

New England's National Representative
GREATER BOSTON TRACK CLUB, INC.

ESTABLISHED 1973 BY JACK McDONALD

Larry Newman, *Managing Director*
617-372-2948

Wendy Cully, *Secretary & Womens Chairman*
617-369-0332

Tom Grilk, *Vice President*
617-334-3302

Bill Clark, *Track and Field Chairman*
617-358-5076

Don Facey, *Treasurer*
617-876-0727

John McGrath, *Road Running Chairman*
~~617-367-9159~~

Bill Squires, *Head Coach*

Bob Sevene, *Track and Field Coach*

Dennis Westphal, *Masters Events*
617-846-6682

G B T C NEWSLETTER - FEBRUARY 29, 1980

GBTC SPEAKS OUT ON THE OLYMPIC BOYCOTT

On February 11th, the International Olympic Committee made its expected decision in Lake Placid: the summer Olympics will not be moved from Moscow. Following that vote, President Carter formally requested that the US Olympic Committee boycott the 1980 games. World-class athletes interviewed by the media across the country have expressed sentiments ranging from unequivocal support of a boycott to a belief that the most effective protest is to beat the Russian athletes on their home ground. Public opinion, as recorded in newspapers and magazines, has been surprisingly strong in favor of a boycott. How do athletes in general, all committed to their sport but not necessarily Olympic-class, feel? A poll of GBTC members gave us the opportunity to find out.

Over the five days following the IOC's decision to keep the games in Moscow, 57 GBTC members were selected at random and interviewed by telephone. This sample included 11 women, 7 track and field athletes, and 18 marathons. Three had qualified and are headed for the Olympic trials this spring. Many of GBTC's Olympic qualifiers were out of town, competing and/or training in warmer/higher altitude climates, and thus were not available for interviews. Nevertheless, this telephone survey does represent the feeling of our "rank and file" members. Everyone contacted was willing to talk, often at length. Responses were often original, sometimes unusual, and always well thought-out. Many said they had "agonized" over these issues. Their responses are summarized in the table below.

Club members do favor a boycott as long as the Soviet Union remains in Afghanistan, but only by a very slim margin. 51% stated they would vote to boycott the games, while 47% want to participate. (The rest were undecided.) For many members supporting a boycott, the decision was not an easy one; they had conflicting opinions, torn between loyalty to their country and to their fellow athletes.

We felt the more serious competitors in the Club might identify more closely with the Olympic qualifiers and thus be less supportive of a boycott. To distinguish these runners from other Club members, we used a rough measure of individual performance, based on each member's PR in his/her best event. The classification criteria were fairly generous; any marathoner qualifying for Boston, for example, was placed in the "high performance" group. There were no differences between the two groups; half of the "high performance" group favored a boycott, compared with 52% of the other group.

The US Olympic Committee has stated that it will poll potential Olympic athletes to determine whether they favor a boycott. We asked members who should have the final say, if the athletes decide they want to go to Moscow. The majority (61%) felt it was the athletes' decision, that they had made the investment, through years of training and foregone income, and that they deserved the chance. Most of the remaining members believed the final decision should be Carter's, although a few felt it was up to the public at large who sponsor the athletes through personal contributions. The "high performance" group was much more likely to feel that the athletes should have the final say: 71% to 58%.

There has been growing talk of holding sports festivals this summer, if we don't go to Moscow. We asked Club members if they thought these were a viable alternative to the Olympics. Almost one-half (46%) responded with an unequivocal no; some felt a sports festival would just resemble a national AAU championship, a "glorified track meet." Those who supported the sports festival idea as an alternative often admitted it was "second-best," but that at least such a festival would give the athletes a chance to compete. About one-fifth of Club members felt the viability of sports festivals would depend on the attendance of other countries, especially the United Kingdom and Kenya. The "high performance" group was less likely to favor sports festivals as an alternative to this summer's Olympics, and more likely to stress the importance of international competition.

One-half of Club members felt that a boycott would seriously endanger future Olympics. Some felt that the Olympics would gradually become less important to the American athlete, while others felt the entire Olympic movement was doomed. Ten members felt that the Soviet Union would probably boycott the 1984 summer Olympics. The "high performance" group was more likely to foresee a gloomy future for the Olympics. Some felt the amateur spirit itself might be endangered, citing the large cash prize being offered in the New York City marathon. Almost a third of members (30%), however, felt that a boycott would have no effect on future Olympic games. They recalled the 1976 boycott by African nations and the temporary halt to the games during the two world wars, and believed that "this too shall pass." Many Club members identified the current crisis as an opportunity to reform the Olympic games in order to avoid similar problems in the future. Twenty percent of the members volunteered their preference for a permanent site for the Olympics. Most frequently mentioned were Greece and Sweden for the summer and winter games, respectively. A handful of Club members (3) stated they would just as soon the Olympics disappeared, preferring a world

championship in which the athletes represented themselves, rather than their countries.

