



The Wingfoot Express

March 2010

Newsletter of the Greater Boston Track Club
"New England's National Representative"

www.gbtc.org

From the President

By Bruce Davie

With the possibility of Spring in the air, and Spring road racing under way, I found myself thinking about the role of seasons in training and competition. One of the challenges for post-collegiate runners in the U.S. is the plethora of choices we have, regarding when and where to compete. (This, I suspect, is less of an issue for jumpers and throwers, who probably wish they faced this challenge). To take my own case as an example, I really like indoor track, and I made quite an effort to train specifically for the mile and 3k during the fall and early winter. But as January rolled around, with my track competitions heating up, I couldn't help thinking about the upcoming spring road-racing season. The USATF-NE schedule isn't kind to people who have focused on the mile; the first two races of the year are 10 and 13 miles long, and there's barely a gap from the last indoor track meet to the first road race of the Grand Prix. Probably my toughest weekend of the season was in early January, when I followed up a disappointing mile race on Saturday with a 15 mile run in a snowstorm on Sunday. Well, I thought, given how badly that mile went, I may as well start getting the long runs going to prepare me for road race season. I think it took me about two weeks to recover from that long run.



Just about every book I have ever read on running (and that's a pretty long list) works on the idea of seasonal training. I don't think anyone seriously argues that you can stay in peak shape year round, never mind being simultaneously in peak shape for both the mile and the half marathon. But the fact is, there is always a race coming up in the next few weeks or less, and that's only the very small subset that we consider "important" – the USATF-NE Grand Prix, the major indoor and outdoor track meets, the cross country season. It's all too easy to slide from one season to the next without ever having any down time or build-up phase. Speaking for myself, the only time I seem to do true seasonal training is when I get injured – hard to avoid doing a buildup phase if you're building up from nothing – or when I do a marathon. It seems that it shouldn't require either of these draconian steps to build some seasonality into one's training.

The marathon is far from my favorite event, but one thing I really do like about it is the way it focuses the mind during training. Because one normally selects a marathon several months in advance (especially now that they all seem to fill up that early) and most of us can only manage one marathon per season, your training has to be focused towards that one day. You can't try to peak for the marathon and then run a good mile race the next week (well, you can try, but I don't recommend it).

So, what am I getting at here? That we should all run marathons? Certainly not (that's a topic for another day, but how I wish the non-running public had half as much appreciation for the other events in our sport as they do for the distance that killed Pheidippides). First, I really like the idea of setting seasonal goals – typically one or two races towards the end of a season – and training for them. (You may want to dig out Laura Hayden's article on goal-setting from a recent Wingfoot.) This may imply "training through" some non-goal competitions as you lead up to the peak, or not racing every weekend in track season (I've noticed coach Dave often recommends a weekend off now and again). In spite of my tendency to get distracted by other things, it really helped my focus to set my sights on one meet at the end of the indoor season – the Reebok Boston Indoor Games, chosen because their qualifying standard for the old men's mile happens to be right around my best times of recent memory.

A second point is that your goals may not necessarily be the same as everyone else's. This may mean that you need to talk with your coach to figure out how your workouts can be best suited to your current goals, rather than just assuming that the coaches know what you need and will prescribe it. When Tom asks for your "complexities", this is actually an invitation to discuss these sorts of things with him. It's also worth looking around to see who else might have similar goals – I found quite a crowd of guys looking to run the same mile times as me this winter – and figure out ways to help each other, and not just on Tuesday nights. I find even just swapping emails about workouts can be helpful. One of the many things I like about our club is that there is such a large body of knowledge and experience embedded in our membership, and it's definitely worth finding ways to tap into that experience. I, for one, am full of opinions and advice that I'll share with anyone who gives me a chance. We're lucky to be surrounded by a team of people who both share our passion for the sport and have a complementary set of experiences from which we can learn.

Men and Women clinch USATF-NE Championship titles

GBTC men and women once again took the team titles at the USATF-NE Indoor Track and Field Championship at Harvard University on Feb. 21. The dominating performances kept the team competition at bay, while the women earned 44 points and the men 60 points. GBTC was led by Allison McCabe's U.S. National Championship-qualifying run and win in the 1,500m at 4:29:44. Other first place finishes for GBTC included winning 200m races for both the women and men – Dacia Taylor-Samuels in 25.34 and Hafiz Greigre in 22.01, respectively. The men's 4x440yd relay took home first in a time of 3:29:78.

A Conversation with U.S. Indoor Nationals qualifier Allison McCabe

Though five-year GBTC member Allison McCabe may have found her own way to Coaches Tom and Dave eventually, the team can thank fellow GBTC-er Sara O'Brien for planting the seeds of red and black in her mind to begin with. Since joining the team, McCabe has set a consistent, torrid pace in racking up top finishes during her GBTC tenure, but perhaps none as exciting as her USATF-New England 1,500 meter win, PR and qualifier for the U.S. National Indoors meet held Feb. 28 in Albuquerque, NM. She spoke with the Wingfoot about her unexpected accomplishment and her plans for future ones to follow.

Wingfoot: How did you first get into running?

Allison McCabe: I started way back in high school. Freshman year, I did indoor track. Since I've started, right away I've loved it. I went to high school in Reading with Sara O'Brien. I remember thinking I wanted to be fast like her.

WF: Why did you take so quickly to running?

AM: I always liked playing sports. I liked how running is more individual. I feel like I never got any playing time in team sports – I was too quiet. I was always mad when I had to sit on the bench.

WF: How did you get into post-collegiate competitive running?

AM: I moved to New York and joined the Central Park Track Club. That's when I realized there were track races after college. Ever since then, I've been consistently training. I remember when I was running for Central Park, I saw Sara O'Brien at the Penn Relays, and she said she was running for GBTC. I told her I would join if I moved back.

WF: Tell us about your incredible Nationals qualifier, in which you ran 4:29 at USATF-NE, and the preparation for it.

AM: The qualifying standard was 4:30, but I hadn't really been close to it for two years. I've been in a slump. I started varying my training a bit during cross country. By the time I started indoors, I was feeling a lot more comfortable. I was running more tempo runs, more fartleks, longer intervals... Sometimes, I focus so much on the bigger meets and get so nervous. After the Terrier and Valentine Invitationals were done, I felt more relaxed.



I originally wanted to run the mile, but the Central Park Track Club girls wanted to qualify for Nationals [in the 1,500m]. I was going to go wherever the competition was. I didn't care about Nationals because I didn't think I would qualify.

WF: How was your experience racing at Nationals?

AM: I haven't had that much experience in such a tactical race – running in a huge pack, 15 people and being in the back, especially when I know half the people have run much better. I hope if I'm in a situation like that going forward, I won't be intimidated.

WF: What is your goal (for this season or in general)?

AM: One of my goals is to become good at a range of events. I want to run a good 800 and a good 5k. I have a pretty weak 5k. My end-of-season goal is the 1,500. My focus is on Club Nationals. The winning time is usually around 4:25 or 4:26, so I would like to lower my time and be up there.

WF: What is your proudest accomplishment in running?

AM: Just keeping it up and being consistent in running – the fact that I'm still doing it.

Allison McCabe ran 4:46:39 at U.S. Indoor Nationals in Albuquerque, NM, on Feb. 28. She ran her longest race yet, a 10,000m, at Northeastern University's Husky Spring Open on March 20, winning in a time of 36:59:29.

Masters dominate end of indoor track season

Just as the young 20-somethings closed out the indoor season at the USATF-New England Championship (and U.S. Indoor National Championship for Allison McCabe), the 30-, 40-, and 50-year olds hit their peak and showed that a few years of added wisdom are handy tools on the racetrack, in the shotput circle, and in the jumping pit.

In early March, sprinter Sarah Lawson traveled to Kamloops, Canada to compete in the World Masters Championships in the 60m, 200m, 400m and the 4x200m relay. Running in the 45-49 age group, she ran 8.56 in 60m final to finish just shy of the medal stand in fourth place. A 28.70 in the 200m earned Lawson a fifth place finish in the finals. On the final day of the championships, Lawson ran herself into a multi-medalist position for GBTC and the U.S. Running 64.76 in the 400m, she earned a silver medal. Her lead-off leg in the 4x200m relay brought the U.S., and Lawson, a finish time of 1:55.79 and a gold medal.

