



Greater New Bedford Track Club

www.gnbtc.org

The Wall



Mary Harada—Queen of The Mile A Profile by: *Lisa Talbot*

Mary Harada, world-record setting senior women's runner remembers seeing newsreel footage of Fanny Blankers-Koen, known by the nicknames the "Dutch Housewife" or the

"Flying Housewife" in movie theaters. Blankers-Koen was a skilled runner and swimmer born in 1918, at a time when girls were rarely encouraged to develop their athletic skills. Not only did she develop those skills, she made the decision to pursue her running competitively. She established world records in distances that were not even included in Olympic competition. Because of delays associated with World War II, she was unable to compete in the Games until 1948. By then she had given birth to two children and was widely criticized for opting to compete in a time when most felt she should be focused exclusively on her children. Her husband Jan, a track coach, supported her fully and motivated her to persevere in her attempt.

Ultimately, she did compete, winning a record-setting 4 gold medals. Mary obviously made an early note of this extraordinary woman, and her own running career is every bit as motivating and accomplished.

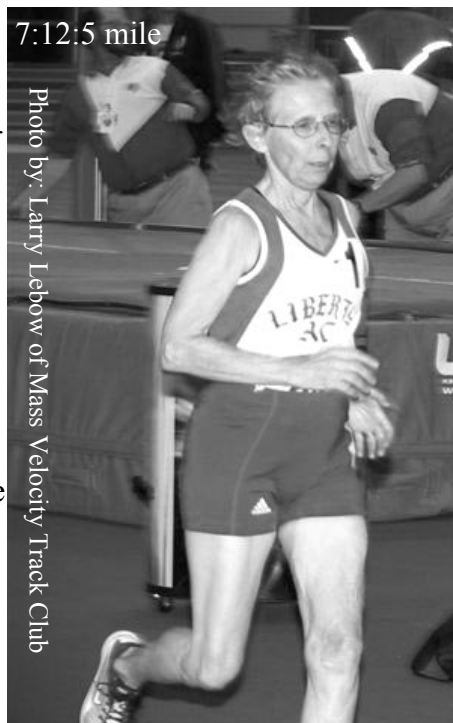
Mary's running resume is spectacular. At the age of 72, she holds no fewer than three world records in her division and she continues to compete and medal nationally and internationally. In 2006 alone, she set the world records in outdoor track for the mile and 300m, the world record for the indoor mile, and was part of the world record indoor relay team. She was named Athlete of the

month by the USATF-NE in March of 2006 and was the USATF's 2006 Women's 70-74 Track Athlete of the year, after setting her division's World Masters Athletics Indoor Championship in Linz, Austria, in

March 2006. She has competed in Spain, South Africa, Australia, Barbados, and countless other destinations.

Locally, Mary has held the office of president of the Liberty Athletic Club since 1999. She was recently awarded the Fred Brown Cup by the North Medford Club in 2006, a track club to which she previously belonged and in which she began to develop many of her competitive skills. Mary began running in 1968, after a friend who was not a skilled athlete took up the sport that Dr. Kenneth Cooper advocated in his book on aerobic fitness. Mary found the early runs around her college soccer field to be relatively unpleasant but she wanted to avoid weight gain and maintain health and determined that running was the best

route to those goals. She recalls training in her Sears and Roebuck sneakers, running throughout her two pregnancies in the early 1970s, and running, mostly with men, in local races and at local coached and uncoached workouts. While mothering two children and blazing trails for women runners, Mary also achieved extraordinary professional success. She earned a Ph.D. in History from Boston University and is a professor emerita from Northern Essex Community College. She laughingly talked of days in which in her position as Chair of the Department allowed her to set her own teaching schedule and how she would do so to best accommodate the times of day when she could run. At that time, her commitments in her career and to her family imposed some practical limitations on her



Mary at Boston Indoor Mile 2006

Photo by: Larry Lebnow of Mass Velocity Track Club

If You Are a Runner Come In

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Greater New Bedford Track Club
P.O. Box 1209
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News/Articles/Results/Comments to:
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Deadline for news and results, 25th of each month.

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December

Mary Harada

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training schedule. She ran her first marathon in 1978, shortly after the famous “Blizzard of ‘78”. The Plodder’s Marathon was a 4 loop course around the city of Brockton and Mary remembers running through tunnels of snow, in which race volunteers would occasionally pop out with water or orange slices. She ran a total of 6 marathons, including the 1978 and 1979 Boston Marathons. Recognizing that she did not have the time to devote to lengthy training runs, she saw that running long conflicted with her building desire to run faster and faster. To this day, she sees that fellow runners who have been marathon and ultra-marathon devotees tend to break down more often than her colleagues who run shorter distances at faster speeds. To train for speed, she began workouts with the Medford Track Club, which led to connections with other local runners. She attended group training sessions and was encouraged by her non-coached workouts at MIT with the Cambridge Sports Union. This eventually led to her affiliation with the Liberty Track Club Master’s Team. Mary identified herself as a “pretty good, not great” Master’s runner. Her competitors from that time would probably paint her as a bit more accomplished than that.

When she retired from teaching, Mary quickly realized that her life would now accommodate a more serious commitment to training and racing competitively. Her children were grown and living independently, her husband was supportive of her running and was himself involved with a hiking hobby, and Mary could train at the times and in the ways that were most beneficial to her performance. She says that she no longer includes junk miles in her training schedule, limiting herself to an average of four days of running per week, and keeping weekly mileage totals close to 25. She knows now that recovery from hard workouts is a lengthier process and that rest is a more essential part of the training regimen than it was in her Masters years. Despite the hardware and the records, Mary speaks of her running as her form of play and it is clear that her time spent running is joyful. She feels proud that she could role model a healthy, balanced lifestyle for her children and that she made time for herself in days when many women’s lives are entirely consumed by the needs of work and family. Like many runners, she came to understand that every member of her family benefited when she ran and every member of her family suffered when she did not run!