1. Do you favor a boycott?

	total	"high perform"	other
yes	51%	50%	52%
no	47	46	45
und.	2	4	3

2. Who should make the final decision?

athletes	61	71	58
Carter	32	25	33
public	4	0	6
und.	3	4	3

3. Are sports festivals a viable alternative to the Olympics?

yes	32	21	36
no	46	50	46
depends on other countries	22	29	18

4. If we boycott, what is the future of the Olympics?

poor	51	58	52
no chg.	30	21	30
??	19	21	18

-Jan Mitchell

Preparing for an End to Amateurism

As we all by now know, there is an excellent chance there will be no 1980 Olympics in Moscow. And as we all should also know, the wise athlete does not plan his/her training program from race to race, but from year to year and even from decade to decade. The boycott of the Moscow Olympics raises serious potential questions about the future of GBTC, and we should begin thinking now about what our future plans should be.

Specifically, where does GBTC stand if the Olympic movement ends completely? Item: there is a good

chance that we are seeing the last of the Olympics. They may well not participate in the Los Angeles Olympics in 1984, current Communist statements to the contrary notwithstanding. That would effectively end the Olympic movement, particularly if we wind up with two separate Olympic Games, one for the East and one for the West. Item: if the Olympics go down the proverbial tubes, there is hardly any reason for the post-collegiate athlete to maintain his/her amateur status, unless he/she is desperate for AAU championships. Item: other people are already thinking exactly that way. There is at least a rumor that the "Superthon" idea - a

marathon for big bucks - has been revived by the threatened Olympic boycott. Even if races for money do not materialize and/or proliferate, it seems reasonable that "bankable" athletes would prefer to be rid of the AAU's restrictions on product endorsements and so on, and it is a lead-pipe cinch that businesses interested in such endorsements are not thrilled about donating \$25,000 to the AAU, as they currently must.

The final item is this: GBTC is a non-profit amateur athletic club. What should our policy be if the Olympic movement dies? Should we permit members to become professionals? Can we exist as a half-amateur, half-professional organization? Would this infringe on our non-profit organization status?

It is imperative to consider these questions now and prepare contingency plans for any eventuality, rather than react hastily to new developments in the world of sport. We therefore ask all members to make their feelings on this issue known to the Club officers. The newsletter will continue to update this matter, and will continue to fill its capacity as dragoman between all our far-flung athletes. In short: please speak up and keep reading the newsletter to see how our policy develops.

-Ray Krise

RUNNER'S JIMMY FUND TRIBUTE

A runner's tribute to the Jimmy Fund is scheduled for Thursday, April 17th. It is a benefit to welcome back Dave McGillivray and Bob Hall from their East Coast Run, which is an attempt to run down cancer in children.

Dave and Bob will be running from Winter Haven, Florida to Boston, starting about February 29th and hoping to arrive in Boston about the 10th of April. Covering about 1800 miles, they will raise donations en route. Months of planning have been put into this undertaking. Specs International will again be the major sponsor in this run, labeled the "East Coast Run."

The Jimmy Fund is a Boston-based charity, supporting the Sidney Farber Cancer Institute. It is the charity to which the Boston Red Sox, Celtics, and Bruins lend major support. Hopefully, runners will join in with other athletes in helping this cause.

The Tribute will be at the Irish-American Club in Malden, which annually sponsors and directs the Irish-American Road Race on Labor Day. Dick Flavin of WBZ-TV will act as the master of ceremonies. Donation is \$5.00 with buffet and cash bar. Local sports celebrities will be in attendance. Tickets are limited and may be reserved by calling Tom Gilligan (484-5809), Jack Connolly (628-1076), Specs International (328-3500), Marathon Sports (Cambridge, 354-4161), or Bill Rodgers Running Center (Boston, 734-7317).

WATCH YOUR MOUTH... IT'S NATIONAL NUTRITION MONTH!

A Spoonful of Nutrition
by Nancy Clark, RD, MS, Sports Nutritionist

Perhaps this is the time to start taking action towards a healthier diet. Consider these suggestions:

-No time for breakfast? Grab a banana on your way out the door.

-Drinking too much caffeine? Try decaffeinated coffee or herbal tea.

-Tired of donuts at morning break? Buy a bagel, bran muffin, or yogurt.

-Too many high-fat lunches at MacDonal'd's? Choose a cheeseburger and milk. Skip the special sauce, fries, and shake.

-Watching your calories? Have a sliced turkey, lettuce, and tomato sandwich, instead of a mayonaisey tuna sub.

-Ravenous at 4:00, with three hours 'til dinner? Enjoy the peanut butter and crackers you have filed under 'Emergency Food.'

-Tending the vending machine? At least choose the candy bar with almonds, or the peanut butter cup.

-Supper time, but you don't want to cook? Mushroom pizza with extra cheese, please.

Midnight munchies, and there's "nothing" to eat? Try graham crackers with cream cheese and raspberry jam... cheap cheesecake!

