

June 2005



Greater New Bedford Track Club

www.gnbtclub.org

The Wall



**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
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News/Articles/Results/Comments to: news@gnbtc.org
 Deadline for news and results, 20th of each month.

Newsletter published February—December

Track Club members shine at Hazelwood



It took one millisecond for the contestants in the Hazelwood Women's Race to change from an amiable group of chatting ladies into a herd of charging, hell bent for the finish line, hoydens. The photo on the cover captures their determination as they nearly trample the photographer. One hundred stampeding wildebeest could not be more frightening as these damsels fought for position in the first 20 yards of this 5K challenge. When the dust settled, Michelle Tetrault led Terry Frenette down West Rodney French Boulevard on what seemed to be course record setting time. After passing the first mile marker Michelle settled down to a comfortable but un-catchable pace that took her to the finish line well ahead of her nearest competitor. Terry hung on gamely to claim second place.



Michelle Tetrault

After receiving a well earned carnation, and cooling down for a few minutes, femininity returned and tense muscled legs returned to the smooth tone of well trained athletes. No longer a mass of flailing arms and legs, civility returned and congratulations were received with decorous poise.



Terry Frenette

Except for a slight headwind that hampered their pace as the headed north on East Rodney French Boulevard, one could not ask for nicer running weather. The job of the mostly male volunteers was also aided by the mild, sunny day. What better way to earn a credit toward a Boston Marathon waiver than to stand around and watch a women's race? Pizza for all and a massage for those who wished to be comforted and coddled. Camaraderie has always been a hallmark of the Hazelwood race and this year was no exception. Most of the runners and their entourages stayed for the awards ceremony, hosted by Leo, enjoying the company, the food, arranged by Dot Arnold, and the weather, provided by.... See you next year girls

Photo by Phil Chace

Ugly Running

Brian Peacock

April 2004

The 2004 Boston Marathon was an ugly race that stimulated this dissertation on the ugly things that surround us. But there would be no such thing as beauty or elegance if it weren't for ugly, so ugly has its purpose. Often the expression "ugly" is applied unkindly to people, but an unknown sage once said: "In nature there's no blemish but the mind, none can be called disabled but the unkind". Lady Astor received a more direct response to her accusation: "Mr.

Churchill, you are drunk," to which the prime minister replied. "Madam, I may be drunk now, but tomorrow morning I will be sober and you will still be ugly." This historical analysis of ugly would not be complete without Hans Christian Anderson's ugly duckling, which turned out to be "a very fine swan indeed." Ugly depends on your point of view. Every baby is beautiful, even a baby warthog!

The 2004 Boston Marathon was run in 85-degree weather and this caused a lot of ugly running, if you count walking up the hills as being ugly, and staggering, and collapsing and almost dieing. Even the times were ugly – the median time was almost 20 minutes slower than last year. But out of this ugliness came forth beauty. Dig deep, the pain is temporary, the glory is forever. Airfare ugly, hotel prices ugly, a Boston finisher's medal, priceless. The runners sweated and their faces took on a universal ugly strained stare, but the spectators loved the warm weather and, with happy faces, called out encouraging clichés at every step of the way: "You can do it", "You're looking good", "You're almost there", "The Sox beat the Yankees", "Only one more hill". They played motivational music on their boom boxes: "We are the champions", "Rocky", "Chariots of fire", a more fitting song from yesteryear would have been "Keep right on to the end of the road".

The pre race "expo" provided a lot of material for the ugly theme. The most ugly of all is the ugly advertising and advice that is provided gratuitously to the masses of athletes who will grasp at straws to gain a couple of minutes, despite heredity and the elegant laws of physics – it takes more energy to move a big mass a long way than it does to move a smaller mass. But the Boston marathon has a net down hill and there



was a big back wind all the way. Age and treachery is no match for youth and talent. Fancy shoes and highly processed materials from hard bars, through non-Newtonian goo to volatile liquids loaded with goodies are ugly substitutes for training. But this logic does not deter the merchants who are out to make an ugly dollar at the expense of the mass of beautiful dreamers who check their brains at the door. Per-

haps the biggest lie is the clothing fashion lie and the prices that go with it. It never ceases to amaze me that people who have the talent and dedication to qualify for Boston still feel that it is important to look good while they are doing it. But in their defense I have to admit that a friend of mine who has completed a few "Ironman" races and Bostons once told me that I was the worst dressed runner that ever disgraced the race course.

Perhaps the most ugly features of this sales blitz are the lines offered by the salespeople. We were walking by one booth when the salesman called out "Which of you two is the smartest?" (he really meant smarter, but ugly grammar goes with the territory.) We simultaneously pointed to each other as we sat down to complete a survey on the history of the Boston Marathon. We both scored 100%, with a bit of collusion and help from the salesman, who then offered his sales pitch when we were in a receptive frame of mind. But we resisted and moved on only to hear "Which of you two is the smartest?" aimed at a couple of runners walking behind us in the isle. Next we came across the guys with the rolling pins who were emphatic that these gadgets would cure everything from rheumatism to bad running stories. And then there were the diet supplements with big labels and small print presenting a list of chemicals greater than all possible combinations of the inhabitants of the periodic table. The purveyors of these potions had big beautiful smiles that camouflaged their ugly intentions of poisoning the whole running community.

