

**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  
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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

**Dave Richard Stepping Down as President**



In a not wholly unexpected move, GNBTC president Dave Richard announced to the executive board and the members present at the October meeting that he would not stand for reelection. Dave Has been President for two years, succeeding Leo Rodeillat in 2004. As many of you know, Dave is a camping enthusiast and spends lots of time on the Cape which makes it difficult for him to give the time necessary to fulfill the obligations of the president. Hopefully someone will step forward when the club holds its annual election at the Christmas party. Dave promises to be around to help the club in any way he can in the com-

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The November and iDecemberssue of THE WALL will not contain race results. Race results may be viewed on the club website: [www.gnbtc.org](http://www.gnbtc.org). The December issue will contain only those results that are accompanied by a description of the race and its amenities. In place of results I will be publishing outstanding performances by track club runners. If you know of any such performances please submit to [news@gnbtc.org](mailto:news@gnbtc.org).

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**Wanted:**

**Newsletter editor. No experience necessary.**  
The Wall is in need of a track club member who is willing to take over the job of editing these pages. Yours truly has been editor for a year and it is now time to give up the job to a younger person who can bring a fresh perspective to the job. I will remain long enough to train the new person.  
If you, or someone you know is a candidate for the editorship please email me: [news@gnbtc.org](mailto:news@gnbtc.org).  
Ann Russo does the production and mailing. We just need a person to bring the stories together in Microsoft Publisher.



G.O.L., Gentlemen Of Leisure, members discuss the weekend race results at the Green Bean in downtown New Bedford. The group meets at the Y on Tuesday and Thursday mornings. Times vary but the usual start time is 8:45. Picture left to right: Leo (The Lip) Rodeillat, Don (What Day Is It) Dayton, Peter (The Brain) Kenyon, Vin, Awesome Vinny) Murphy, Freddy (I Can Do That) Coelho, Roderick (Rod The Magnificent) Borges.

## Earth and Sky



Somewhere around the middle 1990s I was running in a race in West Bloomfield, Michigan. It was either a half marathon or a 10k, I forget. West Bloomfield is an affluent suburb of Detroit with mature subdivisions, sliced by the mile roads from East to West, which are connected by a

few North – South main roads and a bunch of dirt roads, which attract race directors. Anyway we were about three parts into the race, on a dirt road, when a long hill loomed. Like at Boston, these sadistic race directors place these hills strategically to catch the unprepared and those for whom negative splits have been

negated by banana splits. I was chugging up this hill, minding my own business, when this young expert came up behind me and advised me of the merits of keeping my head up, pumping my arms and charging the hills. Now I have been running for many years with my unique incorrigible style, with mixed success and no injuries to speak of. So I listened politely to the advice of this young buck as he continued to explain his theories. Finally I explained that the reason I was richer than he was, was because of all the pennies, dimes and quarters I had found by keenly surveying the earth as I ran. In fact, I lied; I once found a ten dollar bill. I kicked his butt in the last half mile.

Recently I ran the Silver State Marathon, around a lake south of Reno, Nevada. It was probably the most scenic race I have ever experienced. We were sur-

*(Continued on page 6)*



*LCM Webster*

## Running With the Stars

“Three hours? I don’t even like to do things that feel good for three hours.”

- Actress Gwyneth Paltrow, about running a marathon

“As long as the guy in the Gumby costume doesn’t pass me, or someone dressed like Elvis, I’m going to try not to cry or wet my pants.”

- Actor Will Ferrell, on running the Boston Marathon

“I get my demons out when I’m on the road – and leave them there. I wouldn’t be the same guy if I couldn’t run.”

- Actor David James Elliot

“Running on a treadmill for 15 minutes is hard enough.”

- Rapper Sean “P. Diddy” Combs on the Oprah Winfrey show, months before finishing the New York Marathon

“I started running last year because I’d done bicycling, I’d done Pilate’s, I’d done yoga, but my backside still looked like a bag of ferrets fighting.”

- Sarah Ferguson, the Duchess of York

“I like to jog because it helps my love life.”

-Actress Brenda Vaccardo

“Running is part of my life, like brushing my teeth.”

-Actress Farrah Fawcett.

“Sometimes I’ll work out problems when I run, or sometimes I just float. Also, I sing music in my head. It’s a nice way to keep the rhythm and keep grooving.”

