

July-August 2005



Greater New Bedford Track Club

www.gnbtcc.org

The Wall



If You Are a Runner Come In



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, 25th of each month.

Newsletter published February—December

On The Cover- Sal Carrao (225), Angel Martin (137), Peter Ribeiro (21) and Fred Coelho (sun glasses) line up at the start on the Fairhaven Father's day 10K.

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

**Barley Family Health Care
and Rehabilitation, P.C.**
Day's Sports
Amaral's Linguica
Bonville's Market
Glaser Glass Corp.
Pencils

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: gnbtc-subscribe@yahoogroups.com
Post message: gnbtc@yahoogroups.com

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



<http://groups.yahoo.com>

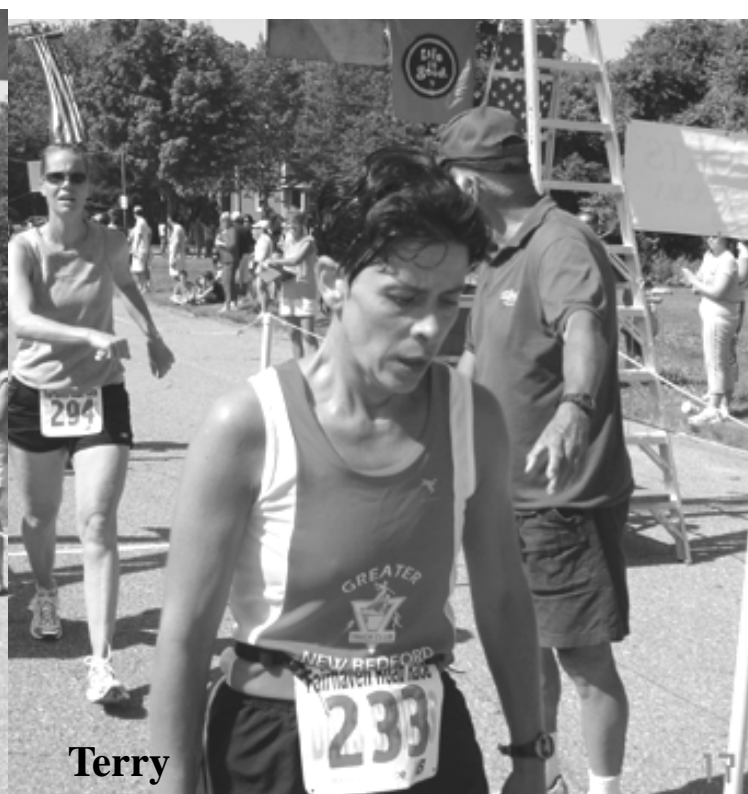
Track Club Singlets Available
Contact Donald Dayton
ddayton380@earthlink.net



Fairhaven Father's Day Race



SAL



Terry



Freddie



Jim



Jack

Sal Carrao (40:02 15th place), Terry Frenette (45:11 1st Fairhaven female), Fred Coelho (42:23 26th place), Jim Frenette (42:50 34th place), and Jack Daniels (41:46 22nd place, second 60-64 behind Larry "Legend" Olson), were part of a well represented GNBTC at the 33rd running of the Father's Day Race. Michelle Robert-Britto (hidden by Jim Frenette) was the first GNBTC female finisher. Angel Martin, (camera was turned off when Angel finished but his photo appears on the cover), was 5th overall (38:14) and 1st GNBTC male.

President's Message

Here's to the Ladies...

On Sunday, May 6, the **28th Annual Hazelwood Women's 5k Run/Walk** was held at Hazelwood Park. Over 150 participants traveled the 3.1-mile course. A special thank you to Kate Collins for being our race director over the past three years. Merci to our major sponsors: Dr. Michael J. McCarty – Optometrist, Dias, Laplame and Martin – Certified Public Accountants, Delken Dry Cleaning, Domino's Pizza, Kyler's Catch, and Accu Plus Copy. Also thank you to all of the contributing sponsors for their miscellaneous raffle items, all of our race volunteers, Executive Auto-Mitsubishi and New Bedford's Finest for their safe traffic control. Without their annual support this would not be the class race that it has proven to be over the past twenty-eight years. The 'Kinda Neat Feet' award goes to all of the ladies who ran or walked the entire 5k course.

Keep on smiling...