Dog in a Manger

Brian Peacock

Once upon a time a dog walked into a barn and found some hay in a manger; he lay down on the soft bed and went to sleep. A short time later the brown horses returned to the barn and saw the dog sleeping there,

“Let sleeping dogs lie”, they said, kindly, “We can wait a while before we eat our supper.”

But the dog, which had a keen sense of hearing, woke up and barked viciously at the horses, saying, “Go away, I’m trying to sleep.” Now dogs don’t eat hay and they can sleep anywhere in the warm barn, but, in winter when the grass in the meadow is sparse, horses need to eat hay.

The other morning I got up before dawn and went out for my five mile run around the golf course. The full moon was up creating long shadows with the trees and eerie images on the surrounding mountains. Being December is was cold with the thermometer down to 10 degrees and there was a crispy crackle as my feet fell on the short rough around the perimeter of the golf course. Soon, the first suggestions of dawn came with a faint red glow around the mountain tops in the East; next the rising sun caught the undersides of the occasional wispy clouds creating a beautiful red aurora. I thought to myself “how lucky I am, to be running around the golf course at dawn, not only am I fighting off the abuses of eating and old age, I am also at peace with the world and can dream my dreams.”

Suddenly, out of the corner of my eye, I saw some headlights coming along the cart path some fifty yards down the hill. I was running on the side of the hill, dodging rabbit holes, close to the perimeter of the golf course. The truck stopped and the occupant got out and beckoned me. I trotted down the hill to say good morning.

He said “I am the new golf course green superintendent and I have a Masters degree in horticulture and you are killing my grass.”

“Good morning”, I said, “I’m sorry about your grass; I really didn’t realize that up here on the short rough, which never gets watered by your abundant treated effluent, I was really doing any harm.”

“I’ve been running this route for more than a year and haven’t noticed any effect on the grass.”



“I also thought the Newton’s Third Law applied to grass – the more you apply a downward force, the more it grows back up.”

“Well”, he said, “You are hurting MY grass; I would prefer that you run on the cart paths.”

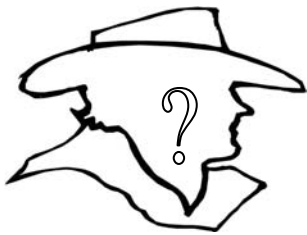
“OK,” I said, “I’ll try to use the paths while it is cold in the mornings, but there are some places where they are not continuous.”

“Please do” he said, and I assumed that I was dismissed.

I said “good morning” and continued on my merry way along the cart path – all this had added five minutes to my usual time.

I thought that this incident needed some analysis. I run about 5 miles, which is about 10,000 steps, of which less than a half are actually on the grass, mostly the sparse rough around the perimeter, the rest being on cart paths. My shod foot is about 10” by 4” which is 40 sq in so I guess that I potentially abuse some $5000 \times 40 / (144 \times 9) = 150$ square yards each day. Now the golf course has about a 5 mile diameter and therefore an area of some 6,000,000 square yards. This means that the maximum possible damage by treading on the grass amounts to 0.0025% of the total area. Now this assumes that a footstep actually does cause irreparable damage, rather than a temporary bruising to the delicate structures. I suspect that the daily radical damage to the fairways by divots and the greens by plug marks are much greater than by my morning feet – in location, area of grass and severity.

This morning I dutifully ran on the paths. Again the early moonlight was exquisite and this was followed by a magnificent sunrise. Sometime the paths fizzled out, so I actually had to cross fairways to find the next path. I tried hard to oblige and only found a single white nugget compared with my usual six or seven or more. Looking on the bright side, I did find a new route – about the same distance as the perimeter. However, if I were a normal runner, which I’m not, I would have complained about the effects of the concrete and packed earth on the paths on my knees. I did question, to myself, both the green keeper’s motives and the accuracy of his analysis. Golfers and runners don’t mix unless your are actually a member of the cross breed of runner-golfers or golfer-runners. Generally runners do their thing around sunrise while



Nice and icy

I go out for my morning run, wearing what I always wear – windbreaker, long-sleeved jersey, running shoes, and shorts. The sun is up, birds are chirping, the temperature is a seasonable 25 degrees or so. Heads turn, jaws drop.

LCM Webster A woman walks by, bundled up as if she's driving a dog sled in Alaska. "You can't tell me you're not cold," she declares.

Not at all, I say. Cold is when you're shivering, when your teeth are chattering, when your toes are going numb. That isn't happening to me. Ergo, I'm not cold.

Maybe it's genetics, maybe it's environment, maybe both. My mother did swaddle me as an infant and put me on the back porch to savor the wintry air. The point is, I don't mind low mercury the way most people seem to. I actually enjoy it.

I'm a fan of frigid, a connoisseur of cold. I was born in November. I live in a whaling city by the ocean. When I had my colors done, I turned up winter, the season of stark and icy tones. I much prefer the Winter Olympics to the Summer.

I like the way my eyes snap open when I step outdoors to fetch the morning newspaper. I like feeling my cheeks grow rosy. I like Jack Frost's cutaneous tickle. This isn't cold, I say. This is brisk.

Cold, by definition, is not 25 degrees. Cold is when the mercury reads below zero, which is why they use a minus sign.

Zero is the median. When Russians ask how many degrees it is on a gelid January day, what they mean is: how many below zero. Twenty below zero, I will concede, is cold.

