

The Wingfoot Express

November 1998 Newsletter of the Greater Boston Track Club www.gbtc.org

GBTC Revels at 25th Anniversary Celebration

By Melinda Casey and Susan Richards

The Mount Auburn Club in Wauwatertown proved the perfect venue for the Greater Boston Track Club's 25th anniversary party on Saturday, September 12, 1998. Dancing, laughter and music filled the air as members past and present toasted to the club's 25 successful years of running in and around Boston.

The celebration kicked off with cocktails and hors d'oeuvres followed by a delicious buffet dinner served on the outdoor deck. Throughout the evening, members were able to peruse memorabilia from past events, including several posters of the Freedom Trail Race and video clips from the 20th anniversary party.

Members new and old attended with Jim O'Brien and Sandy Miller probably being our only original members. However, Jon Berit, Dotty Fine and Mike Turmala are only a couple



GBTC President Gary Snyder (l) and former GBTC Coach Bill Squires (r) (photo: Frank Monkiewicz)

ears shy of that same honor. First GBTC coach, Bill Squires, graced the party with his presence, as did recently retired coach Bill Durette. Current coach Tom Derderian enjoyed the event as well, looking dapper in his suit and tie.

After dinner, party co-host Susan Richards introduced and thanked numerous individuals for their help in putting together the party. Receiving thanks were the board of directors and most importantly, co-host Melinda Casey, whose hard work made the event a grand success! Club president, Gary Snyder, shared his outlook for the club and reminded us why we were celebrating 25 years as a running organization. Mark Tuttle graciously emceed the merchandise raffle. His enthusiasm and humor in handing out water bottles and tank tops could win him an appearance on Jay Leno. The

most memorable highlights came from the dance floor where many GBTCers moved as fast-footed on the parquet surface as they do on the roads.

The evening climaxed with the cutting of an anniversary cake emblazoned with the new 25th anniversary logo (also available on T-shirts) created by our own Moulay Essakalli to commemorate this special event.

As GBTC parties go, this was a truly memorable one; we celebrated our history, shared unity in our common bond of running, and embraced the future as an organization. Here's to 25 MORE years running in and around Boston.

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From the Editor:

As you can tell from the size of this tome (ah, I mean newsletter), there's been an abundance of activity to report, both on and off the roads. For starters, cross-country season commenced in late August and is in full swing. Not only has the GBTC achieved top slots in many of the races, but there's been an outpouring of support at these events. Keep up the great running and keep cheering. Speaking of cheering, GBTC deserves a blue ribbon for crowd support at the Tufts 10K on Columbus Day. Our ladies raved about how they were met with waves and greeted with cheers from our guys throughout the course. In this issue, Dotty Fine tells us how she experienced "energy boosts" upon hearing her name yelled at the turn-arounds at Tufts. And I can't forget the team spirit and camaraderie that permeated throughout the entire Lake Winnie weekend. I've included a feature on the Lake Winnie as experienced by team Red Bandits.

I think I can safely say that our runners will not have to worry about sweltering heat and humidity in the upcoming months. Several September races saw the mercury reach unexpected highs that affected some runners. Dave Allen writes about his "no relief" experience in the heat at Cape Ann while Ole Coach insists that the heat and snakes were the insidious culprits at Governor Dummer. Now that winter approaches New England, we're just toying with whether or not to wear gloves and hats. Luckily, track will be moving indoors this month (practice time to be determined).

As many of you know, the club hosted a party to celebrate 25 years of running in and around Boston. Happy 25th GBTC! Don't forget that our holiday party will be at the Muddy Charles this year with N'awlins fare catered by the Dixie Kitchen to spice things up.

We also elected a new Board of Directors with diverse representation from both new and more seasoned (I didn't say old) club members. Remember that any club member can attend a board meeting or contact a board member with questions or concerns.

I also wanted to thank the coaches for granting me a coaches award at the annual meeting. I'm not sure how I find the time to produce this newsletter, but I do know it's not possible without all the help I receive from the club. Many of you have shared your race stories, results and photos which help make this publication engaging and rich. Well, realizing that it's already Nov 9th (oops, missed my deadline) as I write this and well past midnight, I encourage you read on.

Erin Cullinane

The Wingfoot Express

A publication of the Greater Boston Track Club

Editor and Publisher

Erin Cullinane

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Submission Guidelines

Submissions must be received by editor no later than 7 days prior to the first day of the month of publication. Material for consideration should be emailed directly to the editor at erin@bri-dge.com in a text format (preferably Word 6.0 or higher) or copied into the body of the email. You can also mail a floppy disk (DOS formatted) to the editor at the below address. Please include with your submission your name, email address and a telephone number. All material submitted for publication will appear at the discretion of the editor. Editor assumes no responsibility for return of unsolicited material.

Please send submissions and/or letters to the editor to

Greater Boston Track Club
Attn: Wingfoot Express
P.O. Box 183
Back Bay Annex
Boston, MA 02117-0183

Club Officers

Board of Directors

Gary Snyder, President
Bruce Bond, Vice President
Jim O'Brien, Treasurer
Melinda Casey, Secretary
Doug Burdi
Erin Cullinane
Jesse Darley,
Moulay Essakalli
Sandy Miller
Terry O'Neill

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GBTC Relays, Ron Spangler
Heart and Sole 5K, Mike Turmala
Noble and Greenough 5K XC Meet, Karl Hoyt

Coaches

Tom Derderian
Ron Glennon

Public Relations

Susan Richards

Club Hotline: 617 499-4844

Club Web Page: <http://www.gbtc.org>

Club USATF-NE Number: 016

To change your personal information (address, phone number) on the GBTC membership roster, send a note to Karl Hoyt at the GBTC address listed above

club happenings . . .

Annual meeting highlights increased membership, sends positive message to all

By Erin Cullinane

A healthy showing of Greater Boston Track Club members gathered at MIT on the evening of Tuesday, October 13 for the club's annual meeting to hear presentations from club officers and coaches.

Gary Snyder, president of GBTC, began the meeting on a positive note, gladly reporting that club membership reached 203 members. "One of my goals this year was to raise membership to the 200 mark. And we've clearly accomplished that," commented Gary. Gary also thanked a variety of club members for their help and involvement with club activities, including Dotty Fine for managing the Hotline, Susan Richards for her public relations efforts, Melinda Casey for organizing a superb 25th anniversary party, Michelle Parks, Mike Wyatt and Mike Urquiola for organizing Lake Winnie, Mark Tuttle for the club's web site, Karl Hoyt for his help with membership rosters and many others who helped with club sponsored road races and events. In closing, Gary urged members to continue their volunteer efforts at road races like the Tufts 10k and Heart and Sole and to encourage other members to volunteer.

Tom Derderian and Ron Glennon, GBTC's coaches, spoke generally of the club's participation in races and workouts. Tom Derderian emphasized the importance of overall club participation in races and urged all runners, not only the faster runners, to attend races. Tom also reinforced the goals of the GBTC: to train athletes for competition and to improve their level of running. Tom and Ron presented coaches awards to Mark Tuttle and Erin Cullinane in recognition of their enthusiasm and participation in many club sponsored road races and activities. Mark, who produces the club's web site (www.gbtc.org), was not in attendance, but was thankful for receiving the award and commended club members who have contributed to the web site (see page 11). Erin is editor of the Wingfoot Express, the club's bi-monthly newsletter. She also attended her first cross country race of her nascent running career at Lynn Woods in August (and later drew parallels of the race to Dante's Inferno) Finishing unscathed, coach Tom commented that she ran the race and "had fun" while doing so.

Club treasurer Jim O'Brien gave a recap of club finances, commenting that the club has maintained a stable balance sheet. Former GBTC coach Jon Berit announced and distributed the final standings for the Grand Prix Track and Field. Jon compiled and calculated point standings according to Hungarian Tables (complete report on page 13) He even passed around the tables for everyone to decipher (OK, who tried to translate the Hungarian configurations?) Jim Pawlicki and Joanna Veltri were the club's men and women's track champions, respectively. The meeting ended with the nomination and election of the new Board of Directors, whose names were announced later at the Muddy Charles (new board of directors listed

on page 5).

BAA Marathon Complimentary Applications

As in previous years, the Board anticipates signing an agreement with the BAA to receive complimentary applications (qualifying standard has been waived) for the 1999 Boston Marathon. In return, the GBTC will agree to certain provisions including: (1) the applications will not be used for wheelchair athletes or athletes under the age of 18 years, (2) the applications may not be transferred to other parties, or sold, auctioned, used as awards, or distributed in any other manner, (3) runners must adhere to the noon start and cannot start the race prior to that time, and (4) that the GBTC will not allow or encourage athletes to run as unofficial or "bandit" runners.

Numbers will be made available to current members in good standing* and who have not already attained the qualification standard for their gender/age. As in previous years, the numbers will be awarded in two groups. The Board will give priority to GBTC runners that have shown high levels of club service. At least one-half of the numbers will be granted based upon the individual's level of commitment and overall contribution to the club. The remaining numbers will be awarded by a lottery drawing.

*(membership dues must be paid and new members must have joined the GBTC prior to October 1, 1998)

If you are interested in being considered for a number, please send a note postmarked by November 30, 1998 to:

ATTN: Numbers
Greater Boston Track Club
P.O. Box 183, Back Bay Annex
Boston, MA 02117-0183

You may also deliver a note to any board member by Nov. 30, 1998.

To be considered for service, include a brief outline demonstrating your past/present commitment to the club. This includes, but is not limited to: hosting long runs, volunteering for GBTC's road races, track meets, road races and events for which GBTC is paid a stipend, fund raising/development of sponsorship, active representation of GBTC in the running community, participation on GBTC teams, committee work, seniority, recruitment, etc. **Only provide your name for the lottery. Those not selected based on club service will automatically be included as a lottery candidate.**

Winners will be announced at the holiday party on December 13 (party details on page 5)

Board Members: Bruce Bond, Doug Burdi, Melinda Casey, Erin Cullinane, Jesse Darley, Moulay Essakalli, Sandy Miller, Jim O'Brien, Terry O'Neill, Gary Snyder

About Greater Boston Track Club

WHO WE ARE
WHAT WE DO
WHY YOU SHOULD BE A PART OF US

Since its founding in 1973, the Greater Boston Track Club has been the home of running champions and running enthusiasts. While the GBTC has had its share of famous members --- Bill Rodgers, Greg Meyer, Alberto Salazar, and Pete Pfizinger to name a few --- it's the runners of all abilities who give the GBTC its friendly, fun and welcoming character. The club turned 25 in 1998, and celebrated this milestone with a gala 25th anniversary party at the Mount Auburn Club in September. Here's to another 25 years as part of Boston's rich running tradition. Come join us today!