The Greater New Bedford Track Club's **Annual Smile Mile** was held on Sunday, May 27, at Buttonwood Park. In running parlance we were blessed with "p.r." weather and mucho young road warriors. Thanks to Cecelia Roberts for chairing this most special "hootin and hollerin" event. A very special merci to our most generous sponsors: AFC Cable Systems, Barley Chiropractic, Bonville's Market, Glaser Glass, Dr. L. Michael Gouveia, McDonald's and New Bedford Parks and Recreation-City of New Bedford. Kudos to New Bedford's Finest, Skip Daniels, and all of the volunteers who gave of their time and effort in making this a safe and memorable day for all of our Smile Mile children. One of our club's greatest rewards is the knowledge that we may have motivated some children to do more with their lives. One of our goals is to set good examples for our youngsters and get them to be more active. According to many of the phone calls that we received, we may have inspired a few adults as well.

Track club welcomes British visitor...

On the evening of May 31 members of the **Greater New Bedford Track Club** welcomed British Travel Official Joanne Moore at Buttonwood Park. Ms. Moore will be working with the New Bedford to Bedford, England, Friendship Committee to establish a kinship between the two cities. "We would really love



it if we could develop friendships across the pond. We are really keen to develop this community link," said Ms. Moore. Joanne presented the **GNBTC** with a certificate, and other items of interest from the Bedford and County Athletic Club. An autographed poster of marathon runner Paula Radcliffe was also enclosed. On behalf of the **GNBTC** we should try to make every effort to encourage this community link. So that it will continue to bloom and grow.

Raymond Robillard, longtime **Greater New Bedford Track Club** member, died at St. Luke's Hospital on Wednesday, June 6, 2007. Our running community has lost a **GNBTC** hall of fame inductee and a dear friend. Ray we will truly miss you.

Kudos to Connie Rocha-Mimoso and her road race committee for their hard work and dedication, in making the seventh running of the Day of Portugal 5k Road Race on Sunday, June 10, a huge success.

That's amore...

"It's delightful, it's de-lovely, it's delicious," wrote Cole Porter and his lyrics may well have described the club's **Pasta Run from Elizabeth's Restaurant** on the evening of June 11. For the members that attended this "delightful" event, I am positive the consensus of opinion would be that of a "de-lovely" occasion. A titan tic "THANKS", Gail, for serving a fabulous and "delicious" meal as always. Merci to all who gave a helping hand to this five-star event. To sum it all up, it was like home cooking directly from Italy. (If at all possible, even better.) Once again, from our club to you "tanti grazie." These two words of gratitude, like your pasta, are authentic Italia no.

Come fly with us...

Middle of the week **Fun Run/Time Trials** is doing rather well in attendance. If you have never run or walked this 2.5 miler before, we begin at 6:30 p.m. every Wednesday at the Shawmut Avenue entrance to the Greater New Bedford Regional Airport. So come on "up" and "fly" with us. At the same you will meet some of your fellow **GNBTC** members and enjoy their gregarious company.

Congratulations are in order to the Days family for their successful Fairhaven Father's Day 10k road race. A record field of nearly 800 runners took part in the event.

CUDDY'S CORNER



I recently decided that I would run a marathon this summer and after consulting the calendar have settled on Grandfather Mountain which is down in North Carolina on July 14th. It sounds challenging. It's billed as one of the toughest in

America and even though it is a fairly obscure race, at least in these parts, this year's event is the fortieth anniversary.

Small and obscure have almost become prerequisites for me when it comes to selecting races. Paying \$200 to run Boston is simply not on my agenda. After running it six times I have had 'the experience' and now I am willing to watch and keep the money in my pocket. Nevertheless, I will gain an additional five minutes this year because of my age and can qualify with a 3.45. I would be willing to pony up \$95 for a number if I can earn one. Most marathons are in that range now.

I won't be running a qualifying time in Boone. The course resembles a roller coaster ride, starting at 3300 feet and finishing at 4200 with hills all the way. There were 345 finishers last year but the field is limited since part of the course is run on the Blue Ridge Parkway and as I write this there are only 15 places left before they close entries.

The race starts on the track at Appalachia State University and finishes on another track at a place called McCrae Meadows which is the site of a four-day festival of Highland Games.

The marathon is a mere sideshow among the sheep herding, bag piping and caber tossing events. There is also a five-mile race up the mountain on Thursday and a 75-mile bike race on Friday so it sounds like quite a party. In fact when I booked a campsite they asked me whether I wanted the curfew side or the non-curfew side and being an old fart nowadays I opted for the curfew. I did not want any Bravehearts celebrating outside my tent in the wee hours the night before a marathon.

Obviously with a course of this nature it's all about pacing and I have no thought of time. In fact the course is not certified since they think it's a bit long but in keeping with a relaxed approach more prevalent

among our Southern neighbors no one considers that to be of any consequence. The whole caper, for such it is, is hugely appealing and I hope to give a favorable report on my return.