Run for the health of it. And, if you are eating on the run, give a little thought about ways to take a few steps towards wise food choices. Treat your muscles and your mind to "Premium Nutrition"... not only during National Nutrition Month, but every month.

Nancy Clark, nutritionist at Sports Medicine Resource in Brookline, is also a member of the American Dietetic Association, the sponsor of National Nutrition Month. She invites you to call either her (739-2003) or the Massachusetts Nutrition Resource

Center HOTLINE (727-7173) to answer your nutrition questions.

Nancy Clark will be giving an informal workshop on nutrition for the GBTC Women on Sunday March 16th. Call Wendy Cully for more information. She will also be giving two workshops at Sports Medicine Resource during March. Thursday March 13th will be "Shape-Up for Spring"; Thursday March 27th will be "Loading Up." Both will cost \$4 and be held at SMR, 830 Boylston St, Chestnut Hill (739-2003).

GBTC PROFILE--TOM MAHAN

As the Club grows, so does its list of national and world-class athletes. Through the efforts of Track and Field Chairman Bill Clark, the track and field team has been gradually attracting a fine contingent of athletes. Tom Mahan, formerly of Boston University, is one of these people.

A recent member to the Club, Tom is no stranger to New England track. While at BU, Tom performed outstandingly in the 55M hurdles indoors and the 110M hurdles outdoors. After sitting out his freshman year with an injury, he came on his sophomore year to become the New England outdoor champ. He continued, becoming seven-time New England champ for both indoors and outdoors. He was also 1979 IC4A outdoor champ.

Tom studied engineering at BU and recently received his masters degree in Manufacturing Engineering. He was eligible to compete since he missed his freshman year. He is presently working on his MBA while working part-time at the Bill Rodgers Running Center.

Tom has qualified for the Olympics Trials with a time of 13.8; he has a PR of 13.5 hand-timed, and 13.75 electric in the 110M hurdles, and 7.1 (hand) and 7.25 (electric) in the indoor hurdles. He was ranked in the top twenty in the world during 1979 by Track and Field News. Still under the tutelage of BU coach Dave Emery, Tom is looking toward the Trials in Eugene.

He finds the present Olympic situation disheartening and as an athlete, would like to compete without being unpatriotic. He cites that in 1976 the United States was unsympathetic to the African boycott with the justification that "the Olympics are apolitical." He sees that a contradiction to the present policy.

Michael's Mall Road Race

The Michael's Mall Road Race will be held again this year. Long-time GBTC'er Paul Caruccio is the founder and director of the race, which will be held on March 30 (Sunday), at 11 am. The ten-kilometer race starts and finishes at Michael's Mall in Winthrop Center. (Don't worry, Winthrop is a small town and the Center is easy to find.)

The course is an AAU-certified 10K distance around the main streets of Winthrop. This is a moderately fast course, as there are no serious hills, but there are adequate ups and downs and no long, fatiguing straight stretches. The average temperature for that date is 50 degrees F. The only difficulty is that the circular course is run clockwise and this greatly confuses the trackies.

All finish times will be sent to the National Running Data Center in Arizona. There will be splits at all exact mile points. The entry fee is only a buck. Prizes are moderate merchandise type... sorry, no TV's. Scott Graham holds the course record at 30.21.

The rest will serve as the year's GBTC 10-kilometer masters men and women, and open women, championships. Dennis Westphal, masters chairman of the GBTC, will be presenting medals to the top GBTC finishers in each 10-year category. All GBTC members are invited to Dennis's apartment for post-race festivities, including light refreshments, beer, and presentation of the GBTC awards. Dennis lives about 300 yards from the finish.

All injured and resting GBTC runners should plan on coming to the race and offering assistance or just watching. You may even want to heckle your friends; try to pick out the ones with stitches!

Applications should be around, but if you're desperate, send an SASE to Paul Caruccio, 1 Michael's Mall, Winthrop, MA 02152 (846-9400). (There is an entry blank elsewhere in this newsletter.) Please pre-enter as it saves everyone a lot of last minute trouble. If you're not sure, pre-enter anyway: you can't go wrong for a buck and Paul could use the money to satisfy his late-evening roast-peanut habit.

-Dave Cochrane

GBTC Trackmen Outstanding at Brooks Invitational

Houston, Texas: It took some prodding on the part of our track and field leader Bill Clark. But

Once the meet director from the Brooks Invitational witnessed the performances from the GBTC he said that there would be no problems with entries next year. Enough said.

Tom Mahan got things rolling with a superb 4th place finish in the 60 yard high hurdles. Running against a class international field that included former world record holder Alejandro Casana from Cuba, Tom led everyone to the first hurdle and then finished with a fine 7.36 automatic clocking.

