

October 2008



Greater New Bedford Track Club

www.gnbtcc.org

The Wall



62 Year old Jack Daniels qualified for Boston with a 3:24:59, (3rd place age group) at Bay State Marathon.

Manny Francisco, lead all Greater New Bedford Track Club Members at Bay State with an excellent 3:04:57 At 48 he qualifies for Boston.

If You Are a Runner Come In



Pictured above, Kenny Rogers and several followers get ready for their last tune-up before the Bay State Marathon. To Kenny's left are: Katie Cabral, Jim Frenette Kevin Silva, Kathi Cabral, Karen Caddell, Kevin Mullen and the venerable Jack Daniels. Karen Caddell, Kathi Cabral and Kevin Silva were Scheduled to run the Half-Marathon. * Asterisk indicates Boston qualifier

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

Executive Board

President: Leo Rodeillat
Vice President: Mary Fitzgibbons
Secretary: Connie Mimoso
Treasurer: Ann Russo

Newsletter Editors: Don Dayton

Contributors: Don Cuddy
LCM Webster
Brian Peacock

Results Vin Murphy

Webmaster: Vinny Murphy

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Dave Richard

Membership in the GNBTC is open to all.

Dues \$15/Year individual \$20/Year family.
Check to: GNBTC
Send to: Ann Russo
36 Mosher Street
Dartmouth, Ma. 02748

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

Newsletter published February—December

Editorial

This year the Greater New Bedford Track Club has relaxed the requirements for members to apply for a waiver of the time requirements at the Boston Marathon. Members do not have to be present to receive a waiver. The requirement that a member has to work at two Track Club functions has also been eliminated. How easy is that? Any member who is willing to pony up \$200.00 can become one of the 20,000 souls who will line up in Hopkington. Some of the members have decided to go out and meet the requirements at another marathon. Bay State prides itself as being the easiest in New England and top ten easiest in the world and has attracted an amazing number of would-be Boston entrants through the years and provided an abundant supply of starters at the Boston corrals.

There can be no doubt, the elder shall rule the younger.
—PLATO, *The Republic*, Book II
Could he have been prophesying Jack Daniels

For those who do not meet the requirements, the waiver system will be your salvation. The club has been fortunate to receive 10 waivers from the BAA each year due to the efforts of Ed Talbot and his crew who man the 5 mile check point each year. Through rain, cold, wind and occasionally great weather this dedicated group spends the better part of their day checking the times and places of the first 100 men and women. The crew is also there to support the GNBTC contingent. They are a welcome sight. One might call it fool hardy to invest \$200.00 to endure the agony of the Boston Marathon but the support you receive is top notch so go for it. If you would say that the marathon distance, especially Boston, does not cause you pain then I would say that you are not running hard enough. Those who do take advantage of the waiver system are advised to thank Ed Talbot and his crew, either at the Christmas party or certainly when you pass them at the 5 mile check point. Bill Benedetti, Leo Rodeilatt, Dave Richard, Chuck Donahue, Ken Daniels and Ken Carreira, will be there to cheer you on.

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

GNBTC Meeting

Tuesday September 30, 2008

Track Club meeting at New Bedford YMCA

Mary Fitzgibbons called the meeting to order at 6:45.

First item on the agenda was the newsletter. The editor reminded the board that he has three more editions to publish before resigning as editor. The board decided to make an effort to have a member take over the newsletter. The editor suggested that the board provide the new editor with a stipend to cover the cost of internet service that is required for the newsletter editor to receive files relevant to the production of "The Wall." Motion was made and seconded and voted in the affirmative.

The editor also informed the board that it would be helpful to have the meeting minutes transcribed in a Word format to be added to the newsletter. The club members should be apprised of what happens at such meetings.

It was also suggested that it would be helpful to have a member format race results in a way that is compatible with the newsletters two column layout.

The editor informed the board of the fine job the RI Road Runners do with contribution to their newsletter regarding races they have attended.