An enterprising business student from Colorado was conducting a survey of the type of shoes that people would be wearing for the race. She also collected race numbers and a few other demographics, so with a little

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bit of computer crunching she will be able to find out which makes of shoe go faster on which groups of runners. My reply to her question on shoe make was an honest “Garrys”. She said that she had never heard of them, so I explained that Garry was my long time running buddy from Michigan who gave me his cast offs. I have not bought a pair of shoes for ten years and probably have enough to last me another ten. Garry and his friend Mike once bought five pairs of running shoes each at a Boston fitness expo, perhaps because of the ambience and perhaps because of my surreptitious encouragement as the eventual recipient of shoes with between 10 and 300 miles on them. Shoe technology is less of a science than some sales-people would have you believe.

The decisions that people make in the face of uncertainty can be very ugly. Shall I buy that jacket or the other one, why don't I buy both? After all this is my first Boston and I'm sure I'll make good use of all that warm clothing down in Houston. What about that beautiful poster commemorating the race? It will go well with the other dozen that I have still rolled up in their tubes. (I fell for that one, again.) Perhaps I need a new watch with GPS so that I will know just where I am on my morning run around my neighborhood, in the dark (when I can't see the dial without stopping). The Reverend Thomas Bayes, a couple of hundred years ago, described a theoretical method by which information could be amalgamated sequentially to allow convergence on one opinion or another. But even though he was a man of the cloth as well as a mathematician, his theorem did not account for human frailty in decision-making. Since that time many psychologists have addressed the various factors that coalesce to cause ugly decisions, like primacy and recency effects and the famous “halo” effect in which one item of evidence dominates human decision-making. Sometimes this item of evidence is of minimal relevance in the long run, but momentary madness often wins the day.

Ugly is a perception and the initial perception of a visitor to Boston is that it is an ugly city. All you see from the taxi window is ugly traffic, road works and half demolished buildings, not at all like the tourist brochure shows you with shots of Harvard yard, the river and the key sights on the Freedom trail. The subway or T as they call it is ugly, but mainly because it is old fashioned and beaten up by life long service to the millions who wish to avoid the traffic and the Bos-

ton marathoners who wish to avoid the ugly taxi fares. Perhaps my perceptions are biased because I come from the beautiful city of Detroit, where, unlike Boston, the roads go East and West and North and South and are numbered 8, 9, 10 and so on so you always know where you are, unless you actually live or work in Detroit and learn to navigate around the lower numbered roads. The Detroit marathon is beautiful, because I ran my best races there. It goes over the bridge to Canada, along the river with a view of downtown Detroit, back under the bridge around Belle Isle Park for six or seven miles and then back through well kept neighborhoods to a finish on the 30 yard line of the spanking new downtown Ford Field. Unlike Boston, Detroit also has half decent basketball and hockey teams and right now the Tigers have the best start in living memory. And of course Detroit makes beautiful cars and trucks to adorn the driveways of America and around the world. But the jobs of putting these cars together are not beautiful – 45 second cycle times and awkward postures for a lifetime compensated for by plenty of overtime and hourly rates better than most production lines – like those putting together the components on a ten second cycle time in Mexico or those cutting up the chicken you ate last night on a two second cycle time. Work is often ugly.

At the start of this essay, I noted that your mother doesn't think that you are ugly. Unkind people may say that you are to make an ugly point, and often you look in a mirror and wish that you looked like a movie star. So off you go to the cosmetics counter, the hairdressers, the clothes shop, the shoe shop, the diet supplement shop, the weight watcher's shop, the liposuction shop, the Botox party and if you are lucky you can get an extreme makeover. Soon there will be genetic engineering to allow everyone to be beautiful. But without ugly there is no beauty. Runners are often admonished that without pain there can be no gain. But often the pain is greater than the gain and the less genetically blessed end up telling stories about how good they used to be and not how good or ugly their next race will be. It is said the runners never smile. One enterprising runner ahead of me contradicted this misperception with a smiley face on the back of her shorts. It is true that runners don't always smile like divas at the Oscars. But when they pass on the trail in the mornings they always smile, except at those bicyclists who ride two abreast and hog the whole pathway or those car drivers who believe that the road belongs to them.

(Continued from page 4)

Feet are ugly, especially runners feet adorned with bunions, blisters, calluses and fungal growths. Feet also feel ugly after a long run of fighting the asphalt and hi tech appointments of hi price shoes. Feet are also internally ugly with faciitis, heel spurs, nervous nodules and the lumpy remains of sprains gone by. Once at Boston, I sprained my ankle halfway down the hill in Hopkinton – a punishment for taking a leak in the woods because the porta john lines were too long. By the end of the race my ankle was beginning to bloom into a black and blue football. Some people think that feet are beautiful, particularly podiatrists who turn foots deviations into gold and shoe makers who not only make running shoes but the most impractical, painful and ornate flimsy devices that adorn the feet of the fairer sex. Even hardy runners occasionally wear un-sensible shoes and paint their toe-nails, or what's left of them after the daily battle with the toe box of their sneakers.

Feet and shoes can also be accessorized to enhance their ugliness. Runners have rings for their fingers and rings for their toes; bracelets for wrists and ankles. Shoes come with all sorts of fastening devices, some of which are as simple as Velcro and others that are called laces, which are often beyond the capability of even experienced runners to fathom out and tie securely. Cautious runners add tags to remind them who they are, who to call in the case of an ugly incident with a truck and what ugly medical conditions they have so that the ER doctor can get a head start. Even race organizers have capitalized on the foot to manage their races through the addition of a chip. Mostly this chip gets things right and sometimes turns a very ugly race time into an almost respectable net time. The most beautiful time of the race is when the runner sits down on a chair and puts his foot up on a stool to have the chip removed by the wonderful volunteer who rewards the happy soul with a medal. I believe that these chip removers could write riveting stories about the ugly feet they have serviced, especially those with double knots.