-Lola Falana, Singer and dancer

“Everything you see, I owe to spaghetti.”

- Actress Sophia Loren

“I’m trying to get out of my own way.”

- Actress Shirley McLaine

“Don’t let the sound of your own heels make you crazy.”

- Eagles Rock Band

“When a man passes 40, he shouldn’t have to run.”

- Actor Humphrey Bogart

“Smoking can kill you. And if you’ve been killed you’ve lost a very important part of your life.”

Actress Brooke Shields

L.C.M. Webster

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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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## Cuddy's Corner



Don Cuddy

**W**ell if Fortune favors the brave and I certainly had my share at the Wine-glass Marathon. I arrived in town in mid- afternoon after a pleasant drive through

what is really a sparsely populated part of New York. After skirting Albany the only other towns of note along my route were Binghamton and Oneonta. The road led through farm country, mostly accompanied by hills which made me a bit anxious but I need not have worried. The marathon course turned out to be very favorable to the under-trained runner with an overall elevation drop and only a couple of hills that were not significant. I signed up as a post entry and they charged me \$85 with an additional \$5 for the bus ride to the start.

After collecting my race bag I was able to visit the two local museums of note, the Glass Museum and the Museum of Western Art. Despite the fact that downtown Corning has basically one street these are both world class institutions.

The Western Art was assembled as the private collection of a Corning Glass bigwig before it was turned into a museum and features three floors of painting and sculpture. The Glass Museum was also very large and was overrun with busloads of tourists, principally Japanese but it was certainly dynamic with many high tech and hands on exhibits.

It was windy and raining heavily when I got to my fifty dollar motel and it continued to pour all night but once again Fortune smiled. As I boarded the bus the next morning under gray and cloudy skies the rain had departed, the wind was calm and the temperature was 51 degrees, ideal conditions for running.

The bus took us out to the starting line at a Philips lighting factory in Bath. We sat around inside watching people making light bulbs which, as a pre-race activity, was a little unusual to say the least. The race numbers were also unique. Instead of chips there was

a wire sensor glued to the back of each race number making them rather stiff and almost twice the size of the usual type.

We set off at nine o'clock and after leaving Bath found ourselves out amongst the fields. After a few miles I settled in at 8.30 pace. I knew that I would not maintain that so was left to ponder whether it might be better to back off early in hopes of lasting longer or keep going and hope for the best. I decided it was too unnatural to attempt to control my pace and I pressed on. We passed through a couple of small villages along the route where there were small crowds because of those awaiting relay runners but on the whole it was entirely peaceful. There were sufficient numbers running to keep things interesting and no traffic. About Mile 18 the sun burst through and it became quite warm very quickly just as I began to feel the strain. After that each mile seemed to become a little longer but I chugged along and was able to finish without any setbacks and my time of 3.55 was good enough to put me in the top half of the field considering my lack of training miles although it did make me wonder

***About Mile 18 the sun burst through and it became quite warm very quickly just as I began to feel the strain.***

what kind of training all those others are doing? One thing I did notice was a group who were walking at Mile 1 as part of their strategy. They constantly passed me in the early miles as they charged to the next marker for their walking break. That

seems a peculiar approach to me but whatever works. It's better than not participating.

At the finish line there was plenty of food and a glass medallion. The race shirt was the best part however. It was a very good quality long sleeve poly-dri with a wineglass silhouette on the left breast, very understated. No sponsors or logos. Each runner also received a small bottle of Brut champagne inscribed with '25<sup>th</sup> Wine-glass Marathon'.

In case you haven't guessed there are wineries all over the place. It is 400 miles from New Bedford to Corning and the ride back was no picnic with cops everywhere, torrents of rain and a big accident on the Mass Pike but it was worth it. This is a very nice little race, 600 finishers, in a friendly little town and is a PR course for anyone who is ready to take advantage of it and while I probably won't go back as I am always seeking something different, I can highly recommend it.

## Earth and Sky

*(Continued from page 3)*

rounded on all sides by mountains, and to our right was always the shimmering lake. The start was at six o'clock to beat the heat of the day. For the first six miles we saw the increasingly ominous hint of the sun silhouetting the mountains to the East and bouncing off the underside of the clouds, creating a magnificent red aurora. As it was the first six miles, with a temperature of around seventy, but dry, my only complaint was the five thousand feet. So I ran with my head up and drank in the sky along with alternating swigs of water and sports drink. The rising sun brought me down to earth, which was covered with the asphalt of freeways and the dry sand of trails for much of the race. Much of the last three parts of the race was run in the eighties, which led to much surveying of the earth with only occasional glances at the mountains and sky.