Meanwhile, there is the preparation and as diligent as I try to be that has not been without its complications for a variety of reasons. I have been able to get some long runs in, although because of an unpredictable work schedule, I have done them alone and that has been a throwback to the old days for me.

Last weekend I went out on Saturday morning at 9.30 and ran 22 miles up through Acushnet and Rochester and back to Mattapoissett. It took better than four hours and I was satisfied although it was a long way. I don't use music when running and I was alone with my thoughts but, as they say, a man who has no inner life is a slave to his surroundings. I did not find it an ordeal although I was certainly relieved to see my house appear at the end.

It was quite a contrast to my previous outing only 48 hours previously when I dashed from work to get to Warren for the Rhode Island Rhode Runners five-miler. I was so focused on driving that I missed the exit and ended up in Barrington. I doubled back on local roads. As I pulled in to the parking lot on Market St. the other runners were already taking off so I had to jump out and change on the spot.

When I finally set off I had so much adrenaline flowing that I had only one thought in mind: catch somebody. I did. Several, in fact. I am certain that I ran a lot harder than I would have if I had lined up with the others. I knocked thirty seconds off my time from my previous effort over the same course a couple of weeks previously. It's really a head game. We are always trying to find a way to avoid the pain but there is no way to do that.

Because I have been running long I have missed some races lately but I am looking forward to the Fishermen's tribute 5K, which is coming up at Fort Taber. See you all there.

• Law of acceleration

A change in the acceleration of a body occurs in the same direction as the force that caused it. The change in acceleration is directly proportional to the force causing it and inversely proportional to the mass of the body.



Disharmony house

In my brief life as a businessman, I learned one universal rule: What is most trivial to you will be most important to someone else.

LCM Webster I thought of this as my wife served a salad with the meal. She knows I think salad should be eaten before the meal. Now I had to decide: eat the meal in proper order – salad first – while the chop cools, or break one of the great rules of nature and eat my salad with the meal.

After all these years, she has no idea how important this is and looks askance when I attack the salad, getting the tomatoes out of the way – and the black olives, if any are included – and then munch my way through the greens.

None of this was important – well not very important – when I went to work away from home. But retirement has made togetherness a condition, not a statement of affection.

I use a spoon on a dish she tries to fork. She puts food that should be in a bowl on a plate and then allows food to touch other food. One of the great fears of my childhood was that food would touch, and I still feel that way. Del knows it but feels it is not only silly but also trivial.

It is not.

Peas must not touch squash, or meat, or potatoes. After 50 years of instruction, she has not learned a meal without potatoes is not a meal.

Last Sunday, she randomly grabbed a piece of the three Sunday newspapers I read – *out of order*. I'd carefully organized the papers in proper order: sports, news, and finally the magazines. Anyone knows there's only one proper way to read the Sunday papers.

I remember coffee and the Sunday papers as an important time in our 2-year courtship. Did I actually, in the heat of passion, not notice that she didn't read the Sunday papers in order?

She wears slippers. I wear feet. She toasts bagels. I do not. She puts spaghetti in soup bowls or on plates, not in spaghetti bowls I bought at the supermarket. She thinks bread that has been frozen – or stored in the fridge – can be eaten. It cannot. Not by me, anyway.

Pg. 6

Delores Ann pours milk on her cereal. Ick. She puts ice cream on cake or pie. Double ick. She likes soft serve; I like hard. At 73 degrees, I put on the air conditioner and fan. She shivers and whimpers. "Oh, all right," I say, more gracefully than I feel. I turn off the air conditioner, but at 75 degrees, I start it up again. Del counters by turning up the volume on the TV.

These matters are not trivial. They are the standards by which we live our final years. Civilization demands nothing less.

It is my job to put food away. When Del puts food away, she sticks the pickle jar where the milk belongs, mayonnaise on the leftover shelf, cheese in the meat tray. I used to think she did it on purpose to irritate me, but now I know she just places food where there's a spot to put food. No planning, no design, no thought.

She thinks leftovers can be eaten two weeks after they were left. I think leftovers have a safe life of 17 hours and 30 minutes at the most. I tell the waiter we will not take leftovers home. Del gives the waiter her look. She takes them home, and when I hope she is having an attack of short-term memory, I sneak them into the disposal or trash barrel.

She pulls the sheet up too high. Lost, I pull it down. She pulls it up. I pull it down. We no longer instruct each other; we just tug.

These are the years of the setting sun, when we have matured, when we have perspective, a sense of proportion, when we know what's important and what's trivial. But I wish she would serve the salad before the meal.

L.C.M. Webster

lcmwebster@aol.com

President

Continued from page 4)

GNBTC July/August Events

7/11/07 – **Couples Run** – to be held at the Greater New Bedford Regional Airport at 6:30 p.m.

