

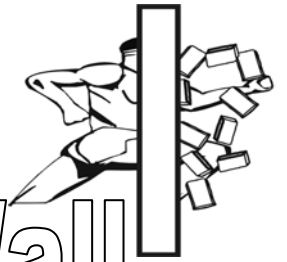
November 2008



# Greater New Bedford Track Club

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

# The Wall



## Jeff Reed Captures 30TH Annual GNBTC 10K Mary Cass, First Female at Spooner Citizen School Makes Debut Run at Spooner

*If You Are a Runner Come In*



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

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Vice President: Mary Fitzgibbons  
Secretary: Connie Mimoso  
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Membership in the GNBTC is open to all.

**Dues** \$20/Year individual \$25/Year family.  
Check to: GNBTC  
Send to: Ann Russo  
36 Mosher Street  
Dartmouth, Ma. 02748

News/Articles/Results/Comments to: [news@gnbtc.org](mailto:news@gnbtc.org)  
Deadline for news and results, 25th of each month.

Newsletter published February—December

**Editorial**



A few stories emerged from the 30<sup>th</sup> GNBTC Spooner 10K this year.

A triple digit field started this year's edition of this fall classic. The field was spiked by the addition of a number of Keith Junior High School students running under the auspices of the Citizen School training program and the guidance of a number of GNBTC members.

Thanks to the organizational and training skills of the Poyant sisters, Monique and Lynn and their nieces Erin and Stephanie and the generosity of more than a dozen GNBTC members, these budding young runners were able to compete and enjoy what we as track club members have long enjoyed. We hope that the experience was as rewarding to them as I'm sure it was to those who made it possible.

Jack Daniels continued his dominance of the 60 plus runners with a 41:04 that would be the envy of many a younger runner.

Jeff Reed proved that he is the track club member to beat as he again showed the way with a 35:57 that proved enough for first place overall.

Two additional GNBTC members were able to record times below the increasingly elusive 40:00 10K.

Manny Francisco @ 37:45, Joe Francisco @ 39:42.

Manny has a 3:05:00 marathon to his credit this year, by far the best marathon time of any club member for 2008.

Mary Cass ran an amazing 40:15 to solidify her position as the premier female runner in the GNBTC.

Kevin Mullen ran Spooner after having completed a 50 mile trail race the day before. No surprise that Ken Rogers also ran the 50 miler and Spooner.

Ed Talbot ran the first Spooner Race in 1979 and returned to run the thirtieth.

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At the Club's annual Christmas party, elections will take place. A slate of officer has been chosen with the expectation that the club's members will approve of those who have chosen to become executive board members. The new board will be younger and more than likely bring new ideas if not a new direction to the GNBTC. Ann Russo has agreed to stay on as treasurer and hopefully newsletter production person.

## Mary Cass to Take Over as Editor

I am pleased to report that long time Track Club member and dedicated runner Mary Cass has agreed to take over as editor of "The Wall." Mary has been a fixture at local running events and Track Club functions for many years. In recent years she has been recognized by the children's jogging stroller that is always with her.



A resident of Westport, Mary and her husband Dave have two girls, Acadia 7 and Naomi 4.

"I have been at BCC since 2001 and am full time faculty member in the Engineering and Technology Department. I teach automation technology as well as code for CNC and PLC's," Mary told me in a recent interview.

"I started running in 91 and have been hooked. I love the challenge

and intensity of racing," she explained.

Those who have run against Mary know the intensity she brings to the sport. Mary leaves nothing on the course.

## Club Dues Increased.

Faced with the reality that the club can no longer afford to keep the membership dues at their current level the board has decided to raise the current \$15/\$20 annual fee to \$20/\$25. Still a bargain. No one seems to remember when the last raise was implemented.. The board was reluctant to raise the dues but due to a shrinking bottom line they had no choice. Anyone interested in the financial report can call the club hotline at 508-998-2701

***Suffering from Planta Fasciitis — Here are a couple of exercises to get you back on the road.***



## Grey Fox picks for 2008.

Runner of the Year:



Jeff Reed has proven to be the most consistent runner for 2008. Jeff . Jeff began the year as the first GNBTC finisher at the GNB Half Marathon. A seventh place

finish at Giunta was best for TC members. Although Gary Thompson was able to best Jeff at Louie's and Day of Portugal, Jeff was first GNBTC at Father's Day 10K, Mattapoisett RR Feast of the Blessed Sacrament, Steven-Leo's, Acushnet and Spooner.