At the U.S. National Masters Championships, several GBTC athletes ran, threw and jumped away with medals. Gold medalists included the men's 4x400m relay (3:43.18), consisting of David Cahill, Dave Callum, Jim Watts, and non-club member Rodney Zook; Sean Earle, 30-34, with his 1.80m (5-10.75) high jump; Christine Kloiber, 30-34, with her 4.92m (16-1.75) long jump; Richard Harrison, 35-39, with his 15.80m (51-10) shot put; and

Everad Samuels, 50-54, with his 23.58 second run in the 200m. Dave Cahill, 30-34, picked up a silver medal in the 800m with a season best 2:00:67. And GBTC athletes brought in a boatload of bronze medals with Sarah Lawson, 45-49, picking up a third-place finish in the 60m in 8.55, as well as the 400m in 64.51; Wayne Burwell, 30-34, running 7.25 in the 60m; Everad Samuels, 50-54, hitting the 60m tape in 7.41; and Dave Cahill finishing the 400m in 52.75.

How to be a rock star track fan

By Rod Hemingway

You see it. Gobs of people cheering for the runners in the mile. Cheering from the comfort of the stands. You root right along with everyone else along the home stretch, leaving the back stretch barren. You yell “run” “keep it up” and “good job.” You don’t see it too. You don’t see the long jumper on the far side of the track who just made a kangaroo look bad. You don’t see the hammer thrower who heaves the implement into the next town. The point of this article is to transform your considerable cheering talents into rock star status, supporting the entire cast of athletes that Greater Boston has to offer. It is not to say that I don’t appreciate being told to “run faster” or to “stay with him”, but rock star fans can offer something with more depth, don’t you think?

Cheering for and supporting runners:

- **Sprints:** It is my experience that the short sprints (e.g., 55m, 100m, 200m, 400m) require significant “psych up” periods. Because these events rely so heavily on adrenaline, it seems reasonable a rock star cheerer would do the majority of their cheering near the start *before* the race goes off. Help the athlete in their pre race psych up period. Cheer, yell supportively like “This race is all yours” or “You got this” or “Your strides look awesome” – whatever comes to mind. There will be plenty of people to scream for them during the actual race, but few key into this critical pre-race time.
- **Mid and long distance:** Adrenaline is useful, but not too much adrenaline. Keeping a calm demeanor for the sake of the long distance runner before the race is crucial. Position yourself in a location away from the roar of the crowd, so the athlete can actually hear you. I always like the back stretch. Whatever location, be sure to be a productive cheerer. Offer the positioning of competition: “Kathy is 10 meters behind you” or “You are only 3 seconds behind.” If they look too tense in their arm carry suggest they drop their arms to relax.

Cheering for jumpers:

- For any jumper, timing is paramount in the approach. The cadence of their approach is different depending on stride length, speed, etc. Only clap in unison for jumpers if they themselves encourage it. Let them lead you in the clapping to get the right timing. The clap should sound at the moment each foot hits the ground.
- Get out of your seat and go over to the jumping areas. Cheer for our athletes from near their competition areas, not way up in the stands or from across the track. We have some world-class jumpers on this team. Watch them up close. Also, cheer for them loudly and supportively *before* they actually take off on their approach, much like the sprinters.

Cheering for throwers:

- Throwers thrive on intense cheering before they step in the circle. Do all you can to encourage that intensity. Rarely will a thrower request that you not do this. Cheer first, and if they want you to stop, they will let you know. Cheering should be quelled when they are about to begin their spin, but then explodes again as soon as the implement is tossed, put, heaved, or thrown. Throwers do not get much love from the general track fan, but I have never figured out why. It is fantastic to watch, with the nuances of technique separating a 200-foot javelin thrower from a 170-foot thrower. It is ultimate drama to witness two 250-lb men, like human cannons, propel a 16-pound shot put to within 2 cm of each other.

In summary, become a more dynamic track fan and supporter by incorporating a few of these suggestions into your next venture to the track. No doubt the athletes will appreciate it. Let’s make the best track club in New England an even better club through intra-club support at our competitions. Let’s show the casual track fan what it means to be a Rock Star Track Fan.

South End serves up sustenance for runners’ appetites

By Kate Goldstein

Ever since moving away from Austin, Texas, a few months ago, all of my wild running desires have been fulfilled in Boston save one: the running store. In Austin, my home base was Rogue Equipment, a hip store with wonderful and warm people, great training groups and large kegs of beer for thirsty runners. Far away from everything I knew as the “Yank,” I spent more time at Rogue than, well, home. That balance between good training, great products, knowledgeable staff members, aesthetics and a feeling of comfort and ease is a tough balance to achieve within a retail store.

As you might guess, I write this having found the store. If you're running to Reggie, it's in a prime location right on Tremont Street, about a mile to the East. South End Athletic Company, at 652 Tremont, opened its doors in late October last year. The guys behind it all are two Boston College track grads – Dan Fitzgerald and Justin Burdon – who roomed, ran and drank together in their college years. A little bit older, and a little bit wiser, the friends opened the store with the belief that athletics can feel good and look even better. The store is beautiful. Crisp, organized and clean looking; it sells only what you might have to dig for in a larger store. And there's always good music playing.

They sell a large range of brands for both getting to your workout, and for running it. Dan's a surfer and worked as a sales rep for Quiksilver before co-founding the store. So, you'll find a little mix of SoCal with your South End. They stock shoes in neutral, stability and motion control from Asics, Brooks, Saucony, Mizuno, and New Balance. With respect to clothing, they've got the standard brands along with a great selection of North Face, Quiksilver and, soon to come, Puma. Dan and Justin also carry their own branded super-soft hoodies and T-shirts and a great selection of accessories: sunglasses, watches, yoga mats, socks, backpacks, water bottles, hydration belts and headphones.



If you come in once, Dan and Justin will know you by name on your second visit. They are deeply rooted in the South End culture and neighborhood despite their few months in business. You'll probably find the bartender from next door talking about his newfound love of running around the block. Or, you'll find elite athletes looking for someone who actually knows his stuff and will take the time to know you.

On Thursdays, Dan and Justin lead groups of locals for fast-paced track workouts or hills, and on Saturday's long runs through their favorite stomping grounds. On Thursdays, they stay late for beer and wine after the workout, turn up the music and remind you why you started running in the first place.

From the GBTC Archives

GBTC was founded in 1973 when six local college graduates asked coach Bill Squires to help them create a running club for track athletes to continue running after graduation. The club achieved immediate success in the 1970s, including winning multiple national cross-country and road racing titles, placing four of the top 10 at the 1979 Boston Marathon, and scoring a record low 26 points at the national cross-country championships.

To understand and appreciate the rich history the team has in U.S. club athletics, the Wingfoot will feature excerpts in each issue from team newsletters dating back to 1978. All spelling and grammar use has been taken verbatim from the archived newsletters. To view more GBTC newsletters from the vault, visit www.gbtc.org/wingfoot/.

March 1978:

".....Once each day, at about the same time and about for the same length of time each day, I quietly go out of my mind. I leave my rational mind for an hour and spin out."

From the Long Run Solution by Joe Henderson

It was certainly not the most conducive of New England winters to spin out for an hour or so each day as Joe Henderson would have liked us to do, but it appears so far that most of us have made it through the snowbound months in relatively good shape. At least this is the feeling I get after seeing the excellent early season race results. More on this later.

I'm sorry the last newsletter took a little while to reach all of you, but it was sent third class mail which is not the swiftest form of mail delivery. From now on I'll limit the newsletter to six pages (both sides) and send it first class, one 13 cent stamp.

Yes there has been a lot happening since the last mailing of the newsletter. Oh yes, before I forget, What about a name for the newsletter? Drop me a line with some suggestions. Perhaps we can have something before the next mailing.

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Uniform Update

I'm sure you will be glad to know that after lengthy debate the board of directors has decided that the standard club uniform will consist of a white nylon singlet (Red Lettering) and red shorts. It appears that the uniforms will be available prior to the Boston Marathon. When we receive the order everyone will be notified when and where the uniforms will be available.