In the 5000 meters, newcomer Bruce Bickford ran to a new GBTC indoor record as he finished fifth in 13:44.19. This was just a little over a second faster than his training partner Greg Meyer's time in winning the New England AAU Indoor Championships. Bickford and Meyer now rank 3rd and 4th respectively on the American indoor 5000 list.

The two mile relay team shattered the all-time New England Record as they rambled to an outstanding 7:26.79 effort, good for fifth place behind the world indoor record of the Santa Monica Track Club (7:16). The team of Rich Nichols (1:52.6), John Demers (1:50.1), Keith Francis (1:59.1), and Rich Puckerin (1:53.7) combined to give the GBTC their greatest two mile relay performance ever.

Dartmouth Relays Results

800 Meters: Rich Puckerin, 1:55 (1st in heat), Jeff Hennessey, 2:00.7 (1st in heat)

3000 Meters: Jack McDonald, 8:31.7 (1st)

4 Mile Relay: Scott Graham, 4:14,

Fred Doyle, 4:16, Dave Elliot, 4:23, and Greg Meyer, 4:09 ... 17:01.3 (2nd)

55 Meter Dash: Onye Amechi, 6.29 (3rd in heat), 6.30 (5th in final)

2 Mile Relay: John Demers, 1:57.4, Rich Nichols, 1:55.3, Rich Puckerin, 1:54.3, and Keith Francis, 1:55.0 ... 7:41.9 (2nd)

Distance Medley: John Demers, 1:57.3, Bill Strang, 48.5, Fred Doyle, 3:02, and Greg Meyer, 4:07.2 ... 9:54.9 (1st)

5000 Meter Invitational: Bill Okerman, 14:10.7 (2nd), George Reed, 14:14.4 (4th), Tim Donovan, 14:17.5 (5th)

Long Jump: Marty Stokes, 20-5

Triple Jump: Tom Stokes, 47-5 (5th)

400 Meters: Bill Strang, 59.08 (5th)

1500 Meters: Ed Lussier, 4:08.9, Steve Caton, 4:12.56, Hal Mullen, 4:24.0, Bob Bourett, 4:02.3 (5th)

800 Meters: John Demers, 1:55.7 (4th)

55 Meter Hurdles: Tom Mahan, 7.36 (2nd)

800 Meter Invitational: Rich Nichols, 1:52.6 (4th)

3000 Meter Invitational: Bruce Bickford, 8:04.0 (3rd)

HELP!

Contrary to what some members may think, the Social Contract is not a big money deal between the Social Running Shoe Company and selected GBTC athletes. The Social Contract, to simplify, is

the idea that we're all in this together, and so it is in everybody's best interest to cooperate with everyone else (sorry, Jean-Jacques)

Certain GBTC officers have recently been sighted wearing lean and weary looks. Their cumulative fatigue stems more from overwork than from overtraining. In a way, the phrase "running club" is a non sequitor, because runners are arguably the most lone and individualistic of athletes, not given to helping out with the basic work of an organization. This is a reminder to all members that "many hands make work light." It would be wonderful to see some new faces, in addition to the predictable group of "old reliables," volunteering for various Club enterprises.

GBTC is not Athletics West, nor claims to be. We have a proud tradition of supporting ourselves - and of still whupping Athletics West and other factory-supported teams. Let's continue our proud tradition and help each other out!

DAVE MCGILLIVRAY 14th IRON MAN!

Congratulations go out to Dave McGillivray for not only attempting but finishing 14th out of 100 starters in the second annual "Iron-Man Competition" in Honolulu on January 12th.

The contest involved swimming 2.4 miles, biking 112 miles, and then running a full marathon. Dave finished in 11:33:28 with these splits: swim-1:30, bike-6:16, run-3:47:28. He came out of the water in about 40th place, and proceeded to move up, particularly during the marathon. The marathon course is the actual Honolulu Marathon course run in December. Dave ran that race in

1977.

The competition was held in 85-degree temperature with high humidity. Dave recalls feeling fine throughout and finished the marathon running strong. He said that the toughest part was riding his bike five blocks back to the hotel.

GBTC WINS NEAAU INDOOR MEET!

The GBTC started off the new decade in fine form on January 27th, by co-hosting the New England AAU Indoor Track and Field Championships at Harvard University, in conjunction with the Friends of Harvard Track.

The Harvard track is housed in a modern facility that opened two years ago. The track is 220 meters, with banked turns. Recently, Sports Illustrated cited the track in an article on the new indoor, rubber-surfaced, fast tracks.

Our GBTC runners took advantage of the track's potential by outscoring - by 37 points - the nearest challenger in taking top honors in the Men's Division on the strength of some very outstanding performances.

The newly-designed GBTC logo was prominently displayed on a magnificent banner, to welcome the 1200 competitors who participated in the various events. The spectators had come expecting to see New England track and field at its best and they certainly were not disappointed! In the mile event, Mark Belger broke our own Jack MacDonald's previous New England mile record (4:00.9 in 1975 at the Dartmouth Relays) by running a fantastic time of 3:57.4. It was the first indoor sub-four-minute mile ever run in

New England and the eighth fastest mile by an American indoors.