If you think that new shoes are ugly, try looking at old shoes for a while. But old shoes can be beautiful, especially if you know Margot Montgomery. She collects old running shoes and other items and distributes them to homeless people in Houston. Being homeless is ugly, especially in the affluent United States, but old running shoes can be beautiful especially if they are all

you have.

Running styles range from the elegant to the extremely ugly. The winners turning on the heat in the last few miles look as effortless as gazelles, and go much faster for 26 miles than we mortals can go for 26 yards. Ugliness increases as the race goes on and hits its peak in the Newton Hills. Gait ugliness is characterized by asymmetry. I succumbed to the ultimate temptation of ordering video clips of my progress through key points in the race. The camera never lies. I wait with baited breath to observe the escalation of ugliness of running style as the race progresses. Perhaps crabs think that other crabs gliding over the sand hunched up and sideways are beautiful, but the same is not true for runners. The most striking change is that the head goes down and focuses on the placement of the next stride rather than the horizon as the coach always told you. Then there are the elbows – another ugly appendage – that flail inefficiently in circles at various heights above the waist. Foot-slappers are ugly and tired. Some feet go forward and others take a roundabout route to get to their destination. When they hit the ground, sometimes heel first and at others more towards the mid foot region, the rocking and rolling really starts. Sometime toes point out to the side, asymmetrically and the medial arch collapses like a squashed tomato. The foot doctors and shoe sellers love these discrepancies in the form of the lower appendages. They have high priced solutions to nature's variation.

Some people say that old is ugly, but what about the castles of Europe or the pyramids or the hanging gardens of Babylon or all those symbols of affluence in days gone by. What about the thousands of silver striders and competitors in the Senior Games? Just picture the smile on the face of an eighty year old who just won the 5k or the ninety year old who threw the javelin further than he could see, or Johnny Kelly, singing "Young at Heart" to the crowd of Boston marathoners assembled on the playing fields of Hopkinton High School. The ugliest thing about being old is being ignored, by young folks who make ugly decisions. Disease is ugly, because it is nature's way of making people pay for what they do to nature. War is ugly because it kills and maims many people for no useful cause. Failing to achieve a good time in the Boston Marathon or even failing to finish at all because of the heat, is beautiful, because you tried.

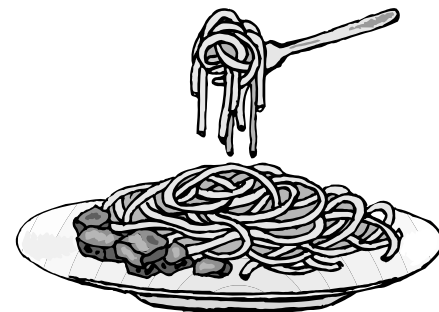
Changes to the annual Pasta Run

This popular warm-up for the Fairhaven Fathers Day Race has been moved from the traditional Tuesday, to **Monday June 12th** at 5:30

The Pasta dinner has been moved 50 ft. to the rear of Margaret's in the newest edition to fine dining in Fairhaven:



**Elisabeth's
One Middle St.
Fairhaven**



As always the GNBTC would like to have a count to give to the restaurant so that they can prepare the proper amount of food. Please call Dave Richard at: 508-996- 2134 to reserve your spot.

June Birthdays

Jose Gomes	June 1st
Flo Days	June 3rd
Julie Correia	June 10th
Spencer Tavares	June 13th
Daniel Sheahan	June 13th
Paul Days-Merrill	June 15th
Sandra Almeida	June 15th
Richard Gregoire	June 16th
Philip Sabra	June 17th
Bill O'Mara	June 17th
Lori Graubart	June 18th
Chet Ziewacz	June 19th
Michele Tetreault	June 20th
Chelynn Tetreault	June 20th
Lydia Borges	June 20th
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
Peter Kenyon	June 27th
Martin Flinn,	June 30th

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.

The Wonderful World Of Procrastination



I sat down to write my running book today, I realized that I couldn't write a whole book at one sitting but at least I could get going. But before I could get started I had to get up and sharpen some pencils, and before I sharpened some pencils I

had to find some pencils.

"Does anyone know where there are some pencils?" I asked my family." I'm trying to get my running book started and I wanted to sharpen some pencils first, but I can't find any pencils."

"Why do you need pencils", my wife Del wanted to know. "You write on your computer."

"Well that's right, I admitted, but I need to write the title of my book on the diskette label." Someone found me a pencil and I sharpened it.

Then I turned on the computer, sat down and started to write the book. It was then that I noticed that the ribbon on the printer needed changing, so I got up and had to find a new ribbon. I found one and had to put it in, but I couldn't put the new one in until I got the old one out, and the doggone thing didn't want to budge. So, I called my friend Bob and asked him what to do, and he told me to look at the manual. After a long search I found the manual and sure enough there was the instructions on how to do it. Just as I started to write the running book, the phone rang, it was Bob, he wanted me to know that he found his manual and could tell me how to change the ribbon now. I said thank you and hung up, sat down again to write my running book, but the monitor screen was full of fingerprints. So, I got the rag, dampened it, and wiped off the screen.

Then I sat down to write the book but as I did so a powerful thirst overtook me and I realized that writing would go much faster if I was sipping a beer, so I went down and opened a beer, and while there in the kitchen made myself a turkey sandwich. This would not hold up the writing, I reasoned, because I could munch on a sandwich and sip a brew while I was writing, so I armed myself with a turkey sandwich and a beer and started writing my running book.

This book ought to have a forward, I thought to myself, so the first word I wrote was forward. That didn't look

right somehow, was it forward, forward, or foreword? I went to the bookshelf to see if other books had forewords, forwards, or forewards.

After a while I went downstairs and was walking out the door when my daughter Debbie inquired where I was going.