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Spring Time at Boston College

Provided the ice and snow has melted and the track is clear, we're going to aim for Tuesday April 4th as a starting date for spring track workouts at Boston College. For now the workouts will be scheduled for Tuesday and evenings beginning between 5:00 and 5:30 PM. Everyone is invited to workout on the track no matter how slow or fast you wish to run.

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The latest stats out of Track & Field Newsletter show Bill Rodgers holding down 5th place in the All Time U.S. 10,000 meter list (28:04.4). I have a feeling that this may change during the summer. Also, congrats to Bill on super victories in Florida, Atlanta, Cincinnati and Holyoke. Bill and Randy Thomas are now off to Scotland to Compete in the International Cross Country Championships. One sad note, club member Dan Dillon had to miss the meet due to illness.....A stellar performance at the National AAU indoor Track & Field championships by Randy Thomas as he captured a fifth place in the three mile (13:21.2).....Kudo's to John Berit for a fine fifth place (2:42:38) at the Brockton Marathon. John also finished 56th at the National AAU 20 Kilo.....Speaking of marathoning, the Lowell Classic produced quite a few PR's. Among them our V.P. Tom Grilk (2:54), John McGrath, (2:41) and in her first marathon, Our Secretary Sue Lupica finishing with a fine 3:23 performance. All are now on their way to Boston.....

.....Try to ignore the typing and spelling errors and perhaps the newsletter will be a little more enjoyable.

More before the BAA Marathon

Larry Newman

The Athlete's Kitchen

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Figuring Out Your Sports Diet: Tips for Label Readers



If you are like many runners, you feel totally confused about what to eat. You listen to a plethora of nutrition experts, read food labels, and then try to piece the information together to build a better sports diet. Yet, you end up with lots of questions, like what percent of calories should come from carbs, protein and fat: 40-30-30% or 60-15-25%?

According to the American Dietetic Association's Position Stand on Nutrition & Athletic Performance, percentages are not the way to calculate a sports diet. Here's one example why:

- If you are a trying to drop five pounds to be lighter for a race and are eating only 1,600 calories a day, 10-15% of calories from protein translates into 160-240 calories of protein. That's the equivalent of 40-60 grams protein. (There are 4 calories/gram protein.) That's way too little. The runner who weighs 140 lbs. would need almost double that amount, because dieting athletes should target about 0.8 grams protein per pound of body weight (1.7 g pro/kg).

Assessing your diet

Instead of getting overwhelmed by percentages of calories, I suggest you envision a dinner plate. The goal is for 2/3 to 3/4 of the plate to be filled with carb-based foods (such as brown rice and broccoli) and 1/4 to 1/3 filled with a protein-rich food (such as a piece of fish). The plate-method is far easier than calculating grams of carbs, protein and fat!

But, if you are curious about your food intake and want to learn more about what you eat, you can track your diet on websites such as www.MyDailyPlate.com, www.fitday.com or www.sparkpeople.com. One critical key when assessing your diet is to weigh and measure your food so you know exactly how much you actually eat and not just guess. (Hmm. I guess that's about 1 cup of oatmeal...) Be honest now; people tend to

change what they eat when they have to record it. Be sure to include the Munchkin someone brought into the office, the Hershey's Kiss from the candy jar, the French fry you snitched....

By tracking your intake for three or four days, you'll get a good snapshot of your training diet. Ideally, a runner who routinely trains hard wants to consume about:

- 2.5 to 4.5 gram carbohydrate/lb body weight (6 to 10 g/kg)
- 0.5 to 0.8 gram protein/lb body weight (1.2 to 1.7 g/kg)
- the rest of the calories from fat (no less than 20% of calories from fat)

If you are consuming more than 2,000 calories of day from primarily nutrient-dense food, a diet analysis will help you discover you likely consume abundant vitamins and minerals—and get more than 100% of the Daily Value. (This may lead you to question if you actually need that vitamin pill after all!)

Making sense of information on food labels

Here are some food label questions runners ask me about the carbs, protein and fats in their diets. Perhaps this information will help address your confusion as well.

- Q.** Is it OK to have 2% milk (with 5 grams fat) on my cereal instead of watery skim milk (with 0 grams fat)? It tastes better and is more satisfying.
A. Yes, as long as you budget the rest of your day's fat intake. That is, if you enjoy 2% milk on cereal, then simply choose less mayo, cheese and fatty foods at other meals. Even dieting runners should consume at least 40 grams of (primarily healthful) fat per day.
- Q.** Should I avoid peanut butter because it has 16 grams of fat?
A. No! About 25% of your calories can appropriately come from fat. That means the typical female runner can enjoy 600 calories (~65 grams) of fat per day. Peanut butter can easily fit within your fat-budget. Plus, peanut butter's fat is health-protective. People who enjoy peanut butter and nuts five or more times a week reduce their risk of heart disease and diabetes by more than 20%. Perhaps you want to enjoy peanut butter twice a day?!

- Q.** The label says 2 tablespoons of Skippy peanut butter has 3 grams of added sugar. Isn't that bad?
A. Three grams of sugar equates to 12 calories of sugar. This is far less than the jelly that goes on a PB&J sandwich, as well as a fraction of the sugar in sports drinks and jellybeans. A standard guideline is 10% of calories can come from refined sugar. That equates to about 240 to 300 calories (60-75 grams) of sugar for most runners. You can choose how you want to spend those sugar-grams.

- Q.** Should I avoid orange juice because it has too much sugar?
A. All the calories in orange juice come from sugar, but along with that (natural) sugar, you get abundant vitamin C (to boost your immune system), potassium (to protect against high blood pressure), folate (to protect against birth defects) and numerous other health-protective nutrients. The sugar in orange juice (and any type of sugar, for that matter) fuels your muscles. The nutrients that accompany that natural sugar are like spark plugs and help your body's engine run stronger.

While eating the whole orange is preferable to drinking the juice, any form of fruit is better than none. That is, if you aren't going to make time to peel an orange, grabbing a glass of OJ for a morning eye-opener is a handy alternative—and is far preferable to grabbing just a coffee-to-go.

- Q.** The label on my protein bar says it contains 20 grams of protein. How many of these bars should I eat in a day?
A. What makes you think you need any protein bars at all? Most hungry runners get the protein they need through normal meals and snacks. Consuming excess protein is a needless expense for most athletes.

Athletes who might benefit from protein bars include vegetarians, dieters or college students who eat limited meat from the dining hall. If that's your case, track your protein intake by using the websites mentioned above to see if your protein intake comes up short. If it does, make the effort to eat extra Greek yogurt, tuna or cottage cheese—excellent sources of protein with a lower price (and better taste).

- Q.** How many grams of protein should I eat in a day?
A. For most runners, I recommend 0.5-0.8 grams protein/lb body weight (1.2 -1.7 g/kg). This equates to a moderate serving of protein-rich food at each meal (such as milk on breakfast cereal, sandwich at lunch, yogurt for a snack, fish for dinner.) Even if you want to build muscle, your need for additional carbs to fuel the heavy lifting is higher than the need for extra protein. Be sure to enjoy carb-protein combinations that allow you to fill up on carbs and enjoy protein as the accompaniment. Filling up on primarily protein will leave your stomach full but your muscles unfed. That means, recover with a fruit-yogurt smoothie instead of a protein shake!

Reference:

Position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance. *J Amer Diet Assoc* 109(3)509-527.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). For help balancing your diet, read her Sports Nutrition Guidebook and food guides for new runners, marathoners, and cyclists, available at www.nancyclarkrd.com. See also sportsnutritionworkshop.com.

2010 Grand Prix Road Racing Series

Sun., Feb. 28: Jones Realty Group 10 Mile, 10M, Amherst MA

Sun., Mar. 21: New Bedford Half Marathon, 13.1M, New Bedford MA

Sat., May 22: Bedford Rotary Memorial 12K, 12K, Bedford NH

Sun., June 6: Rhody 5K (MEN ONLY), 5K, Lincoln RI

Sun., July 18: Stowe 8 Miler, 8M, Stowe VT

Sat., Aug. 14: Bridge of Flowers 10K, 10K, Shelburne Falls, MA

Sun, Oct. 3: Providence Ronald McDonald House Women's Classic (WOMEN ONLY) 5K, Providence, RI

Sun., Oct. 17: Bay State Marathon, 26.2M, Lowell, MA

CURRENT STANDINGS, after two races: Men – 3rd place; Women – 2nd, 11 points

(Tentative) Outdoor Track Meet Schedule

*Local team meets.