8/3/07 – Our yearly Friday night baseball trip to watch the **Paw Sox at McCoy Stadium**.

Remember to support our sponsors.

'Tis the season to be running. So please...

Watch your step out there!

The Enemy Within

Last week while I was at the Fitness Center at UMASS I decided to do a couple of miles on the treadmill. The machine next to me was being used by a young girl who looked to be about college age. She was a little chunky but appeared to be in fairly good shape as she jogged along at 5.5 mph.

I started at a walk but soon brought the speed up to a 10 minute pace. Not to be out done, my neighbor equaled my speed without difficulty. Competitor that I am, I added a couple of notches and began to feel the pain of too short a warm-up. The young lady politely waited a minute before exceeding my pace and grinning at the thought of an old grey haired fool thinking that he could out run her. I'll call her Rosie.

Breathing became labored now, for me, but not for Rosie. As bad as I felt, my hand reached for the speed control and reluctantly matched Rosie's 7:45 pace.

The young lady must have felt sorry for this old codger so she waited another minute before increasing the pace to 7:30's. Fool that I am I matched her stride for stride at what to me seemed just short of flying.

At this point I felt like John Henry up against a machine. Rosie took it all in stride and as expected added more fuel to the fire burning in my lungs. Rosie's grin stretched from ear to ear and her fluid motions told me she was just getting warmed up. Surely I was trying to match strides with an All-American.

Thirty years ago I would have grinned back and cranked up the potentiometer with ease but those days are a distant memory. With nothing at stake, except my life, I decided to go for broke and shot the control to 10 MPH making a devastating 6:00 minute pace. I was struggling to stay on the belt when Rosie reached for the knob and covered my move with ease. Fifteen seconds later - it felt like 10 minutes - I drew enough breath to whisper, "Yours," as I reached for the stop button. When the treadmill mercifully came to a stop I was gasping for breath.

Humbled by the experience, I waited a bit while Rosie slowly brought her pace to a reasonable 5.5 mph and gave me a nod of respect. "Nice try old-timer." The whole experience took about 10 minutes of running. The pain lasted for days.

I have seen Rosie several times since our duel on the belts. She smiles and points to the treadmill as if to invite me to revisit my humiliation. I decline the invitation while feigning embarrassment.

I have met the enemy, he is called "Age".

Don Dayton

Birthday List

| | |
|--------------------|-----------|
| Jose Gomes | June 1st |
| Flo Days | June 3rd |
| Cheryl Healy | June 4th |
| Mark Rasmussen | June 4th |
| Branden Robillard | June 8th |
| Adam Mullen | June 10th |
| Daniel Sheahan | June 13th |
| Spencer Tavares | June 13th |
| Paul Days-Merrill | June 15th |
| Abigail Tremblay | June 16th |
| Philip Sabra | June 17th |
| Lori Graubart | June 18th |
| Chet Ziewacz | June 19th |
| Will Tarpey | June 20th |
| Alexandra Charette | June 21st |
| Danielle Charette | June 21st |
| Max Charette | June 21st |
| Pamela Harris | June 22nd |
| Claire Mailloux | June 22nd |
| Molly LaPlante | June 23rd |
| Rachel Murphy | June 23rd |
| Debra Holden | June 24th |
| Wendy Sabra | June 24th |
| Peter Cooper | June 26th |
| Deana Rodrigues, | June 28th |
| Martin Flinn, | June 30th |
| Franklin Bodeau | July 1st |
| Franklin Moniz | July 1st |
| Edward Casey | July 2nd |
| Ildio Enes | July 4th |
| Jay Mumma | July 4th |
| Joan Britto | July 6th |
| Barbara Browne | July 6th |
| Frederick Cole | July 7th |
| Ken Daniels | July 9th |
| Sal Corrao | July 10th |
| Guido Medeiros | July 12th |
| Richard Perry | July 12th |
| Isaac LaPlante | July 15th |
| Kevin Pires | July 15th |
| Michael Harris | July 16th |
| Daniel Mumma | July 18th |
| Matthew Mumma | July 18th |
| Lisa Talbot | July 18th |
| Timothy Flinn, | July 21st |
| Richard Berndt | July 22nd |
| John "JC" Cole | July 23rd |
| K Fitzgibbons | July 23rd |
| Jagger Daniels | July 24th |
| Anne Zarlengo | July 24th |
| Allen Days | July 26th |
| Angel Martin | July 28th |
| Roland Dufresne | July 29th |
| Rachelle Adams | July 30th |
| Peter Ribeiro | July 31st |

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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.

Fall River Hill Runs

ddayton380@earthlink.net for more information.

