your Creator. When you find it, build your life around it.

"Therein lies perfection," said Marcus Aurelius, to live out each day as one's last." That is why I run and will always run. I have built my day and my life around it.

George Sheehan, *Running and Being: The Total Experience* (New York, Simon & Shuster, 1978). (page 76—77)

SLOW

I go out to find whatever comes
but the first fifteen minutes
are for trying to breath, the next
fifteen for using both legs
without almost having to count
cadence, and the second half hour
for water, two cheep at a bird,
and the reassurance that important chemicals
are in the bloodstream. The first
fifteen minutes are the hardest,
anyone will tell you that, the first thirty
are the hardest, and the first hour
is the hardest hour, but the second hour
sometimes goes right without you knowing:
a mixture of good motions, oxygen
and a certain giving~up
that permits you not to hurry
and gives you back for every slow minute
two that are beyond you. It's the slow
who have to keep going who get to take back
the possessive note the struck
when they were strong. Weak, they find
fatigue is buoyant, they can coast, float,
and sometimes have thoughts
too pure to be brought home
but not righter than others, despite
what you see on the talk shows
with your legs up and your toenails black blacker.
Out-and-back runs, says David
are like folding a piece of paper.
At the far end you know what to do.
Loops are the worst, repeating what you see
as if you owned it. You look forward
to the past; the run lengthens.
I like runs that take a hill in one direction,
pass a body of water,
go down one street no one knows,
and find a breeze. Most of us save the long run
for Sunday, which is sensible
not religious. No believer, after all,
but no doubter, I do look around, except uphill, the more so
after the first two hours
(when it gets easier)

Marvin Bell



GNBTC at the Boston Marathon Team Competition

Club members interested in participation in the Boston Marathon Team Competition representing the Club are urged to contact Julian Youngblood at: com-pru7435@yahoo.com, or gnbtc@yahoogroups.com. The club can form Men's and Women's teams in the Open and Masters Divisions. Team registration will be open from March 1 to April 3. The major team competition rules are that you must be a club member in good standing, members must live in the same geographic region in which the club is registered, a club cannot enter multiple teams for a particular division, members of an open team must be 18-years of age or older and all members of a masters team must be 40-years of age or older.

A complete list of the Boston Marathon Team Competition rules can be found at:
<http://baa.org/BostonMarathonTeamCompetition.asp>

Member Happenings

Susan Blatchford reports that she had a great time at the Las Vegas Marathon. Her goal was to break four hours and her time of 3:59:58 satisfied that goal. Temperature in the thirties, and the wind speed at 20 MPH, were not what Susan expected in Las Vegas. The race began in the dark and a fireworks display added to the excitement of the start that for the first time was on the Vegas Strip. With no hills to speak of the marathon was as pleasant as can be expected at that distance.

Ned Carter is planning on running the New Jersey Marathon. This is a flat course that affords a good opportunity to qualify for Boston.

Several members braved the cold and did the New Years Day Plunge for the Nancy Schonheinze Scholarship Foundation.. **Sandra Almeida, Dave Bancroft, Don Cuddy, Kathy Lopes, Carol Ann Days Merrill, Taylor Days Merrill, Ted Silva, Steve Roberts and Cecelia Roberts**, all took leave of their senses for this worthy cause. Don Cuddy took the extra precaution of wearing a hot water bottle around his neck.

Katie Cabral is headed to the Sugarloaf Marathon in May. This is Katie's first marathon attempt.

Bethany Bertrand gets the Goofy Award for completing Walt Disney Half Marathon on Saturday and coming back on Sunday to complete the full marathon. This was Bethany's first marathon.

