



# Greater New Bedford Track Club

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



## The Great Lakes Relay

### *Brian Peacock of the Fox and Hounds*

275 miles, 66 teams, 10 to a team, 3 cars to a team, state parks, back roads, forests, swamps, rivers, rain, heat, hills, dust – that is one way of describing the 11<sup>th</sup> running of the annual relay race across Michigan – the Great Lakes Relay. An alternative would be high schools, colleges, running clubs, young, middle aged and old, men, women and youths, blood, sweat and tears, laughing, crying, shouting, swimming, climbing, going to the bathroom in the woods, mixing with the locals and running, running, running until you have earned your beer.

The wide variability in ability due to sex and age is dealt with partially by a handicap system – women get 13%, 40 and over get 1% per year, 50 and over get an additional 1 1/2% per year. The handicaps of all the team members are added together and divided by ten to get the team handicap. The rest of the rules are more or less common sense aimed at managing the movement of about 700 people and 200 vehicles from Mio to Rogers City (on Lake Huron) to Grayling and on to Empire, which is on Lake Michigan.

The legs vary between 3 and 9 miles and each team member must run at least 24 miles over the three days – most competitors run 5 legs. Most of the legs are sponsored by local businesses and they all have unique characteristics. The Swamp Run follows a curving path through a forest, up and down hills, through mud and thick undergrowth, under or over fallen tree trunks for 8.7 miles. The best runners achieve about 70 minutes while others may get lost for a couple of hours. The Tommy Toyota run is another classic, as is the early morning second leg on day three that ends by the runners wading across the Manistee River. The “Last Hill and Testament” lives up to its name – The crowds at the changeover point at the top of the very steep half-mile long hill cheer as runner after runner plods gamely upward and, if he is lucky, onward. The glory leg over the sand dunes and along the beach ends with the teams accompanying their last runner

before doing justice to the chilly waters of the lake and even more chilly beer. Analysis, memories, photographs and “see you next year.”

There are some fast legs – on black top or well-used dirt roads. Good runners do better than 6 minutes a mile pace. The winning team of the 2002 race – the Fox(es) and Hounds finished with an adjusted time of 28 hours and 33 minutes, whereas the first team home with much less handicap finished with a gross time of 29 hours and 30 minutes. To win the race, your adjusted time must be close to 6 minutes per mile. The average age of the Fox(es) and Hounds team – there are two foxes and 8 hounds - is 55.

The trick is not to get lost, which is easier said than done. The instructions, checked many times for accuracy by the organizers, are usually something like:

Continue straight along Fowler for 1.5 miles to a T in the road (Rayle, no sign)

Turn right on Rayle for 3 miles to a T at Pettengill

At .6 miles on Rayle go right at the Y

At .8 miles go left at the Y

At .05 miles go left at the lake

At 1.5 miles go right at the Y

At 2.4 miles go left at the Y

Turn left on Pettengill for .9 mile to the exchange at the blue Shore to Shore post on the left.

There are also maps, which are not sufficiently detailed. Some legs allow vehicle support, others bicycle support and some no support. Don't get lost they say – you'll cost your team dearly – and many do. Successful teams help the runners wherever possible – running without having to navigate and knowing where on the leg you are takes away some of the strain. Also a swig of water, a cold sponge and raucous encouragement are often very welcome.

The core of the Fox and Hounds team has been together for about six years and the team has usually finished in the top half dozen – notable exceptions

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**Greater New Bedford Track Club**  
**P.O. Box 1209**  
**New Bedford, Ma. 02741**

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**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@gnbt.org  
Deadline for news and results, 20th of each month.

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

**President's Message**

Hope everyone's training is going well now that most of the snow has melted. Now that you can get back onto the various bike paths and the streets, and off the treadmills and bikes, you'll be ready for the New Bedford Half



Marathon in just a few weeks on Sunday March 19th. It's right around the corner. And don't forget about the "Fun run" the week before on Sunday the 12th that's leaving from the YMCA on Spring Street at 9 a.m.

We'll have lots of "goodies" after the run, as well as some great coffee to warm you up after a trip around the beaches. Once again the "Paper cup Gang" will be out on the course with water, but if you're not up to that mileage, you can cut it short, and cut down Union street. Then stop in anyway - no worries. We'll be in the function room at the back of the Y (the same room where the Christmas party was held). The Y will be open for us for showering after.

The Bagel Hilltop Challenge at BCC will be on April 9th this year. As always, the run will be starting at 8 a.m., leaving from the last building in the back, with coffee, juice and bagels for after. For those of you who have never tried this run, you don't know what your missing. This is a great training run!

Marathon runners, keep your eye out for the BUS TO BOSTON. This was such a hit in the past that we're going to try to make it happen again this year, so watch the next issue for more information.

Start saving your cans now for the annual *GNBTC CAN OPENER* on April 26th. This event will kick off our weekly Wednesday night runs. (The official GNBTC first sign of spring!) For every returnable aluminum can you bring, you can deduct one second off your time. (Bring enough cans, and you might not even have to run at all!)

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

*DAVE*

## Cuddy's Corner



Don Cuddy

For those able to attend, the dinner held at The Cobblestone restaurant in New Bedford on Jan 26 was a special occasion. Not only did it provide a chance for runners to gather and swap war stories in a relaxed setting

but the good food was complemented by the wit and wisdom of John Cederholm, a speaker with an exceptional fund of running anecdotes and lore from the 1960's to the present. I would like to thank John for giving generously of his time and thanks are due also to chef Henry Bosquet for hosting the event and Kevin Silva who coordinated it. I would also like to mention the generosity of Sam Palestine who bought and raffled off twenty tickets at the Christmas party.

Particularly entertaining was John's reminiscences of the legendary Jock Semple's 'Salon de Rub' at the old Boston Garden where a massage from the prickly Scot cost \$2. Semple wasn't one for theory. On one occasion overhearing two runners discussing the latest trends in science and strategy he broke in with his usual gruffness: "It's running lads. It's just running. Get out there and run."

This kind of pragmatism is no longer in vogue. I suppose it does not sell the powders, potions, gear and gadgets so beloved by many of today's runners.

Hearing John's talk about the early days was a welcome reminder about sticking to the basics. He recalled the day that Young Johnny Kelly showed up for a ten miler while still in high school wearing track shoes with the spikes removed and hanging on to the leader for around eight miles until the shoes disintegrated.

This tale reminded me of my own introduction to marathoning. It was in 1984 that I entered my first one, the San Diego marathon. I was in pretty good shape since I went everywhere by bike and I was playing a lot of soccer in those days. However I did not own a pair of running shoes so I showed up at the start wearing indoor soccer shoes. They were all-black leather shoes. Naturally in fad-conscious Southern California they aroused considerable interest and several people approached to inquire whether I had uncovered some radical new design.