Adjectives, of course, are relative. How old is old? How rich is rich? How late is late? Cold? Hot? I think 90 degrees with 90 percent humidity is hot (actually, it's brutal), which is why I would never live in the South. There isn't enough air conditioning or ice tea down there to keep me from frying my Yankee circuitry. Hazy, hot, and humid are the dirtiest words in the English language.

I went to Florida in August once, stepped outdoors at 9:30 in the morning, and felt as if an elephant were kneeling on my chest. "How do you breathe down here?" I asked a man from Fort Myers. "What do you mean?" he replied, puzzled.

One man's unbearable is another man's seasonable. Changes in latitude, and all that. Your body tells you

what's normal, and my body apparently isn't calibrated like those of other people.

I slip under the covers at night, and within five minutes my wife is sweating. "Did you turn up the thermostat?" she asks. Nope. It's just me, the human space heater.

I'm from the Bay State, after all, home of the L Street Brownies, Southie's hardy perennials who take a traditional New Year's Day dip at the beach. I disagree with those fahrenheit fanatics who think the Brownies are frostbitten nut cases. They just like to swim year-round. If it were truly cold, God would send them a message. He would freeze the harbor. And if I were underdressed, I figure he'd send me hypothermia.

So it's 7 a.m. in New Bedford on a seasonable day in December, and I am running my wintry course. The sidewalk is slick, my breath is steam, and I am, of course, wearing what I usually wear.

"That is suicide," proclaims a horrified passerby. I look behind me. He must be talking to someone else..

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Mary Harada

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Today she is less consumed with gaining ground and more committed to holding on to what she has. She says, laughing "The writing is on the wall. I'm not going to get faster. But I don't want to get slower". She seeks to race and travel in places that interest her and to continue to excel in her chosen sport. Her value as an ambassador in the sport is also obvious. It is nearly impossible to talk to Mary without becoming inspired. She has a respect for the sport and a perspective on her life that is moving to anyone who has ever made the difficult commitment to becoming a balanced and better runner. Freeing herself of the artificial and unnecessary limitations and heeding her balanced and healthy limitations, Mary has carried the standard of the "Flying Housewife" into the next leg of the relay. Are you ready to pick up the baton?



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.

Evoking the scene in *A Christmas Carol* when Ebenezer Scrooge passed a spooky structure, "It was a large house, but one of broken fortunes." If Charles Dickens had penned this in reference to our 2006 Neediest Families Fund Run/Walk, he surely would have written: "It was a small house, but one of heartfelt contributions." Our total for this fundraiser was \$1,357, talk about esprit de corps, great job GNBTC! Top money raisers were: Bob Dowd \$225, L.C.M. Webster and numerous contributors, \$176; Don Cuddy, Carlos Barbeiro, Mary FitzGibbons, \$100 each. To one and all that collected and gave, thank you. Five stars to all our culinary elves that assisted serving and donating some of the elegant food dishes. Our appreciation to the YMCA, New Bedford's Finest, Executive Auto-Mitsubishi, Rodney Hunt, Bob Burgess, Ron Teachman and all who extended a helping hand. On the down side, who ate my piece of cake? Bah, humbug. (I will be having a grievance meeting shortly with my lawyer Rachael Ray of the Food Network.)

Club Officers elected for 2007 are:

Leo Rodeillat	President
Mary FitzGibbons	Vice President
Ann Russo	Treasurer
Connie Rocha-Mimoso	Secretary
Donald Dayton	Newsletter Editor

On behalf of the officers, thank you for your vote of confidence. We will continue to serve you well, as we have in the past.

This year's blood drive will be held on Tuesday, February 13, 4:30 p.m. and 7:30 p.m. at St. Luke's Blood Bank. Once again this year, our blood bank coordinators will be Sandra Pires and Deb Gabriel. They can be reached at (508) 961-5310. Members can sign up by dialing the club line at (508) 995-4239. The

supply of blood is at very low ebb this time of the year and YOUR help will be warmly appreciated. Thank YOU for your heartfelt attention and concern.

The YMCA has graciously extended their facilities to our club for our yearly fun run over the New Bedford Half-Marathon course. It will be held on Sunday, March 11. We commence our variable running distances at 9:00 a.m. sharp. Shower facilities, coffee and such, will be provided at the 'Y' after completion of the run. Water stops will be supplied along the course, compliments of the 'Paper Cup Gang'. So come grab some miles and join in the fun.

The 30th Annual New Bedford Half-Marathon will be held on Sunday, March 18, and we are making our yearly plea. We need YOUR help and assistance. Please call Dave Richard at (508) 996-2134 and volunteer your services. THANK YOU. (You may reach the NBHM web site at www.newbedfordhalfmarathon.com)

On Tuesday, January 9 a strong count of members turned out for our club's first meeting of 2007. The gathering was held at Rosie's Restaurant on Hathaway Road. Our agenda covered the calendar of events and other issues of interest for the coming year. Our next scheduled meeting will be held at 6:30 pm on Tuesday, February 20 at the New Bedford YMCA. All members are invited to attend.

At the aforementioned meeting the officers, board, and members voted unanimously to award cash prizes of \$100 to the first male and female Greater New Bedford Track Club member to cross the finish line. The only stipulation being that you must be an active member as of March 1, 2007. (**Note:** GNBTC memberships are not pro-rated and run from December 31, 2007 to January 1, 2008.)

Miles and miles of 'kudos' to GNBTC member Joe Fernandez for being selected by USATF & National Masters News, Divisional Runner of the Year. (75-79 - Male).

Rantastic, rantastic.