- The treasurer reported on income and expenditure for last month. She also reported that the club now has 150 members +/-.
- Plans are moving forward with regard to the Spooner Race. Applications are out and several members agreed to distribute them at races they attend.
- Wareham to Fairhaven run has been set for November 23rd. More information to be published in next newsletter.
- Christmas party to be held on Sunday December 12th at YMCA following the Standard Times Neediest Fund fun run.
- Richard Flood reported on the grand Prix.

Richard reported on the distribution of the Boston Marathon waivers. Much discussion ensued and the final application appears in this newsletter

Under new business, Donald Dayton informed the board that he has received several inquiries from new runners who are interested in running with the club.

All of the inquiries were from runners who simply could not keep up with any group runs involving GNBTC members. Don suggested that the club institute a program designed for novice runners. Fred Coelho volunteered to place a notice on the sign at the entrance to Buttonwood Park. Fred also volunteered to

lead a novice runner clinic on Thursdays at 5:00 PM at the park. This clinic will introduce interested runners to the club and lead them on a two mile slow paced run around the park.

Next meeting set for October 28th. 2008 award nominees will be submitted at that time.

There being no further business, Mary adjourned the meeting.

Members present: Vice Pres. Mary Fitzgibbons, Treasurer, Ann Russo, Editor, Don Dayton, Kenny Rogers, Richard Flood, Joan Sparrow, Fred Coelho, Jim Frenette, Kathi Cabral, Dave Richard.

In Search of the Perfect Stride.



Over pronation, under pronation, over striding, to much dorsiflection, exaggerated upper body motion. These are afflictions that most of us deal with and hardly know that they are slowing us down.

Over pronation is the bugaboo of runners like me who tend to put more miles on their shoes than they were designed for. When new shoes are purchased the foot is abruptly throne into the normal position causing some discomfort in the ankle.

I have seen only two runners in resent years who I consider to have the perfect running style. Ira Joseph is one and the other is Jack Daniels. They just seem to float along with so little effort. They would probably tell you that they get just as tired as the rest of us but I think not.

Some of the "old timers" were in the category of perfect striders as well. Paul Foster and Paul Mello were in that group. These guys just seemed to move with ease and an economy of motion that proved a winning combination.

All of these runners had, and have, something in common. No exaggeration of motion. Head remains relatively stable with little side motion. Hands never crossing the sagittal line and foot plant squarely under the torso.

Bill Rogers, poor guy, had a fault in his style that was pointed out by the late Jim Fixx. Bill always threw his right hand across the sagittal line. Seems not to have bothered his speed and stamina but it is not recommended.

I'm too old to change my running style. I run the way I run. I just try to get from point A to point B in as little time as possible without injury. Point B seems to be farther away than it did just a few years ago and the injuries are more frequent.

President's Message

PRESIDENT'S MESSAGE

Just a reminder that our **30th Annual Greater New Bedford Track Club Road Race** will take place on Sunday, November 9. Once again it will be held at Buttonwood Park and the runners will begin their 6.2 miles of road racing at 10:00 a.m. You may still have time to obtain one of the 'classic'



Spooner t-shirts. Please remember that this is a track club event and we should all give of our support either by running or volunteering our services. So let's put our best foot and give the **Spooner Road Race Committee** the assistance they need for this annual club event. If you wish to help or for more details.

Call the club's hot line at (508) 998-2701.

Like Willie Nelson, the GNBTC bus will be 'On the Road Again.' The club's yearly **Wareham to Fairhaven Run** will be held on Sunday, November 23. Our transportation vehicle will depart from the Fairhaven VFW at precisely 8:00 a.m. It then will travel to the center of Wareham, turn around and drop the remaining runners at various distances that they wish to challenge. Club volunteers will welcome your return with coffee and such. So back to Willie and his song. "Like a bunch of running Gypsies we'll go down the highway." Sorry but William Nelson can't make it. He's on tour. (Ha, but we do have his musical lyrics.)