Female Runner of the Year:  
Leslie Danzell owned the Airport run this year. She was the consistent first place female over the 2.5 mile course. Leslie turned in a sparkling 27:30 at the Acushnet RR. In January she was first GNBTC women's finisher at Little Compton.. However, Michelle Robert-Britto was the best Track Club runner at 5 K and 10K. Finishing first female GNBTC at Giunta, Louie's and Father's Day 10K. Michelle also did well at the Dartmouth Triathlon, While I could not find any head to head races between Michelle and Leslie, I did note that Michelle bested Leslie's 16:02 Airport time with a 15:54. Therefore, Michelle Robert-Britto is the Grey Fox pick for female runner of the year

These choices were made by researching data from all of the races that appear on the GNBTC website. They were made without emotion or the friendship of any runner. They are the choices of the Grey Fox and do not reflect the opinion of the Track Club officers. GNBTC runners of the year will be announced at the Christmas party.

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In a race between a tortoise and a hare, I will take the hare every time. Aesop's fable may give the slower runner hope but he will always finish out of the winners circle. That is until he reaches such an age that allows his slower time to beat other slow runners, (Jack Daniels being the exception.)

In the case of Aesop's hare, I submit that there was no prize money and the hare was only there for a tune up. Also of note, the hare was recovering from a planta fasciitis. Aesop's winding and unmarked course gave the advantage to the tortoise, who happened to live nearby. It has been 1400 years, give or take a couple of hundred, since that fateful day and races still attract more tortoises than hares. Mr. Tortoise continues to train with Ms. Tortoise, plodding along, resigned to the fact that he has been out trained by the hare.

## President's Message

### 30<sup>th</sup> GNBTC Spooner 10k

Spooner race reaches 30<sup>th</sup> consecutive year. (Talk about longevity.) This year's edition of the GNBTC 10k Road Race in Memory of O. Gardner Spooner was held on Sunday, November 9. Our club wishes to express appreciation to all of our sponsors in the making of this successful event. (Over a hundred-twenty five runners registered this year.) A bundle of thanks to all of the participants, volunteers, food and raffle donors. Must not forget the great and safe traffic control orchestrated by the New Bedford and Dartmouth 'gens d'armes'. For it is all of you that make this 6.2 miler the 'showcase' that it truly is. Congratulations to Jeff Reed and Mary Cass on receiving the Alan Graubart Memorial Trophy, given to the first male and female track club members. Kudos to all of the Keith Middle School / Citizens Schools children, who ran in this club event. The GNBTC should be proud of its role for reaching out to the local community and hopefully we will continue to follow this direction in the future.

### Wareham to Fairhaven Run

Our club's annual Wareham to Fairhaven Run will take place on Sunday, November 23. Our transportation will leave the Fairhaven VFW, at 8:00 a.m. It will proceed to the center of the town of Wareham, do an about face and drop the remaining runners at various distances that they wish to complete. Club volunteers will welcome your return to the Fairhaven VFW with coffee, donuts, muffins, etc. The 'Paper Cup Gang' will supply water along the course. Let's fill Tremblay's bus and have a fun time, one more time. Looking forward to seeing all of YOU.

### Christmas Party

Guess who's going to a party? Hopefully each and every one of you. Well at least you are all invited to our club's annual Christmas party to be held on Sunday, December 7. As always it shapes up as an eclectic event. The agenda will be as follows: The Christmas Jog-A-Thon, in conjunction, with the Standard-Times Neediest Families Fund, will leave the New Bedford YMCA at 9 a.m. Showers will be made available after the walk/run. Prizes will be awarded to the top three money raisers. Our Yuletide meal is always a gourmet's delight and will follow our trek around Button-



wood Park. The GNBTC and Grand Prix awards for the year 2008 will be presented to our club's deserving recipients. The club's annual meeting and election of officers will close out this busy morning. Remember that this is YOU CLUB and suggestions and inputs are always welcome. This is the opportunity to voice YOUR OPINIONS.

There are no term limits for officers in the GNBTC. But all members of the club are eligible to run for any office in any year. So if you feel that you have something to contribute as an officer, by all means feel free to toss your hat in the ring.

Please remember to patronize our sponsors, for they play a most considerable role in the growth of our organization.