In the January/February issue of *New England Runner*, Lonny Townley (Club Notes) writes: "Does your running club have a resident philosopher? The dawn of the New Year seems to have inspired a deluge of running-related philosophical rumination along the region's running clubs. Take, for example, Brian Peacock, a member of the **Greater New Bedford Track Club** residing in Prescott, Arizona. As an

Dog in a Manger

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sleeping golfers lie.

The barn was by now quite peaceful following high level negotiations between the dog's and horses' attorneys. The solution was an amicable time sharing. Anyway there was plenty of hay some of which was put aside for the dog to sleep on while the horses fed from the manger. One day a beautiful white horse approached the barn.

"May I share your hay" she said, "In return I'll help with the work in the fields."

This time the horses were upset – a white horse invading their personal space.

"Go away" they said, in unison.

"Just a minute thought, we would like you to work in the fields for less than minimum wage, but you may not share our plentiful hay, nor sleep in our barn, you

must commute from the other side of the tracks."

"Very well" said the white horse, "You are very kind to let me into your area; I will bring lots of my friends and family to work in the fields while you play golf and the stock market and grow fat and buy unused membership's at the gym."

"That's all right but don't expect that your children will go to our schools and colleges, otherwise they will grow up and compete for our jobs and membership of the golf club and that would never do. Anyway we wish to keep our superfluous hay, much of which is imported from over the ocean, because it shows how important we are."

Now tomorrow morning I shall run around the golf course paths and ponder the theories of trickle down economics, nationalism and the meaning of life. Then I will take a final exam in multi engine aircraft aerodynamics.

Foot steps on grass	Foot size sq ins	Possible damage sq ins	sq yards	Golf course circumference miles	Diameter = Circumference / Pi	Area = Pi r squared (miles)	Area (sq yards)	Possible Damage	%
5,000	40	200000	154.321	5	1.590909	1.988636	6160000	0.000025	0.002505
Fairway strokes per day	Divot sq ins	Divot damage	sq yards	Golf course circumference miles	Diameter = Circumference / Pi	Area = Pi r squared (miles)	Area (sq yards)	Possible Damage	%
5000	7	35000	27.00617	5	1.590909	1.988636	6160000	0.000004	0.000438

Julie Wheeler of Mattapoisett ran her first marathon in Las Vegas on December 10th 2006. Julie is a new track club member and she credits the run with a group from the club, (Wareham-Fairhaven), as being a key factor in her training for her first attempt at the marathon distance. Julie is now hooked on distance running and joined the club on her return from Las Vegas.

Says Julie, "I just wanted to say thank you to the GNBTC and especially everyone I met during the Wareham to Fairhaven run a few weeks ago. I finished my first marathon in Las Vegas this past Sunday and owe some of my success to the Nov 26th adventure along Rt. 6

Last Name, First Name (Sex/Age)	Time	OverAll Place	Sex Place / Div Place	DIV	Net Time	City, State, Country
JULIE WHEELER (F)	4:32:10	2653	764 / 139	F25-29	4:27:26	MATTAPOISETT, MA, USA

Where Have All The Runners Gone?

By: Don Dayton

Those of us who joined the running boom in the late 60s and early 70s wonder at the lack of commitment to running and the dearth of good runners in this area. Compare the results of races 20 years ago with current results and there is ample proof that times are woefully slow these days. With the exception of serious runners like Felix Almeida, Jeff Reed, Angel Martin, Sal Corrao Peter Rebeiro and a few others, (very few others), competition has dropped off considerably.

Bill O'Mara, Paul Mello, Joe Fernandez, Larry Finnerty, Paul Foster, Joe McCarthy, Peter Ryan, Bill "Smokey" Harrison, Steve Paulson, Al Porter, Bob Dowd and Phil Piva are names that come to mind when I think of the Club members who were totally committed to our sport and who turned in creditable times, any time they toed the mark, at any distance. Rewarding mediocrity seems to be the theme in this age of social running. Runners are being congratulated for 5 hour marathons, 50 minute 10Ks and 25 minute 5Ks.

Now that the older runners are entering their 60s and 70s there is much talk about the good old days. "New England Runner" usually has an article or two that takes the reader back to the glory days of running. Indeed, Jonny Kelly (the younger), writes a column called "Retro Running" in which he extols the prowess of some of his older running friends. Perhaps this is just nostalgia, (the older we get, the faster we were), but the times do not lie.

I fully concede that there is some virtue in social running. If that is what it takes to get people off the couch and take to the roads, then one could not argue against such an undertaking. Those with a competitive spirit will, at some point, decided to increase the volume and pace of their workouts. Others will continue to plod along for the sake of camaraderie, accepting kudos for their mediocre efforts. I can remember running from Buttonwood Park in the 70's. If you were running a 6:45-7:00 pace you were in the back of the pack and you lost sight of the leaders within 2 miles. Today, if you run a 6:45-7:00 pace you will be running alone and the pack will be far behind when you make the turn onto Allen Street.

When I had this conversation with one of the more

social runners in the club, he quite smugly pointed out that a lot of the Track Club members now train for, and run, marathons and that precludes them from running fast times in the shorter distances. Bunions! I say. Ed Talbot wrote an article for the Wall in April of 2006 in which he revisited the marathon times of some of the earlier members of the club. The times appear below.