I had a couple of strange running buddies in Michigan. One a professor of engineering who still does not know what kind of engineering to do – he's a sort of mix between mechanical, civil, chemical and electrical. Vibrations are mechanical phenomena that affect civil structures that are made of chemicals and the whole shebang can be controlled by electrical feedback circuits. Now this is the only guy I know who stopped his watch during the process of tripping and falling in a twenty miler. He never listened to me when I warned him of the great importance of watching precisely which piece of earth was about to receive a blow from the next foot. The other member of our trio is a computer scientist. He's a fanatic, who has about twenty marathons within a few minutes of the magic three hours. He is an efficient shuffler, but I have not seen him trip; he must be a surreptitious earth watcher. The shuffler and I lived twenty six point two miles apart, while the lanky watch stopper lived sort of in the middle but off to one side if you understand what I mean. We used to rotate among different routes, some in unfamiliar neighborhoods. These runs required navigational skills, like remembering where the sun rose and orienting ourselves accordingly. Unfortunately there was often confusion within this happy trio, especially when the early morning sky was overcast. On one occasion this led us across a private golf course where we learned the precise meaning of private – these golfers spend their lives looking at the

earth and then into the sky (timing of these activities is critical, or so I am told, which is probably why I invented the scoot along the earth drive with a half decapitated ball, while I looked hopefully into the sky where the ball is supposed to be going), and simply don't understand runners trying to beat their drives up the freeway.

Michigan, unlike Texas has hills and my favorite Michigan morning six miler has more than its fair share. Out of the house, up the lane, left on Silverbell, down into the valley, up the other side, down into the Paint Creek valley, right along the old railroad, now converted into a trail and then right on Dutton. Or rather that should read, right up Dutton Hill – a half mile monster which attracts the sadistic high school cross country coaches as well as the less gifted members of the Rochester Old Bull – Young Bull Running Club. Now I have introduced three members of this ragged bunch. The rest include a talkative 220 pound dentist, a retired school teacher, who has 70 marathons under his belt, a college professor who is more than three parts through the 50 states and a couple of automotive manufacturing engineers. The college professor was seen one day on his knees in the dirt, nose to nose with a ferocious hound, barking. There is no way that anyone can see much more than dirt while plodding up this vertical Dutton Hill slope, except that if you crick your neck you can see a little circle of light at the top created by the overhanging trees. This bunch of clowns is never short of a story, except when grinding up this mountain. The fools, dreaming of their long lost youth, like to race up Dutton Hill. There is no point; the pecking order was clearly established years ago, except on one occasion when we persuaded the dentist to try a 10-mile "English" short cut after a 12 miler. He crawled and whined. This gallant group can describe in great detail every nuance of the pile of dirt that makes up the infamous Dutton Hill. I forgot to mention that running brings on early senility or perhaps it is people with early senility that run. So one of the crowd was out one morning having failed to make adequate use of the bathroom before his run. He found a convenient pile of earth in the woods that turned out to be a hornet's nest – the result was worse than you can ever imagine. And then there was the one who got blisters at mile eight in the famous Crim 10 miler; he took off his shoes and ran mile nine barefoot... and

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## Earth and Sky

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got even more blisters from the unforgiving earth.

The most prestigious event of the year for Michigan runners is the Great Lakes Relay – some two hundred and fifty miles across the state through backroads, blackroads and forests. Of the sixty or so teams of ten that compete in this event, the most famous is the Fox and Hounds, so named because of the fox and hounds. This team is old, fast and pretty and has won the last two competitions mainly because being old brings the wisdom not to get lost while youth and talent is wandering the woods looking around the earth and sky for signs of direction. But the team is not without its scoundrels, who have been known to drive the cars on the forbidden routes, only to get whacked with a big penalty. And its enthusiast – who attempted to accompany his team mates on a bike through the quicksand – and was late for the next leg. And the guy who lost his shorts at a changeover.