Weekly Track Workouts

The Greater Boston Track Club holds workouts Tuesday evenings at 7 p.m. at the MIT track on Vassar Street in Cambridge*. Each week, the coaches create a workout for different groups of men and women. Workouts are a great way to fine tune your running, and to build endurance and speed. Come join us for a track workout or bring a friend.

**During the winter months (Nov-March), regular track practice occurs at the MIT indoor track, also located on Vassar St. Call the club hotline at 499-4844 for updates)*

INDOOR TRACK NEWS FLASH! Following negotiation with MIT, we have approval to use the indoor track on Tuesday nights beginning November 17 (time TBD). The cost per person has been increased by MIT this year to \$45. We need to develop a roster for, and receive a check from those who intend to train indoors at MIT. The club will, in turn, submit a single check to MIT. **Please give your name to Gary Snyder for inclusion on the roster. Gary can be reached at 617 536-6797**

Additional Workouts

at Reggie Lewis

There is an additional track workout for experienced track athletes at the Reggie Lewis track at Roxbury Community College, (Roxbury Crossing T-stop on the Orange Line) on Thursday nights at 7:00. To attend these workouts you must notify Coach Tom Derderian, 617 846-2902. This night is only for serious track and field athletes training for competition, not marathoners or road runners. The fee for use of this track is \$60 for 3 months. The entrance pass card may be obtained at the track. This card allows you to use the track 6 days a week, 7am-10pm with some exceptions, like high school track meets. There are lockers and showers and a weight room. To use Reggie Lewis you must also have a USATF card (\$15.00 /year). An application is available from the USATF office, 617-566-7600.



Questions about workouts? Call the Coaches
Tom Derderian,
Ron Glennon,

River Runs

As an alternative to the track workout, you can join other club members for a run around the Charles River. These runs occur every Tuesday evening and usually cover 6-8 miles at a moderate pace. Runners gather at the MIT track around 6:45 p.m. before the run. For more information on river runs, call the club hotline at (617) 499-4844 or just come to track.

Interested in joining GBTC?

Then come join us for a workout on Tuesday where you can meet the

coaches and run with the club. Should you decide to join, the annual dues are an affordable \$35 a year. A membership application is included in this newsletter.

If you have any questions, feel free to contact one of the coaches or send an email to the club at gbtc@gbtc.org if you have any questions.

Come visit us on the Web at www.gbtc.org

Members Night

As old man winter steadily approaches, those outdoor runs can get rather nippy. So after you cool down, come to the Thirsty Ear after your Tuesday workout for a winter warm down. Join other GBTCers and coaches on the second Tuesday of the month for beer and pizza at the Thirsty Ear Pub (located on the MIT campus, a short walk from the track)



Club Hotline
617 499-4844



The GBTC Hotline is used to update members on special notices such as long run schedules, upcoming Grand Prix events, changes in practice location (moving indoors), special events and other club business.

New Board Elected

At the Annual Meeting of the Greater Boston Track Club on Tuesday, October 13, the following people were elected to the Greater Boston Track Club Board of Directors:

- *Bruce Bond, Vice President
- Doug Burdi
- *Melinda Casey, Secretary
- Erin Cullinane
- Jesse Darley
- Moulay Essakalli
- *Jim O'Brien, Treasurer
- Terry O'Neill
- Sandy Miller
- *Gary Snyder, President

*Club officers were elected at the first meeting of the new board on October 29, 1998.

The next board meeting is **Wednesday December 2, 1998** at the Mt Auburn Club. Keep in mind that club members are welcome to attend a board meeting.

Support GBTC Runners at the Cross-Country Nationals

GBTC is planning to send a men's team to compete in the USA Cross-Country National Championships in Orlando, Fla. on December 6, 1998. We need your support for this important event. Consider supporting our guys with a small contribution/donation of your choice. Talk to our guys about the race. Find out how they are training. To qualify for the nationals, our men's team will be competing on Nov. 15 at the GP USATF-New England Championship, Franklin Park, Boston. Come show your support! Send GBTC to Florida!!

GBTC HOLIDAY PARTY

Plenty of ragin' Cajun cuisine from the Dixie Kitchen and rockin holiday tunes that'll knock your Nikes off.

When: Sunday, December 13, 1998

Time: 6 p.m.

Where: Muddy Charles Pub

142 Memorial Drive, Cambridge, MA

Ample parking on Mem Drive

By T, take Green Line to Hynes or Red Line to Kendall

RSVP by December 10th to Erin Cullinane at 617 734-2943
You're welcome to bring a dessert (or a small appetizer). If you do, please contact Melinda Casey at 617 924-4502

1999 GBTC Invitational Track Meet Sunday, January 24, 1998

The 1999 Invitational Track Meet will be held at Harvard University's indoor track. There will be a full schedule of indoor track and field events for men and women, including the women's masters mile.

For additional information and an application contact:

Jim O'Brien
Meet Director
617 282 -5537

Grand Prix Race Dates for 1999. Start Planning

The 1999 USATF New England Grand Prix races were selected at the meeting of clubs on Nov. 1, 1998. GBTC's goal is to have teams in every division of each race and to have several members run every race to earn the distinction of Iron Runner (and get a nice jacket)

February 28 D. H Jones 10 Mile Amherst, MA (hilly, has club roots)

March 14 Law Enforcement Half Marathon Melrose, MA

May 22 Bedford Rotary 12 Km Bedford, NH

June 12 Market Square Day 10 Km Portsmouth, NH (a cool town)

September 12 Brewery Exchange 5 Km Lowell, MA

October 3 RoJacks 8 Km Attleboro, MA

October 31 Cape Cod Marathon Falmouth, MA (run in costume to earn extra points -just kidding)

Red Bandits at Lake Winnepesaukee

By Mark Tuttle and all of the other Red Bandits

Lake Winnepesaukee is one of those great club traditions you hear about when you join the club. Like the sound of laughter from a distant campsite filtering through the woods on a dark night ---cheerful sounds that force you to admit that you're not having a lot of fun falling asleep by yourself in your damp little tent --- vague comments and fragments of stories heard at the track make you realize that a lot of people are having fun somewhere up in the middle of New Hampshire. Lake Winnie starts to sound like a cross between a serious athletic competition and one great big slumber party. Lake Winnie sounds like fun, but the barrier to participation sounds high, since finding a team of eight people willing to run legs between four and eleven miles around the seventy-mile circumference of a lake is a lot of work in a world where getting a family of four to eat dinner at the same time is a major accomplishment. Then, suddenly, like a beacon cutting through that dark night, you get email from Melinda Casey and Erin Cullinane asking you to join their team, and it has happened: You are going to Lake Winnepesaukee!

Melinda and Erin chose their team --- Debbie Brendemuehl, Melinda Casey, Erin Cullinane, Mark Hickman, Sean Mullan, Donna Pauler, Mark Tuttle, and Mike Wyatt --- and they chose their team name: the Red Bandits. Now all they had to do was get these eight people into one room to plan the relay strategy.

The night before

The club --- in the form of Michelle Parks, Mike Urquiola, and Mike Wyatt --- had arranged a suite of condos on the lake for team members to rent. The Bandits' plan was to meet at the condos at 7 p.m. the night before the relay, but traffic on I-95 from Boston up through Derry was a parking lot, and everyone arrived late. I was exhausted. I hoped that I would get a



The Red Bandits, enjoying themselves at the post race party, look sporty in their team tees. Front row: Erin Cullinane, Melinda Casey, Debbie Brendemuehl, and Donna Pauler. Back row: Mike Wyatt, Sean Mullan, Mark Tuttle, and Mark Hickman. (photo: Melinda Casey)

good bed to sleep in. No, I was assigned to a pull-out couch, couches so uncomfortable that Moulay Essakalli discovered the most comfortable thing to do was to sleep on the floor. I had hoped that I would get to bed early. No, Michelle Parks said that teams traditionally stayed up past midnight planning the relay logistics. Time to recalibrate expectations. A group of us went out for dinner, and when we returned to the condos, the whole team had arrived.

The team meeting turned out to be a party. Melinda and Erin dished out the first surprise at the start of the meeting: they gave each of us a party sack filled with orange juice, nutrition bars, and our own red bandana to wear during the race. Then came the team T-shirts, elegant designs produced by one of Debbie's friends. Then we settled down to plan the logistics of how to get runners to the starts of their legs, and pick them up at the ends. Everyone had suggestions, but the wisest advice came from Mike, who was one of the

only team members who had run the race before, and knew what had worked well in the past.

Leg 1 (Sean Mullan)

I wandered off to bed at this point, with the meeting still going strong, and woke up around 6:00 a.m. in time to see Sean Mullan drive off with Bruce Bond to the start of the first leg. I breakfasted on the contents of my party sack from Melinda and Erin, and eventually team runners for legs two through five drove off together to wait for Sean at the end of his leg. The final miles to the end of his leg were an impressive climb, even from the relative comfort a car, and we tried to imagine how much fun Sean was going to have on foot. We arrived at the exchange point quite early. We parked in what Mike identified as the strategically most perfect parking spot, until the groundskeeper from the Mount Gunstock ski resort came out in her pickup truck to chase away all the waiting runners. We were moving toward the second most

perfect parking spot, when we were cut off by a fast moving car from the BAA, and settled for the third most perfect parking spot. After an hour of waiting, the police officer on the scene announced that the lead runner was about five minutes out. He was strong and graceful and breezed through the exchange zone with a beaming smile. Then came Bruce Bond for the men's masters' team, and then Claire McManus for the women's masters' team, and then Becky Padera for the women's open team, and then came our own Sean Mullan.

Sean says, "I arrived at Lake Winnepesaukee Friday evening looking forward to an exciting relay with my teammates the next day, until I saw the elevation chart of the first leg, which I was assigned to run. 'What is that huge spike in the chart?' I asked, not sure if I wanted to know the answer. 'Oh, that's Mount Gunstock,' another teammate answered, 'you have to run to the top of it.'

"Fortunately, an early morning frost set the table for perfect running conditions. I started out slow, not wanting to burn out before the long climb up Mount Gunstock began. It must have been the chill in the air, because before long I was settled into a comfortable groove and the ten-plus miles slipped by. The three-mile hill at the end was tough but not impossible. I handed my baton off to Erin Cullinane who eagerly continued our journey around the lake."