"I'm just going to get myself some pencils."

"But you write on your computer."

"Don't talk back to your father", I told her.

Ah well, today didn't start out to be such a good day to get started writing a book, too much interruptions, but tomorrow should be much better. Yes indeed, I will get started right in the morning.

L.C.M. Webster

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

**Day's Sports
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Pencils
Amaral's Linguica
Bonville's Market
Dias, Lapalme, & Martin, LLP**

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.

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<http://groups.yahoo.com>

President's Message



By the time you get this letter you'll be reading about this year's edition of the "SMILE MILE". This year it's going to be run on Sunday, May 28th. (Let's hope it stops raining by then.) Let's get our friends, neighbors and loved ones (12 years old and under) in on this one.

It's a great way to get our youngsters into this sport. This event goes off at 11 a.m. from the Buttonwood Park Senior Center. And don't forget: *we need volunteers!*

The "PASTA RUN" is up next on our list of events.

ATTENTION * ATTENTION * ATTENTION

This year's pasta run has taken a little twist, it's been moved to Monday June 10th. We have our dinner at Elizabeth's not Margaret's. The run will begin in same spot as always, (leaving at 5:30pm, but the pasta dinner will be at a new location (it's just down the street) in Fairhaven at 5:30 p.m. sharp! Run your preferred distance or the whole Fathers' Day Race course; it's up to you. Then come back to **Elizabeth's** for a great pasta dinner. Don't forget to call 508-996-2134 if you're coming, so we can get an accurate count of who's going to be there. Hope to see everyone there.

The Wednesday night 2.5 mile time trials have been going for a few weeks now. Come up to the airport and check out your times, and see how you're improving. It starts at 6:30 and as always we're looking for runners and volunteers. Let's see those numbers grow! The club puts on many activities throughout the year; come on out and participate!

Don't forget to keep August 4th open to see the Pawsox play the Saracuse, which is a aaa club for Tononto. Call Mary at 508-644-5610 to reserve your seat for this fun trip to Pawtucket. If you've never been, this is a great ball park. It's always a good time. This tour leaves from McDonald's on King's Highway, and departs promptly at 5:15 p.m. Look for the big yellow bus.

That's all for now... keep your best foot forward, and as always, be careful out there.

Dave

Midnight Run

GNBTC's 2nd Annual Midnight Run- Friday/Saturday July 7-8, 2006

Have a propensity for the unusual? Want to participate in one crazy event? If you answer yes, then you are welcome to join us for the 2nd Annual GNBTC Midnight Run, which will be held on Friday night/Saturday morning at 12:00 on July 8. Technically, it will be July 7 when you're driving to the run. Last year there were 8 runners, and this year we hope to top 16.

This year's event will take place at the Margaret's side of the Fairhaven Bike Path. From there, we will run leisurely for 6 miles. We picked a date fairly close to the full moon, so the lighting will be good. Please bring a safety vest, and headlamps are optional. Après-run we will enjoy nice dishes of fruit cocktail, and any drink without caffeine.

Any questions about this event, please contact Kevin Silva at crow76@verizon.net or at (508) 496-7168.

Advertise in the Wall

The Wall is now accepting ads from local businesses.

Rates for one year are as follows:

Half Page \$200.00

Quarter Page \$150.00

Eighth Page \$100.00

Business Name, type, address
and phone number \$50.00

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.



PAW SOX
Vs.
SYRACUSE SKY CHIEFS



FRIDAY
AUGUST 4, 2006 - 7:05 pm
COST: 11:00 PER PERSON

Join us on our annual Greater New Bedford Pawtucket Red Sox Road trip to McCoy Stadium. The cost includes round trip bus transportation, and admission ticket. The bus will leave at 5:30 sharp from the McDonalds located off route 140 on King's Highway, in the Job Lot Plaza across from Stop & Shop.

Please fill out the form below and send it to: Mary FitzGibbons, 4 Martin Dr. Assonet, MA 02702. If you have any questions contact me 508-644-5610, or m.fitzgibbons@comcast.net. You may also see Leo at the time trials any Wednesday for information.

Fernando Coelho
Mortgage Originator

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seeing house

Marathons Past



When Dorando Pietri entered the stadium at the end of the 1908 marathon, he was completely unknown. When the news of what happened in the next few minutes spread around the world, he would become an international celebrity. Dorando, as he came to be known, had run in the Intercalated Olympic Games of 1906 in Athens, but he did not finish. In 1908, Charles Hefferon of South Africa built a huge lead, but he tired dramatically and Dorando passed him one mile from the stadium. When Dorando appeared at the entrance to the track, the crowd cheered him vigorously. But immediately it became clear that something was wrong. Dazed, Dorando headed in the wrong direction. Officials directed him in the right direction, but he collapsed. Helped to his feet, he collapsed again...and again and again. Finally another runner, John Hayes of the United States, ran into the stadium. The officials lifted up Dorando and helped him across the finish line. He was disqualified for receiving outside aid, but his plucky effort made him famous. The Queen of England presented him with a special gold cup; Irving Berlin wrote a popular song in his honor; and his exploit sparked a marathon craze that spread around the world. It also greatly increased interest in the Olympics.

It is only the exceptional man who can under take the running of 26 miles, and even for them the safety is comparative rather than absolute. The chances are that every one of them weakens his heart and shortens his life, not only by the terrible strain of the race itself, but by the preliminary training which produces muscular and vascular developments that become perilous instead of advantageous the moment a return to ordinary pursuits and habits puts an end to the need for them. For the great majority of adults particularly in an urban population, to take part in a marathon race is to risk serious and permanent injury to health, with immediate death a danger not very remote, and it is little better than criminal to let growing boys make any such demands on their powers of endurance. For boys, indeed even the shorter races are of very questionable

desirability, since at any distance the expenditure of energy under the stimulus of competition is excessive... The truth is that exercise should always be purely subordinate to the business and pleasure of life. To make it or the bodily changes it produces ends instead of incidents is a dangerous as well as an absurd mistake.