**Club-focused meets.

April

03 *Jim Sheehan Memorial, Fitchburg State College
03 UNH Wildcat Invitational, Durham, NH
01-03 Florida Relays, Gainesville, FL
01-03 Duke Invitational, Texas Relays, Stanford Invite
01-03 Auburn Tiger Invite, UCLA Invite, NC A&T Relays

10 *UML George Davis Invitational, Lowell, MA
10 Hurricane Alumni Invitational, Coral Gables, FL
07-10 Sea Ray Relays, UTenn, Knoxville, Tennessee
10-11 Spec Towns Invite, Athens, GA

17 *Solomon Husky Invitational, Northeastern, Dedham, MA
17 *Eric Loeschner Memorial, Fitchburg State College
17 *UConn Spring Invitational, Storrs, CT
18 NY Relays, Icahn Stadium, Randall's Island, NY
15-17 Mt. Sac Invitational, Walnut, CA
16-17 Larry Ellis Invitational, Princeton, NJ
16-17 LSU Alumni Gold, Baton Rouge, LA

22-24 **Penn Relays, Philadelphia, PA (Thursday-Saturday)
22-24 Drake Relays, Des Moines, IA
25 *Brown Invitational, Providence, RI (Sunday)

May

01 Payton Jordan Cardinal Invitational (Elite), Palo Alto, CA

07-08 *NYC Qualifying Challenge, Icahn, Randall's Island, NY
07 N.C. Fast Times Invitational, Chapel Hill, NC
07-08 Orange and Purple Classic, Clemson, SC
08 Oregon Twilight, Eugene, OR

15 *High Performance Series, UML, Lowell, MA
11-12 Deacon Combined Events, Winston-Salem, NC
14-15 Georgia Tech Invite, Atlanta, GA
16 N.C. Elite, Chapel Hill, NC

22 *High Performance Series, Bentley, Waltham, MA (TENTATIVE)

29 (Holiday Weekend)--??

June

05 *High Performance Series, Bentley, Waltham, MA (TENTATIVE)

12 Adidas Grand Prix, Icahn, Randall's Island, NY
13 **USATF New England Open/East Region Championships, (Tent. Regis College)

19 *High Performance Series, Bentley, Waltham, MA (TENTATIVE)

23-27 **USATF Outdoor Nationals, Drake, Des Moines, IA

July

03 Prefontaine Classic, Hayward Field, Eugene, OR

09-10 **USATF CLUB NATIONALS, San Francisco State, CA

Recent Performances

Indoor Track and Field 2010

This is a list of track and field performances by athletes representing the club in meets for the season to date. The name of each event is followed by the club record for that event on the same line, and then the club performances on following lines. (*indicates under existing record.)

DUDES

55m (Stan Egbor, 6.29, 2003)

Kyle Williams, 6.56, Terrier Invitational 1/30/10
Kyle Williams, 6.57, Valentine Invitational 2/13/10
Christian Tirella, 6.66, Jay Carisella Invite 12/5/09
Christian Tirella, 6.67, Jay Carisella Invite 12/5/09
Wayne Burwell, 6.92, Valentine Invitational 2/13/10
Chris McConnell, 7.41, Valentine Invitational 2/13/10 (masters)
Dan Kelly, 7.83, Valentine Invitational 2/13/10 (masters)
Dan Kelly, 8.07, RCC Tiger All Comers, 1/2/10 (masters)

60m (Stan Egbor, 6.73, 2003)

Kyle Williams, 6.98, USATF-NE Championships 2/21/10
Hafiz Greigre, 7.00, Harvard Open 12/12/2009
Kyle Williams, 7.02, Dartmouth Indoor Classic 2/6/10
Kyle Williams, 7.05, GBTC Invitational 1/24/10
Hafiz Greigre, 7.06, Harvard Open 12/12/2009
Hafiz Greigre, 7.15, USATF-NE Championships 2/21/10
Everad Samuels, 7.39**, USATF-NE Championships 2/21/10 (masters)
Everad Samuels, 7.53, Dartmouth Relays 1/10/10 (masters)
Justin Musiek, 7.64, Dartmouth Relays 1/10/10
Brendan Raftery, 7.67, USATF-NE Championships 2/21/10
Brendan Raftery, 7.87, Harvard Open 12/12/2009
Chris McConnell, 7.93, GBTC Invitational 1/24/10 (masters)
Chris McConnell, 7.94, USATF-NE Championships 2/21/10 (masters)
Chris McConnell, 7.99, Harvard Invitational 1/16/10 (masters)
Chris McConnell, 8.00, Harvard Open 12/12/2009 (masters)
Dan Kelly, 8.54, GBTC Invitational 1/24/10 (masters)
Dan Kelly, 8.56, USATF-NE Championships 2/21/10 (masters)
Michael Servizio, 8.94, GBTC Invitational 1/24/10 (masters)
Everad Samuels' 7.39 was #2 in the 50-55 group for the US when run

200m (Stan Egbor, 21.24 [indoors], 2003)

Hafiz Greigre, 21.72, Valentine Invitational 2/13/10
Hafiz Greigre, 21.88, Harvard Open 12/12/2009
Hafiz Greigre, 22.01, USATF-NE Championships 2/21/10
Kyle Williams, 22.05, USATF-NE Championships 2/21/10
Kyle Williams, 22.07, Valentine Invitational 2/13/10
Kyle Williams, 22.08, Terrier Invitational 1/30/10
Hafiz Greigre, 22.55, Harvard Invitational 1/16/10
Kyle Williams, 22.69, GBTC Invitational 1/24/10
Joseph Brennan, 22.90, Valentine Invitational 2/13/10
Joseph Brennan, 23.12, USATF-NE Championships 2/21/10
Christian Tirella, 23.18, Jay Carisella Invite 12/5/09
Wayne Burwell, 23.55, Dartmouth Relays 1/10/10
Wayne Burwell, 23.65, Harvard Invitational 1/16/10
Andrew Guida, 23.84, BU Mini-Meet III 1/2/10
Nilton Gomes, 23.90, Valentine Invitational 2/13/10
Everad Samuels, 23.98, USATF-NE Championships 2/21/10 (masters)
Wayne Burwell, 24.03, Valentine Invitational 2/13/10
Andrew Guida, 24.13, GBTC Invitational 1/24/10
Coach David Callum, 24.39, Harvard Invitational 1/16/10
Brendan Raftery, 24.69, GBTC Invitational 1/24/10
Brendan Raftery, 24.82, USATF-NE Championships 2/21/10
Justin Musiek, 25.04, GBTC Invitational 1/24/10

5000m (Alberto Salazar, 13:37, 1978)

Ryan Place, 14:29.35, Valentine Invitational 2/13/10
David Bedoya, 14:49.82, Terrier Invitational 1/30/10
Matt Haringa, 14:52.19, Terrier Invitational 1/30/10
Nate Freeze, 14:59.34, Valentine Invitational 2/13/10
Ryan Place, 14:59.52, Harvard Invitational 1/16/10
Brian McNamara, 15:00.34, Valentine Invitational 2/13/10
Dan Smith, 15:09.24, Terrier Invitational 1/30/10
Eric Mendoza, 16:18.30, USATF-NE Championships 2/21/10
Tomoaki Uchiki, 16:18.40, USATF-NE Championships 2/21/10
Dan Hall, 16:59.70, USATF-NE Championships 2/21/10
Richie Heller, 17:08.44, Valentine Invitational 2/13/10

55m Hurdles (Tom Mahan, 7.31, 1981)

Nicholas Ricciardi, 8.07, Valentine Invitational 2/13/10
Nicholas Ricciardi, 8.35, Terrier Invitational 1/30/10

60m Hurdles (Hector Cotto, 7.72, 2009)