Leg 2 (Erin Cullinane)

Sean looked strong and comfortable as he ran through the exchange zone. He said later that he wasn't sure where the end of the leg was, so he was saving a lot of juice in his tanks, and wished he'd known he could have burned that fuel during the race. We waited at the exchange point long enough for Sean to recover, and then headed out to cheer on Erin. Erin probably wins the prize for runner most fun to cheer from a passing car, since we got a wave and a smile from her each time we drove by her, even on the up-hill segments. (Rachel Shanor was a very close sec-

ond.)

Erin says, "I spied a speck of red steadily cresting the final hill of Leg 1. Sean Mullan graced the pavement, tired, confident, and ready for the handoff. Fighting nerves, I grabbed the orange baton from him with sweaty palms and sped off into the New Hampshire mist. I was a bandit for the next eleven miles.

"The road snaked throughout the wilderness near the Gunstock mountain resort. Great evergreens and birches lined the road and befriended me. Gazing at the long, hilly stretch of pavement ahead, I inhaled a dose of dewy air and moved forward. Ahead of me, inching to the top of the hill, a runner's silhouette formed in the horizon, black against the misty morning clouds yet illuminated from the rays of light beaming in the distance. I could not wait to summit. I could not wait to get to the other side.

"Down again, a yellow sign with a black arrow pointing to the left indicated another sharp turn in the road. Some folks gathered at the side warned me of the sharp curves ahead. I said 'thanks' and moved on. I supposed the thrill of the unknown kept me moving at a steady pace. With no mile markers and no water stands, I relied on instinct and hope. I carved up and down the mountain side with Jane's Addiction's 'Mountain Song' blaring in my head. I picked up the pace. Holding the orange baton, I felt like a carrier of some sort—a chariot en route to my next post. Back on Route 11 (A-E-I-O-U and sometimes Y) I was met with cheers from my fellow bandits. Parked on the side of the road, those bandits hooted and yelled. I was elated. 'Was this a race?' I thought. Team spirit ruled that day.

"Eventually the course leveled off a bit and then turned onto a side road that ran along the lake. It got quieter. No cars passed. Lake Winnie peeked from behind houses. Yards had signs that bore names like The Yardley's or The Simon's. An older woman sat in a lawn chair alone on the grass wrapped in a blanket. Her face, barley visible, was hidden from the sun. She did not

see the views. She appeared cold, worn. At that moment, I felt lucky to be running. I did not want to stop. I caught more glimpses of the Lake and continued on my scenic tour of Winnie by foot. On that Saturday morning at 10:14 a.m., the earth was calm and serene.

"Even the absent mile markers did not bother me. I had an idea of my pace and the duration of the course. I was curious the entire way: curious about what lay ahead, curious about how I'd finish, curious if there was really a steep incline at the end. 'Where was the end, anyway?' I asked myself. Finally, I knew I was near the end when I saw Carmen Danforth approaching. I guessed she was doing a warm up and I assumed the finish must be ahead, not more than a mile away. Then, like an angel from heaven, this guy at the side of the road told me that I had another 250 feet to go. 'Yahoo.'

"I handed my baton to Mark Tuttle and the journey continued."

Leg 3 (Mark Tuttle)

My sense of anxiety reached an unusually high level as I tried to warm up along the road before Erin reached the second exchange zone. My legs felt stiff, like un-lubricated beams of steel, but Erin would be arriving any minute, and I just couldn't get my legs to work. Erin passed the baton to me, and I took off feeling scared that my team's performance so far would be trashed by what would amount to little more than a miserable training run by me.

I ran several hundred meters, rounded a corner, and immediately faced the famous hill on my leg. Mike Wyatt had run my leg before, and he had advised me just to walk up the hill, no need to kill myself right away, but there is a hill from hell on the Woburn/Winchester border that I run every week, and nothing could be worse than that hill, so I began the climb. A hundred meters later, I passed a woman walking up the hill. "I'm just going to walk up the hill," she said. "Everyone tells me to walk the hill." I pushed by her, but it was beginning to be work. Push, push,

push. Six minutes later, when I finally reached the top of the hill, my stride had shortened to almost nothing, and I realized that I would have made faster progress if I had abandoned the running gait and simply walked up the hill. Everyone told me to walk the hill.

It took about eight minutes to recover from the hill. The course flattened out into rolling hills, it's just that some of the rolls were pretty long. I started to feel strong again, though, and eventually picked up about fifteen places for the team. I received almost eight offers of water from club members along the route, the most persistent offers coming from Bill Fine on his bicycle, who seemed to follow me with water until he finally saw me accept some water from Dotty. It turned out that there was only one official water stop on the entire ten-mile leg, at about mile three!

I was passed by one runner on the leg, but he flew by me so quickly so early in the leg that it left me feeling flattened until I managed to forget about him. After about an hour of running, I heard Ron Glennon in my mind telling me to pick up my form, and as I lifted my eyes they swept past a mark painted on the road reading "one mile." One mile. One mile for me? One mile for a race last week? One mile for a construction crew? The mark started to play games with my head. Either I was running a blazing pace, or the leg was shorter than advertised, or the mark wasn't meant for me. Should I pick up the pace or should I save the fuel? A few minutes later, still swimming in indecision, I looked up and saw a man struggling up the hill in front of me, and I realized it was my speed demon that had passed me earlier. I picked up the pace to climb by him, exchanging courteous words of encouragement with my demon as I passed. I saw a police car just over the crest of the hill, and I realized my leg was almost over! I picked up the pace again through the exchange zone, and I handed off to Debbie Brendemuehl. That was enough for me.

Leg 4 (Debbie Brendemuehl)

Debbie was very happy with her leg.

She ran faster than she had expected --- it seemed that the whole team was running faster than expected --- and pulled her bicycle out of her car when she was done.

Was she crazy? Yes. She was crazy. She proceeded to cycle legs 4, 5, 6, 7, and 8. We wouldn't see her again until the finish line.

Here is our triathlete's story. "For the first half of the race, I definitely felt confident that I was part of this team, despite my slowness. I drove the car. And got to cheer on my fellow teammates. Then, as we progressed to Leg 4, knowing that Mark was running hard and fast, the nerves set in. I started talking to myself... 'Just run fast, Debbie... don't think about it, just run fast, faster than you ever did, you only have to go four miles.' Sean motioned to me that Mark was coming. Yikes, can I run? I grabbed the baton and ran. Guess I can run.

"It didn't take long for me to go into oxygen debt. And to get a cramp. My positive self talk turned into, 'This stinks. I can't run. Why do I run? Why do I do such things? I'm never running again. Breathe in. Breathe out.' Then I thought of Moulay Essakalli running beside me at Walden Pond telling me to 'increase your intensity' and 'you're doing great, just step up your pace,' and '.... stop talking (aka - shut up).'

"So, soon, I see the end. There's Mike Wyatt, ready for the baton. I hand it to him and keep moving. Am I going to throw up? No... Look at the watch... did my watch stop? For some reason it says thirty minutes. I thought this was a four mile leg. That just doesn't make sense... that means... um... seven and a half minute miles! I've never run a single mile at that pace. Must have been Moulay's advice.

"Psyched... I took the bus back to my waiting team members, grabbed my bike, and all the water I could for the team members I intended to support (yeah right), entrusted my car to Mark, reminded them to grab enough beer for all of us at the condo, and embarked on my ride to the end."

"I did cycle past one GBTC runner, Terry O'Neill, and asked him how he was doing. 'My leg is numb,' he said. Hmm... what do you do for a numb leg? 'You want some water?' I asked. At least I tried to help... Forty-two miles later (I got a little lost), after only one fall (in the middle of the seventh exchange zone... I did it on purpose... hah!), I struggled up the 100 millionth hill (yes, there really are that many hills, I counted) and finally made it to my cheering team members at Fun Spot. I am positive that it was ONLY because I knew they would be waiting, with appropriate refreshments, that I made it to the end. They were cheering for me! How cool! But I'm still looking for my legs. Anybody seen 'em? Probably somewhere around exchange point seven."

Leg 5 (Mike Wyatt)

Mike was one of the fastest runners on our team. He ran a great leg, and he modestly reports, "My little bit of Lake Winnie circumnavigation was the fifth leg, described in official literature as the most scenic leg of the eight. The price for the scenery was that I had to cover two additional legs, although this would be in the relative comfort of shuttle buses on either side of the foot passage. It was a pretty and mostly peaceful leg in the relative solitude of some quiet roads, and I have to admit that I liked it.

"At points the only reminder that this was in fact an organized event was the little plastic baton that I carried. That, and the other runners confidently passing me. It was fun to take the baton from Debbie when she breezed into the exchange zone, and then pass it on to Melinda Casey some time later."

Leg 6 (Melinda Casey)

Melinda says, "My nerves were racing as I anxiously awaited for my fellow Red Bandit teammate, Mike Wyatt at the start of Leg 6. I hit the woods twice in my anxiety-ridden state. Suddenly, I saw flashes of red and black. It's Mike racing in with the baton poised for the exchange. I grabbed it and dashed off down the gravel wooded road. The paved road provided little relief with the onslaught of traffic and glaring sun. Yet,

I raced on with the baton firmly clenched in the palm of my hand thinking about how little I had trained on hills. My energy picked up when I heard someone on the side of the road yell, 'Look! There's another one from that red bandana team. And she's still smiling!' Instantly, I thought of my fellow teammates and the 47.5 miles already logged. Pride for my team swept through me as I came into the chute of Leg 7 and met Mark Hickman for the baton exchange. And another Red Bandit raced on."

Leg 7 (Mark Hickman)

Mark Hickman ran an amazing Leg 7. As we were waiting for Mark to arrive at the seventh exchange point, we kept hearing comments from other club members about how well he was running. Mark managed to run the 24th fastest time over all teams for his leg. Mike and Mark appear to have improved the team's final standing by about 30 places between the two of them.

Mark says, "I was lying in the shade beneath several pine trees at the beginning of the seventh leg, unable to read the book I had brought for this occasion. I was nervous. Not only was I about to run in another race, still a relatively novel event for me, but it was a hot, sunny afternoon and my mind lingered on the description of this 8.5-mile leg: 'not a flat part on the course.' I don't mind hills; in fact, I am masochistic when it comes to hills. However, hills and heat don't mix. If there is one condition in which I do not like to run, it is high temperatures. I would much rather run in the cold of the New England winter, with which I have much experience."