On behalf of the officers and board of directors have a very safe and **HAPPY THANKSGIVING.**

Watch your step out there.

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Quotes by Emil Zatopek

"Why should I practice running slow? I already know how to run slow. I want to learn to run fast."

"When a person trains once, nothing happens. When a person forces himself to do a thing a hundred or a thousand times, then he certainly has developed in more ways than physical.

Is it raining? That doesn't matter. Am I tired? That doesn't matter, either. Then willpower will be no problem."

"A runner must run with dreams in his heart, not money in his pocket."

"To boast of a performance which I cannot beat is merely stupid vanity.. And if I can beat it that means there is nothing special about it."

"What has passed is already finished with.

What I find more interesting is what is still to come."

-

"There is a great advantage in training under unfavorable conditions. It is better to train under bad conditions, for the difference is then a tremendous relief in a race."

-

"You can't climb up to the second floor without a ladder....When you set your aim too high and don't fulfill it, then your enthusiasm turns to bitterness.

Try for a goal that's reasonable, and then gradually raise it."

## Cuddy's Corner



I am writing this just after the Spooner 10K which has lived to see its thirtieth anniversary, against the odds I might add. The 10K is becoming a rarity these days as more and more races are used

by a variety of organizations as fundraisers and that means keeping it short to grab as many entries as possible. That means 5K.

Congratulations to all who contributed to putting the race together this year. It went very well, the weather was great and the police did a good job all the way around.

As usual the raffle and food were exceptional and the entry fee very reasonable.

There were 103 finishers this year, a big improvement over the previous year when it was around half that. The numbers were boosted by the kids who took part from the Citizens Schools running program. There were about 16 of them and each was accompanied by an older runner to ensure that they had support the entire distance.

I ran with a kid who had never run more than four miles before and he was wearing black Converse high top sneakers. He did really well, stopping a few times to walk, but always with an eye over his shoulder. Whenever he spotted a rival approaching he would say "Let's pick it up." It was a nice experience for him and a unique one for me since we ran it around 10 minute pace. Things are a lot more relaxed at the back of the pack and if I stay on the roads long enough I am sure I will have future opportunities to sample the atmosphere with those whose only goal is to finish.

Since I had committed to helping out with the novice runners I went over to Carver the day before to run the 5 miler at Edaville. I had never been there before so it was a pleasant surprise. The race went around the

cranberry bogs so it was all on dirt. It is staged by the Colonial Road Runners and they had a 2 miler as well which began 5 minutes after the 5 miler. There were 400 finishers in the 5 mile and 200 in the 2 mile!

That's some good dough. It was \$20 pre and \$25 post for the 5 miler.

The post race scene was nice. They had a big barn with a guy playing music. There was hot chowder, hot dogs, bagels, juice etc. Massage tables. They also offered half price tickets to the attractions valid till the end of the month.

***I ran with a kid who had never run more than four miles before and he was wearing black Converse high top sneakers. He did really well, stopping a few times to walk, but always with an eye over his shoulder.***

I enjoyed the race but I didn't know anyone so the runners must have come from the South Shore. I also wonder how many of them might have come to the

Spooner if it had been the only race in the region that weekend. I have not paid a lot of attention to the racing calendar but it's generally crowded in the Fall. It might be worth keeping track to see if the Spooner could be held on another date without opposition from other races.

With all the distance running I have done I did not expect much from running a five-miler and I got less than that. I struggled to run 7.34 pace but you get what you deserve. I broke 7.00 at the Paddy Kelly 5 in January but the last short race I did was the Fishermen's Tribute 5K in July. You can't fake speed.

I have offered to contribute to a blog if the club wants to set that up. It could be linked to the web site and would allow news and opinion to get out to the membership with more frequency than the news letter. It would not replace the newsletter and would not be connected to the Yahoo group that already exists. The Standard Times had a running blog prior to the New Bedford Half Marathon when five of us from the paper were running and that was popular. The club's board is currently considering the idea so let's see what happens.