Texas, unlike Michigan, has no hills, except in the hill country, which is about ten days drive out West into the big sky. Texas, like Michigan, does have roads, which are made of asphalt or concrete linked together by potholes, placed strategically to trap the unwary sky watcher as he navigates his morning run by Venus, Mars or the more accessible Moon. Whereas Michigan has golfers for runners to contend with, suburban Texas has dog walkers. In the early morning dark it is not so much the dogs or even the dog walkers that runners have to deal with; rather it is the not working retractable leash between them that converts a training run into a hurdling exercise. The dog walkers don't say "sorry for interrupting your stargazing and earth watching" they simply ignore the runners and say, "good dog sit". "Good dog sit" is not a sentence and merits an even shorter response because they seldom explain to the dog where to sit and dogs being inventive creatures like to sit on the skygazer's feet.

One day, while I was out earth watching, I took a moment to stargaze for the purpose of checking on the behavior of Mars. Now at that precise moment, and I suspect collusion here between Earth and Mars, an earth bound pothole attacked my toe, which is connected to my body which was cruising along at a fair rate of knots, despite the lack of light. Newton was

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right when he pointed out that although toes have a habit of stopping in potholes, the much heavier bodies have a way of continuing on their merry way, before finding an equal and opposite reaction upon the earth beneath. Blood pouring profusely from knees, hips, elbows and wrists. But the resolute athlete rolled on the concrete, jumped up and continued earth watching and stargazing with more bias towards the former. Meanwhile a band of dog walkers said, in unison, "good dog sit."

It has been noted that Michigan runners are none too bright, well the same goes for Texas runners. A couple of weeks ago after a fine hot 5k that turned out to be at least 6k because somebody moved the turnaround barrel, a dozen or so BARCERS ran four miles in four hours passing through nine bars. Three weeks earlier one of the bunch had run the famous Lunar Rendezvous Run in a pathetic 33 minutes; she gave birth, right on schedule, to a fine baby boy five days later. Her participation in the pub crawl was punctuated by pumping and dumping, having left junior temporarily with an understanding mother in law. The Lunar Rendezvous run was started by an astronaut with a loaded gun, or at least that was her story. Now rocket scientists are by nature meticulous about the details. This particular one who ran a three-hour marathon at age fifty does not take his mile splits, he takes his quarter mile splits on his four-mile circuit everyday, at midday, in Houston, throughout the summer. Collectively this gaggle of sky dreamers are an obsessive crowd; the highlight of their year was when the overgrown bike path was paved; this required that they arm themselves with earth painting brushes and re-do the quarter mile markers in fluorescent green. We must not forget our intrepid 100 miler, who finished a recent ultra with his shorts on his head, leading to much tutting by the board members and a new morals clause in the race rules.

Some years ago, having moved from Michigan to Texas, I had the good fortune to compete in the Senior Olympics as a representative of Michigan in the triathlon and 10k. There is nothing more wonderful than seeing a ninety year old javelin thrower who can throw the javelin further than he can see. These competitions

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# Perfecting Running Form

From [Run Strong](#) by [Kevin Beck](#)

**From Run Strong by Kevin Beck. Copyright 2005 by Human Kinetics Publisher, Inc. Excerpted by permission of Human Kinetics, Champaign, IL. [www.HumanKinetics.com](http://www.HumanKinetics.com).**

As a physical therapist, I am often asked how the body *should* look while running. There are many biomechanical interpretations of proper running form. Most physical therapists' stand is that an athlete's individual flexibility, strength, and joint mobility define his or her form, so there is no one correct answer; however, a runner's knowledge of what constitutes basic proper form is important.

As detailed in chapter 1, running is broken into phases based on the positioning and movement of the foot:

**Footstrike.** The initial contact between the ground and the foot

**Midstance.** Composed of two subcomponents:

**Foot-flat.** Body completely over the stable foot contacting the ground

**Heel rise.** Beginning of the propulsion forward as the heel begins to leave the ground

**Toe-off.** Final propulsion and last contact between the foot and the ground

**Swing-through phase.** The leg swinging under the body getting into position for the next footstrike

To get a feel for optimal running form, try going through the following movements in slow motion while standing in front of a mirror. Balance on one leg and strike the ground approximately six inches (15 centimeters) in front of the body with the other foot, either at the heel or the midsole. Be sure to flex the knee of the moving leg 10 to 20 degrees and the hip 20 to 25 degrees and lean forward slightly at the trunk. As the body weight completely transfers to this foot, keep the knee bent, letting it cushion the joints at the

foot-flat phase. The body continues to move forward, and the hip extends (straightens), the knee extends, and the heel lifts. This is followed by the toe-off phase. As the foot leaves the ground, the thigh swings backward maximally. The direction of the leg changes as the thigh drives forward, with the knee bending in the swing-through phase. Try this with each leg; a few rehearsals should give you a feel for the optimal relative positioning of each part of your body during an actual run.