Thursday Night Runs

Buttonwood Park Senior Center

5:00pm Warm-up run

5:30pm 6 mile run

Be safe, please bring a safety vest!!

Other Track Clubs

Upcoming Races

registration (no extra fee) is available at needtorace.com. For more information, call Melanie Cahill at (401) 741-9708.

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.

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

Email news@gnbtc.org for information

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>

Calendar

Compiled by Richard Flood

July 4th Mattapoissett Road Race

Wednesday - July 4, 2007

9:00am – Mattapoissett Shipyard park

Classic hot summer 5-mile race, tee shirts, very limited post race water and refreshments.

<http://www.mattapoissettroadrace.com>

!!!! Free Race !!!!

Spirit of Sandwich July 4th Road Race

Wednesday – July 4th, 2007

8:30am – Henry T. Wing School

33 Water Street, Sandwich, Mass

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

Skyline Trail Race, 7.2 mi

Sunday – July 8, 2007

8:00am - Blue Hills in Milton MA,

Paul Correia (tel 508-636-3718)

Mattapoissett Sprint Triathlon (0.5/10/5k)

Sunday – July 15, 2007

8:00am Mattapoissett Town Beach

Great first beginner triathlon, fast and flat course with a short ¼ mile swim, helmets are required. Very limited post race water. <http://www.jbrace.com>

Fishermen's Tribute 5K RR/Walk

Sunday - July 22, 2007

9:00am - Fort Tabor Park New Bedford

Cash Awards, post race raffle and refreshments.

<http://www.jbrace.com>

**** GNBTC Grand Prix Race ****

10 mile Blessing of the Fleet RR

Friday - July 27, 2007

6:00pm – Narragansett High School

South Pier Road, Narragansett RI

Classic Rhode Island Summer race and new GNBTC Grand Prix series race.

<http://www.narragansettri.com/lions/race/blessingpg1.htm>

Feast of the Blessed Sacrament 5K

Saturday – August 4, 2007

11:00am – Portuguese Feast Grounds

50 Maderia Ave, New Bedford.

Cash awards, tee shirts, post race refreshments.

<http://www.portuguese Feast.com>

Calendar

(Continued from page 8)

Rochester Road Race 5K Walk/Run

Saturday, August 11, 2007

9:00am – Rochester Mass

T's to all pre-entrees, post race raffle and refreshments

<http://www.jbrace.com>

Dartmouth Park Department Triathlon

Sunday – August 12, 2007

8:00am - Round Hill Beach, Dartmouth

Great beginner triathlon, small field, great course, T-Shirts to all pre-entries, post race refreshments, raffle, awards

<http://www.jbrace.com>

**** GNBTC Grand Prix Race ****

Louie's Run 5k and Kids Fun Run

Sunday – August 14, 2007

10:00am – Buttonwood Park Senior Center, New Bedford, Mass

One of the areas best races, cash awards, huge raffle, great tee shirts and plenty of post race refreshments.

<http://www.louiesrun.com>

Cranberry Country Triathlon (0.8/25/6)

Sunday - August 26, 2007

7:00am – Ted Williams Camp, Lakeville

Best local triathlon, fills early, very professionally done transition area, great post race BBQ and entertainment, relays teams available.

<http://www.cranberrycountrytri.com>

**** GNBTC Grand Prix race ****

27th Acushnet Road Race

Monday - September 3, 2007

10:00am – Acushnet Middle School

Great competitive local race, great teams and runners from all over. Cash Prizes, tee shirts, raffle, and post race refreshments. <http://www.jbrace.com>

**** GNBTC Grand Prix Race ****

Ft. Phoenix 5K Road Race and Walk

Sunday – September 9, 2007

8:00am - Ft. Phoenix, Fairhaven

Cash Awards, T's to the first 150, post race refreshments, annual GNBTC BBQ after race.