Geoff Smith	2:10	Tom Wojick	3:06
Paul Days Merrill	2:33	Tom Barrett	3:09
Joe McCarthy	2:35	Jim Gaffney	3:11
Paul Foster	2:37	Jim Youngblood	3:12
Larry Finnerty	2:37	Betty Prescott	3:14
Len Silvia	2:40	Peter Ryan	3:17
Sam Palestine	2:44	Bill Benedetti	3:19
Felix Almeida	2:44	Julie Connor	3:20
Bill O'Mara	2:46	Bill Beardsley	3:24
Dave Walecka	2:47	Joe Fernandes	3:27
Peter Murray	2:47	Allen Days	3:32
Mark Keighley	2:51	Flo Days	3:33
Bill Harrison	2:57	Bob Kalchthaler	3:34
Marty Flinn	3:01	Ed Talbot	3:45
Terry Haaland	3:06		

Jeff Smith's time skews the numbers here, but that aside, we still had many fast marathoners 20 years ago.

What shoots the smug member's argument down is the fact that most, if not all, of the above listed runners, with the exception of the women, were capable of running sub 40:00 10K's and many of them ran sub 36:00 10K's, as shown in 20-25 year old race results. What does it all mean? I'm not sure. Could it be the Dunkin Donuts factor? Could it be the Yahoo factor? Could it be that pastry is more important than pace? Makes you wonder where the next Hall of Fame candidates will come from. Your comments are welcome. Send them to: news@gnbtc.org

*We are the weary, who begin
The race with joy, but early fail,
Because we do not care to win
A race that goes not to the frail
And humble: only the proud come in.
Sorley, Charles Hamilton, "Song of the Ungirt
Runner"*

Finishing Kick: What's Important?

Having a life vs. running seriously

By Mike Tymn

Reprinted with permission of

Running Times Magazine

Can a runner be a serious competitor and still

"have a life"? I pondered that question after running into Brian Clarke, a popular Honolulu running coach, during a recent visit to Hawaii, where I had lived for 31 years before moving to the Oregon coast in 2002. Having noted that the best Hawaii race times in recent years are significantly slower than they were 10, 20, even 30 years ago, I asked Clarke if he had any theories concerning this.

I had my own theories, but I was curious as to what Clarke, who is in daily contact with dozens of runners, might offer as an explanation. "Runners these days want to have a life," he responded. "It's not like when you, [Jim] Gallup, and those other guys were racing." Clarke's reference was to a period from around 1975–85, when there were at least a dozen Hawaii men under 33 minutes in the 10K and nearly that many women under 40 minutes. And there were perhaps 10 men under 2:30 and as many women under 3:00 in the marathon. These days, it's rare to have a 10K winning time under 33 minutes for men and even more rare to have a Hawaii resident under 2:30 in the marathon.

Even a sub-2:40 marathon is unusual. The decline in women's times has about equaled the men's.

By inference, I took Clarke's comment to mean that Gallup, I, and the "others" did not have much of a life when we were winning races or among the leaders. I always thought I was having "the time of my life." When I recently discussed Clarke's comment with Gallup, a semi-retired physician, he agreed. "Those were the days," he offered.

I wondered what I might have done to have had a "better life" back in my running heyday, which was during my late 30s and early 40s. Looking back, I recall averaging 80–90 miles a week. I'd usually get in a four-mile run during my lunch break at work and then put in an hour or so after work. On weekends, I'd run only once but for a longer period of time. All in all, I devoted about 13 hours a week to running.

Had I not been a serious competitor, I would still have put in about five hours a week to running for basic health and fitness purposes. Therefore, I was really "wasting" about eight hours a week, if I was, in fact, not "having a life."

But what would I have done with those eight hours? First of all, I might have done what most of my fellow

workers did at lunch time—sit around the lunchroom gossiping or escaping life by reading a novel. If that's having a life, I certainly missed out.

As for the hour after work, I might have relaxed in front of the television munching on some chips and savoring a beer while Gina, my wife, prepared dinner. Or maybe I would have prepared dinner.

Gina would say that there were numerous little things I could have been doing around the house to have been more helpful, but for the most part those things got done sooner or later—just not right after I got home from work. Moreover, all those little home projects didn't enrich my life the way running did. They were for the most part menial tasks, things that would have ranked very low on Maslow's hierarchy of needs. Maximizing one's potential in running, however, would fall in Maslow's highest category, self-actualization.

For many people, "having a life" means busying themselves with their jobs, showing off their polished cars, escaping into fictitious stories in books, at the movies, and on television, jabbering on their cell phones, experiencing vicarious thrills at sporting events, pursuing material wealth, and seeking a mundane security. Anthropologist Ernest Becker referred to this "secure" person as the "automatic cultural man." He is "man confined by culture, a slave to it, who imagines that he has an identity if he pays his insurance premiums, that he has control of his life if he guns his sports car, or works his electric toothbrush."

Becker's automatic cultural man is a modern description of Kierkegaard's "Philistine." For Kierkegaard, Philistinism was man fully concerned with the trivial. Of course, if we are not completely selfish, we also involve ourselves in loving, caring for, and serving others. In retrospect, I might have been less selfish and more attentive to my family and others during those extra eight hours a week I put into running.

I'm not so sure the extra opportunities for love and service would have been there most of the time, however. We all need some hours to ourselves, and I chose to take mine on the roads or on the track rather than escaping life by reading a novel or watching television.

The author of *Running by Feeling*, Clarke, who once ran at the University of Oregon under the legendary Bill Bowerman, approaches running more cautiously and scientifically than I ever did. He looks at "life energy" on a scale beginning with energetic and descending through rested, able, weary, to exhausted. He concludes that prolonged heavy training is not condu-

(Continued on page 11)

Greater New Bedford Tack Club

Board of Directors Meeting

Tuesday, January 9, 2006

Attended:

President: Leo R, Vice President- Mary F,
Treasurer: Ann R, Secretary: Connie M

Club Members:

Julian Y, Dick B, Kevin S, Michelle B, Sandy A, Richard F, Dave R, Katie C, Joan S, Cecilia R, Angel M, David B, Kenny R, Joe R, Julie M, Vinny M.