The club's annual **Christmas** party will be held on Sunday, December 7. As always, it will shape up as an eclectic event. The agenda will be as follows: **The Quarters for Christmas Jog -A-Thon**, in conjunction with The Standard-Times Neediest Families Fund, will leave the New Bedford YMCA at 9:00 a.m. Showers will be made available after the walk/run. The club's Yuletide is always a gourmet's delight and will follow after our trek around Buttonwood Park. The **GNBTC** and **Grand Prix** awards for the year 2008 will be handed out to the deserving recipients.

The clubs annual meeting and election of officers will close out this most busy morning. Remember that this is YOUR club. Suggestions and input are always welcome. This is the opportunity to voice your opinions.

A tip of the **GNBTC** cap to the Thursday Night Beginners Running Group, which has had a very successful beginning the last few sessions. Credit the idea for its development to Donald Dayton, to Fred Coelho for arranging the event and Ken Rogers who supplied most of the runners. Any one wishing to participate in these novice-running sessions can attend at 5:00 p.m. at Buttonwood Park-Senior Center on Thursday nights. For more information call (508) 994-7209.

Please remember to patronize sponsors, for they play a 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.

*Two hundred yards and the trees grew taller,
Black, blinder, as hope grew smaller,
Cry seemed nearer, the teeth seemed gripping,
Pulling him back, his pads seemed slipping,
He was all one acre, one gasp, one thirsting.
Heart on his chest-bone beating, beating,
bursting. . .
He thrust at the thorns, which would not yield,
He leaped, but fell, in sight of the field...
All that he was was a blown fox quaking,
Jumping at thorns too stiff for breaking*

From, *Reynard The Fox*, John Maesfield



LCM Webster

On second thought...

Did you turn off the coffee pot before leaving the house? How about the iron? And is the security alarm on?

There are two basic responses to such a questions: a confident “yes”, or a tentative “I think so.”

The “yes” people will answer quickly; maybe throw in an “absolutely” for emphasis and move on to the more pressing matters of their lives without looking back.

The “I think so” people are a lot more entertaining, for they are capable of chewing on problems for hours. They can also work themselves into an anguished; “Why did you have to ask me that?” which might lead to a trip home for confirmation that a cold coffee pot, or iron, had indeed been switched off - while an accidentally activated alarm, triggered as one hastily entered the house, might answer the third question.

Strange how the mind stumbles on these small, nagging bits of business. People with executive jobs, who pride themselves on being able to handle constellations of complex details at once, can experience what might be called “the coffee pot syndrome” as readily as absent-minded professors, toll booth operators, or lone artists in silent studios.

It’s primarily a matter of synapses and how the brain waves happen to be doing with the retrieval of trivia on a particular day. Psychology also plays a role, for confident souls can talk themselves into the benefit of doubt even if only 50 or 60 percent are sure that they pushed the right button.

But the twitchy personality can’t relax with any margin of error and has been known to make the drive home on what starts out as a 90 percent certainty rate, which dwindles to zip as the imagination goes wild with frayed cords, leaping cats, power surge sparks, melted heating elements, and the contents of the house being loaded on a truck.

The twitchy personality has also been known to pace around a mailbox waiting for the postman to show up and solve the conundrum of the stamp-is it, or is it not, on the envelope just dropped into the slot? Usually it is, and the twitchy personality has made a point of noting it – while simultaneously checking the hold of the

glue.

But on those days when the mind is busy with other things – the coffee pot, iron, or security alarm, perhaps – clarity is lost, and one fears that the mail might be too.

At such moments it might be comforting for the twitch to embrace the Alfred E. Newman philosophy of life and worry not or remember the wisdom of Franklin D. Roosevelt and understanding that fear is often a bigger problem than the presumed problem.

But there is also peace of mind in accepting who one is, whether twitchy or confident, and in knowing that there is no wrong answer to the question of exactly how many devils might reside in those seemingly insignificant details.