"Fortunately, Courtney, my girlfriend and support team, was there and provided some comfort. Soon, we were joined by other members of GBTC and the exchange area was filled with anxious runners. Mike, the fifth runner of the Red Bandits, eventually arrived via shuttle bus and announced that our team was ahead of schedule! I prepared myself, and looked back down the course with anticipation for Melinda, our sixth runner. No sooner

than I started looking did Melinda cruise into the driveway of the school that served as the exchange area. Melinda handed me the baton and I grabbed it awkwardly, never having par-



Mark Hickman cruises under the hot NH sun on Leg 7.

anticipated in a relay before. And then I was off. In the excitement, I forgot to start my watch, although a few seconds into the leg, I regained my senses, started my watch and settled down into a comfortable pace. I didn't want to overheat, so I took it easy. I started by passing a few runners, always an ego boost, and about three miles into the leg, I realized that something was gaining on me. As I made my way up a hill, the sound of feet pounding against pavement grew louder and louder until this thing was right on my tail. I felt I still had energy so picked up my pace just a notch and slowly the footsteps disappeared behind me. I never looked back so I cannot be sure what it was that was chasing me, but I have a hunch that it was another runner, since I was in a running race.

"The last three miles of the leg were not easy. The sun was relentless and shade was scarce and cherished. I began to feel exhausted and slightly dizzy, an indication that I was overheating and probably

dehydrated. Each successive step was getting more difficult. The other runners looked equally exhausted. Only one more lap around the reservoir, I said to myself, recalling my runs around the Chestnut Hill Reservoir. This leg was starting to seem much longer than 8.5

miles. I was looking around each corner for the finish when a spectator said to me, 'Only a half mile downhill from here,' probably hoping to comfort a runner that didn't look too happy. With the end in sight, I sped down the hill and into the exchange station where Donna Pauler took the baton and was off in a blur. I was completely spent. It took several gulps of water and a McDonald's chocolate shake before I began to recover! And then it was off to the finish line to see our team finish."

Leg 8 (Donna Pauler)

While legs 5, 6, and 7 were in progress, Erin, Sean, and I had the job of getting Donna (and Mike Olivo) to the seventh exchange zone. As Erin describes it, "It was 1:30 p.m. We figured we had to drop them off at their exchange points by 2:30 p.m. just in case the team was ahead of schedule. And sure enough, our good judgment ultimately paid off."

"At the condo, a nappy Donna was awakening from a day-long snooze and insisted that she did not need to be at her leg, the last leg, until 4:30 that afternoon. Sean insisted that she change now and be ready by 2:15. While she changed, the rest of the gang showered. Erin and Mark nibbled on rice krispy treats and the remaining morsels of our survival packs.

We called Mike Olivo and made sure he would be ready in ten minutes. Once we got everyone together in the car, we waited but a few more minutes for Mike to finish shaving and headed to the start of Leg 8. Donna and Mike laughed the whole way telling us how they spent the afternoon relaxing by the lake. Donna had read parts of Mike's Unix manual, causing her to nod off. Mike dreamt of sailing. As we passed the Fun Spot, Erin reminisced about family vacations at Weirs Beach and how her stomach ached from the all-you-can-eat sundae

bar at the Kellerhaus. Donna insisted we get ice cream later.

"Driving on the hilly Leg 8 course, runners passed us looking spent and eager to finish. Donna remarked, 'Everyone looks like hell.' We made it to Leg 7 and dismantled. It was great to see other runners like Dung Nguyen, Maria Sun, Moulay Essakalli, and Melinda. After about twenty minutes, someone yelled that they heard from someone who heard from a runner that Mark Hickman was on his way. Suddenly, we panicked. 'Where was Donna?' Melinda and Erin searched the grounds and spied Donna in queue for the loo. 'Donna, get ready!' we yelled. Donna made a mad dash into the woods and then got to her exchange. Mark appeared seconds later, made the exchange with Donna, and she was off."

Donna says, "First, I owe many thanks to my teammates waking me up from my nap and convincing me that my statistical forecast for the final exchange time was incorrect. The Red Bandits were running ahead of schedule! Michelle Park's indiscriminate scoff and the high frequency sinusoidal elevation map were still not enough to prepare me for what lay ahead. The final leg was a series of uncontrollable free-falls followed by what felt like virtual running. Just when I thought about switching to basketball as my primary sport, Maria Sun ran me up the final hill where a large gathering of GBTCer's gave me a hero's welcome."

Or in the words of Mark Hickman, "Despite the heat, Donna just smoked up that last monster hill! The Red Bandits finished in style."

The finish line was clogged with GBTC runners waiting for teams to finish, and cheer their anchor legs on as they passed. The excitement climaxed when we saw Mike Olivo fast approaching the final stretch of this roller-coaster course. The Bandits grabbed their red bandanas and waved. Others shouted and cheered and snapped pictures. The race was done!

Post race

After a beer together in the parking lot at the finish line, we all headed back to the condo for a shower and a party. On the way back to the condo, we stopped at a store for some beer for the party. Several runners were buying beer. I joked with the girl behind the counter that with all these runners here today, she was going to run out of beer. "Why would runners drink beer?" she asked. I guess she doesn't know any runners. The club hosted a party with plenty of lasagna and pasta in the condos' club house on the lake. It was a lot of fun. Everyone was sunburned and exhausted and happy, and the mood of the party melted into that comfortable state of exhausted euphoria. Much later, some tired bandits gathered back at the condo and giggled well past midnight while watching Mystery Science Theater 3000.

But not this bandit. This clever little bandit had plans to leave the party early in order to get home Saturday night so he could have fun flying his glider on Sunday. I got no further than Concord when the sledgehammer of exhaustion struck its final blow, and I had to pull over and sleep in a hotel by the side of the road. The hotel bill alone cost more than spending the entire weekend with the team would have cost. Clever. Very clever.

Some memorable moments

And now, let us end with Erin's collection of the weekend's most memorable moments.

Commending Dotty Fine on her second



"Are we done yet? Mike Turmala (cap) and Dick Nickerson (singlet)"



Mike Olivo atop Mt. Major asks, "You gals come here often? Has anyone seen my shirt?"

Mark Tuttle thanks web site contributors

The club's presence on the web is a labor of love by a lot of people. Tom Derderian provides almost sixty percent of the new material that goes onto our web in the form of race reports and photographs that get massaged into web pages. Frank Monkiewicz, Melinda Casey, and Doug Burdi have also provided lots of good photographs. Newsletter editors Betty Bourret and Erin Cullinane have been good about making the newsletter available on-line, and the various race directors have provided lots of material about their events for the web.

Technically, the design of the new layout for our web was work by Melinda Casey, Mike Urquiola, and me, and with advice from Moulay Essakalli and Sean Mullan. In fact, the initial kick in the butt to move our web pages into the 1990s came from Melinda, and the new masthead on the home page was entirely Mike's design. Most recently, the club store was implemented by Hunt Lacascia with advice from Erin Cullinane, Jennifer Rapaport, and me.

The club first appeared on the web in October 1994, making it one of the very first clubs on the web. The club's presence on the web has grown to the point where hundreds of groups like the Road Runners Club of America point to pages like our catalog of links as a primary source for running information on the web. None of this would have happened without a club filled with contributors like these.-MT

Mark Tuttle is the 1998 men's recipient of the GBTC Coaches Award

**Visit GBTC on the Web at
www.gbtc.org**

Well despite racing on the opposite coast with a 3 hour (or was that 4 with the time change?) time difference I managed to have a great race at the Silicon Valley Marathon in San Jose version 2.0 (as they called it).

Time: 3:35:27 Place: 297
Women: 26th of 352
Division place 35-39: 7th

A fast flat course with only a overpass or two for hills. Well staffed, well organized. Start 7:30 am was not too hot. Scenic views of corporate buildings for Intel, Yahoo, Bay Networks, Cisco Systems, and the San Jose hills. Medal is a round circuit board with a computer chip surrounded by metal (about 5 inches in diameter). A must race for all techies!—Susan Richards

Boston 2000 here I come.



Stretch Class with Lisa Simon!

*Sunday mornings
from 10-11:30 a.m.*

*Join football players,
dancers, runners and
your typical couch pota-
toes for an invigorating
morning of stretch while
listening to smooth jazz.*

*Class fee is \$10
Location: Impulse
Dance Studio, 179 Mass
Ave., 2nd Floor
Boston, MA 02115
617-536-6989*

[email: Fri., 9 Oct 1998]

Well, I must say I miss you guys, coach D, and the man himself Gary. Well I'm now here in Houston.

I haven't found a club. Everything here is so spread out- not like Boston. I tried to access the web page to see what's going on and I see that the teams stats and performances are very impressive.

Well I miss the training sessions and the Thirsty Ear pizza night. I am disappointed that I missed the big birthday bash.

kevin russell.
member for life....
kevin_russell@aimfunds.com.

Tufts 10k: Cheers Galore!

Thanks to everyone who cheered for us. It was really great to see all the GBTC men on the course...and to hear fellow women yelling on the "out and back course" was so motivating. I heard my name many times from fellowwomen GBTC'ers on the other side of Memorial Drive and I felt like I had to keep working hard to deserve more cheers!

*GBTC also won \$125 for its volunteering effort—thanks guys.
Way to go Team!!!
—Jennifer Rapaport*

25th Festivities Appreciated

I want to thank the board members, and especially Gary, Susan, Melinda, and whomever else I should be thanking for last night's (Sept. 12) 25th anniversary party. It was a great time, the food was fantastic (ummmm, dessert...), the pictures and memorabilia were really cool, and the dance floor was happenin' (I can't believe what awesome dancers GBTCers are) -- I was psyched about the whole thing. thanks for putting together such a quality event.

—Joanna

**GBTC
Babies**



Joann Sperra is the proud mommy of Devan Michael O'Toole, born on Sept. 6 and tipping the scales at a 6 lbs 13 oz (and 19 inches). Mom is getting a baby jogger soon and can't wait to get out running again.

Karl Hoyt's newest addition is Josephine "Josie" Victoria Hoyt born Sept. 27 at 5:44am, weighing in at 7lbs 4 oz. All are doing well

Dinner in the Fast Lane By Nancy Clark, M.S., R.D.

"Between soccer, swimming, basketball, and baseball, as well as music lessons, Girl Scouts, and PTA meetings, dinner has all but disappeared from our family. I'm not sure my kids know what a cooked vegetable looks like anymore..."

"When I get home at night, I rarely feel like cooking dinner. I just graze, starting with crackers, ending with frozen yogurt."

"I only eat real dinners in a restaurant. I don't cook for myself."

Dinner time has disappeared from the schedules of many active people, including athletes who arrive home too tired to cook, and sports kids who have team practice in the midst of family dinner hour. If this sounds familiar, you may wonder how you can improve the healthfulness of your evening eating, given the craziness of your busy lifestyle. The following tips are designed to help you eat well, even in the midst of chaos.

Tips for non-cooks.