Material in italics from an editorial in the New York Times, February 24, 1909. Reprinted here with permission of Tom Derderian, author: The Boston Marathon, The History of the Worlds Premier Running Event

The 1909 Olympic Marathon in London was the first one to be run at what has now become the official marathon distance.

Old Results

Hazelwood Four May 6th 1984

4	Julie Conner	26:00
5	Jean McNearney	26:03
8	Cindy Ziewacz	27:39
14	Sandra Watkins	28:29
15	Susan Watkins	28:33
16	Lee Wheeler	28:54
17	Sue Foster	28:56
18	Barbara Belanger	29:07
20	Kathy Podesky	29:43
23	Marie Watts	30:12
40	Gina Giolfi	32:17
44	D. Belliveau	32:49
49	Paula Saunders	33:18
62	Shirley Silva	36:02
70	Ramona Bertrand	36:29
47	Patricia Hayes	33:06
77	Jane Santos	37:50
91	Sally Finnerty	39:43
95	Mary Conner	40:06
100	Arlene Ziencina	42:29
106	Dawn Parent	47:11

Penn Relays Marathon (April 4, 1984)

Sam Palestine 2:38 PR

Charlie's Surplus 10 Miler (May 1984)

Marty Flinn 63:24

Member Profile: Ed Talbot

The likelihood of picking him was the same as it was for anyone else, I swear. I closed my eyes, pointed to a point on a page of membership list, and my finger landed on this guy. I smiled, closed my eyes, and got ready to pick again. But then the logic of it all hit me. This is the June edition, the Father's Day edition, of the newsletter. What better person to profile than this man, the one who had been the footprints in front of my own throughout my running career?

I first remember him running when I was about 10 years old. The running boom of the late 1970s and early 1980s had touched something in him. Along with many other personal changes, his new lifestyle included a running program. For those who didn't know him at the time, it's hard to picture Ed Talbot as an overweight, sedentary guy who smoked unfiltered cigarettes. He was that guy, though, which makes his choice of sport all the more remarkable. He began where he could, at the local high school track in the early evening hours. I remember my mother and I joining him there, sometimes as participants, sometimes as spectators. He would run a lap, smoke a cigarette, run a lap, smoke a cigarette...you get the point. It's become far more than an image that makes me smile. It's a motivating beacon. His courageous act was going there, returning there, day after day. The beautiful thing about our sport is that you truly can start from anywhere, it only matters that you start somewhere.

As you might expect, the cigarettes soon found their way to the trash, the weight loss continued, and the daily routes were run on paved roads. There was the first road race, the first long training run, and eventually the first marathon, Ocean State in 1981. Despite my disregard for the sport at the time, I was fortunate enough to grow up amid track club members, weekend races, and road trips for marathons that united the local runners. It was a wonderful gift to the family to be surrounded by such remarkable people.

My father's running career is punctuated by a few really significant events. In 1983, he experienced chest pains late one night in the middle of a marathon training cycle. He was admitted to the hospital and I recall the doctor handing me his running shoes as he talked with my mother about heart attacks, likelihood of survival...things that were a long way from mileage totals and carbo-loading. It seemed so unfair that the family history of heart problems had beat him in this

race. It was so wonderful that he was able to connect with Phil Sabra, a fellow runner and cardiologist, to launch a plan to return to the roads. He did that in great style, churning out a total of 20 marathons and countless half marathons and races before meeting up with that same opponent again in 1996. I was flying in from San Diego to run my first Boston Marathon. Since he was father, president of my fan club and coach, I was in the habit of calling him almost daily in the weeks leading up to Boston. Instead of that call, I found myself talking with Pam about his trip into the emergency room and the pacemaker that had been installed in emergency surgery overnight. When I arrived in Massachusetts days later, he was already out of the hospital and planning to begin a walking program! He was there for me in the finish chutes when I completed my first marathon that year but he was with me every step of the way before the finish line, motivating and inspiring me.

Within a couple of months, he resumed running with Phil's support. No more marathons. No more hard, hard running. He took the new limits with acceptance and with gratitude that he could still run. He continued to invest in local running. In addition to his participation in the sport, he had founded the Commonwealth Athletic Club, co-directed the New Bedford Half Marathon, provided assistance at countless GNBTC events, and continued to act as an ambassador for the sport locally. He earned the distinction of being inducted into the GNBTC Hall of Fame. He's done this sport proud.

If he knew that I was writing this profile, he'd undoubtedly want me to acknowledge all of the fellow GNBTC members who he admires and who motivate him. I find all of you amazing. While we younger members sometimes act like we invented the very sport itself, you were there, teaching us how it was done. I think we're quite fortunate to have that kind of passion to follow.

Member profiles are snapshots in time. In another year, there's another story to tell. This is one part of Ed Talbot's story and I make no apologies for telling it with pride and an obvious bias. We may have more to tell in another year as the miles tick away. I'm becoming more and more aware that our journey is truly a long run, not a race.

Happy Father's Day, Dad. Long may you run.

Lisa Talbot

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.

Tuesday Night Fall River Hill Runs

Bristol Community College, 5:30pm

8-10 mile hilly run, great course!!!

Contact Donald Dayton at

ddayton380@earthlink.net for more information.