L.C.M. Webster

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

**Amaral’s Lingua
Bonville’s Market
Glaser Glass Corp.
Pencils**

GNBTC Message Board

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

Subscribe: gntbc-subscribe@yahoogroups.com
Post message: gntbc@yahoogroups.com

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



<http://groups.yahoo.com>

Cuddy's Corner



I went to the Hartford marathon on October 11 needing a 3.45 to qualify for Boston and ran a 3.47.13 so that even with those 59 seconds of grace that the BAA gifts you I missed out by just 74 seconds. After 26 miles of beating myself to a pulp, that was a mite disappointing but I did the best I

could and live to fight another day.

I don't think I could have run it a second faster but it didn't help that I'd forgotten to start my watch in the surge over the starting line. I had no idea of chip time when I was on the course so I didn't even know until they posted the results whether I had been successful or not.

Considering I ran a 4.06 in the Quebec marathon in August this was certainly an improved marathon performance but I had actually started the race hoping to break 3.40.

On September 14, I ran a hilly 30k on the North Shore at 8.18 pace and two weeks later, on the weekend that we had those six inches of rain, I did a 23 mile training run by myself in wild conditions and so I felt pretty good about my fitness going into this.

I went down to Connecticut with Fernando Coelho the day before the race and we signed up at a rather small expo, no bigger than the Cape Cod marathon really, but it cost \$90, the big city price. The guy asked me if I wanted to "upgrade" to a technical shirt for an extra \$20. I declined.

It was a perfect day for a marathon on Saturday morning with sunny, clear skies, not a breath of wind and quite cool temperatures. It was about 48 degrees at the start and got up to around 72 by 11 a.m.

The race leaves from a nice park in the city center but quickly crosses the Connecticut River and most of the course is run on the quiet leafy roads of East Hartford. I hadn't thought much about the course beforehand but I have to say it was nicer than I expected. The foliage was grand and there was no traffic on the course which I must say is real honest. It's a modified out and back, generally flat but with some pesky rolls in the final stages that were not welcome to someone, like me, who is fading at the end.

The turnaround came around Mile 12 and it gave the runners a chance to take a look at the entire field although there was a relay which usually explains why all those people who don't look like real runners are ahead of you.

The turnaround also meant that aid stations were doing

double duty and I think there was more aid on this course than any other marathon I can recall. There were lots of bands as well if you care for that sort of thing.

Since I did not start my watch until Mile 6, my splits were incomplete but according to the published results I was running 8.19 pace at Mile 20, which I reached in 2.46.13, right on target.

That was as good as it got. The warning signs set in soon afterwards. It's subtle, sort of like the tide coming in. There is a twinge here and there, a little doubt creeps in, then a little more. It doesn't happen all at once but it's remorseless.

I passed Mile 22 in 3.05 gun time but by then I was flying on one engine and losing altitude. That is true marathon hell. I have been there before. Slogans don't help you here. You have a goal that is still tantalizingly within reach yet to achieve it you know that you must push yourself to the limit with every step. There are a lot of steps in a mile.

In marathon hell you become oblivious to your surroundings because you are lost in space in your own world, Planet Bonko.

I even lost track of where I was in the race at one point. I recall seeing a mile marker approaching and praying fervently that it was 23. It wasn't. When I saw the number 22 looking down on me from that orange banner it was a real blow.

One thing about city marathons however is that generally the fields are large. Bad as I felt I passed some people who were in worse shape than I was, although there were plenty of runners passing me by as well. I remember some years back dying in the Walter Childs marathon in Holyoke with only 300 runners entered and I couldn't even see anyone as I shuffled along the last few miles.

Although I missed my 3.45 goal I enjoyed my experience. I suffered some on this one but there is a kind of happiness in that which is, difficult to explain but most runners know what I mean.

The race itself was well organized and apparently the last few miles along the river are a welcome change to the old course.

I wish I could tell you what I learned from it all however because it remains a mystery to me. Did I run too much or too little in advance of this? Should I have waited another month before running another marathon? Did I just have a bad day? Beats me.