## A Run with Two LOPAs

*Brian Peacock*

Last Saturday morning I drove down to the trailhead of the picturesque Peavine Trail in Prescott, Arizona. The plan was to do a long run – 16 miles - in order to decide whether to do the half or full Tucson Marathon in December. A bit late to be making that decision some of you may think, but with age comes nostalgia and nonsensical behavior. So off I went wearing a light 1988 Boston jacket to show those following that they were dealing with experience. I ran a gentle pace for the first 3 miles past the bird adorned Watson Lake and through the amazing granite out crops. I had put a lot of ice in my water bottle that was made out of recycled plastic if you wish to know that. The ice was cold on this 30 degree morning so I had to shuffle it from hand to hand while wondering why I had succumbed to this strange American obsession of putting ice in all drinks. Perhaps it is time for the introduction of warm beer to these uncultured upstarts. At mile 3 the trail splits, one fork, the Iron King Trail, continuing four miles down to Prescott Valley and the other going straight for three miles until it is rudely interrupted by a highway. The plan is to continue to develop this old railroad on up to Chino Valley and beyond, and to send a branch for 40 miles all the way around Prescott. When finished this will be one of the Seven Wonders of the World's trails. I put down my water bottle next to the mile marker, much to the relief of my frozen fingers.

I ran out one mile and then returned to the fork having paused to let a few antelope cross the trail. Rather antelope than the usual tarantulas, rattlesnakes and mountain lions. I glanced to my right at the turn and saw a couple of women about 100 yards away approaching at a fair lick. So I lengthened my stride so as not to be caught by mere girls, a disgrace that has become more and more frequent as time goes by. I paused at the first old railway carriage to park my water bottle again and the dainty duo caught up and passed me. The chattering had been getting closer as I ran this first mile along Iron King. When I started up again they waited for me and we passed a few pleasantries like my GPS tells me that we are doing 10.164 minute pace and it must have been exciting to run the



Boston Marathon back in the day at the peak of the fitness boom. Eventually the chatter came to “what’s your name?” answered by Brian (that’s me), Christina with an ‘a’ and Romy which is short for Rose Marie. I have named these two runners the LOPAs – Ladies of Peculiar Aptitudes, using ‘peculiar’ in its correct sense of meaning unique rather than funny.

The first peculiar aptitude was that they had both run the Man against Horse race – not the wimpy 12 miler that I had done a few weeks ago, but rather the full 50 miles along sandy washes, stony paths and up the big Mingus Mountain. What is more Romy had actually won her age group with a 9 hour something time across the terrible terrain. Impressive! She is trying to qualify for Boston, again, so please reserve a tentative seat on the GNBTC bus. I realized that I was among mistresses of the art of running (MOTARs). They dressed the part with belts full of fluids and sustenance. After a while we were on the long downhill to the turn around and we got to chatting about this and that as runners do. It turned out that Romy was a post doc at UC Davis, with a PhD from Texas in plant biology with particular attention to peaches. She described herself as a taxonomist, which generated a lame response by me about stuffed animals. Romy politely pointed out that the classification of plants and animals is a worthy pastime, especially where DNA is used to improve the specificity and selectivity. I explained my vicarious expertise in this stuff by telling tales of my large carnivore biologist daughter who lives way up North.

The second peculiar aptitude was that belonging to Christina (with an “a”) Christina is a concert pianist and occasional music teacher. Her husband is an artist who puts up his tent around the Prescott Courthouse and sells beautiful art work, he too is a runner, but I was told, not much taken with training. Now the problem for pianists and painters is that they live at the mercy of the ungrateful consumer. The octogenarians who inhabit Prescott, AZ seem to think that artistic products are very nice but should be provided free of charge, like health care or voting rights. Christina does

*(Continued on page 7)*

## A Run with Two LOPAs

*(Continued from page 6)*

gets quite a few gigs in formal settings, but has to rely on teaching, sometimes less than talented children. This provided me the opportunity to describe my first and only venture into music. I visited the teacher in my little village back in the 1940s for my second lesson. I failed miserably to remember the three or four notes so I was told to take the sixpence back to my mother with a note she shouldn't waste her money on a child that had no talent or work ethic. Who knows my talent may have been hidden and I may have become a Billy Joel or Scott Joplin or Liberace.

This musical conversation got the three of us up the long hill from Prescott Valley to the aforementioned branch in the Iron King and Peavine trails. We then got on to the topic of common acquaintances; by common I do not mean commoners or people of little culture, rather I mean mutual acquaintances. First there was Steve, a long time member of the Mountain Milers, and then there were others, like Ken the organizer of our group, but by this time I was beginning to flag. "Did you read about the lady and the rabid fox?" said Romy. I had read the story. Last week this jogger was running around Granite Mountain when a rabid fox latched on to her arm. She grasped the fox by the neck, ran half a mile to the car pulled the fox off her arm and threw it into the trunk. She then drove to the ER, having contacted 911. When she got to the hospital one of the helpers there opened the trunk and also was bitten. The lab confirmed that the fox had rabies. The jogger had her injections. And that is a truly amazing story of the presence of mind and intestinal fortitude of Prescott joggers.