<http://www.jbrace.com>

33rd. Fairhaven 10K Results

| | | | |
|-----------------------|-----|---------|-------|
| Angel Martin | 5 | 38:14 | 6:09 |
| Peter Ribeiro | 13 | 39:35 | 6:22 |
| Sal Corrao | 15 | 40:02 | 6:26 |
| Carlos Barbeiro | 21 | 41:29 | 6:40 |
| Jack Daniels | 22 | 41:46 | 6:43 |
| Fernando Coelho | 26 | 42:23 | 6:49 |
| Jim Frenette | 34 | 42:50 | 6:53 |
| Michele Robert-Britto | 35 | 42:51 | 6:53 |
| Peder Jacobson | 36 | 42:52 | 6:53 |
| Kenny Rogers | 48 | 44:17 | 7:07 |
| Julian Youngblood | 52 | 44:35 | 7:10 |
| Kevin Mullen | 55 | 45:03 | 7:14 |
| Ed McGlynn | 56 | 45:05 | 7:15 |
| Teresa Frenette | 59 | 45:11 | 7:16 |
| Guido Medeiros | 62 | 45:17 | 7:17 |
| Ralph DeBalsi | 64 | 45:33 | 7:19 |
| Richard Flood | 69 | 45:58 | 7:23 |
| Ken Glazier | 75 | 46:18 | 7:26 |
| Mary Cass | 76 | 46:29 | 7:28 |
| David Demers | 84 | 47:14 | 7:35 |
| Kevin Silva | 91 | 47:50 | 7:41 |
| Julie Morris | 93 | 47:55 | 7:42 |
| David Bancroft | 112 | 48:48 | 7:51 |
| Marc LaPlante | 119 | 48:59 | 7:52 |
| Rodrigo Borges | 128 | 49:21 | 7:56 |
| Paul Mello | 131 | 49:38 | 7:59 |
| Joe Fernandez | 135 | 49:50 | 8:01 |
| Martin Flinn, | 136 | 49:51 | 8:01 |
| Kathy Lopes | 156 | 50:55 | 8:11 |
| Fernando DaCosta | 163 | 51:18 | 8:15 |
| Ross Gagnon | 169 | 51:43 | 8:19 |
| Katie Cabral | 185 | 52:39 | 8:28 |
| John Sinko | 196 | 53:00 | 8:31 |
| Lori Watkins | 200 | 53:04 | 8:32 |
| Taylor Days-Merrill | 204 | 53:22 | 8:35 |
| Katherine Bradshaw | 218 | 54:26 | 8:45 |
| John Thompson | 222 | 54:34 | 8:46 |
| Steven Pelletier | 227 | 54:44 | 8:48 |
| Paul Lemieux | 228 | 54:46 | 8:48 |
| Aurea Enes | 242 | 55:14 | 8:53 |
| Bill Beardsley | 245 | 55:27 | 8:55 |
| Kevin Blouin | 260 | 55:56 | 8:59 |
| Mary Jane Grant | 265 | 56:14 | 9:02 |
| Carol Lawton | 282 | 56:50 | 9:08 |
| Robert Browne | 299 | 57:32 | 9:15 |
| John Browning | 302 | 57:42 | 9:17 |
| Jacob Costa | 304 | 57:54 | 9:18 |
| Amanda Jacobson | 313 | 58:23 | 9:23 |
| Howard Clausen | 324 | 58:54 | 9:28 |
| Sheryl Briggs | 342 | 59:46 | 9:36 |
| Joan Sparrow | 358 | 1:00:48 | 9:46 |
| Mary Fitzgibbons | 360 | 1:01:01 | 9:49 |
| Bob Yuille | 369 | 1:01:32 | 9:54 |
| Ted Silva | 375 | 1:01:54 | 9:57 |
| Edward Sweeney | 380 | 1:02:04 | 9:59 |
| Sheryl Fredette | 387 | 1:02:42 | 10:05 |
| Sompack Nissen | 398 | 1:03:50 | 10:16 |
| Ed Talbot | 416 | 1:06:56 | 10:46 |
| Skip Daniels | 418 | 1:07:28 | 10:51 |
| John Anjos | 425 | 1:09:48 | 11:13 |
| Dorothy Arnold | 430 | 1:11:31 | 11:30 |
| Salah Abdur-Rahman | 442 | 1:17:55 | 12:32 |
| Bobby Desrosiers | 443 | 1:18:48 | 12:40 |

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Sciatica

Sciatica, inflammation or irritation of the sciatic nerve, can result in severe low back and/or leg pain. There may be several causes including tight and weakened muscles, disc bulges and herniations, or arthritis and degenerative conditions. Weak abdominal, low back, and hip muscles in combination with tight hamstrings and hip flexors are common muscle imbalances in runners. Disc bulges/herniations can create pressure on the sciatic nerve resulting in pain. An uneven pelvis or leg length puts increased stress on the muscles while running. This can create muscle spasms resulting in pain. Flat feet and/or improper footwear can put increased stress on the low back. Low back and/or leg pain most often develops over a period of time with cumulative stress. Ice to decrease inflammation, massage, proper stretching/strengthening exercises, and orthotics or new running sneakers can help to decrease low back/leg pain. To learn how physical therapy can help you, please call Barley Family Healthcare & Rehabilitation at (508) 997-9100 to schedule an appointment.

It is Written

Brian Peacock

It is written in the record book that one tall slender Adonis had a time of 22:16 for the run around the lake and through the nice neighborhood of Nassau Bay in celebration of the Resurrection. Meanwhile a short pink-faced puffer could only muster a 22:21. So it is written in the record book for posterity. One may ask, "but how is the record written." To which the honest reply would be that a meticulous rocket scientist wrote it on a computer with the assistance of a highly trained crew of impeccable integrity. But we are getting ahead of ourselves.