I suppose that is part of my continued fascination with the marathon. I wonder what will happen next?

Man Versus Horse

Brian Peacock

Back in the day man found that he could go further and faster on a horse because horses have more feet than men. Horses are also good at carrying things.

Nowadays horses are mainly used for entertainment; people like to ride them, and lose their shirts on horses that do not live up to expectations.

Horses are like people in terms of strength, stamina and skill. Big horses can pull a plough or cart or even a trailer full of beer, horses can gallop like the wind and carry the mail from coast to coast in next to no time; horses can skillfully walk or trot over rough terrain. Horses, like men, need to have the right genes for the right job and also need to be trained, just like runners. Some runners are like race horses – long, light, lithe and like lightning; others are ponderous and persistent, like Clydesdales – they trade heart for genes. Most people do not run.

Competitive man likes to pit his wits and abilities against all new technology, like horses and airplanes. Unfortunately, Icarus found that sometimes the airplane wins, especially at high altitudes close to the sun. The competition between horse and man has been waged for centuries. It is rumored that had Phidippides used a horse on his 140 mile jaunt over the rugged terrain to Sparta to gather allies for the Battle of Marathon, history may have changed. In the 1920s a bunch of endurance runners set out to run across America. Their challenges were both the distance and the cost. Many dropped out and the others had to use all sorts of schemes to raise money, like prize fighting and racing against horses.

Moving forward to yesterday, I had dubious pleasure of prolonging this perverse predilection of runners to match their stamina against horses over the rough terrain on Mingus Mountain, over which the sun rises to lighten the day in Prescott, AZ. This competition has been going on for 25 years

(<http://www.managainsthorse.com/>) and has three levels – 50 miles for real men (and women), 25 miles for wannabes and a 12 mile flat course for wimps. I ran the twelve mile race for reasons that I'll be pleased to explain if you have a couple of hours to spare one day. Sometimes the horse wins. On yesterday's occasion

this was definitely true. At the start of the 25 mile race a horse got spooked and started bucking violently throwing it's rider up and then down onto the stony bank of a wash. A very big ouch that generated calls for nurse race participants, ambulances, fire trucks and a helicopter.

I have not heard yet about the injuries as the 12 mile race started soon after this terrible sight. I hope the rider is OK, at least she was "in stable condition" when she left.

The record is as follows – Ken Eckman - 50 miles, outstanding. Steve Orth - 32 miles – heroic. Jim Pullaro - 11.08 miles, fast. Dan Munsell - 11.08 miles, color coordinated, Brian Peacock - 11.08 miles, also ran; Julie Munsell – photographic excellence.

After bonfire and chilli - both hot.

Other eats - tasty and healthy. Organization - apparently casual – like herding cats, horses and runners all at the same time – but most effective.

But what about the race you may well ask? It all depends on your point of view. Sane observers would suggest that loose sand that gets into your shoes, hills that take your breath away,, rocks that jump up and trip you, bushes that scratch you, snakes that wait for the next billygoat to pass and a day that was conducive to sitting on the couch watching football are sufficient reasons for all but the terminally insane to avoid this event. On the other hand, insanity aside, runners actually like this stuff, or perhaps the endorphins that go with it. What could be better than watching the aforementioned sun rise over Mingus Mountain, man and horse moving gracefully like a natural canvas worth a thousand charcoals, oils and electronic bits, and runners of all kinds just doing their thing? And then sitting around the bonfire eating trail mix, bananas and hot dogs discussing how great once we were and how good we will be next time, punctuated of course by serious discussions of metatarsophalangealitis, planterfaciitis, iliotibialbanditis, lumbosacralitis, laryngitis, bronchitis, alveolitis, gastritis, dermatitis and intercraniallobitis.

Unlike our hero, Phidippides, we all lived to run another day. We soaked in the tub, ate a burger and drank some beer. One more for the record book.