By this time we have a mile to go and I had to explain that one should always remember that the runner running next to you is hurting as much as you are. We had been averaging just over 10 minute miles for 16 miles, including the long hill up from Prescott Valley. We had shared most interesting stories, with barely a pause in the conversation. There is no doubt that I would have walked some without the company. Running buddies, even those serendipitous acquaintances on the trail, are the salt of the earth. What could be more fun than sharing stories with fellow runners on a clear Saturday morning on Prescott's Peavine Trail?

## Present Tense



*LCM Webster*

Here's what I want to know about Santa Claus: Why hasn't he had a nervous breakdown by now?

I mean, the business with the flying reindeer, I can accept. A fat man

squeezing himself down a tiny chimney, no problem. Getting to millions of houses in a single night, check. But the idea that anyone, even Santa, could pick out that many presents without losing his mind just strikes me as downright impossible. In my busiest year, I've had to shop for 10,

maybe 15 people, and it was enough to drive me around the bend.

The odd thing is that I used to love buying presents. I would think carefully about all of the people on my list, remember their likes and dislikes, ponder my relationships to them, and think about how best to reflect all that in tangible form. If we ran together; I headed for Days Sports; if we shared a love for reading, I found the right book. It took time and effort, but it gave me at least as much pleasure as it did them.

In fact, sometimes it gave me more pleasure – and I think that's where the trouble started. I vividly recall one year when I blithely spent all my extra cash on gifts. In particular, I splurged on something nice for a cousin and her husband, who had married not long before and were on a tight budget. I can't remember now exactly what I gave them or what they gave me, because what's etched in my mind is the look of despair on their faces as they opened their package.

All they saw, clearly, was that I had spent more money than they had. And as I looked into the pained eyes of my cousin's husband, whom I barely knew, I learned for the first time that gifts could wound.

I've learned that lesson many times since then in many ways. Sometimes I've been the one who has felt the knife of another's generosity, whether it's innocent excess or some other, darker, more competitive game. Other times I've been stung by the complete inappropriateness of a gift, sometime so unlike

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## **Track Club Meeting-10-28-2008 New Bedford YMCA**

### **Happy Birthday**

**Marion Yuille, November 1st**  
**Robert Pina, November 3rd**  
**Leonard Verville, November 3rd**  
**Terry Sinko, November 7th**  
**Myra Goldberg, November 9th**  
**Stephen Pires, November 10th**  
**Jeff Reed, November 10th**  
**Taylor Days-Merrill, November 11th**  
**Jim Fortin, November 11th**  
**Kathy Bohan, November 13th**  
**Morgan Browning, November 13th**  
**Bobby Desrosiers, November 13th**  
**Richard Flood, November 13th**  
**Steven Pelletier, November 14th**  
**Sheryl Briggs, November 16th**  
**Garnett Powers, November 17th**  
**Julie Morris, November 18th**  
**Sean Lundrigan, November 21st**  
**Brenda Robbillard, November 22nd**  
**Christine Baker, November 24th**  
**Katie Cabral, November 29th**  
**Albert Porter, December 2nd**  
**Cathy Silva, December 2nd**  
**Kim Marshall, December 5th**  
**Kevin Silva, December 6th**  
**Jason Foster, December 8th**  
**Ted Silva, December 8th**  
**Karen Browning, December 9th**  
**Ed McGlynn, December 11th**  
**William Fortier, December 12th**  
**Skip Daniels, December 13th**  
**Larry Roy, December 13th**  
**Laura Silva, December 14th**  
**James Kelly, December 15th**

Mary Fitzgibbons opened the meeting at 6:05 PM Present were Mary, Ann Russo, Joan Sparrow, Fred Coelho, Dave Bancroft, Richard Flood, Kenny Rogers, Katie Cabral, Kathi Cabral and Jim Frenette.