Nicholas Ricciardi, 8.73, Dartmouth Indoor Classic 2/6/10
Nicholas Ricciardi, 8.86, USATF-NE Championships 2/21/10
Francis Shen, 9.07, USATF-NE Championships 2/21/10
Francis Shen, 9.22, Harvard Open 12/12/2009

4x400 Relay (Cahill, Brennan, Tirella, Greigre, 3:17.70, 2003 [indoors])

3:17.79, C.Tirella, Marvin Lee (guest), J.Brennan, H.Greigre; Terrier Invitational 1/30/10
3:29.81, D.Cahill 52.6, A.Guida 55.4, H.Greigre 51.7, C.Tirella 50.2; USATFNE Championships 2/21/10

Distance Medley Relay (Ricciato, O'Brien, Rivera, McDonald, 9:51.2, 1976)

10:33.27, R.Place, D.Cahill, D.Chick, M.Haringa; Terrier Invitational 1/30/10
11:09.48, C.Lowe 3:27.5, J.Watts 58.0, D.Chick 2:07.0, M.Haringa 4:37.0;
USATF-NE Championships 2/21/10

High Jump (Dan Olson, 2.15, 2007)

Sean Earle, 1.83m (6-0), USATF-NE Championships 2/21/10
Sean Earle, 1.82m, GBTC Invitational 1/24/10
Nicholas Ricciardi, 1.78m (5-10.00), Valentine Invitational 2/13/10
Nicholas Ricciardi, 1.78m (5-10.00), Dartmouth Indoor Classic 2/6/10

Long Jump (Rob Tyson, 7.49, 2005)

Nicholas Ricciardi, 6.83m (22-05.00), Dartmouth Indoor Classic 2/6/10
Nicholas Ricciardi, 6.81m (22-04.25), USATF-NE Championships 2/21/10
Nicholas Ricciardi, 6.40m (21-00.00), Valentine Invitational 2/13/10
Nicholas Ricciardi, 6.20m, Terrier Invitational 1/30/10

Triple Jump (Samyr Laine, 16.72, 2009)

Nicholas Ricciardi, 12.33m (40-5.5), USATF-NE Championships 2/21/10

Brendan Raftery, 25.07, Harvard Open 12/12/2009
Chris McConnell, 25.44, BU Mini-Meet I 12/19/09 (masters)
Chris McConnell, 25.58, BU Mini-Meet III 1/2/10 (masters)
Chris McConnell, 25.82, Valentine Invitational 2/13/10 (masters)
Dan Kelly, 26.80, Terrier Invitational 1/30/10 (masters)
Dan Kelly, 27.22, USATF-NE Championships 2/21/10 (masters)
Dan Kelly, 27.28, GBTC Invitational 1/24/10 (masters)
Dan Kelly, 27.38, Valentine Invitational 2/13/10 (masters)
Dan Kelly, 27.62, Harvard Open 12/12/2009 (masters)
Dan Kelly, 27.76, RCC Tiger All Comers, 1/2/10 (masters)
Dan Kelly, 27.79, Jay Carisella Invite 12/5/09 (masters)

400m (Kevin Russell, 48.36 [indoors], 1998)

Hafiz Greigre, 49.21, Valentine Invitational 2/13/10
Christian Tirella, 49.74, Valentine Invitational 2/13/10
Joseph Brennan, 50.11, Terrier Invitational 1/30/10
Joseph Brennan, 50.38, Valentine Invitational 2/13/10
Christian Tirella, 50.59, Terrier Invitational 1/30/10
Christian Tirella, 50.62, USATF-NE Championships 2/21/10
Nilton Gomes, 50.85, Valentine Invitational 2/13/10
Joseph Brennan, 51.31, Harvard Invitational 1/16/10
Joseph Brennan, 51.59, USATF-NE Championships 2/21/10
Kyle Williams, 51.66, Dartmouth Indoor Classic 2/6/10
Francis Shen, 52.83, USATF-NE Championships 2/21/10
Andrew Guida, 53.54, Valentine Invitational 2/13/10
Andrew Guida, 53.79, Terrier Invitational 1/30/10
Coach David Callum, 54.79, RCC Tiger All Comers, 1/2/10
Wayne Burwell, 54.95, Harvard Invitational 1/16/10
Andrew Guida, 54.95, Harvard Invitational 1/16/10
Andrew Guida, 56.18, GBTC Invitational 1/24/10
Andrew Guida, 57.30, USATF-NE Championships 2/21/10
Jim Watts, 57.56, GBTC Invitational 1/24/10 (masters)
Chris McConnell, 58.20, BU Mini-Meet III 1/2/10 (masters)
Chris McConnell, 58.22, BU Mini-Meet I 12/19/09 (masters)
Chris McConnell, 59.05, GBTC Invitational 1/24/10 (masters)
Dan Kelly, 60.89, Valentine Invitational 2/13/10 (masters)
Dan Kelly, 61.38, Terrier Invitational 1/30/10 (masters)
Michael Servizio, 62.34, Jay Carisella Invite 12/5/09 (masters)
Dan Kelly, 62.42, BU Mini-Meet I 12/19/09 (masters)
Dan Kelly, 63.29, BU Mini-Meet III 1/2/10 (masters)
Dan Kelly, 63.96, GBTC Invitational 1/24/10 (masters)

600m (Leo Dunn, 1:20.8, 1976)

David Cahill, 1:25.32, Tufts Stampede 2/06/10

800m (Keith Francis, 1:50.2, 1980)

Christian Tirella, 1:59.72, GBTC Invitational 1/24/10
Doug Chick, 2:00.08, Terrier Invitational 1/30/10
David Cahill, 2:00.98, Valentine Invitational 2/13/10
Doug Chick, 2:01.40, GBTC Invitational 1/24/10
Doug Chick, 2:02.57, Valentine Invitational 2/13/10
Dave Cahill, 2:02.97, USATF-NE Championships 2/21/10
Jim Watts, 2:06.11, Valentine Invitational 2/13/10 (masters)
Jim Watts, 2:06.22, Terrier Invitational 1/30/10 (masters)
Jim Watts, 2:08.51, USATF-NE Championships 2/21/10 (masters)
Jim Watts, 2:09.01, BU Mini-Meet III 1/2/10 (masters)
Jim Watts, 2:09.10, GBTC Invitational 1/24/10 (masters)
Miles Henderson, 2:09.90, USATF-NE Championships 2/21/10
Bill Newsham, 2:10.85, USATF-NE Championships 2/21/10 (masters)
Bill Newsham, 2:15.56, BU Mini-Meet I 12/19/09 (masters)
Jim Watts, 2:16.75, BU Mini-Meet II 12/26/09 (masters)
Doug Chick, 2:18.83, RCC Tiger All Comers, 1/2/10 (seconds after running the mile)

Shotput (Richard Harrison, 17.81m, 2009)

Richard Harrison, 16.93m (55-06.50), Jay Carisella Invite 12/5/09
Richard Harrison, 16.91m (55-05.75), Dartmouth Indoor Classic 2/6/10
Richard Harrison, 16.78m (55-00.75), Valentine Invitational 2/13/10
Richard Harrison, 16.73m, GBTC Invitational 1/24/10
Richard Harrison, 16.68m (54-08.75), USATF-NE Championships 2/21/10
Richard Harrison, 16.65m, Harvard Open 12/12/2009
Richard Harrison, 16.57m, Harvard Invitational 1/16/10
35lb-Weight (Bill Haskell, 18.69m, 1979)
Bamidele Faboyede, 14.12m, Harvard Invitational 1/16/10

DAMES

55m (Dacia Taylor, 7.21, 2008)

*Casey Taylor, 7.13, Valentine Invitational 2/12/10
Dacia Taylor-Samuels, 7.38, Valentine Invitational 2/12/10
Sarah Lawson, 8.05, Valentine Invitational 2/12/10 (masters)
Sarah Lawson, 8.08, Tufts Stampede 2/06/10 (masters)

60m (Geraldine Pillay, 7.38, 2002)

Dacia Taylor-Samuels, 7.76, Dartmouth Relays 1/10/10 (final)
Dacia Taylor-Samuels, 7.82, USATF-NE Championships 2/21/10
Josette Pierre-Louis, 7.83, GBTC Invitational 1/24/10
Josette Pierre-Louis, 7.84, Harvard Invitational 1/16/10 (final)
Sarah Lawson, 8.78, Harvard Invitational 1/16/10 (masters)