When I told them the facts they recoiled in horror. My feet didn't seem to notice the difference however and I was able to finish in 3:56. Since then I have naturally remained skeptical about some of the claims made for 'performance' shoes. One time I entered a 10K in Puerto Vallarta, Mexico and one of the local runners showed up in soccer cleats as I am sure he had no running shoes either. He was too poor. He did complete the run, which started on blacktop near the airport and finished on the cobblestone streets of the old town. Cobblestones and running should be mutually exclusive although when I ran the Philadelphia marathon I was surprised to find some of the early going was on cobblestone streets.

With the Boston marathon now beginning to occupy the thoughts of many runners it is important to remember the old timers and their accomplishments. As John stated, in the old days running was typically a blue-collar sport and most athletic clubs fifty years ago emerged from the workplace. These runners worked long hours to support families and had to squeeze training miles in whenever they could. They had none of the advantages we take for granted.

During the celebrations surrounding the 100<sup>th</sup> Boston Marathon they put a display of running memorabilia up on the observation deck of the Hancock Tower. I remember being struck by the running shoes which belonged to a guy named Johnny Miles. He was from Nova Scotia and won Boston sometime in the Fifties. The shoes he wore were basically the lightweight canvas type we associate with beachwear today. No cushioning, no support. They never heard of heel strikers or over-pronators back then and I'm pretty sure they would laugh out loud if they saw people running around with bags of water strapped to their backs.

Because of the fascinating glimpse it provided into an unknown world the evening at the Cobblestone was indeed memorable and greatly enjoyed by all. Hopefully this will provide a catalyst for our members to gather more often. There has been good participation in the weekly runs over the past several months and many more opportunities via the Yahoo group to join others for a midweek workout. Hopefully this will also lead to more social gatherings. It was nice to see everyone in the cozy setting of The Cobblestone. How different everyone appears with their clothes on! If anyone knows any other distinguished runners let's invite them down also.

## Relay

*(Continued from page 1)*

being due to one or more team members getting lost (not always on solo legs) or being penalized for having a vehicle on the running route instead of a designated “auto detour”. The detours are necessary on narrow lanes as they kick up a lot of dust when it is dry and often slow down the runners. On occasion, in the past, the backlog of traffic has caused a runner to be late for his leg, which leads to a great kaffuffle. On dry sandy roads runners have been known to finish way ahead of their bicycle support.

Students of sociology can learn a lot about team mood and behavior. Successful teams are overly happy and sometimes throw caution to the winds, often with dire consequences. Teams that get lost or lose a runner due to injury or are not well organized with their logistic arrangements are often seen to be overly sad, or mad. Moods swing. But they usually return year after year and usually finish the race even though they are out of the running for a major prize. All competitors receive a handsome stein for their efforts and coffee or beer.

Those who wish to learn more about this memorable event should go to the web at:  
[www.greatlakesrelay.com](http://www.greatlakesrelay.com)

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

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**Visit us on the web at:  
[www.gnbtc.org](http://www.gnbtc.org)**

## Adventures of the Marathon Maniac 2006

After completing nine marathons in 2005 it's time to start 2006. It was off to Arizona with my friend Lori Watkins to Rock n Roll in Phoenix on January 15<sup>th</sup>. I met up with Track Club member Brian Peacock the race for dinner. Brian Now resides in Prescott, Arizona and was running the half.

Race day was great, nice course, nice weather, no hills. I ran most of the race with new friend Carie from Dover, New Hampshire and Liz from Denver. Both were looking to qualify for Boston. Unfortunately only Liz was able to as we finished right at 3:40:00.

Lori ran the half and although it wasn't as scenic, she finished well despite some knee issues. There were around 8,000 finishers in the marathon and 18,000 half. The next day we both felt good enough to hike Camelback Mountain, a popular hike in Scottsdale. After the hike we headed up to Sedona for a few days. Sedona is in an area known as Red Rock Country at 4,500 ft. of elevation. It is surrounded by taller mountains and the scenery is awesome.

The first day there we took a yoga class followed by a hike to Brins Mesa. There were awesome views of Sedona from the top and we ran back on the trail with Lori leaving me in the dust.

The second day in Sedona we again took a yoga class followed by a hike to Vultee Arch. Lori climbed to the top of the Arch. While I stayed below to take pictures, (can we say chicken). I would highly recommend the race and the side trip to Sedona. The temperatures were in the 60's to 70's with bright sunshine every day.

Stay tuned for the next adventure,

*Ultra Ken*

**Rock n Roll Arizona Phoenix/Tempe January 15<sup>th</sup>**

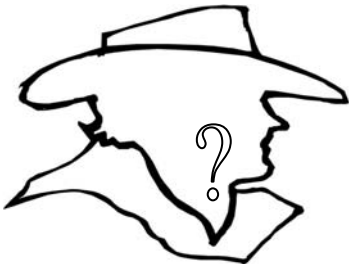
### Marathon

962 Kenny Rogers      3:40:34      8,000 finishers

### Half—Marathon

2,647 Brian Peacock      1:54:09

5,619 Lori Watkins      2:06:59      18,536 finishers



## Woody and Me

*LCM Webster*

I had just started to leave the house for my Sunday morning training run, last spring, when I noticed the pile of dirt and stones in front of the shed. I knew right away who the surprise houseguest was my old friend, my old foe, Mr. Woodchuck, last glimpsed a decade ago. It's possible it was Ms. Woodchuck, of course. I never got close enough for a positive ID on the original because it skedaddled whenever it saw my shadow.

But the sequel has the same habits, the same appetite. He sleeps all winter beneath my outbuilding, emerges yawning and sniffing sometime after the thaw, and nibbles on the annuals and perennials in the garden. The last time he appeared, I tried chasing him with a 3-iron, but he squeezed beneath the picket fence and into one of his hidey-holes before I could whack him across his furry backside. "You should have used the pitching wedge," my golfer neighbor advised me. "You were too close for a 3-iron."

"Why don't you just leave it alone?" my wife said, after a couple of weeks of watching this silly maypole dance between Woody and me. "Because I'll be damned if I'll spend more on his breakfast than I do on mine," I told her. Eventually, we ran out of flowers, and the woodchuck went elsewhere. When he – or, more likely, his successor – popped up again, I found I'd developed a tolerance, even empathy for the backyard interloper.