Early one humid morning a splendid athlete ran a couple of miles to warm up for this race for pride, having been humiliated recently by some trick photography and rude comments about drool. Prior to the big race, the combatants exchanged a curt handshake as the delicate one did not want honest sweat to spoil her prissy hairdo. Off went the gun and the handsome one leapt into the lead at a great rate of knots or super kilometers per hour in technical terms. He arrived at the lake in time for another even more meticulous rocket scientist to call out the magic word 6 followed shortly by a 59. Disaster almost struck half way around the lake in the form of a slippery slope that came close to putting the awesome one on his tail. The heat was causing many combatants to fall by the wayside as the speedy superstar sped onward through the neighborhood to mile two. Why not ease up and give these lesser mortals a chance mused the prince of road running.

These magnanimous musings were rudely interrupted by crude comments regarding the observed deceleration of the magnificent one. "Are you slowing down or I am speeding up?" said a skinny blonde. "I was just waiting for you to catch up, so you wouldn't be downhearted" said the paragon of virtue. But the great effort by the Scandinavian stewardess had sapped her strength, she began to lag and resort to more jiggy-pokery. "It appears that my shoe lace is undone and is slowing me down; please wait for me or I shall cry" she said with female guile. "Don't be upset," said the chivalrous one. "I will personally teach you to tie your shoe laces with a double knot after the race; but meanwhile I will slow down and let you keep up" Picture this: a lofty gentleman allowing this little limping lady to keep up so she wouldn't be too disappointed. But the fatherly one was thinking to himself that it was a shame that such incompetent people should be allowed to have children when they couldn't even tie

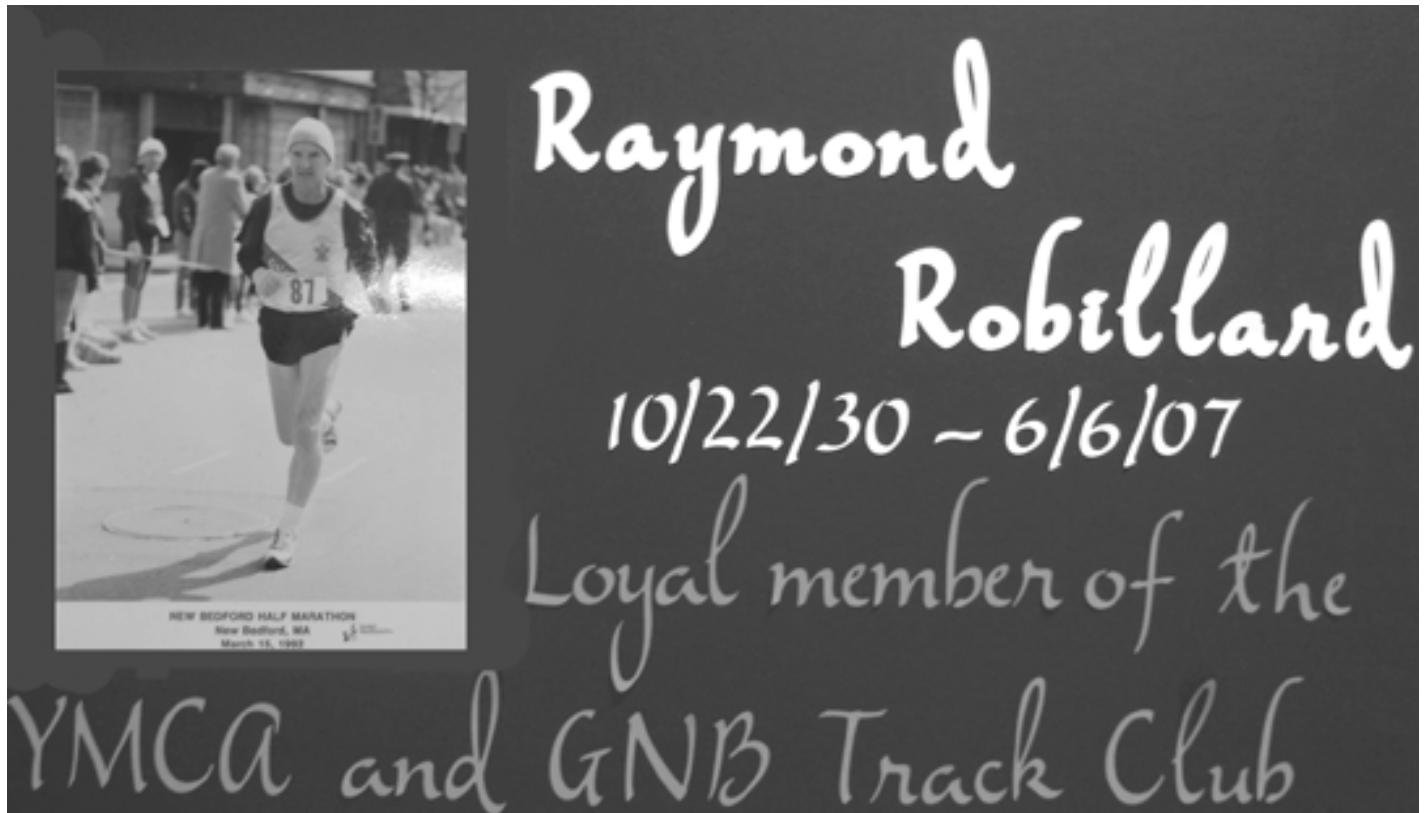
their own shoelaces. Such people should be required to stay in kindergarten until they had learned this most important of all life skills so that they could pass them on to their children. Poor Axel, he hasn't a chance in this cruel world with such a mother. It's a good job that rocket scientists invented Velcro.