If you don't cook but simply graze throughout the evening, you should at least try to eat a variety of foods (as opposed to just one box of crackers). Target choices from three different food groups. For example, this could be: cereal, milk and banana; bagel, peanut butter and yogurt; crackers, lowfat cheese and apple; sandwich bread, turkey and tomato. These are nicely balanced choices and a fine alternative to 12a cooked dinner.

One key to healthful evening grazing is to have the right kinds of food around. Clearly, good nutrition starts in the supermarket. Be sure to schedule in food shopping--perhaps every Sunday or Monday evening after you have eaten. Do not shop hungry--too many goodies jump into the carts of hungry food shoppers!

Tips for minimal cooks.

While food shopping, take time to explore the frozen food section. You'll likely find some healthful meals. This might include: Swanson's Hungry Man turkey dinner, frozen bean burritos, frozen ravioli, frozen veggies (including the meal starters such as Green Giant's Create-a-Meal). Other non-perishable items include cans of hearty bean soups, tuna, and refried beans, and even packets of instant oatmeal.

Tips for active people who work long hours.

One trick to eating better at night is to stop coming home starved. Don't wait until 9 p.m. to have your biggest meal; fortify more by day! Athletes who arrive home ravenously hungry commonly lack interest in cooking--or even in eating healthfully. Rather, they simply eat the first foods they see--chips, cookies, ice cream, and "junk."

Active people tend to get hungry at least every four hours. That is, if you eat breakfast at 8:00 a.m., you'll be ready for lunch at 12:00 noon, and snack (or a second lunch) at 4:00. Honor your hunger rather than try to "hold off" until dinnertime. Why wait to eat when your body wants and needs the energy now?

Fueling adequately by day provides the energy you need to 1) cope with a hectic lifestyle, 2) fuel your exercise program, and 3) control your weight. Plus, fueling by day allows you to arrive home with enough energy to make reasonable food choices. You will be less cranky and less frantic to "stuff some food into your mouth." You will eat less, spare yourself the discomfort of overeating, and simultaneously keep the scale from creeping upwards.

Athletes who are trying to lose weight should be particularly careful to fuel appropriately during the day so they will then be able to "diet" at night. After all, the evening is the best time to cut calories. This contrasts to the standard pattern of dieting at breakfast and lunch, then blowing the diet at night--a vicious cycle that gets dieters nowhere and leaves them feeling out of control.

Tips for take-out.

Today, you can easily eat well-balanced take-home meals. Most quick service restaurants have healthy options. Boston Market has turkey and veggies. Shrimp with vegetables and steamed rice from the Chinese restaurant is a good choice. Roast chicken, salad, and whole grain bread from the grocery store is also convenient. A grilled chicken sandwich, orange juice, and a milk from McDonald's passes inspection, as does a bagel, soup, and juice from Dunkin' Donuts, and veggie pizza from Domino's. Again, the trick to making wise food choices is preventing the hunger that makes the nearby treats more appealing.

Tips for health protection.

The biggest nutrition problem with missed

dinners is a reduced intake of vegetables. To help compensate and boost your intake of these health protectors follow these tips:

-Buy packages of baby carrots and snack on a daily handful. Munch on tomatoes and green peppers, as you would an apple.

-Serve extra tomato sauce on pasta.

-Enjoy generous portions of vegetables when you do eat a traditional cooked dinner. A big pile of veggies three days per week helps compensate for the veggie-free days with lackluster meals.

-Take advantage of frozen vegetables. A freezer well stocked with broccoli, spinach, winter squash, and carrots offers nutrient-dense choices.



Frozen veggies are a simple alternative to "fresh" and have more nutrients than the wilted gems you might otherwise pull from your refrigerator.

The bottom line: Be responsible! "No time" is no excuse for a poor sports dinner.

Nancy Clark, MS, RD offers personal nutrition consultations at SportsMedicine Brookline in the Boston area. Her popular Sports Nutrition Guidebook, Second Edition is available at your local bookstore or by sending \$20 to Sports Nutrition Services, 830 Boylston St., Brookline MA 02467.

Or visit www.nancyclarkrd.com

Track Update

The following are the final stats for the 1997/98 Track and Field Grand Prix broken down by event and sorted by performance. The points for the performances in parenthesis are obtained from the 1992 Hungarian Tables in use by the IAAF. There are no points for the 55m dash, 500m or 600m.

The men's winner for the 2nd year in a row was **Jim Pawlicki** who outscored **Jim Reardon** by only 10 points, the closest finish ever. On the women's side, **Joanna Veltri** was the clear winner scoring over 8000 points higher than 2nd place finisher **Adeline Azrack**. This year saw the records for highest performance broken on both the men's and women's side. **Kevin Russell** scored 970 points in the 400m and Joanna Veltri (who broke the record several times indoors) earned 957 points for 3000m.

MEN

100m

Russell 914(11.02)
Leding 651(12.03)

200m

Russell 894(22.35), 824(22.8), 881(22.45)
Leding 667(24.21), 780(23.25)
O'Neil 697(23.7)
Rockwood 675(23.9)
Aidoo 526(25.53)
Bowen 449(26.32)
Snyder 231(29.05), 298(28.11)

400m

Russell 970(48.36)*, 898(49.64), 943(48.83) *=GP record
Rockwood 754(52.2), 759(52.1)
Leding 729(52.83), 719(53.04), 768(52.07)
Sherry 734(52.74)
Grise 685(53.73)
Bowen 467(58.65), 502(57.79), 495(57.95)
Reardon 465(58.70)
Berit 176(67.5)

400m hurdles

Ouellette 389(71.49)

800m

Russell 842(1:57.38), 794(1:59.37)
Rockwood 807(1:58.84)
Pease 728(2:02.24), 694(2:03.77), 840(1:57.45), 754(2:01.10),
896(1:55.17),
832(1:57.8), 866(1:56.40), 740(2:01.73)
Blouin 750(2:01.29)
Sherry 624(2:07.05), 697(2:03.64), 760(2:00.85), 725(2:02.39),
782(1:59.91), 685(2:04.18)
Newsham 686(2:04.17), 665(2:05.12)
Grise 735(2:01), 581(2:09.17), 686(2:04.14)
Floyd 583(2:09.04)
Barrett 582(2:09.11)
Pawlicki 523(2:12.11)
Reardon 444(2:16.4), 462(2:15.4), 574(2:09.49)
Derderian 348(2:22.18)
Ives 340(2:22.7)

1000m

Grise 744(2:37.84)
Pease 736(2:38.27)

1500m

Blouin 691(4:14.50), 757(4:08.44)
Newsham 724(4:11.45)
Rockwood 677(4:15.82)
Darley 613(4:22.12)

Pease 557(4:27.81), 647(4:18.75)
Smith 583(4:25.09)
Sherry 478(4:36.39)
Ives 477(4:36.5)
Derderian 494(4:34.60), 350(4:52.00)

mile

Blouin 752(4:28.53), 777(4:26.07), 727(4:30.96), 830(4:21.1),
777(4:26.15)
Grise 743(4:29.40), 714(4:32.28), 755(4:28.2), 702(4:33.5),
633(4:40.62)
Barrett 675(4:36.22), 677(4:36.01)
Reardon 631(4:40.77), 658(4:37.94), 736(4:30.1), 650(4:38.76)
Smith 657(4:38.02), 657(4:38.1), 671(4:36.66)
Pawlicki 699(4:33.76), 668(4:36), 575(4:46)
Floyd 711(4:32.59), 561(4:48.46)
Pease 633(4:40.6)
Beaulieu 569(4:47.59)
Newsham 569(4:47.58), 472(4:58)
Ouellette 452(5:01.31), 573(4:47.1)
Derderian 495(4:56.07), 397(5:08.54), 502(4:55.26)
O'Leary 441(5:02.79), 459(5:00.5)
Ives 360(5:13.6), 492(4:56.47), 463(5:00), 477(4:58.24)
Giddings 349(5:15.1)
Caracuzzo 304(5:21.8), 326(5:18.5), 254(5:29.7)
Konstantopolus 246(5:30.98), 260(5:28.64)

3000m(includes conversion from 2 miles)

Darley 769(8:49.62), 805(8:43.01)
Floyd 640(9:14.77), 688(9:05.12), 708(9:01.32), 717(8:59.61),
751(8:53.02)
Barrett 710(9:00.87), 655(9:11.75), 740(8:55.07), 686(9:05.61)
Blouin 691(9:04.65)
Pawlicki 665(9:09.76), 714(9:00.08), 709(9:01.01), 627(9:17.49),
654(9:11.9)
Reardon 603(9:22.43), 648(9:13.24), 508(9:43.2), 647(9:13.3),
591(9:24.90)
Newsham 462(9:54.0), 603(9:22.36), 559(9:31.87), 590(9:25.2),
497(9:45.7)
546(9:34.60)
Hussey 555(9:32.69), 540(9:35.9)
Beaulieu 443(9:58.46)
Derderian 413(10:06), 337(10:26.14), 358(10:20.4), 408(10:07.37),
475(9:50.8)
Ives 329(10:28.4)
Bowen 230(10:59.1)

3000m Steeple

Ouellette 642(10:46.29)

5000m

Darley 821(14:58.35), 877(14:41)
Perez 656(15:51)
Pawlicki 665(15:48.31), 634(15:59), 653(15:52.4), 639(15:57.20),
653(15:52)
Reardon 622(16:03.45), 665(15:48.62), 608(16:08.1)
McSheffery 557(16:26.7)
Ouellette 394(17:31.97), 411(17:24.8)
Derderian 388(17:35)

10000m

McSheffery 517(35.39)
Derderian 479(36:13.94)

LJ

Mann 852(22'2")
Keyes 815(21'7"), 807(21'5.25")

Track update continued

WOMEN

100m
Nguyen 819(13.33)

200m
Nguyen 816(27.62)
Miller 378(35.72), 442(34.32)

1000m
Zall 600(3:28.37)

1500m
Veltri 849(4:47.70)
Azrack 828(4:50.83)
Rappaport 756(5:01.95), 853(4:47.07)
Williams 706(5:09.91)

mile
Veltri 912(5:02.17), 861(5:10.07), 901
(5:03.88)
Riley 779(5:23.24)
Hastings 352(6:47.2)

3000m(includes conversion from 2 miles)
Veltri 921(10:09.13), 911(10:12.50), 876
(10:24.7), 957(9:56.90)*, 870(10:26.8) 932
(10:05.4), 915(10:11.05)
*=GP record

Spolidaro 920(10:09.4), 873(10:25.83)
Azrack 823(10:43), 860(10:30.18)
Rappaport 825(10:42.6)
Zall 792(10:54.65)
Riley 787(10:56.70)
Sears 598(12:11.4)

5000m
Veltri 925(17:37.41)

Grand Prix Final Team Results

GBTC open men placed 5 out of 22
teams, just behind Whirlaway

GBTC open women placed 7 out of
23 teams

GBTC masters men placed 19th out
of 19 teams

GBTC 50+ men placed 13 out of 16
teams

GBTC women masters (N/A at time
of publication)

A History of Running the Tufts 10K

By Dotty Fine

There's something incredibly invigorating about running in the Tuft's 10k (formerly known as the Bonnie Bell). You can usually count on a crisp fall day, a loud cheering squad, female bonding and a PR if you're lucky, young and in good shape.