So when I saw the dirt pile this time, I shrugged it off as another seasonal phenomenon, along with the woodpeckers and the crab grass, and set about yanking dandelions. I'm more laissez-faire about woodchucks and a few other things these days, probably because I'm less inclined to try to control my environment. Experience has convinced me that it's a losing battle, and I haven't the energy for it anyway.

The truth is, I never wanted to whack (Sopranos-style) Woodchuck1. I didn't have the stomach or knowledge for shooting or trapping him, and I was afraid of blowing up the shed with the recommended monoxide-spewing gas canister. Chasing him was not only unseemly, it was useless. The woodchuck was quicker than I was and decidedly more motivated.

Playing hide-and-seek with a whistling rodent may be a pastime for me, but it's survival for him. Why complicate what's already a scruffy, lonely life? Nobody much

likes him except for Ms. Woodchuck, and she's only interested during March and April. And for all his scratching and snuffling, he doesn't eat much, just a few dozen flowers that soon would wither and drop anyway.

I must admit, I've come to admire the animal, even envy him. His life has an undeniable simplicity to it – he digs, he sleeps, he eats, he mates, (if he's lucky), and he sleeps again. If he avoids getting broadsided across the butt with a golf club, he's had a hell of a day. I actually was disappointed, even insulted, when the original one vanished. My swatch of suburbia wasn't affluent enough for him?

I can't say that I stuffed a Welcome Back card down the burrow when the woodchuck turned up again, but I've settled on peaceful coexistence. As long as he doesn't appropriate my lounge chair, we'll get along fine. From what I read, he's not much of a carnivore, but if Mr. Woodchuck pops up around 6 on a summer evening when the grill is going, I may even toss him a blade steak.

*The following was taken from a 1987 newsletter*

### PROFILE: L.C.M. WEBSTER

Just who, you may wonder, is this mystery person L.C.M. Webster, who each month gives us all a chuckle. He often causes us to give an all-knowing nod of agreement as we see ourselves or our running companions in one of the humorous situations he presents.

Well gang, he's probably known to most of you in one capacity or another, since he wears many hats. Just think of one of the most considerate and caring people you know in the club, and you're on the right track. More clues? Okay, he always has a good word for everyone, is a real ladies man (they think he's cute!), and is always good for a laugh or two. He has quite a following and is first to offer a helping hand when needed.

As a runner, you won't find him at the front of the pack (unless it's a six pack!) – although he has been getting a bit rambunctious of late, but he does hold his own in his division (the oldies but goodies).

To disclose his identity would spoil his fun. So, if you don't recognize him by now, you'll just have to keep on guessing. To ole' L.C.M. himself, though, "keep steaming up those roads"- we all love ya!

-An admirer

## Member Profile: Larry Finnerty

*Lisa Talbot*

Perhaps we really do only get a fixed number of miles in any running career. Some of us spend them slowly, over a lifetime. Others end their running careers before they deplete their balance, leaving thousands of unrun miles in the bank. Still others, like Larry Finnerty, spent every step of every mile with such passion and style that the reserve of miles runs dry far before the passion fades. Although chronic, significant back injuries have brought an end to Larry's competitive running days, his love for the sport and his dedication to promoting it make him one of the club's most compelling members.

Larry began running in 1975, amid the now-famous running boom. In 1976 he met Marty Flinn, one of his brother's former schoolmates. They were both participating in the New Bedford Recreation Department's 4 mile South End road race and began training together soon after. The South End race, run through some gritty terrain with no course support, was the only running event in the area at the time. The only other local attraction, the Eagle's Race that Don Dayton profiled last month, was no longer held. Interestingly, Larry remembers seeing runners, including Johnny Kelly the Elder, Johnny Kelly the Younger, and Tarzan Brown running by his family home in his own youth. The racecourse was monitored by military vehicles and the gasoline cost and shortage of the time had forced the end of the event. When Marty ran his first marathon in 1976, he chose the Newport Marathon (which later became the Ocean State Marathon). A year later, in 1977, Larry ran his first marathon in that same race. Both of them went onto remarkable accomplishments in the sport, both as runners and as event founders.

Larry's running career flourished despite a training load that would crush even the toughest of Ironmen. He talks of 110-mile weeks as his usual running regime, double runs totaling 18 miles during the summers, (9 in the morning to run to work, 9 in the evening to run home), and a breathtaking string of marathon and beyond accomplishments. In a final streak that included the Newport Marathon, a 50 miler, a 100K, Boston, a 36 miler and a 100 mile event within less than a year. It was in this time that Larry developed sciatica but was unwilling to break his intense training to heal the injury. Over time, he grew accustomed to living at the physical and mental edge

that ultrarunners describe. He compared it to a metronome, ticking off the steady relentless footfalls of ultradistances, of long-term overtraining. In a matter of five years, at only 33 years old, Larry's passion for running had brought about serious and permanent physical consequences. He recognizes now how unwilling he'd been to take advice, to back off, or to heed any of the warning signs. He ran until he could not run anymore. He's undergone 4 significant surgical procedures to repair damage to his back. While he'd love to be out there still, his last marathon was in 2003. That in itself is testimony to Larry's continued love of running. He likened it to any addiction, saying that he could still, on any given day, know where to find a group getting ready to run but that now he could only go to say hi, not to run with them.

Amid the impressive streak of miles, Larry and Marty began to dream of a local half marathon that would be 5 weeks before the Boston Marathon. Given that the serious runners of the area would be seeking a good tune up for the marathon but wouldn't want to put in excessive racing miles so close to Boston, a half marathon distance seemed ideal. The original course was not wheel measured until its third year. It was a bit short and accommodations to the course were made. Ultimately the finish line was changed from Union Street to its present location. Larry recognizes that the change was necessary but counts himself as one of the many race veterans that fondly remember the final sprint down Union Street.

Besides his role as founder, Larry's a true fan of the race. He recalls that Johnny Kelly chastised him for not having a 60+ age category at the time (since changed) and can point to a rich history associated with nearly every water stop crew and race volunteer station. He notes strongly that families and communities have shown remarkable commitment and loyalty to the event with an investment not in personal gain but in the volunteer effort. The race dates back to 1978, prior to the GNBTC. In what appears to him to be an unnecessary break based upon misunderstanding, the club and the race's committee members struggled with how both independent organizations should grow. Larry's commitment to the purity of the event led him to decline the offer made by New Bedford 5 Cent Savings Bank to

*(Continued on page 7)*

## Member Profile

*(Continued from page 6)*

purchase and rename the race. He and Marty listened to and politely refused an offer to buy out what has now become a local standard.