That takes care of proper lower-body mechanics, but what should the rest of the body do during this movement? The following list describes upper-body movements and how they coordinate with lower-body movements.

Maintain an upright body position while relaxing the shoulders and face. Less tension in these areas helps promote more relaxed, free-flowing movement throughout the body as a whole.

Hold the sternum high. This allows the chest to expand and increases lung ventilation.

Swing the arms from the shoulder joint forward and backward, maintaining a relatively fixed elbow bend at 90 degrees. The shoulder is a pendulum; allowing the arms to passively swing as a result of momentum imparted by gravity rather than actively "flailing" or pumping them minimizes energy wasted through excessive body movements.

Synchronize the arms with the legs, mimicking the same rhythm. The arms are used for balance, momentum, and to assist with forward propulsion.

Engage the trunk muscles with a slight lean forward to help support the upper body over a moving lower body. Think of a long spine and visualize space between each lumbar vertebra.

Rotate the pelvis slightly forward. If you put your hands on your hips, under your fingers is the portion

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## The Perfect Running Form

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of the iliac crest called the ASIS (anterior superior iliac spine). These points of the hip move slightly forward as the leg swings through and prepares for the footstrike. This hip drive provides propulsion and forward momentum while wasting little energy.

Let the knee drive the leg forward with the footstrike about six inches (15 centimeters) in front of the body. The feet stay under the hips and the hips under the trunk, which helps maintain the body's center of balance.

Transfer your body weight evenly from one foot to another, making sure only one foot is on the ground at a time. If both feet are on the ground at the same time, you may not be propelling yourself forward efficiently during the toe-off phase.

During toe-off and in the beginning of the swing-through phase, the leg must go past the front-to-back midline and behind the opposite leg. This creates propulsion.

Strong supporting muscles help you maintain efficient running form. When these muscles fatigue, your form deteriorates. Being aware of your running form and consciously trying to maintain form during the latter stages of a run are important means of preventing injuries. Of course, conditioning can help you avoid muscle fatigue and the muscles' failure to function. However, muscles will fatigue, especially in long events such as the half-marathon and marathon, so it's important to think about maintaining proper form. Although it is difficult to think of your form for the duration of a long race, reminding yourself of the basics when you start to fatigue centers your focus on the running motion and helps you optimize your performance. The visualization exercise at the end of the chapter emphasizes conscious awareness of proper head-to-toe form. Conditioning and form drills, detailed in chapters 1, 4, 5, and 6 will strengthen your body and enable you to put this visualization process into practice.

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## Earth and Sky

*(Continued from page 7)*

in 2001 were in Baton Rouge, Louisiana, in July. Baton Rouge, Louisiana in July is hot and humid. Both my races were run at near one hundred degrees with a torn Achilles tendon, suffered a week earlier in the Bay Area Running Club Lunar Rendezvous Run. So much for excuses, the results were a tenth and a seventh. But the best part of the trip was talking to the ancient athletes. There was this tall seventy something, thin, Irish immigrant, who forty years ago had left his beloved peat bog and potato land to try Hollywood. We were having a midday barbecue after the 10k behind a local bar when Patrick stood up and with tears in his eyes told us what he loved most about America. Picture Kramer on Seinfeld. Patrick was driving on the I10 East of El Paso on his way to Baton Rouge early in the morning, just before sunrise. There was nothing but road up front and the beautiful picture of a red sunrise. Patrick the eloquent, gazed up to the heavens and recited, "This land is your land, this land is my land, from California to the Great Lake waters..." and so on – see Appendix for the runners anthem. He explained that this vision driving East on the I10 towards Baton Rouge, via El Paso, San Antonio and Houston, at dawn was the best experience that he had ever had and why he was proud to be an American, albeit of Irish origin. Then there was the octogenarian with two medals, one for winning the mixed doubles table tennis at these games and the other for getting second in the World championships in the same event in 1950. And another octogenarian, with a mixture of stars and tears in her eyes complaining that she had been beaten at the tape in the 5k when she thought she had the gold all wrapped up.