In the 5000 meter race, GBTC swept the top three spots. Greg Meyer, running alone, turned in the second-fastest 5000 ever run by an American indoors. It was also in the top ten fastest times in the world! He ran 13:45.58; Dan Dillon was second with 14:00.1, and Peter Pfitzinger was third in 14:04.4. Paul Oparowski took sixth in 14:18.7.

In the 880, it was a photo-finish as the GBTC took the first two spots, with Rich Puckerin finishing first in 1:53.8 and John Demers second in 1:53.9.

In the Triple Jump, GBTC'er Hassan Kayali soared 48'9 1/4" to win first place, while teammate Tom Stokes took fourth with 46'3 1/2".

Tom Mahan - another GBTC member (see the GBTC Profile) - displayed his winning combination of power and fluid grace to take first in the high hurdles in 7.4.

In yet another photo finish, Bill Strang (of GBTC, of course) took second in the 60-yard Dash in 6.47 seconds.

In the 1000, GBTC member Ed Lussier took fourth in 2:18.9; in the Shot Put, Chris Queen (of GBTC) took fifth with a throw of 51'11".

Finally, Mark Belger and Greg Meyer were both awarded the outstanding performance trophy for the men.

Both Bill Clark and Larry Newman deserve a lot of credit for their dedication and organizational skills in running the fine event. Their tireless

efforts will definitely make the GBTC a leader in promoting track and field here in New England.

-Gary MacKinnon

GBTC THIRD AT MILLROSE

"I feared for their lives," Bill Clark described the third place finish of Greater Boston's two-mile relay at the Wanamaker Millrose Games. "There were about 20 teams in the handicap two-mile relay," he continued. "It looked like a road race on the indoor track with everyone going full tilt. We lost time on each handoff because it was difficult to determine where the next member of the team was situated. I'm just thankful no one got trampled."

After the dust had settled, the Greater Boston foursome of John Demers, Rich Nichols, Fred Doyle, and Rich Puckerin came flying home in third place in 7:48. Certainly not a bad time, considering the circumstances. Congratulations to our Millrose Games bronze medalists!

New York City Marathon

Anyone interesting in running the NY City Marathon? The 11th Annual New York Marathon will take place on Sunday, October 26, 1980, at 10:30 am. Requests for entries must be postmarked no earlier than 12:01 am June 3, 1980. You should include a self-addressed-stamped-envelope (business size) and mail both to Marathon Entries, PO Box 1388, GPO, New York, NY 10001.

The Marathon will accept 15,000 entries as compared to 14,000 last year. The first 10,000 will be on a first-come, first-in basis, and the remainder will again be chosen by lottery.

Submitters of multiple requests for entry blanks will receive none. Submitters of multiple entries will be refused.

Ocean State Marathon

If you wish to run the Ocean State Marathon next autumn, send requests for applications with an SASE. Applications will be mailed in late June. This year there were 2581 registered, 1866 starters, and 1544 finishers. The address for applications (after 1/1/80) is Ocean State Marathon, Ray K. Nelson, 80 Lincoln St., North Kingston, RI 02852.

Tuesday Workouts for GBTC Men - Tuesday workouts begin March 4th outdoors at Boston College Alumni Stadium. Workouts begin between 5:00 and 5:30 pm depending on arrival time.

If you are going to attend the workouts regularly, please call the GBTC Office (864-9479) and leave your name and the time you expect to begin your workout with the Club Secretary. This way we know who should be coming. Please allow yourself 20 minutes of warmup time.

General Information

A group of runners have been meeting each Sunday morning at the Boston College football field at 10 am. They have been doing long runs, out to Wellesley College and back. Most of the course is run along the Boston Marathon course, including the hills. Runners group according to pace, and all are welcome. Any suggestions on more scheduled runs for Club members are welcome. Please call Tom Gilligan at 484-5809.

Note that the women also have a Sunday long run, usually starting

at one of the women's houses at 9 am. Call Wendy Cully at 369-0332.

Bill Clark was elected one of the three vice-Chairpersons of the newly-established New England Athletics Congress. More on this development in the next issue of the Newsletter.

We are still planning an issue on medical services available for runners in this area. Please send any and all information you have to the Newsletter, at the Office (address below).

Israel Horovitz writes "I'm just starting rehearsals for SUNDAY RUNNERS IN THE RAIN and need a favor. We need old New England road race t-shirts for costumes, and quickly. I can get a free ticket to the play for every free t-shirt... up to 50. Could Club members either send them to me directly, or get them to Tom Derderian, who'll get them to me? I don't know how many people will be coming down to NYC and can use a ticket, but I certainly can use the t-shirts. The writing on the shirts should "prove" that the play's set in New England... by having words such as "Woburn JayCees" or "Falmouth Road Race," whatever. The play will open at the New York Shakespeare Festival's Anspacher Theatre for a 1-month tryout starting April 10th." His address is: 146 West Eleventh Street, New York, NY 10011.