First item on the agenda was the newsletter. Fred Coelho suggested that the club have a “blog” to keep members informed about club happenings. This would be in lieu of a newsletter. Ken Rogers said that he may have a person interested in taking on the newsletter but did not want to go into details because it might not come to fruition. Some members felt that the club could have both a “blog” and a newsletter. The “blog” idea was tabled until we get more information about total cost and the implementation of said “blog”. Ann Russo gave the treasurer’s report which showed a sharp drop in monies on hand. After some discussion on the matter, a vote was taken on raising the dues from \$15-\$20 to \$20-\$25 per year. It was pointed out that the GNBTC dues are the lowest in New England. Resolution passed unanimously.

Joan discussed the Spooner Race and said that volunteers are still needed to help out on the course. The board voted on short sleeves t-shirt, and that Donald Dayton would design and make 100 shirts for the race. A discussion followed about the annual awards. Dave Richard will put the awards ballot together and copies will be available at the Spooner Race.

Richard Flood reported on the Grand Prix. He will announce the results at the annual banquet.

Wareham to Fairhaven is set for November 23, 2008 from the Fairhaven VFW.

Pledge sheets for the annual Jog-A-Thon will be emailed and published in the “Wall”.

Holiday Christmas Party was discussed and members would like to have Riccardi’s cater the event as they have in the past. Party set for December 7, 2008 at the New Bedford YMCA @ 9:00 AM

Ann Russo brought the Boston waivers to the meeting and Richard flood will distribute them to the lottery winners at the Christmas Party.

Mary asked for members to step up to run for office for 2009, and the slate for next year’s officers are as follows; Fred Coelho, president; Jim Frenette, vice-president, Ann Russo, treasurer and Katie Cabral, secretary.

The next meeting date will be November 18, 2009. Meeting was adjourned at 7:40pm.

## Citizen Schools' Apprentices run the Spooner 10k, WOW!

*By Erin Poyant*

The New Bedford community has inspired a youthful passion for running. The apprentices of Citizen Schools, at Keith middle school, worked hard training for the Spooner 10k race on Sunday, November 9<sup>th</sup> at Buttonwood Park. Ten middle school students successfully ran the race with seven out of the ten kids placing in their age group. First place finishers included 10 year old Carlos Arujo at 1:05:02 and 12 year old Raybryana Dasher at 1:15:44. "Now I can call myself a runner, I can't believe I did it!"

Raybryana said reflecting on the race.

This event brought the community together in many ways. The generous and inspiring members of the Greater New Bedford Track Club not only sponsored the kids to run the race, but seven track club members also volunteered to run with the kids to help push them to do their best and to not give up. Throughout the run I heard many inspiring words, conversation and even song! "It was one of most fun runs I have done, I was able to enjoy it and spend time with the kids, it was great!" said GNBTC member Monique Poyant.

Leo Rodeillat and Joan Sparrow were very helpful in welcoming the kids to the race and setting up the logistics including the creation of a special 5k run for those kids who were not ready for the 10k. Joan also made sure that the kids experienced their first race as if they were any other runner by allowing them to check in, get their number and pick up their race t-shirt on their own. Don Dayton not only helped coordinate between Citizen Schools and the track club, but he also

provided each child with their own race day sweatshirt. Joe Russo donated his time as well as a van to take the 5K runners and the water stop volunteers to their locations.

The most satisfying part of the race was seeing the smiling faces of each apprentice as they crossed the finish line. It was as if they conquered the world. A close second was watching the kids share in the post race celebration with all of the other runners. The kids had the experience of accomplishing a huge goal, successfully running the race. In addition to that, the kids were able to be a part of the running community thanks to the Greater New Bedford Track Club who brought everyone together for this well planned, well run race with its beautiful course, great food, great prizes and great awards.

Along with the GNBTC, other community support came from Days Health and Sports who made it possible for some of the kids to get appropriate running sneakers. The New Bedford High School Cross Country Team shared their experience, motivation and inspiration with the Citizen Schools' apprentices. Faith Overall and Brandon Fluegar of the Cross Country Team ran the race with the Citizen Schools' apprentices along with a mentor from the SMILES mentoring program, a teacher from Keith Middle School and two Citizen Schools' staff members.

Even the few apprentices who chose not to run were able to take part in the race by helping at the two water stops along the course. There these children, along with several staff members from both the Keith and Normandin Citizen Schools' campuses, were able to cheer on all of the runners and see what a race is really like.

These children could not have done this without all of the support they received from the Greater New Bedford Track Club. Thank you!