Running is about reaching for the stars, only to be brought back to earth on frequent occasions. Winning may be good for the ego, but losing is good for the soul. On average runners are a bunch of losers. The best coaching advice is to look where you are going.

Brian lives in Prescott Arizona. He teaches Aircraft Safety at Embry Riddle Aeronautical University

***Brian brings his unique perspective on running to The Wall each month. He can be contacted at:<brianpeaco@hotmail.com>***

**Nicole Niemiec, PT**  
Iliotibial Band Syndrome

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 pelvis down the outer portion of the thigh and attaches to the knee. Its primary function is to provide static stability to the knee. The ITB shifts behind the bony aspect of the knee when the knee bends greater than 30 degrees and shifts forward and in front of that bony prominence as the knee extends. The repetitive nature of this motion during running leads to the irritation and inflammation of the ITB and/or underlying bursa. This is an overuse syndrome which is also known as “runner’s knee.”

There are many causes that can contribute to this condition. Some training factors include downhill running, an increase in weekly mileage, or excessive running on the same course. Structural anomalies such as a leg length discrepancy, “knock knees, or “flat

feet” can contribute to a tight ITB. Often the ITB is tight and the underlying gluteal muscles which work to stabilize the pelvis are weak. Physical therapy is very effective in treating this condition. Treatment focuses on massage and/or modalities and activity modification to decrease inflammation. Specific stretching and strengthening exercises to restore muscle imbalances are incorporated into a home exercise program. Patient education regarding proper footwear and prevention of further injury are incorporated in the treatment program to keep you running pain free!

*Nicole is a Physical Therapist at the office of:*  
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# UMass Track Sessions Wind Down

With Daylight Savings Time upon us the popular track workouts at UMass have end for this year and will begin again in late March or early April. A total of 23 members and friends enjoyed the workouts conducted by Bob Dowd. Bob was extremely happy with the turnout and is looking forward to the spring season.



## Decas 10K 1985

|     |                  |       |
|-----|------------------|-------|
| 2   | Steve Paulson    | 32:47 |
| 3   | Mike Cote        | 32:52 |
| 4   | Bill O'Mara      | 33:42 |
| 9   | Paul Mello       | 34:49 |
| 12  | Craig Parker     | 35:39 |
| 14  | Chuck Rooney     | 36:00 |
| 15  | Tom Wojcik       | 36:10 |
| 16  | Ken Letender     | 36:31 |
| 17  | Joe Areias       | 36:37 |
| 18  | Joe Fernandez    | 36:48 |
| 24  | Peter Ryan       | 37:52 |
| 28  | Mark Keighly     | 38:26 |
| 29  | Steve Roberts    | 38:26 |
| 32  | Charles Marshall | 38:36 |
| 38  | Dave Laplante    | 38:58 |
| 44  | Dave Lapalme     | 39:35 |
| 48  | Dan Mulligan     | 39:58 |
| 54  | Rick Hinkley     | 40:07 |
| 60  | Jim Huntoon      | 40:23 |
| 65  | Robert Pacheco   | 40:54 |
| 66  | Ken Carreira     | 40:57 |
| 70  | Manny Pires      | 41:14 |
| 84  | Bill Parent      | 42:19 |
| 85  | Bill Benedetti   | 42:25 |
| 91  | Brent Brookhart  | 42:45 |
| 95  | John Daniels     | 42:48 |
| 97  | Gail Isaksen     | 43:00 |
| 101 | Jim Dugan        | 43:10 |
| 104 | Michelle Bociek  | 43:37 |
| 106 | John Mulligan    | 43:43 |
| 108 | Don Jaffee       | 43:45 |
| 112 | Kathy Lemaire    | 43:59 |
| 115 | Deb Gabriel      | 44:04 |
| 118 | John Braun       | 44:12 |
| 124 | Kathy Lopes      | 44:18 |
| 128 | Norman Caevarlo  | 44:31 |
| 132 | Karen Maura      | 44:47 |
| 140 | Sandra Watkins   | 45:20 |
| 143 | Lee Wheeler      | 45:31 |
| 144 | Rob Duval        | 45:37 |
| 162 | Leo Belanger     | 46:48 |
| 163 | Chuck Donahue    | 46:49 |
| 167 | Leo Rodeillat    | 47:07 |
| 173 | Billy Parent     | 47:27 |
| 177 | Ken Daniels      | 47:44 |
| 182 | Mike Belliveau   | 48:14 |
| 185 | Richard Drolet   | 48:23 |
| 186 | Dave FilipeK     | 48:29 |
| 190 | Leo Desroseirs   | 48:40 |
| 206 | Steve Saba       | 49:23 |