Only a runner with a passion like Larry's can accomplish so much in so little time. That same passion fuels his current competitive spirit. In the summer, you can find Larry swimming the 1.2 mile Buzzard's Bay Swim that benefits the Coalition for Buzzards Bay. This past summer, Team Finnerty showed pretty well at that event (Eamon and Allison both took home some hardware). Larry says he doesn't go there on a lark, he trains, he struggles, he gets angry at getting beat, and he's as unsatisfied by his performance there as he can be. Only he can count that many consecutive finishes as a disappointment. That same competitive spirit allowed him to run quietly in the correct direction when the entire lead pack of the Johnny Kelly race took a wrong turn. Suddenly, he went from running 7<sup>th</sup> to running 1<sup>st</sup>!

One of the most interesting stories Larry told was one of writing to former Olympian Ted Corbitt requesting information for how to train for a 100 mile run. His response: "Get on your feet and stay on your feet as long as you can". While he knew he couldn't run that distance in training, he knew he could put in the time so he left his house, with money and frozen water bottles, for a walk to Newport, RI. Sally and Allison picked him up at the finish and he was able to train for 8 consecutive hours on a course that makes the New Bedford course appear nothing more than a warm-up lap!

Running is a sport of mentors, of personal heroes. Runners like Larry blazed the trail and then created a path for those who would come after him to follow. As the miles tick away during this year's race, listen closely. Larry's metronome will click along with them.

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## Membership Renewal

**If you have not renewed your membership you may do so by sending your check to:**

**GNBTC**

**C/O 36 Mosher St.**

**Dartmouth, Ma. 02748**

***Simply write "renewal" on your check***

## Martha's Vineyard 20 Miler

The Martha's Vineyard 20 Miler is one of those classic must do New England races. The course is fast and flat and the organization of the race is close to perfect. Because of its date and distance it is a perfect training race for the Boston marathon and always gets a talented field of serious runners. The runners you meet on the ferry and during the race tend to be very relaxed and friendly. You get the feeling that most of them have done this before. This is one of those races that attract good runners.

The first 10 miles of the course is beautiful and winds along the water and some amazing homes. This was the second time I have ran this race and this year I found myself appreciating the scenery more than I did last year. Virtually the entire race is run on bike paths. After mile 10 much of the course is wooded and it is easy to focus on the business of running.

The course is relatively flat with a few rolling hills the last five miles or so. But this race isn't a cakewalk. It rewards the people patient enough to pace themselves; and punishes people who didn't with rolling hills the last five miles or so. The hills in this race are mild by Derry, New Hampshire standards, but they hurt if you went out too fast. Organizers put markers out every mile and it's very easy to run steady on this course.

The organizers of this race really do everything thing right. Every turn on the course has a volunteer to point runners in the right direction. Water and Gatorade is available every 3 miles or so. The long sleeve embroidered tee shirts are simple and understated and the chowder and food at the school is great. The schools showers are available after the race, and the race organizers make sure they remind runners on the PA when shuttles and Ferry's are leaving; an important thing when you are wiped out from a 20-mile race. The people who put this race on must be runners, because they really do think of everything.

Logistically this race is a little harder than most. You have to plan on staying overnight or taking a ferry in, but the race starts at the ferry terminal and there isn't any need to bring a car over. Baggage is shipped over to the school and shuttles take runners back to the ferry terminal. Four of us took the ferry out of Woods Holes and made the trip there and back without any problems. The timing of this race is tough for someone not training for a spring marathon, but it is well worth doing even if twenty miles ends up being your longest race of the year.

***Richard Flood***

## USATF—NE MUONTAIN SERIES

- **May 27 - Wachusett Mountain,** Princeton MA, 4.3 miles, 9:30 a.m.  
Contact: Kevin Fallon 508-835-4262  
<http://www.cmsrun.org/> (under Calendar)
- **June 4 - Pack Monadnock,** Wilton to Temple NH, 10 Mile, 9:00 a.m. Contact:  
Gate City Striders - Steve Moland  
<http://www.gatecity.org/PackRace/>
- **June 10 - Northfield Mountain Run,** Northfield MA, 9:00 a.m. 10.3Km (6.4 miles) (different distance than past)  
Sponsored by Inov-8. USATF-NE Mountain Running Champs / Teva US Mountain Running Team Selection Race.  
Contact: [dave.dunham@comcast.net](mailto:dave.dunham@comcast.net)
- **June 24 - Loon Mountain Race** NH, 13.2 km Sponsored by Inov-8. NE Mountain Championship First time NE mountain circuit event. Teva US Mountain Running Team Selection Race (1 male)  
[www.whitemountainmilers.org](http://www.whitemountainmilers.org) follow link to Loon Mountain Race
- **July 8 - Mt.Cranmore Race** North Conway NH, Distance to be determined 19th annual. Sponsored by Inov-8.  
[www.whitemountainmilers.org](http://www.whitemountainmilers.org)
- **July 15 - Mt.Ascutney** Run to the Summit, Windsor VT, 3.8 mile, 9:30 a.m.  
Contact: [dave.dunham@comcast.net](mailto:dave.dunham@comcast.net)

Go to [www.usatfne.org](http://www.usatfne.org). for series rules and description of courses.

You must be a member of the USATF to score points in the series. You need not be a member to win awards or have fun at the races. For those who are seeking diversity in their running, this is the series to do just that. Friendly people and well run races add to the enjoyment.

**W**eight loss must be accomplished globally. We can not isolate weight loss. Despite what the ads for weight loss machines have to say, weight loss occurs through the whole body. The diabolical plot against the body is that weight gain seems to occur in the mid-section leading people to believe that they can wrap the area with plastic, rubber or some other non-porous material and isolate the weight loss.

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Use ice on a new injury. Never use heat. Apply ice to the affected area for at least 20 minutes per application. Heat should not be applied for 48 hours. At that time alternate between heat and cold to promote blood circulation and promote healing.

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## 2006 GNBTC Grand Prix

March 19 <sup>th</sup>	New Bedford Half Marathon
April 2 <sup>nd</sup>	Officer Thomas Giunta Memorial Road Race
May 7 <sup>th</sup>	GNBTC Hazelwood Women's 5k Race/Walk (Women only)
June 11 <sup>th</sup>	Day of Portugal 5k
June 18 <sup>th</sup> (10k Only)	Fairhaven Road Race 10k/5k
T.B.A	Louie's Run 5k
T.B.A.	GNBTC Leo's Scoot
September 4 <sup>th</sup>	Acushnet Road Race (4.1 miles)
September 10 <sup>th</sup>	Ft. Phoenix 5K Road Race
September 24 <sup>th</sup>	Camp Metacomet/Dartmouth YMCA 10k
October 9 <sup>th</sup>	Newport Savings Half Marathon
T.B.A.	GNBTC Spooner 10k

*Grand Prix rules and point system will be forth coming; races will be weighted by distance. The New Bedford Half Marathon will be the first race of the year.*

## 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

## Effects of Recovery Drinks After Prolonged Glycogen-Depletion Exercise

*Medicine & Science in Sports and Exercise.*  
31(5)S124, 1999.