200m (Dacia Taylor, 24.82 [indoors], 2008)

Josette Pierre-Louis, 25.25, BU Mini-Meet II 12/26/09
Dacia Taylor-Samuels, 25.34, USATF-NE Championships 2/21/10
Josette Pierre-Louis, 25.34, GBTC Invitational 1/24/10
Dacia Taylor-Samuels, 25.84, RCC Tiger All Comers, 1/2/10
Sarah Lawson, 28.41, USATF-NE Championships 2/21/10 (masters)
Sarah Lawson, 28.52, GBTC Invitational 1/24/10 (masters)
Sarah Lawson, 28.68, Terrier Invitational 1/30/10 (masters)
Indu Conley, 28.79, USATF-NE Championships 2/21/10
Sarah Lawson, 29.35, BU Mini-Meet II 12/26/09 (masters)
Sarah Lawson, 29.46, BU Mini-Meet I 12/19/09 (masters)
Indu Conley, 29.55, GBTC Invitational 1/24/10
Katie Hammond, 30.03, BU Mini-Meet II 12/26/09

400m (Josette Pierre-Louis, 56.47 [indoors], 2009)

*Josette Pierre-Louis, 55.72**, Terrier Invitational 1/30/10
Josette Pierre-Louis, 56.55, Valentine Invitational 2/12/10
Josette Pierre-Louis, 56.71, Harvard Invitational 1/16/10
Karen Woolley, 61.05, USATF-NE Championships 2/21/10
Alissa Nelson, 61.79, GBTC Invitational 1/24/10
Jessica Klett, 62.00, USATF-NE Championships 2/21/10
Sarah Lawson, 63.98, USATF-NE Championships 2/21/10 (masters)
Sarah Lawson, 64.37, Terrier Invitational 1/30/10 (masters)
Sarah Lawson, 64.48, Valentine Invitational 2/12/10 (masters)
Sarah Lawson, 64.64, GBTC Invitational 1/24/10 (masters)
Sarah Lawson, 64.64, Tufts Stampede 2/06/10 (masters)
Katie Hammond, 65.40, GBTC Invitational 1/24/10
Kim Lockwood, 65.51, Harvard Invitational 1/16/10
Indu Conley, 65.58, USATF-NE Championships 2/21/10
Sarah Lawson, 65.62, Harvard Invitational 1/16/10 (masters)
Katie Hammond, 66.12, BU Mini-Meet III 1/2/10
Kim Lockwood, 66.23, GBTC Invitational 1/24/10
Indu Conley, 66.56, Valentine Invitational 2/12/10
Sarah Lawson, 66.79, BU Mini-Meet I 12/19/09 (masters)
Indu Conley, 66.99, GBTC Invitational 1/24/10

Andrew Guida, 2:25.91, BU Mini-Meet III 1/2/10
Paul Murphy, 2:31.69, BU Mini-Meet III 1/2/10 (masters)

1000m (Mark Tompkins, 2:27.54, 2000)

Dave Cahill, 2:40.99, Terrier Invitational 1/30/10

1500m (Ethan Crain, 3:49, 2001)

Adam Harder, 4:33.21, Dartmouth Relays 1/10/10 (masters-46)

Mile (Jack McDonald, 4:00.9, 1974)

Ryan Place, 4:18.40, GBTC Invitational 1/24/10
Ryan Place, 4:19.81, BU Mini-Meet I 12/19/09
Brian McNamara, 4:19.86, USATF-NE Championships 2/21/10
Dan Smith, 4:23.38, Harvard Invitational 1/16/10
David Bedoya, 4:24.61, Harvard Invitational 1/16/10
Ted Breen, 4:25.15, Harvard Invitational 1/16/10
Brian McNamara, 4:25.31, BU Mini-Meet III 1/2/10
David Bedoya, 4:25.32, BU Mini-Meet II 12/26/09
Dan Smith, 4:26.09, BU Mini-Meet I 12/19/09
Matt Haringa, 4:27.20, Harvard Invitational 1/16/10
David Bedoya, 4:28.42, BU Mini-Meet I 12/19/09
Brian McNamara, 4:28.69, Harvard Open 12/12/2009
Matt Haringa, 4:28.81, USATF-NE Championships 2/21/10
Doug Chick, 4:29.06, BU Mini-Meet I 12/19/09
Doug Chick, 4:29.19, BU Mini-Meet II 12/26/09
Doug Chick, 4:30.08, USATF-NE Championships 2/21/10
Dan Smith, 4:30.79, BU Mini-Meet II 12/26/09
Ted Breen, 4:30.97, BU Mini-Meet III 1/2/10
Doug Chick, 4:32.54, Harvard Open 12/12/2009
Ted Breen, 4:34.29, BU Mini-Meet I 12/19/09
Ted Breen, 4:34.86, BU Mini-Meet II 12/26/09
Greg Johnston, 4:36.71, Terrier Invitational 1/30/10
Chris Lowe, 4:38.19, USATF-NE Championships 2/21/10
Matt Haringa, 4:38.20, BU Mini-Meet I 12/19/09
Giannis Papadopoulos, 4:38.69, BU Mini-Meet I 12/19/09
Bruce Davie, 4:39.23, Terrier Invitational 1/30/10 (masters)
Chris Lowe, 4:40.69, Valentine Invitational 2/13/10
Chris Lowe, 4:41.71, GBTC Invitational 1/24/10
John Raguin, 4:42.16, Terrier Invitational 1/30/10 (masters)
Doug Chick, 4:42.20, RCC Tiger All Comers, 1/2/10 (workout mile)
John Raguin, 4:42.43, USATF-NE Championships 2/21/10 (masters)
Dustin Barnes, 4:43.10, GBTC Invitational 1/24/10
Greg Johnston, 4:43.13, GBTC Invitational 1/24/10
John Raguin, 4:43.18, GBTC Invitational 1/24/10 (masters)
Bruce Davie, 4:43.68, BU Mini-Meet III 1/2/10 (masters)
Ian Lambe, 4:44.51, Valentine Invitational 2/13/10
Chris Lowe, 4:45.10, BU Mini-Meet III 1/2/10
Greg Johnston, 4:45.21, BU Mini-Meet II 12/26/09
Bruce Davie, 4:45.47, Harvard Invitational 1/16/10 (masters)
John Raguin, 4:45.94, BU Mini-Meet III 1/2/10 (masters)
Chris Lowe, 4:46.68, Harvard Invitational 1/16/10
Dustin Barnes, 4:47.21, Harvard Invitational 1/16/10
John Blouin, 4:47.64, Harvard Invitational 1/16/10
Ian Lambe, 4:48.60, GBTC Invitational 1/24/10
Ian Lambe, 4:48.66, Terrier Invitational 1/30/10
Adam Greenspan, 4:48.73, GBTC Invitational 1/24/10
Greg Johnston, 4:48.74, Harvard Invitational 1/16/10
John Raguin, 4:49.19, Harvard Invitational 1/16/10 (masters)
Adam Harder, 4:49.44, Valentine Invitational 2/13/10 (masters)
Max MacKinnon, 4:49.50, BU Mini-Meet I 12/19/09
Greg Johnston, 4:49.82, BU Mini-Meet I 12/19/09
Adam Greenspan, 4:49.84, USATF-NE Championships 2/21/10
Adam Greenspan, 4:50.22, Harvard Invitational 1/16/10
Ian Lambe, 4:50.22, Harvard Invitational 1/16/10

Sarah Lawson, 68.01, Harvard Open 12/12/2009 (masters)
Josette Pierre-Louis' time also breaks the outdoor record of 56.32 from 2003

500m (Caroline Ocean, 76.43, 2006)

Jessica Klett, 1:19.63, Valentine Invitational 2/12/10
Jessica Klett, 1:20.08, Terrier Invitational 1/30/10
Laura Hayden, 1:21.09, Valentine Invitational 2/12/10
Jessica Klett, 1:21.12, Harvard Invitational 1/16/10

800m (Joan Bohlke, 2:10.74 [indoors], 2003)