## Spooner Race 1985

|     |                  |       |
|-----|------------------|-------|
| 3   | Steve Paulson    | 32:51 |
| 7   | Bill O'Mara      | 34:16 |
| 8   | Paul Mello       | 34:26 |
| 18  | Joe Areias       | 36:23 |
| 19  | Peter Ryan       | 36:25 |
| 22  | Tom Wojcik       | 36:38 |
| 30  | Chris Waters     | 38:27 |
| 31  | Rick Borges      | 38:40 |
| 34  | John Reul Jr.    | 38:47 |
| 36  | John Reul Sr.    | 39:00 |
| 37  | Rick Hinkley     | 39:01 |
| 41  | Ken Correia      | 39:11 |
| 43  | Mark Waters      | 39:37 |
| 44  | Ron Teachman     | 39:40 |
| 45  | Herb Waters      | 39:44 |
| 50  | Peter Selly      | 40:16 |
| 51  | Joe Sylvia       | 40:22 |
| 55  | Manny Pires      | 40:53 |
| 56  | Dave Lapalme     | 41:04 |
| 62  | John Daniels     | 42:07 |
| 66  | Robert Pacheco   | 42:41 |
| 69  | Bill Parent      | 43:00 |
| 71  | Sandra Watkins   | 43:04 |
| 72  | Ray Bolger       | 43:05 |
| 73  | Herb Waters      | 43:20 |
| 74  | Gail Isaksen     | 43:24 |
| 77  | Lee Wheeler      | 43:29 |
| 79  | Kathy Lemaire    | 43:52 |
| 81  | Jerry Whitney    | 43:52 |
| 83  | Jim Dugan        | 44:10 |
| 86  | Kathy Lopes      | 44:32 |
| 89  | Jim Flanagan Sr. | 44:42 |
| 90  | Fred Cole        | 45:07 |
| 91  | Karen Moura      | 45:36 |
| 96  | Deb Gabriel      | 45:50 |
| 97  | Ted Desrosiers   | 46:33 |
| 102 | Steve Saba       | 46:54 |
| 107 | Carol Reis       | 47:02 |
| 108 | Don Jaffee       | 47:20 |
| 111 | Steve Roberts    | 47:42 |
| 112 | Cecelia Kut      | 47:42 |
| 114 | Leo Rodeillat    | 48:05 |
| 115 | Leo Belanger     | 48:06 |
| 117 | Ken Daniels      | 48:27 |
| 120 | Leon Sepuka      | 49:15 |
| 122 | Billy Parent     | 49:36 |
| 130 | Roland Dufresne  | 52:30 |
| 131 | Anne Zarlango    | 53:36 |
| 134 | Dot Arnold       | 54:29 |

## GNBTC Meeting

The monthly Track Club meeting was held at Dave Richard's house on October 10th.

The Board heard from the newsletter editor that Results will not be posted in the newsletter for the months of November and December. The new editor can make a decision as to how to produce the results. For now they will be posted on the GNBTC web page, [gnbtc.org](http://gnbtc.org).

Kenny Rogers reported that the plans for the Spooner 10K are going smoothly. Sponsors are in place and the long sleeve Tee shirts are ordered.

The treasurers report showed that the club remains in the black to the tune of \$6,000 plus.

The members voted in favor of the purchase of a new timer to be used as a back-up to the two we already have.

Donald Dayton made a motion that the club donate 4, \$25.00 prizes to be raffled off at the Spooner 10K. The motion was defeated on a 4 to 4 vote.

Connie Mimoso made a motion to have the club purchase 100 T-shirts printed with the club logo. Motion passed. Said T's will be given to members on a first come basis.

The members made a list of possible nominees for annual awards, and a discussion followed. The members accepted the names with minor deletions. The nominees appear on the ballot in this newsletter.