Williams, M., J. Ivy, And P. Raven. Cardiovascular Research Institute University of North Texas Health Science Center at Fort Worth, TX 76107 and Department of Kinesiology University of Texas, Austin, TX 78712 \*

**Purpose:** Eight high-fit (bicycle  $VO_{2max} = 62.4$  (1.10 ml (kg<sup>-1</sup>(min<sup>-1</sup>) male cyclists, aged 28.4 (1.65 yrs. performed a two hour endurance bicycle exercise to achieve depletion of skeletal muscle and liver glycogen. During recovery, R<sup>4</sup> Recovery Drink, or Gatorade, was ingested to investigate their relative restorative capacities to enable further exercise.

**Methods:** Each subject performed two days of resting: one for each drink presented in random order. On each testing day, the twelve-hour fasted subject performed a two-hour cycling exercise bout at 75%  $VO_{2max}$  followed by one to three 5-minute sprints at 85%  $VO_{2max}$ . At the end of this exercise blood glucose concentrations were 3.98 (0.138 mmol/L. A four-hour recovery period ensued in which the subject was given 24 ounces of the recovery drink. A performance test at 85%  $VO_{2max}$  to exhaustion was then conducted. Ventilatory responses were collected breath-to-breath, while venous blood samples were measured for oxidation products, glucose and insulin concentrations.

**Results:** The recovery phase showed significant increases in both plasma glucose and insulin following R<sup>4</sup> Recovery Drink ingestion as compared to Gatorade. There was a significant increase in time to exhaustion (+66%) following R<sup>4</sup> Recovery Drink during the performance ride compared to Gatorade. Final oxidation products following R<sup>4</sup> Recovery Drink ingestion were significantly decreased as compared to Gatorade ingestion, as well as Thiobarbituric Acid Reactive Substrates (T-BARS).

**Conclusions:** These data indicate that recovery from glycogen-depleting exercise was significantly enhanced by R<sup>4</sup> Recovery Drink when compared to Gatorade. In addition, R<sup>4</sup> Recovery Drink decreased the formation of final oxidation products, when compared to Gatorade.

See Tables to right



Chocolate ENDUROX RS		
Nutrition	12 Fl. oz	%DV
Calories	270	*
Calories from fat	10	*
Protein	13	26
Fat	1.5	2
Cholesterol	10 mg	3
Carbohydrate	52 g	17
*Daily Value not established		

Slim Fast		
Nutrition	1 Can	% DV
Calories	220	*
Calories from fat	25	*
Protein	10 g	20
Fat	3	5
Cholesterol	5 mg	2
Carbohydrate	40	13
* Daily Value not established		

ENSURE		
Nutrients	Per 8-fl oz	% DV
Calories	250	*
Calories from fat	50	*
Protein, g	9	18
Fat, g	14	22
Cholesterol, mg	5	2
Carbohydrate, g	40	13
* Daily Value (DV) not established		

BOOST		
Nutrients	8 Fl. oz	% DV
Calories	240	*
Calories from Fat	35	*
Protein, g	10	20
Fat, g	4	6
Saturated Fat, g	0.5	3
Cholesterol, mg	5	2
Carbohydrate, g	41	14

## Inviting Pain



As runners we are constantly dealing with pain. Pain is our constant companion. Rarely does a runner come along who has not felt the sting of a painful run. Pain helps us to improve, does it not? Pain leads to PR<sup>s</sup>. PR<sup>s</sup> lead to self satisfaction. What runner has not returned home and felt the pain of climbing a few steps? Don't let the neighbor see that limp. Be strong, it's only a short walk to the shower. Why is my buttock sore? What is that pain in my knee? Why are my ankles so tender and my toes so black? If there were only more words to describe how I feel. Ah! If I can make the recliner; I'll be cured. And then the hot shower. Next week we're doing 18. I can do that.

*I kept stumbling as I ran, I had a stitch that came near to overmaster me; and when at last Alan paused under a great rock, it was non to soon for David Balfour.*

*Toiling and resting and toiling again, we wore away the morning . . . stumbling like babes, and as white as dead folk. Never a word passed between us; each set his mouth and kept his eyes in front of him, and lifted up his foot and set it down again.*

*I did not think of myself, but just of each fresh step which, I was sure would be my last, with despair—and of Alan, who was the cause of it, with hatred.*

Stevenson, Robert Lewis, "The Flight in the Heather of Alan Breck Stewart and David Balfour" (*Kidnapped*, chapters 20-22).

Fear not the climb up Heartbreak Hill. Fear more the downhill to follow. That is where the pain comes on. We shall continue to invite pain as long as we subscribe to what Yeats called "The fascination of what's difficult."

24 Know ye not that they which run a race run all, but one receiveth the prize? So run, that ye may obtain.

25 And every man striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.

26 I therefore so run, not as uncertainly; so fight I, not as one who beateth the air:

27 But I keep under my body, and bring it under subjection: lest that by any means, when I have preached to others, I myself should be a castaway.

*1 Corinthians 9, (24-27) King James Bible*

## Happy Birthday

John Schaechter	March 3rd
Ralph DeBalsi	March 5th
Aaron Marshall	March 6th
Acadia Cass	March 9th
Anna Marshall	March 10th
Chad Bodeau	March 12th
John Browning	March 15th
Bill Harrison	March 15th
Felix Almeida	March 17th
Sarah Blatchford	March 18th
Tyler-John Blatchford	March 18th
Phil Chase	March 19th
Timothy Lyons	March 21st
Danielle Daniels	March 23rd
Carol Mamroe	March 27th
Peter Danzell	March 28th



## You Decide

**Background:** The use of sports massage is very common in the athletic community. However, only a few studies have shown any therapeutic effect of massage.

**Hypothesis:** Sports massage can improve the recovery after eccentric exercise.

**Study Design:** Prospective randomized clinical trial.  
**Methods:** Sixteen subjects performed 300 maximal eccentric contractions of the quadriceps muscle bilaterally. Massage was given to 1 leg, whereas the other leg served as a control. Subjects were treated once daily for 3 days. Maximal strength was tested on a Kin-Com dynamometer, and functional tests were based on 1-leg long jumps. Pain was evaluated using a visual analog scale.

**Results:** There was a marked loss of strength and function of the quadriceps directly after exercise and on the third day after exercise. The massage treatment did not affect the level or duration of pain or the loss of strength or function following exercise.