*Kat Warden, 2:09.64, Valentine Invitational 2/12/10
Allison McCabe, 2:19.16, BU Mini-Meet II 12/26/09
Allison McCabe, 2:19.97, GBTC Invitational 1/24/10
Jessica Klett, 2:23.01, GBTC Invitational 1/24/10
Karen Woolley, 2:24.69, Dartmouth Relays 1/10/10
Zandra Walton, 2:24.86, Terrier Invitational 1/30/10
Zandra Walton, 2:25.07, GBTC Invitational 1/24/10
Jessica Klett, 2:26.49, BU Mini-Meet III 1/2/10
Jessica Klett, 2:26.71, BU Mini-Meet I 12/19/09
Jessica Klett, 2:28.01, Harvard Open 12/12/2009
Deanna Clark, 2:28.44, GBTC Invitational 1/24/10
Deanna Clark, 2:28.83, BU Mini-Meet II 12/26/09
Katie Hammond, 2:32.30, BU Mini-Meet I 12/19/09
Alyssa Brigham, 2:33.10, BU Mini-Meet II 12/26/09

1000m (Caroline Ocean, 2:56.60, 2008)

*Allison McCabe, 2:55.65, Valentine Invitational 2/12/10
Laura Hayden, 3:08.05, Tufts Stampede 2/06/10

1500m (Joanna Veltri, 4:47.35 [indoors], 1998)

*Allison McCabe, 4:29.44, USATF-NE Championships 2/21/10
Allison McCabe, 4:39.55, NB Collegiate Invitational 2/06/10

Mile (Allison McCabe, 4:55.38, 2007)

Allison McCabe, 4:59.24, GBTC Invitational 1/24/10
Crystal Anthony, 5:13.71, Valentine Invitational 2/12/10
Scarlett Graham, 5:16.85, Harvard Invitational 1/16/10
Alyssa Brigham, 5:17.44, BU Mini-Meet II 12/26/09
Meghan Lynch, 5:18.39, GBTC Invitational 1/24/10
Alyssa Brigham, 5:21.08, GBTC Invitational 1/24/10
Ronnasia Gaskins, 5:23.41, GBTC Invitational 1/24/10
Alyssa Brigham, 5:23.85, Harvard Invitational 1/16/10
Hannah Hastings, 5:24.70, Terrier Invitational 1/30/10
Alyssa Brigham, 5:25.27, Harvard Open 12/12/2009
Alyssa Brigham, 5:25.39, Jay Carisella Invite 12/5/09
Medena Knespl, 5:26.37, GBTC Invitational 1/24/10
Zandra Walton, 5:27.21, Harvard Open 12/12/2009
Hannah Hastings, 5:32.10, Valentine Invitational 2/12/10
Katie Famos, 5:33.56, USATF-NE Championships 2/21/10
Annie Morgan, 5:35.53, Harvard Open 12/12/2009
Katie Goldstein, 6:11.36, USATF-NE Championships 2/21/10

3000m (Sara Donahue, 9:48.20, 2009)

Allison McCabe, 9:56.13, BU Mini-Meet III 1/2/10
Allison McCabe, 9:57.19, Terrier Invitational 1/30/10
Allison McCabe, 10:02.03, Jay Carisella Invite 12/5/09
Meghan Lynch, 10:14.74, Harvard Invitational 1/16/10
Amelia Bishop, 10:15.46, GBTC Invitational 1/24/10
Meghan Lynch, 10:21.25, Terrier Invitational 1/30/10
Scarlett Graham, 10:32.82, BU Mini-Meet III 1/2/10
Scarlett Graham, 10:34.04, Harvard Invitational 1/16/10
Jennifer Lee, 10:39.67, Jay Carisella Invite 12/5/09
Kate Klim, 10:43.38, GBTC Invitational 1/24/10

Bill Newsham, 4:50.34, BU Mini-Meet III 1/2/10 (masters)
 Adam Harder, 4:51.20, Terrier Invitational 1/30/10 (masters)
 Adam Greenspan, 4:51.50, BU Mini-Meet III 1/2/10
 Greg Johnston, 4:52.21, Valentine Invitational 2/13/10
 Adam Harder, 4:52.32, BU Mini-Meet II 12/26/09 (masters)
 Adam Harder, 4:52.37, GBTC Invitational 1/24/10 (masters)
 Bill Newsham, 4:52.90, USATF-NE Championships 2/21/10 (masters)
 Ian Lambe, 4:54.69, BU Mini-Meet III 1/2/10
 Adam Harder, 4:54.97, Jay Carisella Invite 12/5/09 (masters)
 Bill Newsham, 4:55.33, Jay Carisella Invite 12/5/09 (masters)
 Dave Cahill, 4:55.37, GBTC Invitational 1/24/10
 Brian Beaulieu, 4:55.65, BU Mini-Meet II 12/26/09 (masters)
 Brian Beaulieu, 4:55.88, BU Mini-Meet III 1/2/10 (masters)
 Adam Greenspan, 4:56.06, Terrier Invitational 1/30/10
 Miles Henderson, 4:56.75, BU Mini-Meet I 12/19/09
 Brian Beaulieu, 4:57.52, BU Mini-Meet I 12/19/09 (masters)
 Miles Henderson, 4:57.60, Valentine Invitational 2/13/10
 Dan Hall, 4:58.70, Harvard Invitational 1/16/10
 Adam Greenspan, 4:59.45, Valentine Invitational 2/13/10
 Miles Henderson, 4:59.60, GBTC Invitational 1/24/10
 Jim Watts, 4:59.71, BU Mini-Meet II 12/26/09 (masters)
 Dan Hall, 5:01.04, BU Mini-Meet III 1/2/10
 Rodney Scott, 5:01.22, USATF-NE Championships 2/21/10
 Rodney Scott, 5:01.80, Valentine Invitational 2/13/10
 Bill Newsham, 5:03.18, BU Mini-Meet II 12/26/09 (masters)
 Max White, 5:07.29, USATF-NE Championships 2/21/10
 Rodney Scott, 5:09.11, BU Mini-Meet III 1/2/10
 Max White, 5:09.16, GBTC Invitational 1/24/10
 Rodney Scott, 5:10.44, Harvard Invitational 1/16/10
 Jim Watts, 5:10.68, BU Mini-Meet I 12/19/09 (masters)
 Brian Hare, 5:15.25, GBTC Invitational 1/24/10 (masters)
 Rodney Scott, 5:16.58, BU Mini-Meet I 12/19/09

3000m (Bruce Bickford, 8:04.0, 1980)

Ryan Place, 8:22.47, Terrier Invitational 1/30/10
 Nate Freese, 8:23.68, Terrier Invitational 1/30/10
 Brian McNamara, 8:32.62, GBTC Invitational 1/24/10
 Dan Smith, 8:34.08, GBTC Invitational 1/24/10
 Matt Haringa, 8:35.88, Valentine Invitational 2/13/10
 Ted Breen, 8:35.95, Terrier Invitational 1/30/10
 Dan Smith, 8:36.86, BU Mini-Meet III 1/2/10
 Dave Bedoya, 8:38.05, GBTC Invitational 1/24/10
 Nate Freese, 8:41.08, BU Mini-Meet III 1/2/10
 Brian McNamara, 8:43.34, BU Mini-Meet I 12/19/09
 Matt Haringa, 8:43.73, BU Mini-Meet III 1/2/10
 Ted Breen, 8:44.68, BU Mini-Meet III 1/2/10
 Ted Breen, 8:48.82, BU Mini-Meet I 12/19/09
 Ted Breen, 8:50.11, BU Mini-Meet II 12/26/09
 Matt Haringa, 8:57.27, GBTC Invitational 1/24/10
 Kevin Somers, 9:03.30, Jay Carisella Invite 12/5/09
 Rob Espinosa, 9:05.20, BU Mini-Meet I 12/19/09
 Bruce Davie, 9:19.15, BU Mini-Meet I 12/19/09 (masters)
 Chris Lowe, 9:20.27, Terrier Invitational 1/30/10
 Eric Mendoza, 9:23.61, Valentine Invitational 2/13/10
 Dan Hall, 9:25.95, Terrier Invitational 1/30/10
 Tomoaki Uchiki, 9:28.75, GBTC Invitational 1/24/10
 Tomoaki Uchiki, 9:30.83, BU Mini-Meet II 12/26/09
 Chris Lowe, 9:33.87, BU Mini-Meet I 12/19/09
 Dan Hall, 9:34.56, Valentine Invitational 2/13/10
 Dan Hall, 9:35.26, BU Mini-Meet III 1/2/10
 Dan Hall, 9:37.15, GBTC Invitational 1/24/10
 Dustin Barnes, 9:37.43, BU Mini-Meet III 1/2/10
 John Raguin, 9:37.45, BU Mini-Meet I 12/19/09 (masters)
 Chris Lowe, 9:40.71, Harvard Open 12/12/2009