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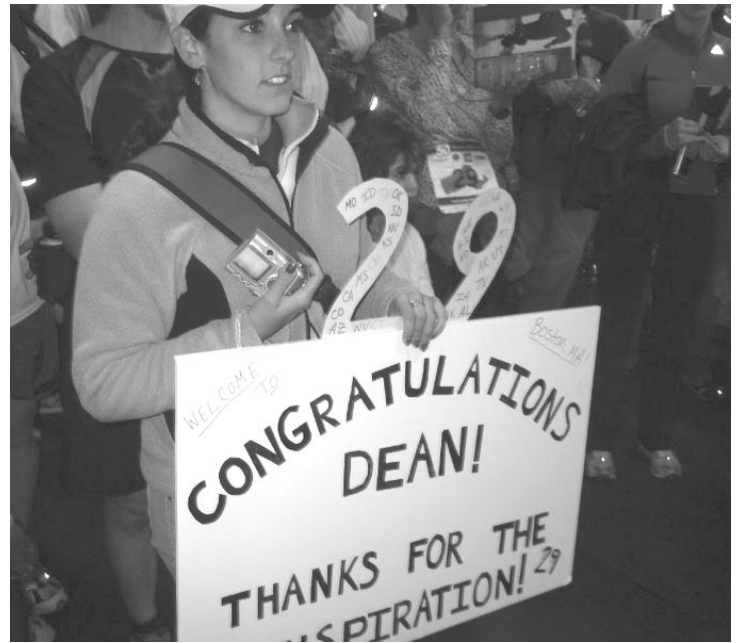
**Notable performances** were turned in by Angel Martin, Peter Kenyon and Fred Coelho.

**Angel Martin** ran an outstanding 37:15 at the Boston Fire Fighters 10 K. His time was good for third place overall and first in the 30-39 division. Angel makes good use of the track at Umass to improve his speed and it is working for him.

**Peter Kenyon** ran a Boston qualifying time of 3:40:14 at the Bay State Marathon in Lowell. Peter came in well under the required 3:45 for his age group (55-60). It can be done. Peter joined the club last November and has been improving rapidly. He credits his training with the Sunday Striders and the G.O.L. group as factors in his improvement. Vinny Murphy also aided Peter with his knowledge, having run many marathons and being himself a Boston qualifier.

**Freddy Coelho** ran the Bay State Marathon on Saturday and while he did not produce a qualifying time he proved his mettle by running the Breakers Marathon course in Newport Rhode Island with Dean Karnazes on Sunday.

## Bethany Bertrand Cheers on Dean Karnazes



Hey everyone, i went down to support Dean yesterday when he ran the Boston Marathon course for marathon #29. i made him this reallllly cheesy sign and he put a picture of me holding it on his blog!! he was soo nice!! he gave me a T-shirt in exchange for the sign, he said he wanted to put it on his tour bus( i nearly fainted). it was an awesome experience!!

*Email from Bethany*

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

For more Road Races visit:

<http://www.coolrunning.com>

<http://www.nerunner.com>

<http://www.jbrace.com>

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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.

# 2006 Awards Ballot

**Please circle your choices. Fold your completed ballot, apply postage and mail to the address on the reverse side by November 12th, 2006 or bring your ballot to the Spooner Race**

**Hall of Fame:** This is a person who has been a GNBTC member for at least eight years and who exemplifies dignity and integrity with respect to running and the Greater New Bedford Track Club.

Paul Mello   John Mulligan   Jack Daniels   Gail Isaksen   Kathy Lopes  
Other \_\_\_\_\_

**Runner of the Year: (Female)**

Robert-Britto   Mary Cass   Teresa Frenette   Michelle Tetreault   Michelle  
Other \_\_\_\_\_

**Runner of the Year: (Male)**

Kenny Rogers   Jeff Reed   Felix Almeida   Peter Rebeiro   Angel Martin  
Other \_\_\_\_\_

**Volunteer (male)** Write in: \_\_\_\_\_

**Volunteer (Female)** Write in: \_\_\_\_\_

**Come Back of the Year:** Carlos Barbeiro   Rod Borges   Sal Carrao   Marty Flinn  
Other \_\_\_\_\_

**Most Improved:** Write in \_\_\_\_\_

**Distinguished Service Award:** This recipient is a person or business that has made an outstanding contribution to the Greater New Bedford Track Club.

Write in: \_\_\_\_\_

Awards will be presented at the annual Christmas Party at the YMCA in New Bedford. Grand Prix Awards will also be presented at that time

Stamp  
Required



GNBTC  
P.O. Box 1209  
New Bedford, MA 02741