And in case you were wondering who we are and what we do, Citizen Schools is a nation wide after school program. In New Bedford, Citizen Schools is presented by Positive Action Against Chemical Addiction (PACCA) through their Prevention Partnership and have Citizen Schools campuses at the Keith and Normandin Middle Schools.

The heart of the program is the Apprenticeship, a 10 week hands on learning project taught by a volunteer Citizen Teacher that results in a professional quality WOW! project that leaves the audience saying exactly that, WOW! The apprentices work on the project and learn new basic skills including 21<sup>st</sup> century skills that will help them in school and in the future careers. The Fun Run apprenticeship was taught by Citizen School's staff Erin Poyant and volunteer Citizen Teacher Stephanie Poyant. The apprentices of the Fun Run trained for the run and also practiced teamwork skills, data analysis and goal setting. All of the Citizen Schools Apprentices will be teaching their newly learned skills at the WOW! event held at Keith Middle School on December 16, 2008 from 6:00pm – 8:00pm. We hope so see you all there!

## Rain

When the rain is coming down,  
And all Court is still and bare,  
And the leaves fall wrinkled, brown,  
Through the kindly winter air,  
And in tattered flannels I  
'Sweat' beneath a tearful sky,  
And the sky is dim and grey,  
And the rain is coming down,  
And I wander far away  
From the little red-capped town:  
There is something in the rain  
That would bid me to remain:  
There is something in the wind  
That would whisper "Leave behind  
All this land of time and rules,  
Land of bells and early schools,  
Latin, Greek and college food  
Do you precious little good.  
Leave them: if you would be free  
Follow, follow, after me!"

*Charles Hamilton Sorley*  
*Oxford Book of English Verse*

## Present Tense

*(Continued from page 7)*

anything I would ever want that it makes me question whether the giver even knows me.

The most hurtful gifts, I think, are the ones that try to turn the recipient into the person the giver thinks he or she should be. A sweater that I unwrapped one year comes to mind; that was not an article of sport but a reproach in a box.

What makes gift giving so tricky is the unspoken knowledge of what we're really giving: a glimpse of how we really see the other person, and of how we feel about our relationship. That's why it's irritating to receive a gift that obviously bought in bulk for 10 people; I know I'm not a real person to that gift-buyer but just another obligation to be checked off. By the same token, it irks me to get a present that's clearly just something the giver wanted for himself: I see that he's not seeing me but only his own desires.

When I think of all the ways giving can go awry, it makes me want to hide behind the Christmas tree.

So this year, more than ever, I'm going to try to keep it simple. I want to buy a few little things for a few dear people, and I want them to do the same. Most of all, I want all of us not to worry too much about it, not to get caught up in a dysfunctional dance of obligation and guilt, and not to fret if we don't find the perfect gift.

Got that, Santa.

L.C.M. Webster

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### **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](mailto:news@gnbtc.org).

These are only guidelines, and if you use another program feel free to do so.