Airport Fun Runs

Every Wednesday Night

New Bedford Airport, 6:30pm

2.5 mile timed course, results posted weekly to the GNBTC Yahoo Group.

Thursday Night Runs

Buttonwood Park Senior Center

5:30pm 6 mile run. Contact Kevin Silva at crow76@verizon.net for more information.

Be safe, please bring a safety vest until day light savings time!!

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

Upcoming Races

Middleboro YMCA 5K, 10K, and 5K Walk

Saturday, June 3rd, at 9:00am

at Camp Yomechas, 375 Wareham St.

Middleboro, MA

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

June 4th

7th annual Lincoln Park Rhody 5k R R

Lincoln, R.I. This is the second leg of the USATF-NE Grand Prix.

Information: 401-723-3200 ext 8364.

www.rhody5k.com

10th Annual Marion Village 5K

Saturday, June 24th, 9AM

Tabor Academy, Marion, MA

For more information:

Chris Adams 508-748-9905

cadams@taboracademy.org

36TH Annual Mattapoisett Road Race

Tuesday, July 4th, 9:00AM

Mattapoisett Harbor, Mattapoisett, MA

For more information...

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

Grand Prix Race

Day Of Portugal 5K Road Race

Sunday, June 11, 10:00 AM

T's to the first 150 entries. Cash Awards!!! More information contact: Race Director Connie Rocha-Mimoso.

508-998-2844 Portugal5K@hotmail.com

Grand Prix Race

32nd Annual Fairhaven Father's Day Road Race 5K Run and 10K Run

Sunday, June 18, 9AM

Absolutely no post entries day of race

Hastings Middle School, Fairhaven, MA

Info Contact: Carol-Ann Days-Merrill (508) 997-9460.

Compiled by: Richard Flood

Results

Martha's Vineyard 20-Miler

Martha's Vineyard, MA

Distance: 20 miles

Date: February 18th Finishers: 384

Jim Frenette	102	2:37:28	7:52
Teresa Frenette	104	2:37:45	7:53
Richard Flood	140	2:44:31	8:13
Leonard Verville	184	2:51:42	8:35
Kevin Silva	218	2:56:01	8:48
Adam DeMoranville	283	3:08:10	9:24
Don Clukies	379	3:51:17	11:33

The Old-Fashioned 10 Miler Foxboro, MA

Distance: 10 miles

Date: February 19th Finishers: 359

Lynn Poyant	133	1:15:30	7:33
Monique Poyant	132	1:15:30	7:33
Woody Wilson	236	1:25:30	8:33

Sheraton Hyannis 10K Hyannis, MA

Distance: 10 kilometers

Date: February 26th Finishers: 388

Katie Cabral	231	1:44:26	16:48
Richard Flood	259	1:46:05	17:04
Kevin Mullen	382	1:50:50	17:49
Joe Fernandez	399	1:51:21	17:54
Woody Wilson	542	1:56:37	18:45
Lori Watkins	769	2:04:32	20:02
Don Clukies	783	2:05:14	20:09
Anne Burnell	939	2:13:04	21:24
Eileen Mullen	1151	2:32:49	24:35

Sheraton Hyannis Marathon Hyannis, MA

Distance: 26.2 miles

Date: February 26th Finishers: 286

Ken Rogers	81	3:41:22	8:26
Bethany Bertrand	196	4:16:56	9:48
Sompack Nissen	64	5:02:45	11:33

Sheraton Hyannis Half Marathon Hyannis, MA

Distance: 13.1 miles

Date: February 26th Finishers: 1216

Carlos Barbeiro	29	44:54	3:25
Sheryl Briggs	210	1:00:48	4:38

Boston's Run to Remember Half Marathon

Boston, MA

Distance: 13.1 miles

Date: March 12th Finishers: 4132

Adam DeMoranville	2178	1:57:46	8:59
Letita Costa	2551	2:01:23	9:15

Boston's Run to Remember 5-Miler Boston, MA

Distance: 5 miles

Date: March 12th Finishers: 1955

Gary Thomson	20	27:40	5:32
Carlos Barbeiro	75	33:33	6:42

East Bridgewater Viking Sports Parents 5K

Road Race East Bridgewater, MA

Distance: 5 kilometers

Date: April 1st Finishers: 104

Sal Corrao	13	20:37	6:38
Carlos Barbeiro	14	20:39	6:38
Woody Wilson	0	23:03	7:25

Boston Tune-Up 15k Upton, MA

Distance: 15 kilometers

Date: April 1st Finishers: 184

Don Clukies	124	1:22:07	8:48
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Officer Thomas Giunta Memorial 5K Road Race

Fall River, MA

Distance: 5 kilometers

Date: April 2nd Finishers: 766

Jeff Reed	2	16:31	5:18
Angel Martin	8	17:36	5:39
Felix Almeida	20	18:32	5:57
Peter Ribeiro	29	19:24	6:14
Daniel Sheahan	40	20:09	6:29
Carlos Barbeiro	49	20:43	6:39
John Schaechter	51	20:50	6:42
Rodrigo Borges	54	20:52	6:42
Bruce Tavares	63	21:03	6:46
Jose Mimoso	72	21:17	6:50
Richard Flood	75	21:22	6:52
PJ Costa	83	21:34	6:56
Robert Dowd	97	22:03	7:05
Katie Cabral	115	22:20	7:11
Ken Rogers	116	22:21	7:11
Brian Grant, Jr	124	22:33	7:15
Adam DeMoranville	193	24:29	7:52
Don Clukies	209	25:00	8:02
Woody Wilson	252	25:56	8:20
Greg Leite	257	26:00	8:22
Carol Lawton	278	26:28	8:31
Ed Talbot	98	26:48	8:37