GBTC Historian - Ray Krise is now Club Historian. He will be maintaining a scrapbook for GBTC. Photos and newspaper and magazine articles about members will be included. Anyone having contributions (both recent and otherwise) please forward them to Ray's attention at the GBTC office.

A Late Result: Jim "Gus" Foley ran a PR of 2:47.38 at the Cape Cod Marathon!

Olympic Trials: Plans are now being made for those interested in seeing the Olympic Trials in Eugene, Oregon and the Marathon Trials in Buffalo. For more information, contact Tom Gilligan at Marathon Tours, 617-484-5809.

Persons interested in providing free lodging for out-of-town competitors in the 1980 Boston Marathon, please contact the GBTC Office.

Kevin Ryan is moving from New Zealand and looking for a house - not too expensive - to rent for his family of two adults and three

children. He also wants to buy a - not too expensive - automobile. Contact the GBTC Office.

Please contribute to future issues. We need information on future races, interesting events, articles, etc.

Mailing Address and Phone: Please note our mailing address, which is: 97 Hampshire Street, Cambridge, MA 02139. The phone is: (617) 864-9479.

Those who have contributed to this issue include (in alphabetical order) Diana Dickinson, Tom Gilligan, Ray Krise, Gary McKinnon, Sandy Miller, Jan Mitchell, and Larry Newman.

GBTC SPRING ROAD RACE SCHEDULE

Massachusetts

March

- 2 Everett, 10k, 11 a.m. at Glendale Park (Ferry and Elms Sts.). Sponsored by the Everett Kiwanis Club. Entry fee \$2 (\$4 post). Contact: Charles Schultz, P.O. Box 1176, Chelsea 02150.
- 2 Lexington, 10k, 2 p.m. at St. Brigid's parking lot (2001 Mass Ave.). Sponsored by St. Brigid's Church to benefit the Boat People. Entry fee \$2 (\$3 post). Contact: Dermot Fitzpatrick, 17 Vine Brook Rd., Lexington 02173.
- 8 Colman's Marathon, 11 a.m. Danvers. Course is certified, men's record 2:40:52, women's 3:44:32. Contact: Colman's Sporting Goods, 237 Lexington St., Woburn 01801.
- 9 Lowell Marathon (Silver VFW). 11 a.m., at VFW post on Plain St. AAU certified and sanctioned. Men's record 2:18:26, women's 3:11:36. Contact: Roland Timm, 190 Plain St., Lowell 01852 or use attached form. Entry fee \$3 (\$4 post). Must have AAU card. This is last opportunity in New England to qualify for the Boston Marathon.
- 16 Leominster, 10k, 2 p.m. at the Tam O'Shanter II on Pleasant St. Benefit for the American Cancer Society. Entry fee \$3 (\$4 post). Contact: Race Director, American Cancer Society, 44 Lee St., Lowell 01852.
- 16 New Bedford, 13.1 miles (half-marathon), 11 a.m. at City Hall Square. AAU sanctioned. Course is mostly flat with some hills. Splits and aid stations at regular (?) intervals. Showers available after race. Entry fee \$2 (free t-shirt and hat if register before 3/1). Also a 2 mile fun run at 10 a.m. Contact: Greater New Bedford Track Club, P.O.Box C-209, New Bedford 02740.
- 22 Holyoke, 8 miles, St. Patrick's race. Entry fee \$3. No other info. Contact: Mike Tierney, P.O.Box 1220, Holyoke 01041.
- 22 Peabody, 10K, 10 a.m. at St. John's Church parking lot. Entry fee \$3. No other information.
- 23 Boston, 5.6 miles, "Shamrock Classic" sponsored by the Celtics, 9:30 a.m. at the Boston Garden. Course is flat and fast with one hill approx. one mile into the race. Entry fee \$5. (With early registration, there is a chance to get Celtic tickets for that afternoon's game with the N.J. Nets.) Contact: Mike Cole, Shamrock Classic, North Station, Boston 02114.
- 23 Lexington-to-Cambridge, 15K, aka the "Greek Race". No other info. Contact: Greek Orthodox Church, 14 Magazine St., Cambridge 02139.
- 23 Leicester, 10k, 1 p.m. at Leicester High School on Winslow Ave. AAU sanctioned. Entry fee \$1.50 (post \$2). Contact: Central Mass Striders, Box 2, Greendale Station, Worcester 01606.