Training

GNBTC Group Runs

Sunday Striders

Sunday Mornings 8:00am

Buttonwood Park Senior Center

8, 10, 13, & 15 mile loops available.

Maps available on the yahoo group.

Fall River Hill Runs

Wednesdays, 2:30pm

Bristol Community College

8 or 10 mile challenging course.

Contact Donald Dayton at

ddayton380@earthlink.net for more information.

Thursday Night Runs

Buttonwood Park Senior Center

5:00pm Warm-up run

5:30pm 6 mile run

Be safe, please bring a safety vest!!

Other Track Clubs

Upcoming Races

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

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>

<http://www.needtorace.com>

<http://needtorace.com>

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

Winter is upon us but that doesn't stop the dedicated Sunday Striders. This group continues to meet Sunday mornings at the Senior Citizen Center.

All runners are welcome to join this group.

Hartford Marathon Results

Fred Coelho 3:25:08 = 7:50 pace

Don Cuddy 3:47:13 = 8:40 pace

Happy Birthday

"Brian Grant", "October 17th"

"Phoebe LaPlante", "October 17th"

"Ruthie Papas", "October 17th"

"Login Silva", "October 17th"

"Dorothy Arnold", "October 18th"

"Daniel Moura", "October 18th"

"Luis Enes", "October 21st"

"Ray Robillard", "October 22nd"

"Debra Rodeillat", "October 23rd"

"Ben LaPlante", "October 24th"

"Peter Costa", "October 25th"

"Louis Gomes", "October 26th"

"Luke Kelly", "October 26th"

"Tom Sinko", "October 29th"

"Joseph Russo", "October 30th"

"Donald Dayton", "October 31st"

"Ernestine Morin", "October 31st"

"Marion Yuille", "November 1st"

"Robert Pina", "November 3rd"

"Leonard Verville", "November 3rd"

"Terry Sinko", "November 7th"

Guidelines for formatting articles for the newsletter.

If possible use Microsoft Word.

Use Times New Roman font (12 point size).

Do not indent first line in paragraph.

Use one space between paragraphs. I will set the proper spacing when I get the article.

Send mail to news@gnbtc.org.

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

get cleaned up before driving home. However, the application should have said, "Showers available, bring your own towel, soap and HOT WATER. So, next year, hmmm.....you guessed correctly, I will be returning to the Run Around Cape Ann 25K. Even though it is a much tougher course, and 2 ½ miles longer and there is a very steep hill in the last ¼ mile, but there is plenty of food at no additional cost and I know where to get a nice hot shower when I have finished.

Dave Simmons

Scott Caldwell 1:52:44 12/33 8:36
David Simmons 1:57:34 18/33 8:59

St. Charles Children's Home 5K, Portsmouth, NH September 1st - 979 finishers

This was the 12th annual for this fine race with all the proceeds going to the orphaned children at the Children's home where all the nuns train the kids to run in this race along with them, it's quite a sight to see nuns running in their habit with running shoes on and believe me they can run well! This was our 2nd race of the weekend as we hit this on the way home from Team Kenney camp, the course is run entirely on the old Pease Air Force base and is mostly flat. The weather was perfect sunny and 75 degrees. The battle of the day was between 75 year old Lloyd Slocum and 72 year old Bill Spencer with Lloyd nipping Bill at the finish line 21:18 to 21:19, and Bill's time was a NH state record for a 72 year old. The post race feast was terrific, cheeseburgers, hot dogs, , pizza, bagels, apples, pastries, vitamin water, and a huge raffle. The awards are vey unique medals 3 deep in all divisions, and Andy Schaat does a great job announcing the race and awards, which he also did for the Pemi race 2 days previous. A good race to run if you want a fast time.