I've run 16 Tufts; quite a few, but I'm not one of the elite, like Sandy Miller, who has completed all 22, including walking the 1981 race while recovering from a broken leg. Nevertheless, I've got some history with this race and I use it to help get me through the tough spots, since I find the 10k to be the most difficult distance.

This year, as I came over the Longfellow Bridge and turned onto Memorial Drive, I remembered my first Bonnie Bell in 1979. I was captured, with both feet off the ground, by a Boston Globe photographer. There was nothing more thrilling than attaining a PR and also getting your picture on the front page of the Globe. Three years later, someone snapped a photo in that same spot, but this time there were eight GBTC women, including me, making that turn and looking awesome in our red singlets. There were many PRs that year.

Fortunately, my cheering section was out there yelling "Go! Dotty!" to wake me up from my nostalgic reverie, and to get me focused again on today's (October 12, 1998) race.

I get an incredible boost at the several turn arounds where I can cheer for the front runners and my swifter teammates; and then as I make the turn, can be cheered by and cheer for the slower runners. Our men out there are great. Maybe they're out there to ogle Libbie

Hickman, but they do a great job cheering us on, me included. "Thanks, guys."

Coming to mile four, I inadvertently turned off my watch instead of hitting the split button. A minute later the alarm went off, so I realized what I'd done. I can't live without a watch. I can't live without timing a jog around the block, so this was a major crisis to screw up my splits. Fortunately, I was not in complete oxygen debt, so I was physically and mentally able to turn the watch back on and calm myself with the realization that the next split would be a minute fast, as would be my final time. I could handle this. This created another burst of energy across the Harvard Bridge.

At this point, many young runners realized they could run much faster and they started to pass me. Yet, another group who went out too fast were dying, and I passed them. By the Eliot Hotel/Tommy Leonard Bridge were more familiar faces and I neared mile five; time to go into fifth gear. Now I play the game of trying to catch that woman ahead of me and fend off the one trying to pass. At six miles and turning the corner onto Charles Street, it's time to kick. The voice of Dusty Rhodes urging me to break 50 minutes makes me recall an earlier time when it was 40 minutes she was urging me to break.

I was pleased with my race. My PR days are gone, but I can create challenges and one of them is to stay healthy and reach the next age category running. As long as there's a Tufts 10k, I'll be there.

"There's something incredibly invigorating about running the Tuft's 10k. You can usually count on a crisp fall day, a loud cheering squad, female bonding, and a PR if you're lucky, young and in good shape."

Cross-country report

Sun saves GBTC women at Franklin Euro-Style

By Tom Derderian

At the eleventh hour Maria Sun called to say she would run a leg on the 3x3km Euro-style cross-country relay for the GBTC women's team to replace a late cancellation. Later unknown to coach and all, another cancellation. So in the final minutes before the race start at Franklin Park on Saturday, September 12, Joanna Veltri who had come only to watch and cheer in her civilian clothes, ripped them off, slipped on a club shirt, grabbed the baton and raced. The team along with Adeline Azrack running 11:01 for her leg placed second in the open and college women's division to Boston Running Club.

The men's team received a great boost from new members, Andy Elia and Erick Spayde and a couple of Californians with deep roots in track. Erick and Andy with John Ives running anchor placed fourth to a strong Cambridge Sports Union team.

The North African Team of Nassar Sharara, Moulay Essakalli, and Kevin Lohner raced along with teams made of Karl Hoyt, Elizabeth Spelman, Russ Miller, Mark Tuttle, Mike Olivo, Ted Bowen and Terry O'Neill.

A great showing with a display of much good form over the hay bales. Wild and inspiring rock and roll music filled the exchange zone. A super day. Much gratitude to all who represented the Greater Boston Track Club in this competition.

Darley Out-Kicks National Champ at Boston Cross-Country Festival

FRANKLIN PARK, Boston, September 11

The start caught nearly everyone off guard. After a stumbling first few meters our GBTC runners fell into cadence to do battle with the BAA, Providence College and Boston College. Our Jesse Darley charged through to the front. Morrissey of Providence College insisted on leading. Jesse and Brad Schlapak of the New York Athletic Club and the 1995 National Cross-Country Champion followed. Past two mile up bear cage hill Jesse took the lead ahead of sub four minute miler Schlapak. In the third mile Morrissey and Schlapak took back the lead. Darley hung on. In the final surge to the finish Morrissey kicked. In the final straight Darley kicked past Schlapak.

Jim Pawlicki followed in 18th place with John Blouin in 20th and Jim Reardon in 31st followed by the team's fifth man in 37th.

At the finish the boys met Keith Brantly, America's top marathoner who is preparing for the Chicago marathon and Randy Thomas, GBTC's 2:11 marathoner from the last generation. The ole coach introduced the boys as the next generation. The boys looked good.

Team scores and average time for top 5 runners:

PC, 26, 15:55
BC, 47, 16:15
GBTC, 69, 16:48
BAA, 92, 17:36
Results:

2. Jesse Darley, GBTC, 15:34
18. Jim Pawlicki, GBTC, 16:26
19. Ben Nephew, 16:29
20. John Blouin, GBTC, 16:30
31. Jim Reardon, GBTC, 17:14
37. Tom Derderian, GBTC, 18:18

42. Jonathan Ives, GBTC, 18:37
43. Jeff Wilson, GBTC, 18:38
45. Jack Bruke, GBTC, 18:59
48. Ted Bowen, GBTC, 19:26

Women's Race-Rapid Rapaport

Saying that she just came to have fun at the Franklin Park cross-country festival, Jennifer Rapaport almost had the most fun of all-winning. She ran within 10 sec of the highly rated Christine Snow-Reasoner of the Boston Athletic Association. Following her came a terrific team of GBTC newcomers, Livvy Williams, Sage Green, and Sue Bergh.

2. Jennifer Rapaport, GBTC, 18:58
5. Livvy Williams, GBTC, 19:35
7. Sage Green, GBTC, 20:37
10. Sue Bergh, GBTC, 20:58

GREATER BOSTON TEAMS DOMINATE MUD USATF New England 5K Cross Country Development Race

By Tom Derderian

FRANKLIN PARK, Boston, October 11

Two days of rain rendered the course slick and slow but great fun for the members of GBTC who dominated the field in this 5 km race.

The race brought good news for the GBTC women's team. New GBTC cross-country star Christina Manolatuou an MIT grad student from Greece won the women's race followed by Shawna Nehiley and Sage Green. This was a neat sweep for a messy day.

In the men's race former national cross country champion and sub four minute miler Brad Schlapak of the New York Athletic Club nailed GBTC's Jesse Darley on the final sprint for the win. Deon Barrett followed in 4th with John Blouin shortly thereafter. New GBTC member Ben Nephew, a Tufts grad student, came next with Big Bad Bill Newsham out kicking new member Gregory Putnam, a UMass grad and school teacher in Framingham, MA.

RESULTS:

USATF New England 5K Cross Country Development Race Sunday, October 11, 1998 Franklin Park, Boston MA

Men:

2. Jesse Darley,	15:34
4. Deon Barrett,	16:25
5. John Blouin,	16:33
7. Ben Nephew,	16:56 (continued on page 17)
8. Bill Newsham,	17:02
9. Greg Putnam,	17:03
13. Greg MacGowan,	17:54
15. Marc Mangiacotti,	18:31
19. Jon Ives,	19:10
22. Ted Bowen,	19:36
24. Paul Hickey,	20:55
25. Terry O'Neill,	21:34
26. Mark Tuttle,	21:47

Women:

1. Christina Manulatuou,	19:39
2. Shawna Nehiley,	20:19 (U18)
3. Sage Green,	20:29

Cross-country continued

Mayor's Cup Grand Prix

FRANKLIN PARK, Boston, October 25
The GBTC men's team has gone from 17th in 1996 at the Boston Mayor's Cup cross-country to 12th in 1997 to 7th in 1998. The women have gone from no team in 1996 to 9th in 1997 to 7th in 1998. That's terrific progress. Congratulations to all. We had 17 men and 10 women represent the club in this prestigious race. -Tom Derderian

30. Jesse Darley 24:41
49 Ethan Crain 25:20
76. John Blouin, 26:11
93. Hector Perez 26:48
108. Jim Pawlicki, 27:17
111. Ben Nephew 27:43
101. Greg Putman, 26:56
116. Erick Spayd, 27:38
133 Jim Reardon, 28:11
137. Greg McGowan, 28:26
146. Tom Derderian, 28:54
160 Doug Burdi, 29:49
170 Sandeep Patel, 30:40
178 Jonathan Ives, 31:29
182. Bruce Bond, 31:41
189. Will Riddell, 32:25,
191. Ted Bowen, 32:30, 191

Women

46. Tracey Timmons, 19:10
52. Livvy Williams, 19:20
53. Shawna Nehiley, 19:21
63. Payal Parekh, 19:50
69. Sue Bergh, 20:15
92. Cynthia Hastings, 22:41
93. Donner Pauler, 22:42
99 Laura Mahoney 24:54
100. Dotty Fine, 25:06
104. Sandy Miller, 26:47

Country Club Classic 5k

USATF-NE XC GP

METHUEN, MA, November 1-

Teams-Men

1. Greater Lowell RR 33
(1,4,6,8,14)
2. Greater Boston TC 40
(2,5,7,10,16)
3. Whirlaway RT 73
(9,13,15,17,19)
4. MVS 88 (3,11,23,25,26)
5. Winners Circle RC 117
(12,22,24,29,30)
3 JESSE DARLEY 15:32 5:00
6 BEN NEPHEW 16:15
5:14
8 DEON M BARRETT 16:19
5:15
11 JAMES PAWLICKI 16:30
5:19
17 ERIK SPAYDE 16:52 5:26
22 JIM REARDON 17:24
5:36
79 PAUL HICKEY 20:20 6:33
328 finishers

GBTC Women Win Gran Prix at Noble & Grennough

DEDHAM, MA, November 1
The GBTC team of Shawna Nehiley, Payal Parekh, Cynthia Hastings, Maria Sun, and Dotty Fine won the 5 km cross-country race at Noble and Greenough in Dedham on Nov 1st. Shawna finished second to Kara Molloy while displaying cuts and abrasions from a fall.