November Results

Veteran's Memorial Road Race Stoneham, MA

Distance: 11 kilometers

Date: November 11th Finishers: 246

Bruce Tavares 45 48:58 7:09

Billy Kelly 5 Kilometer Memorial Road Race

Mansfield, MA

Distance: 5 kilometers

Date: November 20th Finishers: 221

Joe Fernandez 72 23:54 7:41

Ann Bell 193 32:35 10:29

19th Annual Norwood Turkey Trot Norwood, MA

Distance: 4 miles

Date: November 20th Finishers: 352

Gary Thomson 17 22:32 5:38

6th Mew's Tavern Gear and Beer Party & 5K Race

Wakefield, RI

Distance: 5 kilometers

Date: November 20th Finishers: 392

Angel Martin 14 18:18 5:53

Jeff Reed 83 22:29 7:14

Woody Wilson 88 22:34 7:15

Don Clukies 138 24:57 8:01

Billy Kelly 5 Mile Memorial Road Race Mansfield,
MA

Distance: 5 miles

Date: November 20th Finishers: 112

Bruce Tavares 16 34:28 6:53

Pie Run Middletown, RI

Distance: 5 miles

Date: November 24th Finishers: 708

Jim Frenette 67 35:17 7:03

Timothy Lyons 86 36:17 7:15

Lynn Poyant 121 37:39 7:31

Kevin Silva 124 37:48 7:33

Teresa Frenette 126 37:51 7:34

Frank Frain 175 39:31 7:54

Kevin Mullen 178 39:35 7:55

Richard Flood 265 42:06 8:25

Kate Collins 279 42:32 8:30

Don Clukies 311 43:15 8:39

Letita Costa 393 45:36 9:07

William Fortier, Jr 472 47:28 9:29

Marion Yuille 559 50:09 10:01

Jacob Costa 649 54:54 10:58

Bob Yuille 650 54:57 10:59

Gobble, Gobble, Gobble Boston, MA

Distance: 4 miles

Date: November 24th Finishers: 1601

Gary Thomson 14 22:20 5:35

St Luke's Trot Your Turkey Off Barrington, RI

Distance: 5 kilometers

Date: November 26th Finishers: 360

Angel Martin 13 18:01 5:47

Woody Wilson 89 22:00 7:04

Brian Grant, jr 99 22:21 7:11

Don Clukies 132 23:26 7:32

Brian Grant, sr 252 27:58 8:59

John Anjos 275 29:44 9:34

December Results

Jingle Bell Run Bristol, RI

Distance: 5 miles

Date: December 3rd Finishers: 61

Kate Collins 25 39:08 7:49

Don Clukies 35 41:30 8:18

Christmas Run for Home & Hospice Care of Rhode
Island Newport, RI

Distance: 10 kilometers

Date: December 11th Finishers: 305

Gary Thomson 6 34:30 5:33

Timothy Lyons 84 45:01 7:14

Frank Frain 90 45:32 7:19

Woody Wilson 104 46:34 7:29

Don Clukies 120 48:30 7:48

Joe Fernandez 153 50:56 8:11

William Fortier, Jr 201 54:45 8:48

Walter's Run 2005 W Roxbury, MA

Distance: 5 kilometers

Date: December 18th Finishers: 236

John Schaechter 27 20:12 6:30

21st Hangover Classic Bristol, RI

December Results

Distance: 5 miles

Date: January 1st Finishers: 241

Gary Thomson	2	28:13	5:38
Timothy Lyons	42	35:12	7:02
Kenny Rogers	45	35:31	7:06
Kevin Silva	60	36:51	7:22
Kevin Mullen	74	38:18	7:39
Woody Wilson	76	38:34	7:42
Don Clukies	157	44:23	8:52
Patrick Sparrow	180	46:40	9:20
Mary Fitzgibbons	189	47:29	9:29
Bob Yuille	197	48:10	9:38
Joan Sparrow	204	49:10	9:50

Disney Half Marathon Walt Disney, FL

Distance: 13.1 miles

Date: January 7th Finishers: 12000

Bethany Bertrand 4592 2:17:07 10:28

Disney Marathon Walt Disney, FL

Distance: 26.2 miles

Date: January 8th Finishers: 12000

Bethany Bertrand 4952 4:58:34 11:23

6Th. Annual 15K Frostbite Invitational Midwinter

Classic Race Raynham, MA

Distance: 15 kilometers

Date: January 15th Finishers: 280

Timothy Lyons	65	1:09:12	7:25
Leonard Verville	68	1:09:18	7:26
Paul Correia	110	1:13:12	7:51
Bruce Tavares	125	1:15:21	8:04
Don Cuddy	127	1:15:26	8:05
Kevin Mullen	163	1:18:44	8:26
Rodrigo Borges	172	1:19:30	8:31
Don Clukies	190	1:21:46	8:46
Patrick Sparrow	255	1:31:05	9:46
Mary Fitzgibbons	262	1:33:45	10:03
Joan Sparrow	264	1:34:16	10:06
Ann Bell	275	1:38:39	10:34

Boston Prep 16 Miler, Derry, New Hampshire

January 22, 2006

Kevin Silva	252	2:12:19	8:17
Jim Frenette		2:13:02	8:19
Richard Flood	319	2:18:38	8:40

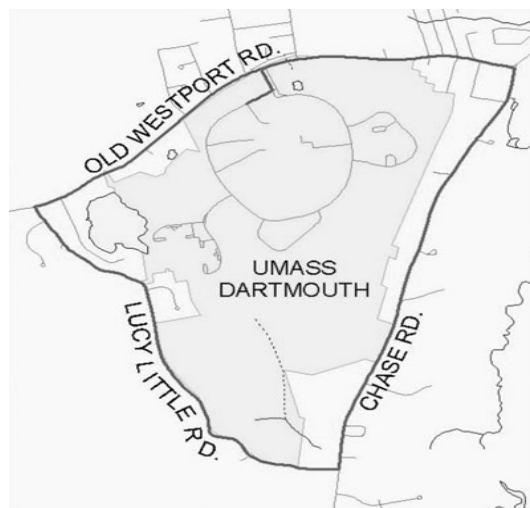
GNBTC Grand Prix

The Greater New Bedford Track Club will be resurrecting the Grand Prix Series for 2006. Richard Flood will be taking on the task of recording the results. The schedule has not been finalized as yet, but the New Bedford Half Marathon is the first in the series.



OLD and OLDER

The editor presents Leo Rodeillat with a track club jacket donated by DD Embroidery. Leo named the newsletter "THE WALL." Leo won by sheer volume, having submitted over 30 names. The Board of Directors chose the winner.



Club Members have been running this route occasionally. It is the route of the old North Medford Club Race, Seven miles +/- on a quite rural course. Contact Richard Flood at the yahoo group



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