March

- 29 Sharon, 25k, 10k, and 2k, 1 p.m. for all races at Lake Massapoag. Out and back course with aid stations. Terrain: 2k is flat and fast; 10k is mostly flat with one hill at approx. the 4-mile mark; the 25k loops Lake Massapoag and is mostly flat with some rolling hills. Entry fee \$2 (\$3 post) for the 10k and 25k, \$1 pre and post for the 2k. Contact: Foxtrotters, 1 Rhodes St., Plainville 02762
- 30 Boylston, 30k (NEAAU Seniors & Masters Championship). 11 a.m., at Digital Corp. Training School. Course is on paved roads around Wachusett Reservoir. Medals to first three finishers in open competition, and to first three teams. Medals to first place master finishers in each of nine age divisions. You must be registered with the AAU for championships. Entry fee \$1.50 by March 26 (\$2 post). Contact: Central Mass. Striders, Box 2 Greendale Stn., Worcester, MA 01606, or use attached entry form.
- 30 Winthrop, 10k, "Michael's Mall Race", time unknown. Entry fee \$1. Contact: Paul Caruccio, 1 Michale's Mall, Winthrop 02152. (AAU certified).
- 30 Framingham, 10k, "Run for the green", 1 p.m. at Shopper's World. No other information. Contact: John Nevis, 934 Statler Office Bldg, 20 Providence St., Boston 02116.

April

- 12 Belchertown, 6.33 miles, plus 3.25 miles for juniors, 1 p.m. at the Recreation Dept., 28 Park St. Entry fee \$3.
- 20 Westfield, 5.5 miles, 1 p.m. Entry fee \$3. No other information.
- 21 Boston Marathon. No other Information necessary!
- 24 Waltham, 10k, starts at Leary Field. Entry fee \$3. No other info.

May

- 4 Northampton, Marathon (Texon Five College). This is the first running of this marathon. It is AAU sanctioned, but certification is pending. The course is described by its sponsors as "moderately" hilly. The race starts at Smith College, runs through Mt. Holyoke College, Hampshire College, Amherst, and finishes at U Mass. Entries should be received by April 18. Contact: Fred Pilon, Sugarloaf Mountain Athletic Club, P.O. Box 659, Amherst 01002.
- 17 Milford, 10k, NEAAU Master Championship. Open to everyone with an AAU card (whether you're a master or not). More information later.

June

- 8 Holyoke, Easter Regional AAU Marathon Championship. More info later.

OUT-OF-STATE RACES (INCLUDING MARATHONS FOR LAST
MINUTE QUALIFIERS)

March

- 1 Bangor, Maine , Marathon, 11 a.m. This is a first time race and course is probably not certified. Course is described as 3 loops, asphalt over rolling hills in a rural area. Contact Bob Booker, Phidippides, 25 Hammond St. Bangor ME 04401.
- 1 Edgewood, Maryland, Last Train to Boston Marathon, 11 a.m. Course is certified, flat and consists of 4 loops. Men's record 2:29, women's 3:17. Contact: Joe Lacetara, 1006 Whittaker ~~Rivix~~ Mill Rd., Joppa MD 21085.
- 2 Lincroft, N.J. Monmouth Marathon, 10 a.m. Certified course has 2 loops on asphalt roads with some hills. Men's record 2:29, women's 3:18. Contact Monmouth Park System, P.O.Box 326, Lincroft, NJ 07738.
- 2 Middletown, Conn. John W. English Marathon, 12 noon at Wesleyan University. Certified 2 loop course. Men's record 2:19, women's 2:57. Contact Bernie O'Rourke, Parks and REcreation Dept., City of Middletown, Box 141, Middletown, CN 06437.
- 16 New York City, Met-AAU/NYRC 30 km, 10:30 in Central Park. Contact: NYRC, Box 81, FDR Station, NY, NY 10022.
- 16 Hibernia Crescent City Classic, 10k (New Orleans). Frank Shorter won this last year in 29:47. Contact Phidippides, 5242 Magazine St., New Orleans LA 70115.
- 29 New York City, Bloomingdales/Perrier 10k. Starts in Central Park. Contact NYRC, Box 81, FDR Station, NY 10022.
- 30 Washington D.C., Perrier Cherry Blossom 10-miler. ENTRIES ARE CLOSED.
- 30 Atlanta, 10 miles for women only (Avon Running Circuit). Contact Bob Brennan, 5104 Ashmont Ct. Dunwoody GA 30338.

April

- 13 Philadelphia, Bonne Bell 10k. Contact Chris Tatreau, Middle Atlantic Road Runners, Memorial Hall, Philadelphia 19131.
- 20 Penn Relays, marathon, 11 a.m. Certified course, 3 out-and backs. Open and master's divisions for both men and women. Men's record 2:21:13, women's 3:07:21. Contact J.P.Tuppeny, Weightman Hall E-7, University of Pennsylvania, Philadelphia PA 19104.

MAY

- 11 Hartford, Conn., Bonne Bell 10k. Contact Barrie Almond, 400 Cold Spring #323, Rocky Hill, CN 06067.

June

- 15 Mt. Washington Run (New Hampshire). More information later.