Jane-Marie Ovanin, 10:48.08, GBTC Invitational 1/24/10
 Katie Famous, 10:48.60, BU Mini-Meet III 1/2/10
 Katie Famous, 10:50.48, GBTC Invitational 1/24/10
 Katie Famous, 10:54.67, BU Mini-Meet I 12/19/09
 Christy Bonstelle, 11:20.72, BU Mini-Meet I 12/19/09
 Kristen Schleicher, 11:24.04, USATF-NE Championships 2/21/10
 Christy Bonstelle, 11:30.04, BU Mini-Meet III 1/2/10

5000m (Sara Donahue, 16:44.26 [indoors], 2009)

Sara Donahue, 17:25.50, Harvard Invitational 1/16/10
 Scarlett Graham, 17:52.87, Terrier Invitational 1/30/10
 Amelia Bishop, 18:02.71, Valentine Invitational 2/12/10
 Meghan Lynch, 18:03.11, Valentine Invitational 2/12/10
 Amelia Bishop, 18:12.51, Jay Carisella Invite 12/5/09
 Crystal Anthony, 18:19.90, USATF-NE Championships 2/21/10
 Kate Klim, 18:26.27, Valentine Invitational 2/12/10
 Scarlett Graham, 18:29.06, Valentine Invitational 2/12/10
 Kyle Lynn McQueen, 18:39.61, Valentine Invitational 2/12/10
 Kyle Lynn McQueen, 18:40.07, Jay Carisella Invite 12/5/09
 Kate Klim, 18:40.68, Jay Carisella Invite 12/5/09
 Katie Famous, 18:45.32, Terrier Invitational 1/30/10
 Sarah Milby, 19:06.00, USATF-NE Championships 2/21/10
 Jane-Marie Ovanin, 19:07.20, USATF-NE Championships 2/21/10
 Christy Bonstelle, 19:10.86, Harvard Invitational 1/16/10

60m Hurdles (Tiana Riel, 8.85, 2009)

Karen Woolley, 9.21, USATF-NE Championships 2/21/10
 Karen Woolley, 9.29, GBTC Invitational 1/24/10
 Deanna Clark, 12.20, GBTC Invitational 1/24/10

4x400 (Lee, Cullina, Hayden, O'Brien, 4:03.02y, 2006)

*3:55.84, A.Nelson, K.Woolley, T.Fletcher, J.Pierre-Louis; Terrier Invitational 1/30/10
 *3:58.10, J.Pierre-Louis, J.Klett, A.Nelson, T.Fletcher; Valentine Invitational 2/12/10
 4:07.82y, A.McCabe 62.9, J.Klett 62.9, K.Woolley 63.3, J.Pierre-Louis 58.7; USATF-NE Championships 2/21/10
 4:09.35, GBTC Invitational 1/24/10
 4:22.10, Jay Carisella Invite 12/5/09
 4:32.32 "B" Team, GBTC Invitational 1/24/10

DMR (Lee, O'Brien, Ocean, McCabe, 11:41, 2008)

11:56.25, S.Graham, A.Nelson, K.Warden, A.McCabe; Valentine Invitational 2/13/10
 13:06.58, M.Knespl, L.Hayden, V.Barnaby, H.Hastings; Valentine Invitational 2/13/10

High Jump (Jennifer Hawkes, 1.75, 2007)

*Jennifer Harlow, 1.78m (5-10.00), USATF-NE Championships 2/21/10
 *Jennifer Harlow, 1.76m (5-09.25), Harvard Invitational 1/16/10
 Jennifer Hawkes, 1.72m, GBTC Invitational 1/24/10
 Jennifer Harlow, 1.72m, GBTC Invitational 1/24/10
 Jennifer Hawkes, 1.65m, All-Comers Meet, Larry Gomes Stadium, Trinidad & Tobago
 Karen Woolley, 1.53m (5-00.25), Dartmouth Relays 1/10/10

Long Jump (Sherita Williams, 6.36, 2007)

Tahari James, 5.98m, Terrier Invitational 1/30/10
 Casey Taylor, 5.75m, Valentine Invitational 2/12/10
 Tahari James, 5.75m, Valentine Invitational 2/12/10
 Casey Taylor, 5.69m, Terrier Invitational 1/30/10
 Karen Woolley, 4.26m, GBTC Invitational 1/24/10

Tim Stickney, 9:43.26, GBTC Invitational 1/24/10
John Blouin, 9:44.77, BU Mini-Meet I 12/19/09
Will Feldman, 9:44.88, GBTC Invitational 1/24/10
Dan Hall, 9:47.93, BU Mini-Meet II 12/26/09
Adam Harder, 9:51.88, BU Mini-Meet I 12/19/09 (masters)
Adam Harder, 9:52.56, Harvard Open 12/12/2009 (masters)
Bill Newsham, 9:53.28, Valentine Invitational 2/13/10 (masters)
Adam Greenspan, 9:53.40, BU Mini-Meet I 12/19/09
Adam Greenspan, 9:55.82, BU Mini-Meet II 12/26/09
Max White, 9:55.95, BU Mini-Meet II 12/26/09
Dustin Barnes, 9:59.13, Jay Carisella Invite 12/5/09
Thomas Young, 10:13.76, USATF-NE Championships 2/21/10
Thomas Young, 10:14.01, Valentine Invitational 2/13/10
Dan Hall, 10:16.97, BU Mini-Meet I 12/19/09
Max White, 10:19.74, Jay Carisella Invite 12/5/09
Thomas Young, 10:22.48, Terrier Invitational 1/30/10
Brian Hare, 10:26.02, BU Mini-Meet III 1/2/10 (masters)
Brian Hare, 10:31.23, BU Mini-Meet I 12/19/09 (masters)
Thomas Young, 10:39.88, GBTC Invitational 1/24/10
Coach Tom Derderian, 11:19.50, BU Mini-Meet II 12/26/09 (masters)
Coach Tom Derderian, 12:05.43, BU Mini-Meet I 12/19/09 (masters)

Triple Jump (Sherita Williams, 13.52, 2006)
Tahari James, 12.62m, Valentine Invitational 2/12/10
Tahari James, 12.46m, Terrier Invitational 1/30/10
Casey Taylor, 12.32m, Terrier Invitational 1/30/10

Shotput (Shaina Damm, 12.93, 2003)
*Lisa Wilson, 13.39m, Harvard Open 12/12/2009

20-lb Weight (Anne Baker, 16.78, 2007)
Lisa Wilson, 14.96m, Harvard Open 12/12/2009
Stacey Connor, 12.37m, GBTC Invitational 1/24/10



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- * Sprints, mid-distance and field events: Dave Callum, david_callum@yahoo.com

Race Directors

- * GBTC Invitational: Dave Callum, david_callum@yahoo.com
- * Topsfield Cross-Country Festival: Tom Derderian, tderderi@ix.netcom.com

Membership director:

- * Christy Bonstelle, christy.bonstelle@gmail.com

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GBTC is a 501(c)(3) nonprofit corporation, and is governed by a board of directors elected each year by the general membership. Our creed, as stated in our bylaws, is: "The Greater Boston Track Club provides a friendly, competitive, team-oriented environment to those who compete at the national, regional, and local levels. Financial support may be provided to teams and individuals to compete at major events. The club promotes events in track and field, road racing, trail running, and cross-country. A structured training program is provided in the form of team practices under the guidance of experienced coaches."

GBTC is registered as USATF-NE club # 016.



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