The end of the race was a bit of a blur; the stylish superstar strode sublimely to the finish followed a long five seconds later by the stupid shuffler, who couldn't even tie her own shoe lace. Or so it is written in the record and who will ever believe a dumb blonde if she says it is not so?

Birthday List

(Continued from page 7)

| | |
|-------------------|-------------|
| Jessica Enes | August 1st |
| Chris Adams | August 3rd |
| David LaPlante | August 3rd |
| Erin Murphy | August 3rd |
| Mike Silva | August 5th |
| Vincent Murphy | August 6th |
| Marc LaPlante | August 7th |
| Sompack Nissen | August 7th |
| Ed Talbot | August 7th |
| Debra Bolger | August 8th |
| Jose Mimoso | August 9th |
| Carlos Barbeiro | August 11th |
| Terry Jacobson | August 11th |
| Kathleen LaPlante | August 11th |
| Peder Jacobson | August 12th |
| Kim Przystarz | August 13th |
| Darlene O'Mara | August 15th |
| Paul Mello | August 16th |
| Mary Lou Pires | August 16th |
| Bill Beardsley | August 17th |
| Jim Frenette | August 18th |
| Debra Richard | August 20th |
| Paul Robillard | August 20th |
| Michael Tarpey | August 20th |
| Kevin Mullen | August 22nd |
| Rodrigo Borges | August 23rd |
| Michele Britto | August 23rd |
| Sarah Adams | August 24th |
| David Cass | August 24th |
| Paul Mailloux | August 24th |
| Nancy Santoro | August 24th |
| Timmy DeCosta | August 25th |
| Patrick Mullen | August 26th |
| Fernando DeCosta | August 28th |



This image was displayed at the New Bedford YMCA as a tribute a longtime friend of the Track Club who recently passed away. Ray will be missed by his many friends in the running community. Ray's running was confined to the YMCA track after a serious fall left him with a compromised bone in his arm. Ray was warned that another fall could cost him his arm. This confinement deprived the newer Track Club members of the company of a great guy.

Track Work-Outs

Plans are in the works for Bob Dowd to conduct the popular track work-out sessions at the UMASS Dartmouth Track. Updates will be posted on the internet and in this publication.

If all goes according to plan the sessions will begin on the first Wednesday following the conclusion of the airport time trials.

This is an excellent opportunity to improve your speed under the watchful eye of track club member and former UMASS track coach Mr. Dowd.



GIVING BACK



The Greater New Bedford Track Club was the recipient of a plaque signifying the Greater New Bedford YMCA's appreciation of a donation to the Y's annual fundraiser. The Track Club has had a long relationship with the New Bedford Y and has benefited from the association through the use of their facilities for meetings and functions

Above, Executive Director Michelle Roderick presents the award to club president Leo Roreillat.



The Greater New Bedford Women's Center was again the recipient of a donation of \$1,000 from the proceeds of the Hazelwood Women's 5K. Above, Women's Center Director Pamela McCloud-Lima receives the donation from club president Leo Leo Roreillat.

FT. PHOENIX 5K ROAD RACE/WALK

Date: Sunday, September 09, 2007
Time: 10 A.M. – Rain or Shine
Place: Start/Finish at Fort Phoenix, Fairhaven, MA
Entry Fee: \$12 Pre-registration; \$15 Post-Entry (Day of Race)

On line registration available at:

jbrace.com



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STYLE AND FIT OF FOOTWEAR

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