The meeting took place at Rosie's Restaurant and it commenced at 6:00 PM.

Newsletter Report:

If members would like to write articles in the newsletter they will need to submit them by the 25th of each month. Don, the editor, is looking for help from the members to continue to put the newsletter together on a monthly basis. Don also suggested doing the newsletter every 2 months, due to the lack of articles and information from members. The club would like to see more input from the members to the, such as race reports from members who run the races. Leo shared that there is a student at Umass Dartmouth that offered to help with the newsletter. Leo will meet with Don to further discuss all of the possibilities.

Treasures and Membership Report:

Ann Russo the treasure gave her report on the finances of the Club; member attendees were given a copy of the report, as of the end of the December, 2006 the club had \$3, 598.00.

A motion to accept the treasures report was made by Leo, seconded by Richard Flood, motion pass with all in favor.

Membership Report:

Ann Russo reported on the membership, the membership continues to be steady. A motion was made by Leo to clarify the fiscal year of the membership. The membership for the club is from January to December of that year, regardless of when members pay for their membership.

Motion was made by David Richard to accept the membership report, second by Kevin Silva, passed with all in favor.

President Report:

The Christmas party went very well and we donated \$1, 375.00 to the neediest family's fund.

Blood Drive:

The GNBTC blood drive will take place at St. Luke's Hospital on February 13, 2007 from 4:30 PM to 7:30 PM and Dick B. Will be helping the club in organizing this event.

GNBTC Half Marathon Fun Run:

March 11, 2007 at the New Bedford YMCA will begin at 9:00 AM. After the run there will be coffee and donuts. Ann Russo, Connie Rocha-Mimoso and Michelle Robert-Britto will be responsible for getting everything ready for the runners. Leo spoke with Ronnie and we are good to go with the YMCA.

New Bedford Half Marathon:

David Richard announced that the committee for the New Bedford Half Marathon is in need of volunteers for that day. If you would like to volunteer please contact him at 508-996-2134.

Hilltop Bagel Challenge:

It will take place Sunday, **March 25, 2007** at 8:00 AM at the Bristol Community College in Fall River. More information will follow.

Can Opener:

The can opener will be Wednesday, April 25, 2007 at the New Bedford Municipal Airport. Volunteers are needed for the one mile, two mile and the finish line.

Hazelwood Women's Race:

The race will take place Sunday, May 6, 2007 at 10:00 AM. Applications are already available to be distributed. This event is to raise money for the Greater New Bedford Women's Center. The Club will be doing the timing for the race. A motion was made by Leo to order only 100 T shirts for the race, second by Michelle and passed with all in favor. Motion was made by Richard Flood to post the results on cool running. Seconded by Kevin and passed with all in favor. Richard Flood will help Katie Collins with that process. The Club will need volunteers for this event.

(Continued on page 12)

Cuddy's Corner



I have decided to run more races this year for a variety of reasons. For the most part it's simply because I enjoy them. In a race there is always someone to compete against and that always forces me to put in a harder effort than I ever would just

running from the park on Sundays. Maybe because I'm getting older I have been finding it easier to rationalize staying in the comfort zone when doing my training runs but I am beginning to miss the endorphins.

In keeping with my resolution I went to races on consecutive weeks last month and it's been a while since I could say that.

The first was the Weary Traveler in Bourne, a race that has been going on for a long time and despite keeping a very low profile it continues to provide runners with a great time. It's no distance away, just a couple of miles from the bridge and is definitely an old-fashioned event run over a 4.9 mile course, with the middle mile being the short one. It provides a decent challenge, no hills but plenty of rolling terrain and is traffic free. Afterwards there are clam fritters and homemade chowder in the cozy hall.

This year it was part of the Hockomock Swamp Rat Grand Prix so they had 200 runners. \$12 pre, \$15 post and a pair of gloves for every runner was the business end of things. It was a fine day, clear and upper 30's with a northerly breeze. So far the winter has proven kind to runners. I can remember some bad years down there. One time the entire finish area was a sheet of ice. There is a certain feel to this race that evokes a different era and if you are under forty you should absolutely plan on experiencing this next time if you want to know what the old days were like.

The following week the action was up in Raynham at the Frostbite 15K on January 14. There was a record field this year thanks again to a horde of Rats showing up to get points. There were 402 finishers. I ran well I thought. I felt better the longer I ran and by the last mile was picking people off. Running 7.45 pace was good enough to finish 175 overall. The age group was not so impressive however. In the 50-59 division I was 27 out of 54 so I guess I must decide whether the glass is half full or half empty. The competition was good however and even if I had managed to knock five full minutes off my time it would only have bumped me up to 15th place and even my PR for the distance from the old Brockton Y 15K would not have cracked the top five here.

Some guy from Taunton won the division by 27 seconds over Felix Almeida. I'm thinking half full folks.

This was a \$28 post entry but featured a full hot breakfast served by culinary students. Bacon! Eggs and sausage with potatoes! I had a Danish. I can't eat that stuff after a hard run and especially since I battled a guy to the finish and out kicked him with the last stride. We both had the same finish time but I just edged him. He passed me in the last quarter mile and I might have let him go except he had gray hair plus he was wearing headphones and had a bottle of fluid. That made him a recreational runner in my book so I decided he was going down. See what I mean about races? He didn't go quietly and I nearly threw up on my new shoes after I crossed the line but I never felt better.

"I shouldn't have done that." He said to me in the chute. "That's why we're here," I told him. That's why I was there anyway and I'm already looking forward to the next one.