Dave Pember

Dave Pember 21:51
Sue Kenney 23:04 2nd senior
Brian Kenney *dog watcher!*

Labor Day Memorial 5K, W. Warwick, RI – September 1 162 finishers

It was a georgeous day in West Warwick for the Labor Day Memorial 5K, with a rather small field of runners. There were some medical situations, due to some obstacles people didn't see (I almost tripped over one). A nice run down part of a bike path, with said

obstacles, around Riverpoint Park, back down the bike path, over a water bridge, and back down to the finish. The air was crisp and clear. I love the early AM races. Anything after a 10 AM start in the summer is not for me. Plenty of food and drink after the race inside the PIC facility, and alcoholic drinks available at the bar. Most people gathered outside on the 10th of a mile sidewalk and it was rather crowded. The race was over around 10:15 and we were told results wouldn't be posted until 1:00 so we left. Congratulations to all, especially my son Ryan Charon who ran in a race with me for the first time. He runs track for school but I hope he will still run with me at races. I don't know WHERE he gets his speed, certainly not from me. *Dave Charon*

ED: The obstacle was a protrusion on the beginning of the bike path. Al Campbell was the first down and Fred attempted to go around him and he was second down. Both were taken by ambulances to Kent County Hospital. Al suffered a dislocated shoulder plus some cuts on his face and elbow. The elbow required some stitches. Fred suffered numerous face cuts plus a bad one on his knee which swelled a lot. Both are doing fine now. Al reported that he won the ambulance race beating Fred to the hospital. To add insult to injury for Fred; he lost out on the \$25 first prize for the 70+ category to me! Eat your heart out Fred. On a more serious note, Pat LaChance reported that she also fell on the same spot in a previous year. Sounds like the race committee should do some work for the safety of runners in the future!

Chuck Hyson

John Ditomasso	19:48	2/21	6:23	2 nd
senior				
Eric Benevides	22:05	5/22	7:07	
John Roccabello, jr	23:38	2/6	7:37	2 nd
veteran				
Bill Marquis	24:09	7/21	7:47	
Diane Sweet	24:49	4/24	8:00	
Ryan Charon	25:47	9/17	8:18	(12 yr. son)
Bozena Chmielewski	26:53	8/24	8:40	
David Charon	27:45	15/21	8:56	
Pat Kurzynski	30:08	4/7	9:42	
Chuck Hyson	30:10	1/3	9:43	1 st
70+				
Stan Kurzynski	30:11	10/21	9:43	
Paul Bazin	36:53	6/6	11:53	
Joseph Pascale	41:05	3/3	13:14	3 rd
70+				

Lottery Entry Form for the
2009 Boston Marathon,
Monday, April 20, 2009

Must be a GNBTC Member by September 1, 2008 to enter the lottery.

Entry Forms must be received by November 23, 2008.

First Name:	Last name:
Street:	Apt.:
City:	State, Zip:
Day Time Phone:	Evening Phone:
Email Address:	

Or....

B.) I have acted as a race director, held an elected GNBTC office, or performed the following annual task for the GNBTC board of directors...

1.)	2.)	3.)	4.)
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The lottery will take place at the annual GNBTC Christmas Party. Elected officers and members who perform a significant annual task (Website, Newsletter, Grand prix, etc...) will be entered in the first lottery. After the first lottery the remaining waivers will be put into an additional lottery open to any member who joined before September 1, 2008. New members joining at the Christmas party are not eligible for this first lottery.

Winners do not have to be present to win a waiver. Each winner must have paid their 2008 & 2009 GNBTC dues before receiving a waiver. In the event all waivers are not given out by January 1, 2009, the board will give them out to anyone with a valid 2008 membership at the first GNBTC meeting in 2009. If the number of members interested in the remaining waivers exceed the amount of waivers, a lottery will be held at the GNBTC meeting.

Waivers are property of the GNBTC and not transferable. A wait list will be kept and any runner not capable of running the Marathon must return the waiver to the club so it can be given to the next runner on the wait list.

Give completed form to Richard Flood, drop it off at the Spooner 10k, or mail to...

GNBTC

P.O. Box 1209
New Bedford, MA 02741
Attn: Boston Waivers