In the men's race at Noble Marc Mangiacotti led the GBTC men with a 9th place followed by Greg McGowan, Mark Hickman, and Mike Wyatt. Hickman ran his finest race of the season.

MEN

9 MARC MANGIACOTTI 17:41
11 GREG MACGOWAN 17:50
12 MARK HICKMAN 17:55
15 MIKE WYATT 18:16

WOMEN

2 SHAWNA NEHILEY 21:02
3 PAYAL PAREKH 21:15
8 CYNTHIA HASTINGS 22:41
13 MARIA SUN 24:28
14 DOTTY FINE 24:43

GBTC men beat Lowell, Highlanders beat GBTC women in XC-GP #4.

STONEHAM (Middlesex Fells) November 8-

The GBTC men's cross-country team used overwhelming force to reign revenge on the Greater Lowell Road Runners for their last week's defeat of the GBTC team in Methuen. Our Jesse Darley won his first race of the season by taking charge in the first half mile on the hilly, rocky course. John Blouin followed him closely. Their teammates took inspiration from such courageous front running. Elizabeth Spelman saved the day for the GBTC women's team at the last moment by agreeing to race rather than watch. Stephanie Rudd ran her first cross-country race since college and Cynthia ran her zillionth.

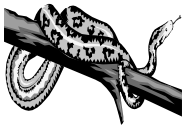
1. Jesse Darley, 15:30
7. John Blouin, 15:59
9. Ben Nephew, 16:15
11. Jim Pawlicki, 16:21
12. Eric Spayde, 16:21
13. Arnold Seto, 16:23
14. Mark Reeder, 16:30
18. Ben Pease, 16:51
19. Jim Reardon, 16:54
22. Greg McGowan, 17:17
31. Tom Derderian, 17:57
35. Jon Ives, 18:13
43. Kevin Lohner, 19:34
61. Mark Tuttle, 21:40

Women:

7. Cynthia Hastings, 22:38, First master
Stephanie Rudd, 24:41
Elizabeth Spelman, 25:49

Greater Boston At Dummer

By Tom Derderian



The ole coach dreamed of snakes on the night before the Governor Dummer 5 km NE Grand Prix cross-country race on Sept 27, in Byfield, Mass. The snakes hung thick from tropical trees. Each muscular coil waited lazily to drop down on some sweating, warm-blooded mammal. Ole coach woke up in a rain storm to worry that Greater Boston wouldn't have a full women's team lining up at the start. Ole coach worried that the race would go badly so he tried to think of everything.

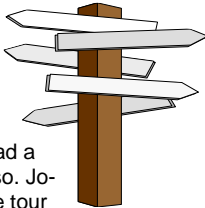
Sage Green needed a ride and had called late on Saturday. Would Joanna's shin be OK? Would Jennifer fall down? Would Tracey be called in to work in the ER? Would the ever-meticulous Payal Parekh have to stay in the lab to track down one part per zillion of molybdenum?

The same kind of worries drifted in about the men's team. Would Jesse's shoe stay tied? Would Adrien's mileage pay off?

About the master's: scenes from two years ago played back when Moulay Essakalli broke his ankle on this course.

In the morning more than enough women arrived to race. Jennifer Rapaport, Joanna Veltri, Tracy Timmons, Sage Green, Payal Parekh, Kerry O'Donovan, Erin Cullinane, Cynthia Hastings, Maria Sun, and Michelle Parks. More than enough. Because to fail to finish a full team would set GBTC way back in the GP point chase, that number assured us a finishing team. What could go wrong? Snakes maybe?

Ole coach ranted about learning the course and the importance of knowing it well enough that you need no course marshals. The course snakes over the lovely campus but there would be no lead vehicle. You can't just follow someone. What if the leader goes wrong? Ole coach said, "Trust no one, learn every turn yourself." Jennifer and the very fast Kara Molloy took the course tour and had a pleasant chat while doing so. Joanna did not take the entire tour because she had run the course last year. Tracey Timmons arrived late.



The first mile passed slowly in 6:15 on a damp course in tropical humidity. Sweat did not evaporate. It dripped. The snakes must have been hiding behind the foliage. Molloy led Rapaport by a few steps. Veltri lingered comfortably behind while Timmons pursued. Green and Parekh followed a runner from Winner's Circle, the only other formidable team. Still, it looked like a

GBTC romp with five of the top seven.

People at Gov Dummer designed this course to whip around familiar buildings. But what is obvious to them is not obvious to a racing runner with an oxygen starved brain. It must have been serpents that said "Run straight." To the natives, right behind the old president's house and left by the chapel, is obvious. But Kara Molloy saw a swath of green grass ahead, put her head down, and went for it. The next four women followed. In the post race disqualification discussions where they ran did not become clear but it was not on the official course. They did get back on the official course and finish. However, after an official complaint lodged by the 7th place runner from CSU, the race director had no choice but to disqualify the top five finishers.



The disqualification moved the meticulous Payal Parekh into first place. She is the official winner of the first cross-country Grand Prix race of the 1998 season. When asked about the heat she said, "What heat? I am from India."

Men's Race

You can see that GBTC dominated these fields. This is an excellent way to start the season. Five of the top ten is awesome. Take note of Adrien, the hero of the day. Erik Spayde ran his second race in a GBTC uniform. He found the humidity that his native California does not have.

The leader, David Hinga from Merrimack, kept running off the course. Jesse kept following. Deon looked terrific! The men's team won taking half of the top ten positions.

Snakes or no snakes, the heat and humidity seemed to have everyone crawling on his belly across the finish line. Remember way back at last year's New England Championship...snow covered the ground.

2 DARLEY JESSE	29 M	16:26
3 BARRETT DEON	25 M	16:49
5 BLOUIN JOHN	24 M	17:11
6 MARTIN BRIAN	39 M	17:14
7 PAWLICKI JAMES	23 M	17:21
8 BUCKLEY TODD	28 M	17:22
9 GRISE ADRIEN	25 M	17:26
15 SPAYDE ERIK	25 M	18:29
16 REARDON JAMES	29 M	18:37
19 MACGOWAN GREG	32 M	18:46
22 BURKE JACK	32 M	19:00
25 HICKMAN MARK	24 M	19:44
*2 RAPAPORT JENNIFER 34 F 20:19		
*3 VELTRI JOANNA 23 F 20:30		
*4 TIMMINS TRACEY 32 F 20:33		
*5 TABER MOLLY 25 F 20:38		
*Modified Course		
6 PAREKH PAYAL	25 F	21:20
10 GREEN SAGE	28 F	21:52
16 O'DONOVAN KERRY	37 F	23:39
17 CULLINANE ERIN	26 F	23:40
21 HASTINGS CYNTHIA	40 F	24:14
23 MARIA SUN	26 F	24:39
25 PARKS MICHELLE	28 F	25:28



Standing: Maria Sun, Sage Green, Tracey Timmons, Payal Parekh, Kerry O'Donovan, Michelle Parks, Erin Cullinane, Cynthia Hastings. Kneeling: Jennifer Rapaport, Joanna Veltri (Photo: Tom Derderian)

Road Results

September

Cape Ann 25K, USATF-NE Grand Prix 9/7

7 2/80 JESSE DARLEY, 1:26:38 5:35
25 6/80 JAMES PAWLICKI, 1:30:50 5:51
27 JOHN BLOUIN, 1:31:07 5:52
28 ARNOLD SETO, 1:31:12 5:53
31 17/236 DAVID ALLEN 1:32:07 5:56
39 19/236 WILLIAM NEWSHAM, 1:33:14 6:01
65 17/80 JIM REARDON, 1:39:00 6:23
90 31/236 JAMES O'LEARY, 1:42:43 6:37
97 1/91 F0129 DARA ZALL, 1:43:56 6:42
127 47/250 TOM DERDERIAN, 1:4:15 6:51
162 60/250 BRUCE BOND, 1:49:26 7:03
211 6/72 CLAIRE MCMANUS, 1:53:50 7:20
214 28/80 SANDEEP PATEL, 1:54:03 7:21
223 76/236 CHRIS FADDIS, 1:54:19 7:22
362 38/128 RUSS MILLER, 2:01:59 7:52
372 114/236 PETER DIAFERIA, 2:02:41 7:54
401 32/146 CARMEN DANFORTH, 2:04:14 8:00
418 35/146 KAREN CROUNSE, 2:05:43 8:06
424 124/236 JON WAKELY, 2:06:13 8:08
450 18/72 JAN SMITH, 2:07:52 8:14
501 146/236 SEAN MULLAN, 2:10:11 8:23
567 161/236 MARK TUTTLE, 2:13:07 8:35
665 175/236 MICHAEL OLIVO 2:17:28 8:51
720 80/128 ROBERT WARD, 2:20:51 9:04
847 220/250 FRANK MONKIEWICZ 2:31:05 9:44
938 113/128 HUBERT JESSUP 2:39:46 10:18
1072 finishers

Open men's teams: 15 finished

4. GREATER BOSTON

1:26:38 1:30:50 1:31:07 1:31:12 1:32:07 (1:33:14) (1:39:00)
= 7:31:54

JESSE DARLEY, JAMES PAWLICKI, JOHN BLOUIN, ARNOLD SETO, DAVID ALLEN, WILLIAM NEWSHAM, JIM REARDON

Open women's teams: 16 finished

5. GREATER BOSTON

1:43:56 1:53:50 2:04:14 (2:05:43) (2:07:52) = 5:42:00

DARA ZALL, CLAIRE MCMANUS, CARMEN DANFORTH, KAREN CROUNSE, JEAN SMITH

Melrose Victorian Fair 5 K 9/12

Ben Pease won this race in 16:29, averaging 5:19 per mile to beat every one else in the race by a margin that would on a 400m track have exceeded a lap. Congrats to Ben on a superb race!

TOT TROT 5K "Baby-Jog Race" 10:30am 9/13

Julie Donohue 3rd, 20:21

Green Briar "Tim White" 5K Brighton, Ma. 9/13

Christopher Hussey 3rd 16:44

Medfield Day 5 Miler 9/19

2nd Bill Newsham 26:27

Watertown Allsports 5K Road Race 9/27

Joyce Dendy 2nd female overall (age division 19-35): 21:38
Colum Creed
Sandy Miller

19th Boston Globe Fitness 5K (3.05) 9/27

1:00PM, out and around UMASS/JFK.