The Raynham race is only in its seventh year but it quickly outgrew the health club where it first began with around 15 finishers proving that the runners are out there if the race supplies them with what they want. This time of year nobody wants a 5K and the fact that the Derry 16 and MV 20 attract gig fields is proof to me that a distance race around here in February would be a big attraction. Who would want to go all the way to New Hampshire if we had our own event locally? It might be something the club could consider.

President

(Continued from page 5)

instructor of aircraft safety at Embry Riddle Aeronautical University, Brian splits his time between an airborne and running life. It only seems natural, therefore, that Brian would note, 'Running is about reaching for the stars, only to be brought back to earth on frequent occasions. Winning may be good for the ego, but losing is good for the soul.' Along somewhat the same lines, fellow club member Don Cuddy writes, 'To me Life is not a spectator sport. It's also short and the longer you live the shorter it gets... If someone were to ask you 'What have you been up to lately' I hope your response won't be 'Not much.'"

Please, don't forget to renew your GNBTC membership for the year 2007. If you have not already done so, this will be your last newsletter. Remember, there isn't a wiser investment on this runner's planet.

Please patronize our club's sponsors and remember to watch your step out there.

2006 Hall of Fame Member Enshrined



Leo Rodeillat points out 2006 hall of fame inductee Jack Daniels' name as Jack looks on in obvious delight. The hall of fame plaque is located in the main lobby of the YMCA.



Boys track GNB Voc-Tech, 56-30

High jump — McKenna (VT), 6-2; Shot put — Boucher (VT), 35-0; 2-mile — Corrao (Fairhaven), 10:33; 50-yard hurdles — Riggs (F), 6.7; 50-yard dash — Hamel (VT), 5.8; 300 — Hamel (VT), 36.0; 600 — Coelho (VT), 1:19.7; 1,000 — Corrao (F), 2:35.5; Mile — Crabbe (F), 4:57.2; Mile relay — VT (Cruz, Gomes, Dias, Coelho), 3:54.

Photo above shows GNBTC member Sal Corrao leading future Umass all American Deon Barrett in the two mile on January 19, 1989. Sal also went on to win the 1,000 at the event. Results are posted above.

February Birthdays

David Bancroft	February 2nd
Octavio Silva	February 2nd
Charles Donohue	February 3rd
Joel Hartley	February 4th
John Sinko	February 4th
Sarah Days-Merrill	February 6th
Naomi Cass	February 7th
Frank Frain	February 7th
Megan Michel	February 7th
Julianne Dufresne	February 8th
Michael Oliver	February 8th
Laura Carreira	February 9th
Linnea Michel	February 10th
Peter Murray	February 12th
Julian Youngblood	February 12th
Ray Bolger	February 15th
Thomas Browning	February 15th
Darlene Peixoto	February 18th
Brian Peacock	February 19th
Triona Cuddy	February 20th
Kirstin Mullen	February 20th
Susan Blatchford	February 21st
Edward Sweeney	February 21st
Teresa Frenette	February 24th
Estela Silva	February 24th
M. Abdur-Rahman	February 27th
Robert Burgess	February 27th
Gordon Coombs	February 27th
Joan Sparrow	February 27th

Finishing Kick

(Continued from page 8)

cive to good health and prevents us from having the energy to do more important things. I fully agree with Clarke on the health and fitness aspect. I sometimes overdid it and ended up injured. I would have been healthier, more energetic, and more fit if I had done less. But there are risks with any self-actualizing undertaking. I was willing to assume those risks in the pursuit of self-actualization. I no longer compete because, at 68, I no longer have the motivation or energy to push myself as hard as I once did. I accomplished what I wanted to and am content now to enjoy a leisurely four miles a day. I don't know what "important things" I missed out on during those years of hard training. If I had cared to pursue them, I suspect I could have been a Philistine rather than a serious runner. I have no regrets.

GNBTC Calendar of Events for 2007

February, 2007

February 13, 2007 Blood Driver – St.Luke's Hospital – 4:30 PM – 7:30 PM

March:

March 11 – Fun Run from YMCA – 9:00 AM

March 18 – New Bedford Half Marathon – 11:0 AM

March 25 – Bagel Run – Bristol Community College – 8:00 AM

April:

April 25 – Can Opener – 6:30 PM (Begins our weekly Wednesday Night time trials until August 29)

May:

May 6 – Hazelwood Women's 5k- 10:00 AM

May 27- Smile Mile – 11:00 AM

June:

June 10 – Day of Portugal 5K – 10:00 AM

June 11 – past Run – Fairhaven – 5:30 PM

July:

July 11 – Couples Run – 6:30 PM

August:

TBA – Pawtucket Red Sox – Bus leaves at 5:15 PM

August 29 – Steven Leo's Scoot – 6:30 PM

September:

September 9 – GNBTC Picnic – After Fort Pheonix 5k (Fairhaven, MA)

November:

November 11 – GNBTC Spooner 10K – 10:00 AM

November 25 – Wareham to Fairhaven – 8:00 AM (Wareham & Fairhaven)

December:

December 2 – Christmas Party – 9:00 AM from YMCA

Go to club website at: gnbtc.org for updates to all club events

Minutes

(Continued from page 9)

Smile Mile:

Sunday, May 27, 2007 at 11:00 AM. Cecilia will work with Ann Russo in regards to the meetings and applications for the New Bedford Park Department.

Old Business:

New England Runners – Calendar:

Leo submitted to the New England Runners the following races: The New Bedford Half Marathon, Spooner Race, and the Women's Race.

The fee for the Road Runners Insurance Liability has been paid the annually fee is \$1,200.00

New Bedford Half Marathon Club members:

Once again this year the club will be awarding \$100.00 to the first female and first male from the GNBTC. To qualify for the money prize the individuals have to be a GNBTC paid member by March 1st.