**Conclusion:** Sports massage could not improve the recovery after eccentric exercise

*Sven Jönhagen, MD\**, *Paul Ackermann, MD, PhD*, *Tommy Eriksson, DNP*, *Tönu Saartok, MD, PhD* and *Per A. F. H. Renström, MD, PhD*

*From the Institutionen Södersjukhuset, Stockholm, Sweden, and the Section of Sports Orthopaedic Surgery, Karolinska Institute, Stockholm, Sweden*

## CHILDREN'S MUSEUM 10K 1987

3	Ron Savaria	33:40
4	Sam Palestine	34:57
7	Charlie Dacey	35:20
9	Terence Haaland	35:34
10	Joe Fernandez	35:54
13	Craig Parker	36:28
14	Peter Ryan	36:45
17	William Beardsley	37:17
19	Joe Callanan	37:22
21	Brian Faria	37:29
22	Dennis Barley	37:53
25	John Daniels	38:57
32	John Driscoll	39:27
33	Mark Rodrigues	39:28
34	Leo Desrosiers	39:37
37	Leo Belanger	39:50
39	Ron Teachman	39:52
40	Joe Carballo	39:54
44	Ross Upton	40:10
46	Ken Rogers	40:20
49	Joe Areias	40:34
50	Herb Waters	40:34
52	Robert Pacheco	40:49
62	Bill Parent	41:39
64	Al Porter	41:49
68	Charlie Marshall	42:21
70	Joe Russo	42:28
79	Pete Selley	43:13
80	Marcel Gautreau	43:17
87	John Anjos	43:43
88	Bob Yuille	43:48
89	Steve Bociek	43:55
92	Gail Isaksen	44:04
99	Mike Conway	44:49
100	Sandra Watkins	44:57
101	Ed Busnengo	45:10
102	Ed Sweeney	45:14
104	Dave Filipek	45:18
109	Ken Daniels	45:36
115	Leo Rodeillat	46:07
123	Chuck Donohue	46:52
137	Kathy Mahoney	48:06
140	Leo Desrosiers	48:28
142	Gary Trahan	48:31
143	Rob Duval	48:40
145	Rene Dufresne	48:42
148	Kathy Lopes	49:12
152	Peter Cavanaugh	49:24
154	Neil Bociek	49:27

155	Barbara Belanger	49:39
164	Dot Arnold	50:53
167	Ann McCarthy	51:26
177	Fran Custodio	54:05
183	Pam Ahlander	55:00
185	Roland Dufresne	55:55
186	Larry Roy	55:55
192	John Cole	57:56
195	Pat Arruda	58:54
200	Elena LaFrance	66:45
202	Marty LaFrance	66:45
203	Brandi LaFrance	66:45

## SOMERSET WOMEN'S 3 MILER 1987

5	Lea McBratney	21:32
6	Gail Isaksen	21:34
9	Kathy Lopes	21:54
11	Mary Fitzbibbons	22:28
12	Gay Viola	22:33
18	Janis Sirois	23:53
20	Ann McCarthy	24:03

## **9/27/87 – MONTREAL MARATHON**

STEVE ROBERTS – 3:06

## **IRONMAN—11/12/87**

	Total Time	Swim	Bike	Run
Dave LaPlante	11:11:38	1:22	6:02	3:31
Mark Audette	11:13:34	1:09	5:32	4:22
Bruce Manssuer	11:23:58	1:15	5:39	4:17

## **Bobby Dwyer 5Mi. 1987**

## **GNBTC Message Board**

Stay connected with other track club members. Special announcements, group runs, Phil Chase race photos, and much more. Email and non-email options available.

**Subscribe:** [gntbc-subscribe@yahoo.com](mailto:gntbc-subscribe@yahoo.com)

Post message: [gntbc@yahoo.com](mailto:gntbc@yahoo.com)

**Need HELP** Subscribing...

[gntbc-owner@yahoo.com](mailto:gntbc-owner@yahoo.com)



<http://groups.yahoo.com>

## COMMONWEALTH ATHLETIC CLUB

The running boom of the late seventies and early eighties saw an escalation not only in participants in the sport but also an increase in road races, sport stores and running clubs. The New Bedford Half Marathon, Fairhaven's Fathers' Day Road Race and the Bud Pierce Hilltopper Challenge all debuted during that period. Running equipment could be purchased at Days Sports in the center of Fairhaven, Players Sports of New Bedford and The Sport Coop in Fall River. The Greater New Bedford Track Club is the sole survivor from a group that included Commonwealth Athletic Club, Somerset Running Club and the Sakonnet Striders. During my early days of running, I had a connection with one of the deceased members of each group. (I know, what does that say about me) The Commonwealth Athletic Club was established in 1981 by a small band of runners who hung around The Sport Coop which was conveniently across the street from Durfee High School. Veteran marathoners like Mary Fitzgibbons and her brother Dr. Phil Sabra complimented the speedy kids from Durfee and Bishop Connolly. The club hosted track workouts at the Diman High School track during its first year. Our eventual connection with the Sports Medicine Dept. of the Truesdale Clinic led to the club's involvement in the Hilltopper 10 miler and a three mile time trial from the clinic during the spring and summer.

The C.A.C.'s blue and white appeared prominently in many local races. Paul Coogan, Tom Hallal, Tom Doyle, Dave Clark, Ron Savaria, Ron Rego, Ron Hoy, Len Silvia, Bill Harrison, Marc Richards, Eric Larivee, the Gaffney brothers, Betty Prescott, Mike-line Sullivan and Cindy Keene joined Phi, Mary and myself in getting the club off the ground. Naturally we all recruited family and friends to assist us in our passion for running. It's amazing I didn't turn Lisa off with the forced labor of "helping out". Clinics were held by doctors and staff from the clinic to promote wellness and injury prevention.

The Long Run, a 5 miler at Horseneck beach was also hosted by Commonwealth A.C. The Hilltopper gained notoriety when the late Dr. George Sheehan, then medical editor for *Runners' World*, lectured the night before the race and then ran it. He subsequently penned a column for the magazine depicting the difficulty of the course.

Each April, GNBTC conducts the Bagel Run so newcomers and old can relive the Hilltopper and moan.