Michele Tetreault	315	27:05	8:42	Ted Silva	20	22:14	8:53
Sheryl Fredette	370	28:08	9:03	Ed Talbot	21	22:15	8:54
James Benoit	371	28:09	9:03	Rod Ball	22	26:05	10:26
Brian Grant, Sr	375	28:13	9:04	Bob Duket	4	27:33	11:01
Sheryl Briggs	424	29:41	9:33	Erik Duket	23	27:33	11:01
Ted Silva	431	29:54	9:37	LCM Webster	25	30:22	12:08
Scott Brooks	39	30:05	9:40				
Dorothy Arnold	516	32:09	10:20	Cushman Road Race 5K Run/Walk South Dart-			
Ann Bell	531	32:33	10:28	mouth, MA			
Lou Vicente	553	33:42	10:50	Distance: 5 kilometers			
Ernestine Morin	669	45:51	14:45	Date: April 29th Finishers: 47			

29th Annual Seagull Six Spring Classic
Woods Hole, MA
Distance: 6 miles
Date: April 2nd Finishers: 150

Sal Corrao	4	19:16	6:12
Peter Ribeiro	5	19:51	6:23
PJ Costa	9	20:27	6:34
Letita Costa	21	23:19	7:30

Don Cuddy	22	42:02	7:00
Kate Collins	62	47:38	7:56

GNBTC Airport Run/Walk New Bedford, MA
Distance: 2.5 miles
Date: May 3rd Finishers: 18

Bradley Hospital 5k Run/Walk East Providence, RI
Distance: 5 kilometers
Date: April 22nd Finishers: 206

Lynn Poyant	21	20:20	6:32
Bruce Tavares	24	20:43	6:39
Don Clukies	68	24:47	7:58
Ann Bell	142	32:47	10:32
Ernestine Morin	171	42:14	13:35

Jeff Reed	1	13:17	5:18
Russell Dearing	2	15:19	6:07
Sal Corrao	3	15:50	6:20
Peter Ribeiro	4	16:18	6:31
James Frenette	5	16:33	6:37
Peter Danzell	6	16:48	6:43
Richard Flood	7	17:00	6:48
Carlos Barbeiro	9	17:08	6:51
Kenny Rogers	8	17:08	6:51
Teresa Frenette	10	17:40	7:04
Sandra Almeida	11	17:48	7:07
Kevin Silva	12	18:05	7:14
Jocelyn Mitchell	13	18:22	7:20
Lynn Clay	14	19:20	7:44
Bill Fortier	15	20:53	8:21
Megan Danzell	16	21:16	8:30
Ted Silva	17	21:50	8:44
LCM Webster	18	32:05	12:50

GNBTC Can Opener New Bedford, MA
Distance: 2.5 miles
Date: April 26th Finishers: 25

Felix Almeida	1	14:57	5:58
Jasson Caisse	2	15:12	6:04
Russel Dearing	3	15:25	6:10
Michelle Tetreault	4	15:32	6:12
Sal Corrao	5	15:41	6:16
Carlos Barbeiro	6	16:28	6:35
Fernando Coelho	7	16:46	6:42
John Schaechter	8	16:57	6:46
Richard Flood	9	17:06	6:50
Paul Mello	10	17:18	6:55
Mary Cass & Company	11	17:53	7:09
Kenny Rodgers	12	18:29	7:23
Don Cuddy	13	18:30	7:24
Paul Correia	14	18:31	7:24
Beth Bertrand	15	19:00	7:36
Kathy Lopes	16	19:40	7:52
Natalia Marques	17	20:34	8:13
Bill Fortier	18	20:58	8:23
Brian Grant Sr	19	21:33	8:37

Warren Substance Abuse 5k Road Race
Warren, RI
Distance: 5 kilometers
Date: May 6th Finishers: 77

Brian Grant, Jr	15	22:07	7:07
Don Clukies	38	24:59	8:02
Brian Grant, Sr	45	27:04	8:42
John Anjos	64	30:32	9:49

14th Annual Dare To Go Bare Lutz, FL
Distance: 5 kilometers
Date: May 7th Finishers: 96

(Continued on page 16)

Cuddy's Corner



Even though I am not entering as many as I used to, road races are still very important to me. When I show up and put my money down there is no way that I am going to use a race as a training run. A race to me means that I am going to do whatever I can to beat

you. Maybe I will not succeed but it won't be for lack of effort. That is what it's all about and if I didn't believe that I would not race at all. Regardless of your level when you go to a race you will be competing against somebody. They may not be close to you in age or appearance but halfway through the race if they are still alongside you then you are looking at the competition. This is one reason why the time trials at the airport are so useful. If you go there every week you have a very fair way to measure your progress, running the same course against essentially the same people. Two weeks ago I got in a battle with Ned Carter. We started out running together but once we turned the corner onto Shawmut Ave for that long final stretch to the finish the pace picked up. He took the lead but I was only a couple of paces behind, close enough for him to hear my footsteps. I made a couple of surges but he was able to match them and finished a couple of seconds ahead. The following week when he wasn't there, although I felt stronger, I ran five seconds slower. I had nobody to drive me home. That person you can't stand because they always beat you is really your best friend because they are there to spur you on and raise you up.