New Business:

Copy Machine Insurance:

Leo brought up to the meeting of buying insurance for the copy machine. The insurance would be as follow \$395.00 for ½ of year and 625.00 yearly. Motion was made by Michelle Britto not to buy the insurance, second by David Richards, motion pass with all in favor.

Phone for the GNBTC:

Leo proposed to the members of having a phone for the club business. This will allowed members and future members to call in to the club line for any kind of information.

Motion was made by Joe Russo to have a phone for the club, second by Joann, motion passed with all in favor.

Track Club Singlets:

A proposal was put on the table to have someone look into getting some singlets with the club's logo, to promote our club. Richard Flood will help Michelle in looking into the singlets and getting the word to the members.

(Continued on page 13)

Minutes

(Continued from page 12)

The singlets will be available to those who order them and pay for them. The club will not have a stock available.

Grand Prix:

Richard Flood will continue to be the chair person of the Grand Prix for one more year.

YMCA:

The New Bedford YMCA is in need of volunteers to help with their children's program. They have asked the club if members would be willing to donate an hour of their time to the program. A motion was made by Kenny Rodgers to have a person from the YMCA come to the meeting and explain the program, seconded by Richard Flood, passed with all in favor.

Boston Team Competition:

Julian Youngblood asked the club if they would approve of the Boston Marathon Team Competition, Julian describe the regulations to the members and a motion was made by Kenny to sign up the GNBTC for the team competi-

tion, seconded by Sandra, motion passed with all in favor. There is no fee for the competition, this is Julian Youngbloods third year in organizing this for the club.

GNBTC Meetings:

A proposal was made to have the club meetings in a more accessible place for all of the members. The proposal was for the city hall and the YMCA. The members felt that the YMCA was more accessible to the members. Leo will speak with the YMCA to book the following dates.

Meeting will take place at the YMCA on the second Tuesday of the month at 6:30 PM

February 20, 2007

March 13, 2007

April 10, 2007

May 8, 2007

June 12, 2007

July 10, 2007

Meeting adjourned at 8:00 PM

Plantar fasciitis is a common overuse injury that results in sharp heel and/or foot pain. The plantar fascia, a fibrous band that runs along the bottom of the foot to support the arch, becomes tight and inflamed. Runners are often affected by this condition due to the repetitive activity. Tight hamstring and calf muscles in combination with weak hip abductors can contribute to this condition. Improper footwear and poor training techniques (increasing mileage too quickly, running the same route) can also be contributing factors. The Strassburg sock provides a prolonged calf stretch to decrease pain. Physical therapy can decrease pain and inflammation of the foot, improve flexibility and strength of the low back, hip, knee, and ankle. Restoring muscle imbalances and learning about potential causes of this condition can help you to resolve it and prevent its reoccurrence. To learn how physical therapy can help you get back on the road, please call to schedule an appointment at

Barley Family Healthcare & Rehabilitation
(508) 997-9100.

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!!

USATF-NE Announces 2007 Grand Prix

- **Mar 18 - New Bedford Half-Marathon, New Bedford MA**
- **Apr 29 - Groton 10K, Groton MA**
- **May 6 - Westford 5K, Westford MA**
- **May 19 - Bedford 12K, Bedford NH (wild card)**
- **Sept 8 - Ollie 5 Mile, South Boston MA**
- **Sept 23 - Apple Harvest 10-Miler, Harvard MA**

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>

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.

Calendar

February/March Races

February 4

Narragansett Super 5K Run, 5K, Narragansett, R.I., 12 noon, Village Inn Hotel, Beach St., Narragansett Running Association, Mike Tamaro, (401) 874-2079, www.narragansettrunning.org, Email: narragansett_running@yahoo.com

February 17

10th Annual Martha's Vineyard 20 Miler, 20M, Vineyard Haven, Ma., 11 a.m., Ferry Terminal, Martha's Vineyard Multisport Inc., Bill Brown, (508) 627-7111, Web: www.mvmultisport.com, Email: 20miler@mvmultisport.com

March 4

28th Annual Stu's 30K Road Race, 30K, Clinton, Ma., 11 a.m., Clinton Middle School, CMS, David King, (978) 840-8907, Web: www.cmsrun.org, Email: dking@corrpackinc.com

March 10

Race Up Boston Place, 82 Flights, Boston, Ma.,

9 a.m., Mellon Financial Center, One Boston Place, American Lung Association, (508) 947-7204, Email: raceuptheplace@lungma.org

March 11

17th Annual Raynham K of C Charity Road Race, 5M, Raynham, Ma., 11 a.m., American Legion Hall, Mill St., \$15.00, \$20.00 post, John Donahue, 00, Web: www.kofcrace.netfirms.com, Email: johnmdonahue@comcast.net

March 18|

30th Annual New Bedford Half Marathon/USATF-NE Grand Prix Event, 13.1M, New Bedford, Ma., 11 a.m., City Hall, Elm St., GNBTC, (508) 993-1774, Web: www.newbedfordhalfmarathon.com

March 23

2007 National Masters Indoor Track & Field Championships, varies, Boston, Ma., Reggie Lewis Track & Athletic Center, USATF-NE, (617) 566-7600, Web: www.usatfne.org, Email: usatfne@ix.netcom.com

March 25

24th Annual James H. Lamb Scholarship Race, 5M, Taunton, Ma, 11 a.m., Coyle Cassidy High School, Coyle-Cassidy Athletic Association, Brad Fitzgerald, (508)823-6164, (508) 823-6164 x686, Email: marqsfg@aol.com

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