Very hot and humid. Ouch! Our 12th year in a row.

1st (M) Chris Hussey 16:35

2nd (W) Julie Donohoe-Hussey 19:48

Strong Showing at Lake Winnie for Greater Boston

By Maria Sun

WEIRS BEACH, NH-September 19, 1998

The men's masters team led the way for GBTC, with Bruce Bond opening up a good start, followed in quick succession by the masters women, open women, and open mixed teams. These three ran very closely for the first few legs, swapping places a few times. The "Red Bandits" (open mixed) chased the open women for most of the race, catching up at leg 7, and ending within 8 minutes of total time of each other. This allowed for some good support, sharing of rides, and encouragement among all the GBTC teams. Tough competition in the initial legs let the open women's team play catch-pass-repeat into 6th place. The phantom "Ghosts of Pease" blew away the women's categories, clocking 6:40 and 7:02 average pace for open and masters teams. The open men survived a few last-minute injuries and rounded out a full team. The day was nearly perfect, with a bit much heat in the afternoon. Some highlights below:

A day of firsts:

Moulay's first race as a master brought the men's masters team to a 9th place finish...Sprinter Terry O'Neill took over for Dino in a marathon effort of 11 miles for his first race over 5k... and Sarah Smith did her first race as an "open man"!

Nail biters:

Payal's long-haired professor filled in at the last minute, driving up from the Cape at 5 a.m. to run a great leg... Making it to the handoff just in time, Payal was caught in the port-a-potty when hearing yells of "Belinda's here!"... we're taking bets as to whether she actually got to go or not... (she had one of the best performances of the day) Gate City chased CSU in the open women's competition, running neck and neck 'til the very end, only to relinquish 3rd place by half a minute.

Bravery along the course:

Joyce Dendy and Terry ran through on numb legs...The heat took its toll on all later runners, felling at least five (none from GBTC) that had to be carted away in ambulances... yet we saw courageous performances on the last hilly (helly?) leg from all GBTC runners, including Dotty Fine, who wrapped up her team's finish for 2nd place... An inspiring team pride gathering at the end of

the race to cheer in our last relay runner, Mike Olivo, in fine form.

Thanks to everyone who participated for a great GBTC experience, especially Michelle and Mike and anyone else whose organization made it happen!

Lake Winnepesaukee Relay, Weirs Beach NH 9/19

50. 9/20 MEN 40+ GBTC MASTERS 7:52:15 (7:12)
68. 13/29 OPEN MIXED GBTC ("RED BANDITS") 8:11:14 (7:29)
81 6/17 OPEN WOMEN GBTC 8:19:12 (7:36)
109 2/3 WOMEN 40+ GBTC WOMEN MASTERS 8:58:00 (8:12)
120 48/56 OPEN MEN GBTC 9:12:21 (8:25)

Watertown Allsports 5K Road Race 9/27

Joyce Dendy 2nd female overall (age division 19-35): 21:38
Colum Creed 21:40
Sandy Miller 28:36

19th Boston Globe Fitness 5K (3.05) 9/27

1:00PM, out and around UMASS/JFK.
1st (M) Chris Hussey 16:35
2nd (W) Julie Donohoe-Hussey 19:48

East Lyme Marathon, CT 9/28

12th Bill Newsham 3:11:37
"Some nasty hills in the early miles of this course through 10. Later the course levels out along the waterfront. Hot and humid. Overall a very scenic run—apple orchards, ocean front estates—nice."-BN

Philadelphia Half Marathon 9/28

"Probably the hottest and most humid conditions in the race's history."-TD
Steve Nathans 1:27
Dara Zall 1:29.

October

Millis Pride 5K 10/3

Bill Newsham 16:45

Rojacks 8k USATF-NE Grand Prix 10/4

35 25:24 5:05 32 18-39 34 M Deon Barrett
46 25:50 5:10 40 18-39 44 M Hector Perez
49 25:56 5:11 43 18-39 47 M Arnold Seto
64 26:15 5:15 54 18-39 61 M John Blouin W
75 26:44 5:21 60 18-39 71 M Bill Newsham
84 27:04 5:25 64 18-39 78 M James Pawlicki
107 27:48 5:34 74 18-39 100 M Chris Hussey
113 27:54 5:35 76 18-39 106 M James Reardon
144 28:48 5:46 38 40-49 134 M Tom Derderian
183 29:44 5:57 102 18-39 167 M Doug Burdi
191 29:54 5:59 103 18-39 173 M Mark Hickman
229 30:47 6:09 117 18-39 205 M Michael Wyatt
230 30:48 6:10 21 18-39 24 F Jennifer Rapaport
250 31:15 6:15 28 18-39 33 F Dara Zall
275 31:44 6:21 35 18-39 42 F Livvy Williams
398 34:30 6:54 155 18-39 326 M Mark Tuttle
412 34:52 6:58 46 50-59 338 M Russ Miller
451 35:51 7:10 57 18-39 82 F Kerry O'Donovan
522 37:12 7:26 22 40-49 101 F Jean Smith
645 39:49 7:58 69 50-59 505 M Robert Ward
751 42:26 8:29 80 50-59 567 M Hubert Jessup

Tufts 10K Boston, MA 10/12

41 37:10 6:00 20 30-39 Jennifer Rapaport Melrose, MA
52 38:32 6:13 21 20-29 Elizabeth Williams Manomet, MA
53 38:39 6:14 22 20-29 Dara Zall Boston, MA
108 41:06 6:38 40 20-29 Payal Parekh Cambridge, MA
166 43:05 6:57 77 30-39 Rania Abouhamad Brookline, MA
168 43:08 6:57 22 40-49 Claire McManus J P, MA
210 44:18 7:09 74 20-29 Dung Nguyen Waban, MA
239 44:40 7:12 110 30-39 Kerry O'Donovan Belmont, MA
254 44:52 7:14 117 30-39 Laurie Knapp Charlestown, MA
258 44:56 7:15 119 30-39 Sara Smith Cambridge, MA
282 45:34 7:21 132 30-39 Joyce Dendy Watertown, MA
xxx 45:47 Carmen Danforth
627 49:06 7:55 256 30-39 Kim Ryan Cambridge, MA
653 49:18 7:57 217 20-29 Alyssa Duffy Charlestown, MA
655 49:20 7:57 11 50-59 Dorothy Fine Boston, MA
876 50:52 8:12 21 50-59 Joyce Lyons Boston, MA
890 50:59 8:13 358 30-39 Melinda Casey Watertown, MA

Green Mt Island 1/2 Marathon, So Hero, Vt 10/17

2nd Bill Newsham 1:15:36

Baystate Half-Marathon 10/19

Greg McGowen 1:30:39
Claire Mcmanus 1:37:16 2nd master
Carmen Danforth 1:40:55
Erin Cullinane 1:58:16
Melinda Casey 1:58:40

Cape Cod Marathon, Falmouth, MA 10/25 (USATF-NE

Grand Prix)

Claire McManus 3:27:48
Jean Smith 3:48:29

Halloween Trick-or-Treat-Trot 5K 10/31

Roslindale Village, Ma
Chris Hussey 16:24 1st male
Julie Donohoe 19:21 1st female

What's Your Story?

The Wingfoot will publish your race story, so let's hear 'em. Did you PR? Did you run down that BAA rival in the final seconds of a race? How did you train? What goes through your mind when you cross the finish line?

Send your stories to:

Attn: Wingfoot Express
Greater Boston Track Club
P.O. Box 183
Back Bay Annex
Boston, MA 02117

Editor prefers email, so you can send your piece to erin@bri-dge.com in a text file (word 6.0 or higher) or in the body of your email. You can also mail me a floppy (DOS formatted).

Please include your name, email address (if applicable) and a telephone number. You may also include a brief bio.

Each issue is published bi-monthly on the first of the month (with the exception of this issue : -)

Submissions must be received by editor at least seven days prior to the 1st day of the month of publication. If you have questions, feel free to call me at 508 357-5106 during the day.

Erin Cullinane
Editor

No Relief at Cape Ann

By David Allen

If you're a runner like me who has problems racing in warm and humid conditions, the summer of 1998 turned out to be one of the toughest in years. I chose to compete judiciously, entering only a handful of races during what can be an unpropitious season of the year to run fast times. However, every race I entered this summer ended up being invariably hot, steamy affairs that tended to sour my outlook on racing, leaving my running log barren of worthy times. The Marathon Sports 5-miler and the Yankee Homecoming 10-miler in particular come to mind as two events where torrid summer air made running difficult at any pace. At those races, I found merely completing warm-ups a challenge. As the summer progressed, it became apparent that any chance to run fast might be postponed until fall.

I hoped the Around Cape Ann 25K race would offer an early opportunity to break my discouraging attitude toward racing that developed from the relentless summer humidity. My previous three races at Cape Ann had been positive experiences despite what might be considered a tough distance over an arduous, hilly course. My prior outings at Cape Ann had also been accompanied by favorable running conditions: either a little cool, overcast and murky, or like in 1995, sunny and dry with refreshing ocean breezes. But the weather for the 1998 edition, while not excessively warm, proved exceedingly humid; ambient air settled on the region just in time for the race. I was determined, however, not to be foiled by Mother Nature for this race, my final race of the summer.

In the early stages, I, along with the leaders, went out at a conservative pace. I descried team member Jim Pawlicki, who quickly seized the lead and who pulled the pack through the tight twists and turns of the start. After the first mile, I looked ahead to the increasingly strung out pack and saw the red GBTC singlets

of Jim Pawlicki, Jesse Darley, Arnold Seto and John Blouin not far from the leaders. Turning to teammate Jim Reardon, I lamented the humid conditions that were starting to become an issue for me. Refusing to let up on the pace, I ran down a dozen or so runners in the middle miles. By mile eight, Seto and Blouin were coming back to me and I finally caught them near eleven. The three of us rolled along with Pawlicki coming back into view. After twelve miles, the pace, the hills and the humidity started to take their toll. Seto and Blouin steadily pulled away. Pawlicki faded from my view and Darley, I assumed, was probably near the finish. The final two and a half miles were ugly, but no runners came back on me before I shuffled across the finish line.

While most runners probably had a tough go at it, I couldn't help but feel beaten one last time this summer by Mother Nature and beat up by the hilly terrain around Cape Ann. While the student in me says to chalk up Cape Ann and all of the other heat and humidity impaired performances of this summer as valuable learning experiences, the competitor in me seeking swifter times says that, like a bad marathon, they're better off forgotten.

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