Memory can be tricky at my age but there were some

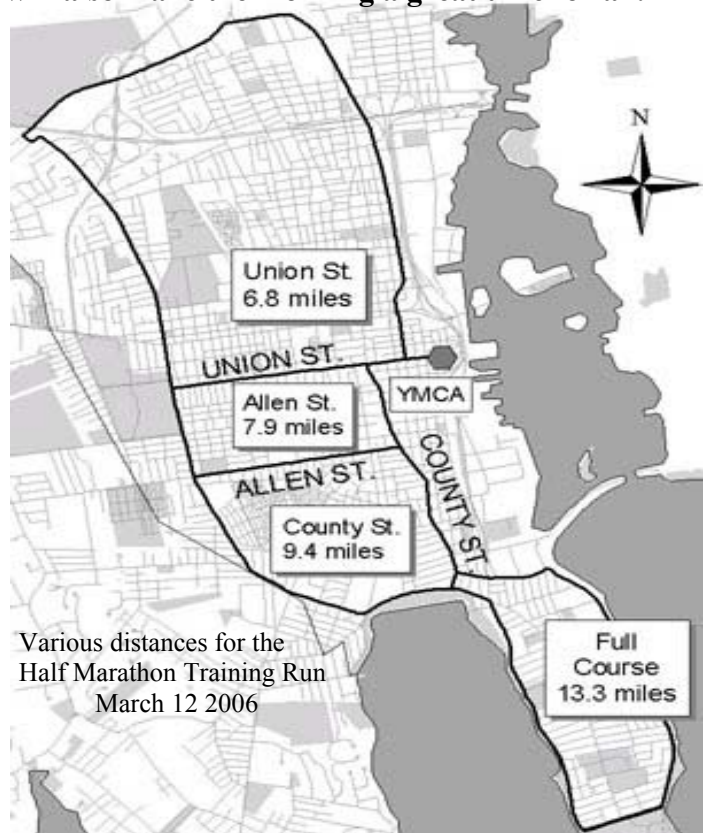
outstanding performances I recall from the brief Commonwealth history. The Boston Peace Marathon pitted GNBTC's Joe McCarthy against Commonwealth's Paul Coogan. I stood at the finish and watched both men blaze to personal bests of 2:30 and 2:32 with Joe besting Paul. The Cape Cod Marathon was formerly held on the Otis Air Force Base. In a mid 80s version of the event, the following C.A.C runners broke 2:50 to qualify for Boston: Paul, Phil, Tom Doyle, Dave Clark, Tom Hallal and Len Silvia. Although the club had a short life span, the memories it provided are a big part of what makes our sport so enjoyable. The camaraderie and competitiveness encouraged us to be the best we could be.

Finally, I became a member of the Greater New Bedford Track Club in 1985 and was warmly received by my new teammates. It did not matter where I came from, what pace I ran or where I hung out, I always felt welcome. I have never detected any change in our club. Members will come and go but the constant of our sport will remain the same. YOU make it what you want it to be.

Many happy miles, *Ed Talbot*

---

**Don't forget the GNBTC fun run from the "Y" on Sunday, March 12 at 8:00 AM. Be sure to bring a towel as showers will be available. Coffee and— will also make the morning a great time for all.**



## 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](mailto:ddayton380@earthlink.net) for more information.

#### **Fall River Hill Runs**

Wednesdays, 2:30pm

Bristol Community College

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

Contact Vinny Murphy at [results@gnbtc.org](mailto:results@gnbtc.org) for more information.

#### **Thursday Night Runs**

Buttonwood Park Senior Center

5:30pm 6 mile run. Contact Kevin Silva at [crow71@verizon.net](mailto:crow71@verizon.net) for more information.

Be safe, please bring a safety vest!!

#### **N.B. Half Marathon Training Runs**

New Bedford Y.M.C.A.

5:00pm Sharp

8 to 13 miles, on the half marathon course. Contact Richard Flood at [rflood\\_pe@verizon.net](mailto:rflood_pe@verizon.net) for more information.

Be safe, please bring a safety vest!!

---

## Upcoming Races

### **PADDY KELLY ROAD RACE**

(Rescheduled)

SUNDAY, March 5, 2006

11:00 AM – BROCKTON, MA

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

#### **Raynham Knights of Columbus Charity Road Race**

Sunday March 12, 2006 11:00am

<http://www.kofcrace.netfirms.com>

#### **Bostons Run to Remember**

Sunday March 12, 2006 11:00am

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

#### **29<sup>th</sup> New Bedford Half Marathon**

Sunday March 19<sup>th</sup>, 2006 11:00am

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

#### **Ras na h Eireann**

Sunday March 19<sup>th</sup>, 2006 11:00am

Somerville, Massachusetts

<http://www.baevents.com/rasnaheireann/>

#### **Officer Thomas Giunta 5K Memorial Road Race**

Sunday, April 2, 2006 at 12:10pm

Fast, flat, and best post race food of any race.

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

#### **Borderland 16 Mile Trail Run**

Sunday, April 2nd 2006, 9:00AM

Borderland State Park, Easton MA

<http://www.realsimplesolutions.com/trailrun>

## **Don't get shut out!!**

### **Important Registration Deadlines.**

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

**Check out up coming issues of The Wall and GNBTC's Yahoo Event calendar for up to date listings.**

#### **46th Mount Washington Road Race**

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

Registration Opens March 1, 2006

Registration Closes March 15, 2006

Lottery Drawing, March 16, 2006

Race Day Saturday, June 17, 2006

#### **New York City Marathon**

<http://www.nyrrc.org/nyrrc/marathon>

**Registration for the lottery opens March, 1, 2006.**

Time Out Productions Triathlons

<http://www.timeoutproductions.com>

**Registration for these popular triathlons open March 1, 2006. All of these triathlons fill up quickly; no online registration available, mail in forms only.**

*Compiled by Richard Flood*

## January/February Results

### 11th Boston Prep 16 Miler Derry, NH

Distance: 16 miles  
Date: January 22nd Finishers: 530  
Kevin Silva 252 2:12:19 8:16  
Richard Flood 319 2:18:38 8:39  
Don Clukies 497 2:47:09 10:26

### Super 5K Narragansett, RI

Distance: 5 kilometers  
Date: February 5th Finishers: 242  
Don Clukies 148 25:17 8:08

### The Great Stew Chase Lynn, MA

Distance: 15 kilometers  
Date: February 5th Finishers: 307  
Woody Wilson 163 1:17:15 8:17

### 26th Annual Cape Cod Road Runners' Winter Fun Run Bourne, MA

Distance: 4.9 miles

Date: January 8th Finishers:

103 Angel Martin 6 30:20 6:11  
Woody Wilson 36 37:08 7:34  
Kevin Mullen 39 37:36 7:40

Don Clukies 46 38:40 7:53  
Patrick Mullen 87 46:22 9:27

### The Old-Fashioned Ten Miler Foxboro, MA

Distance: 10 miles  
Date: February 19th Finishers: 357  
Monique Poyant 132 1:15:29 7:32  
Lynn Poyant 133 1:15:30 7:33  
Woody Wilson 236 1:25:30 8:33  
William Fortier, Jr 299 1:33:54 9:23

### 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  
Don Clukies 379 3:51:17 11:33

More Results on Next Page

**Iliotibial band** (ITB) syndrome is the most common cause of outer knee pain in runners. The ITB is a thick band of tissue that runs from the hip joint down the outer portion of the thigh and attaches to the knee. Its primary function is to provide stability to the knee. In addition to misalignments, structural anomalies, and muscular imbalances, the repetitive nature of running leads to irritation and inflammation of the ITB. This is an overuse syndrome known as "runner's knee."