### 30th annual GNBTC, Spooner, 10K

1 Jeff Reed	35:57	5:47/mile	53 Tyler Carlson	52:05	8:22/mile
2 Eric Worsley	36:38	5:53/mile	54 Rebekah Williams	52:15	8:24/mile
3 Manny Fransisco	37:45	6:04/mile	55 Brian Grant Jr.	52:16	8:24/mile
4 Felix Almeida	38:53	6:15/mile	56 Josh Spooner	52:38	8:28/mile
5 Richard Leblanc	39:37	6:22/mile	57 Woody Wilson	52:47	8:29/mile
6 Joe Fransisco	39:42	6:23/mile	58 Chris Lindstrom	52:51	8:30/mile
7 Joann Matthews	39:45	6:23/mile	59 Eric Lafrance	54:46	8:48/mile
8 Mary Cass	40:15	6:28/mile	60 James Marshall	54:53	8:49/mile
9 Patrick Debortoli	40:40	6:32/mile	61 Joe Fernandez	55:08	8:52/mile
10 Randy Lambertus	41:00	6:35/mile	62 D McCollough	55:11	8:52/mile
11 Jennifer Delcolle	41:01	6:35/mile	63 Meagan Parsons	55:33	8:56/mile
12 Jack Daniels	41:04	6:36/mile	64 Jill weiner	56:21	9:04/mile
13 Sal Corrao	41:10	6:37/mile	65 Fred Zuleger III	56:27	9:04/mile
14 Michael Grinnell	41:40	6:42/mile	66 Daniel Junkins	56:42	9:07/mile
15 Peter Ribeiro	41:51	6:44/mile	67 Skip Daniels	56:55	9:09/mile
16 Shawn Medeiros	42:01	6:45/mile	68 Scott Tremblay	57:04	9:10/mile
17 Fernando DeCosta	42:12	6:47/mile	69 Lisa Lundrigan	57:19	9:13/mile
18 Carlos Barbeiro	42:15	6:47/mile	70 Steven Pelletier	57:37	9:16/mile
19 Ken Glazier	42:20	6:48/mile	71 Kevin Mullen	57:51	9:18/mile
20 Frenando Coelho	42:41	6:52/mile	72 M Lambertus	58:14	9:22/mile
21 Gary Thompson	42:42	6:52/mile	73 Ed Talbot	59:09	9:31/mile
22 Dave Leclair	43:06	6:56/mile	74 Edward Sweeney	59:26	9:33/mile
23 Carlos Pimental	44:01	7:04/mile	75 John Sinko	59:43	9:36/mile
24 Greg Cowan	44:40	7:11/mile	76 Don Dayton	59:43	9:36/mile
25 Terry Frenette	44:59	7:14/mile	77 Paul Lemieux	59:57	9:38/mile
26 Rodrigo Borges	45:15	7:16/mile	78 Robin Bodeau	1:00:33	9:44/mile
27 PJ Costa	45:27	7:18/mile	79 Alison Hathaway	1:01:00	9:52/mile
28 Steve Parrott	45:37	7:20/mile	80 Elizabeth Lynch	1:01:30	9:54/mile
29 Joseph Henry	45:49	7:22/mile	81 Joanne Corsano	1:02:33	10:03/mile
30 Kevin Silva	46:05	7:24/mile	82 Carlos Araujo	1:05:02	10:27/mile
31 Dave Bancroft	46:09	7:25/mile	83 Don Cuddy	1:05:05	10:28/mile
32 Jonathan Plourde	46:18	7:26/mile	84 Kenny Rogers	1:05:08	10:28/mile
33 Linda Spooner	46:27	7:28/mile	85 Rob Ball	1:06:44	10:44/mile
34 John Shaechter	46:34	7:29/mile	86 Dontae Montiero	1:07:22	10:50/mile
35 Eric Santos	47:04	7:34/mile	87 Will Gardner	1:07:23	10:50/mile
36 Pam Kelly	47:12	7:35/mile	88 Brian Grant Sr.	1:08:19	10:59/mile
37 James Dupont	47:48	7:41/mile	89 Jana Scholten	1:10:23	11:19/mile
38 Fred Thorne	47:56	7:42/mile	90 Dottie Arnold	1:10:53	11:24/mile
39 Tina Varzeas	48:30	7:48/mile	91 Ricardo Baganha	1:14:22	11:57/mile
40 Barbara Corey	48:56	7:52/mile	92 Brandon Flueger	1:14:23	11:58/mile
41 Stephen Taylor	49:26	7:57/mile	93 Erin Poyant	1:15:44	12:11/mile
42 Karen Caddell	49:34	7:58/mile	94 Raybryana Dasher	1:15:44	12:11/mile
43 Bill Pilling	49:46	8:00/mile	95 K McDonald	1:15:45	12:11/mile
44 Gregory Millner	50:19	8:05/mile	96 Rikki Niesig	1:15:45	12:11/mile
45 Adam Clavell	50:21	8:06/mile	97 Lynn Poyant	1:15:46	12:11/mile
46 Maciel Pais	50:29	8:07/mile	98 Deirdre Tarp	1:15:47	12:11/mile
47 Ken Landrum	50:53	8:11/mile	99 Donna Rogers	1:15:47	12:11/mile
48 Jonathan Paull	51:21	8:15/mile	100 Noel Bassett	1:15:48	12:11/mile
49 Dalila Ferreira	51:25	8:16/mile	101 Raycela Dasher	1:19:30	12:47/mile
50 Kathi Cabral	51:36	8:18/mile	102 Diana Sousa	1:24:23	13:34/mile
51 Kimberly Kones	51:38	8:18/mile	103 Sawyer Pollitt	1:26:30	13:55/mile
52 Bill Fortier	51:42	8:19/mile			