Another illusion that I believe is commonly held is that the fast runners who are always upfront don't suffer like the rest of us. You know who I mean- those ones you hate because they are out cruising, cooling down on the course, as you are wheezing towards the finish line with your eyeballs about to pop out of your head. Because they run fast it's often assumed that they must do so effortlessly. Not so. It's all about the VO2 uptake, regardless of the individual. Their pain is no different. The only way past it is to suck up the pain. If you are talking about improving performance then that means speed work. Going to a track and running repeats is about as pleasurable as a root canal but

it's the only way to get faster. The human body can adapt to almost anything. Once you start running at a high intensity the alarm bells quickly begin to ring, the lactic acid threshold is breached and the brain revolts. When this occurs you are genetically programmed to obey the physical and mental reactions that are lighting up the switchboard. It is at this point that you have to play your last card. The Will is the only thing that can make you do something that mind and body are against. The Will is just like a muscle. It needs to be exercised or it becomes weak.

That brings me to another feature of the running world that is fairly common. If somebody beats you in a race you have no excuse. We all want to win and losing is no fun but accept defeat as gracefully as possible and let it increase your desire to improve. When you beat somebody be gracious also in spite of those odious types who are anxious to let you know that you won by default as they explain at length about the various reasons why they were below par on the day. They were working late or the old hip injury flared up. The undercurrent is always to suggest that your performance was an aberration. Even worse, to me, are the guys who come up with alibis before the race starts. They tell you things. They haven't raced since last summer for example. Is the ego that fragile? It's usually some guy I barely know and haven't seen for nine months and what do I care anyway? I am not here to evaluate him. It's all about me. I should probably explain to them that I am interested chiefly in what I am doing but of course they wouldn't understand that. If they felt the same they wouldn't be concerned with how other people view them. They would just say "Yeah I was terrible" and then go off and start doing speed work. See you at the airport Wednesday. Bring your Will.

Three GNBTC runners traveled to Harvard Mass to run the Wachusett Mtn. Race.

Kevin	Silva	GNBTC	41:16
Bethany	Bertrand	GNBTC	43:45
Kevin	Mullen	GNBTC	44:58

Togetherness

They trained together, they ran together, they finished together. The Poyant sisters finished the Vermont City Marathon, on May 28th, crossing the finish line in 3:43:27.

Ken Rogers 23 22:24 7:12

27th Annual Hazelwood Women's 5k Run/Walk
New Bedford, MA
Distance: 5 kilometers
Date: May 7th Finishers: 126

Michele Tetreault	1	19:34	6:17
Teresa Frenette	2	21:41	6:58
Sandra Almeida	4	21:57	7:03
Mary Cass	5	22:08	7:07
Katie Cabral	8	23:20	7:30
Kathy Lopes	12	24:18	7:49
Mary Lou Pires	17	25:35	8:13
Carol Mamroe	19	25:51	8:19
Erin Murphy	22	26:06	8:23
Nadia Mimoso	26	26:46	8:36
Sheryl Fredette	28	27:37	8:53
Aurea Enes	29	27:49	8:57
Stephanie Roberts	32	28:12	9:04
Robin Bodeau	35	28:40	9:13
Caroline Campbell	38	28:54	9:18
Joan Sparrow	39	28:55	9:18
Cecelia Roberts	41	29:14	9:24
Eileen Mullen	45	31:16	10:03
Dorothy Arnold	48	31:57	10:16
Donna Belliveau	51	32:04	10:19
Donna Leite	55	32:43	10:31
Ann Bell	59	34:03	10:57
Cathy Teves	62	34:36	11:08
Adelina Desrosiers	65	38:16	12:18
Ernestine Morin	74	42:04	13:32
Jennifer Marshall	84	43:11	13:53
Gail Bach	91	45:16	14:34
Sarah Friedman	119	53:26	17:11
Jane Friedman	120	53:26	17:11

Wareham Y 5K Road Race Wareham, MA
Distance: 5 kilometers
Date: May 7th Finishers: 288

Jeff Reed	2	16:27	5:17
Chris Adams	18	19:02	6:07
Sal Corrao	19	19:47	6:21
PJ Costa	25	21:02	6:46
Manfred Wiegandt	32	22:08	7:07
John Thompson	60	24:46	7:58
William Fortier, Jr	87	26:10	8:25
Sheryl Briggs	90	26:25	8:30
Ed Talbot	118	28:05	9:02
Sompack Nissen	127	28:38	9:12
Charles Donohue	128	28:39	9:13

WFA "Run for the Water" - 3rd Annual 8k

Westport, MA
Distance: 8 kilometers
Date: May 13th Finishers: 79

Michele Tetreault	6	30:42	6:10
Mary Cass	9	32:11	6:28
Ned Carter	19	34:37	6:57
Chelynn Tetreault	20	35:28	7:07
Paul Lemieux	41	41:37	8:22
Caroline Campbell	49	43:32	8:45
Ann Bell	65	52:14	10:30

Kyle Conlon Memorial 5k Berkley, MA
Distance: 5 kilometers
Date: May 20th Finishers: 98

Peter Danzell	3	20:31	6:36
Kathy Lopes	15	23:56	7:42
Don Clukies	30	26:14	8:26

4th Annual Chef's Classic 10k Sharon, MA
Distance: 10 kilometers
Date: May 21st Finishers: 259

Don Clukies	191	59:31	9:34
Ann Bell	257	1:11:55	11:34

Lance Corporal Barton J Carroll Memorial 5K
Portsmouth, RI
Distance: 5 kilometers
Date: May 21st Finishers: 95

Brian Grant, Jr	19	22:20	7:11
Taylor Days	41	24:39	7:55

Please be sure to write your club affiliation on the entry form. We would like to have the club's name get out to as many areas as possible.

The USATF club number for the GNBTC is 02-0019

A note about pictures

Every attempt is made to put quality pictures in the newsletter. However, what is produced on the screen is not what the end product looks like. Quality is reduced because the newsletter is produced on a copy machine.. Copy machines, (unless they are color copiers) do not have the tonal quality to reproduce pictures.



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