There are many causes that can contribute to this condition. Training factors and structural anomalies such as leg length discrepancy, "knock knees," or "flat feet" can contribute to a tight ITB. Weakened gluteal muscles can result in a runner's decreased ability to stabilize the pelvis when all the weight is transferred on to one leg. This puts increased stress on the knee and ITB.

Physical therapy is very effective in treating this condition. Treatment focuses on patient education regarding the use of ice to decrease inflammation and activity modification. This can be as simple as to avoid running on the same side of the street/course, to avoid downhill running/climbing, and to avoid a sudden increase in weekly mileage. Massage and/or modalities are incorporated to decrease inflammation and exercises to restore muscle imbalances are introduced. It is imperative that tightened muscles

such as the ITB, hamstrings, and calves are stretched and weakened muscles such as core and hip musculature are strengthened to improve the biomechanics of running. If you suffer from ITB syndrome or knee pain, physical therapy may help. At Barley Family Healthcare and Rehabilitation, we also provide chiropractic care and massage therapy. Please call for an evaluation to find out how physical therapy can help you!

#### *ITB References*

*Ferrie, B.W.* (2005, July). *Hitting the road. Advance for Physical*

*Therapists & PT Assistants*, pp. 8-10.

*Fredericson, M. & Wolf, C.* (2005). *Iliotibial band syndrome in runners: innovations in treatment. Sports Medicine*, 35(5), 451-459.

#### *Iliotibial Band Friction Syndrome.*

[Http://www.csuchico.edu/phed/atc/Projects/ITband/ITBFS.html](http://www.csuchico.edu/phed/atc/Projects/ITband/ITBFS.html) August 7, 2005.

*Khaund, R. & Flynn, S.H.* (2005). *Iliotibial band syndrome: a common source of knee pain. American Family Physician*, 71(8), 1545-1550.

**Barley Family Healthcare and Rehabilitation**  
270 Huttleston Avenue  
Fairhaven, MA 02719

(508) 997-9100

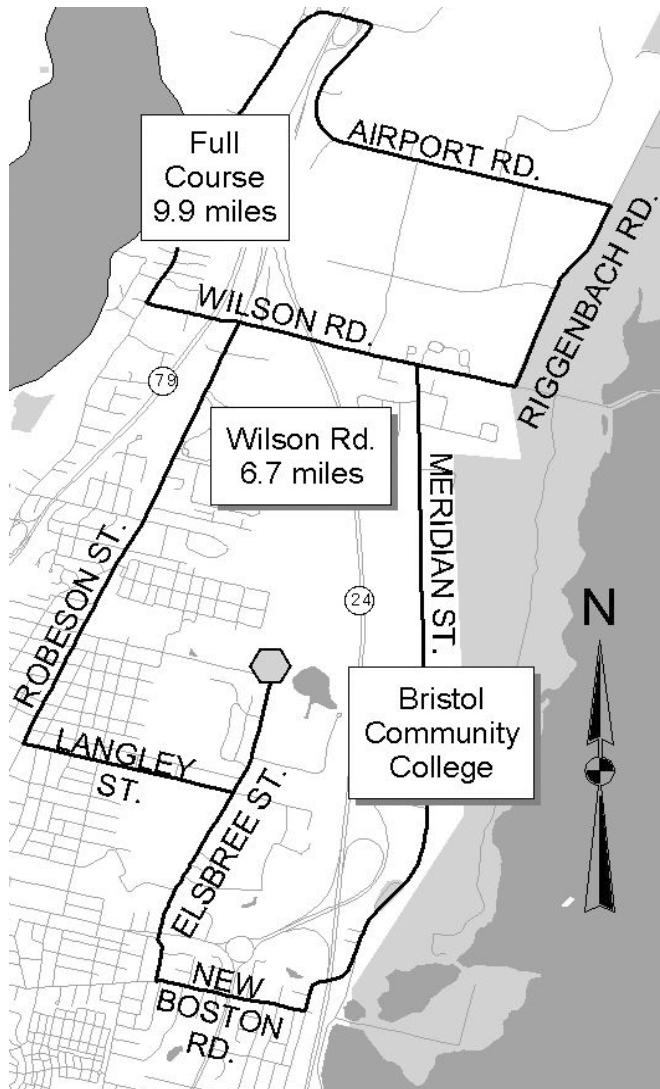
## The Bagel Run

Once again the GNBTC will host the very popular Bagel Run at Bristol Community College in Fall River.

The run starts at the Commonwealth Building at 8:00 AM, Sunday, April 9th. You may choose to run either 6, 8, or 10 miles.

After the run, Showers will be available, and coffee, juice, bagels and muffins will be served. The club is indebted to Alty Hickey who has made arrangement for us to use the BCC facilities. For those who have never run the BCC course, it is one of the best training runs in the area. Several hills add to the enjoyment of the 10 mile course.

This is one of the track club's more socially interesting, and physically challenging events.



## GNBTC at the Boston Marathon Team Competition

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

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

### Hyannis Results

#### Sheraton Hyannis Marathon Hyannis, MA

Distance: 26.2 miles

Date: February 26th Finishers: 238

Kenny Rogers	81	3:41:22	8:26
Bethany Bertrand	196	4:16:56	9:48

#### Sheraton Hyannis Half Marathon Hyannis, MA

Distance: 13.1 miles

Date: February 26th Finishers: 1215

Katie Cabral	230	1:44:38	7:59
Richard Flood	258	1:46:17	8:06
Kevin Mullen	381	1:51:05	8:28
Joe Fernandez	398	1:51:46	8:31
Woody Wilson	541	1:56:39	8:54
Lori Watkins	768	2:04:45	9:31
Don Clukies	782	2:05:16	9:33
Anne Burnell	938	2:13:08	10:09

#### Sheraton Hyannis 10K Hyannis, MA

Distance: 10 kilometers

Date: February 26th Finishers: 388

Carlos Barbeiro	29	44:54	7:13
Sheryl Briggs	210	1:00:48	9:46



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