FUN RUNS

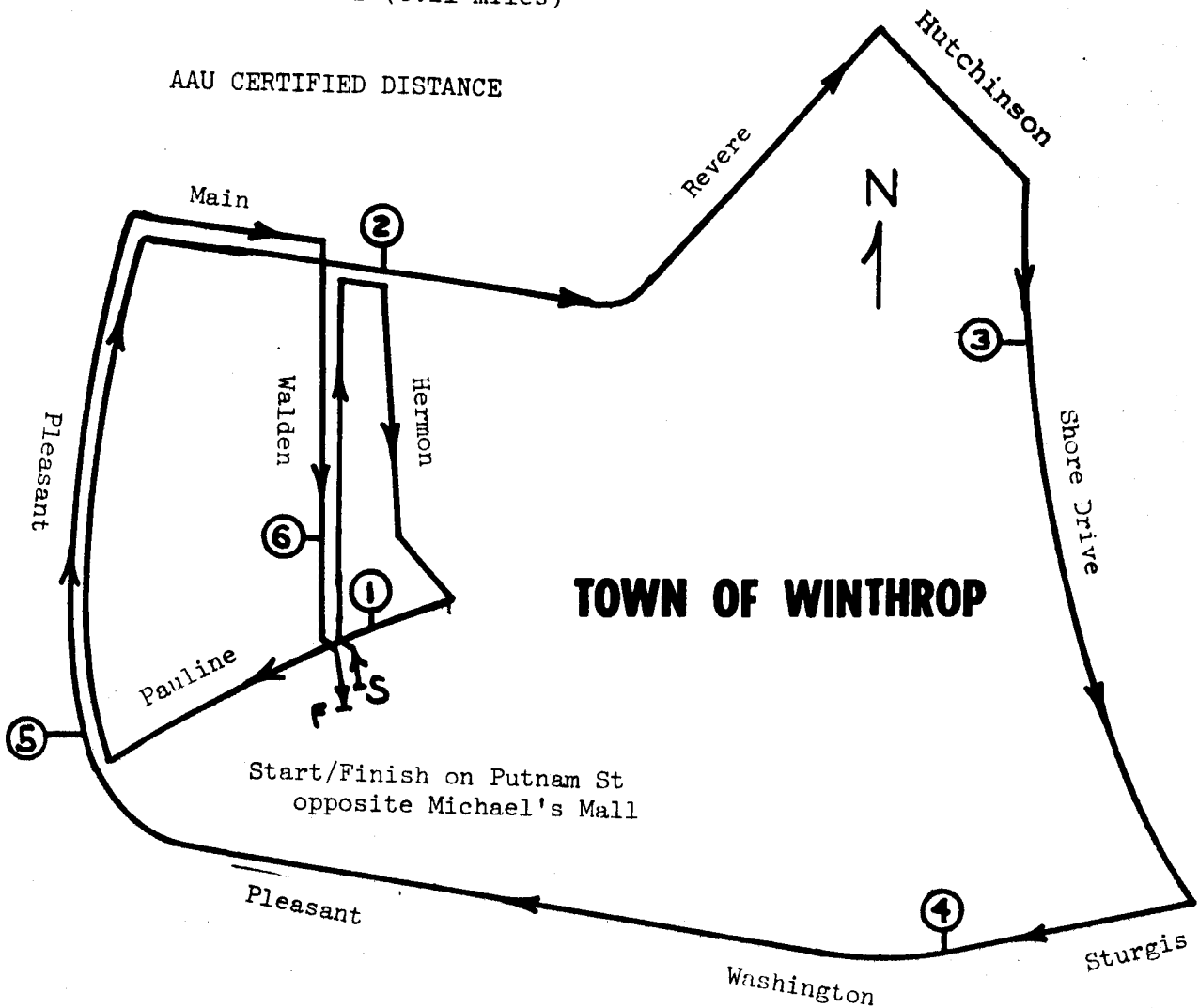
Sundays: Weymouth, 10 a.m., 2 and 5 miles, Weymouth High School. Call 335-1291.
Duxbury, distance unknown, 8 a.m. Call 585-3010.
New Bedford, 1.5, 3 and 4 miles, 9:30 a.m. Call 998-2455 or 994-5658.
Worcester, 1, 3, 6,7, and 10.6 miles, 10 a.m. Call 798-8151.

Saturdays: Marshfield, 2.8 and 5 miles, 10 a.m. Call 834-9271.
Millis, 2 and 4.2 miles, 10 a.m. Call 376-8660.
Cambridge, 2.5 and 5 miles, 10 a.m. at Fresh Pond. Flat and fast course. Call 391-1899.
Melrose, 1.3 and 2.6 miles, 10 a.m. Flat and fast course. Call 662-4444.
Chelmsford, 2, 3, 4 and 6 miles, 10 a.m. Call 256-0324.
Brockton, 3.1 miles, 10 a.m. Call 341-0685.
Tewksbury, 3.7 miles, 10 a.m. Call 391-1899.
Peabody, 3.5 and 10km, 9:30, plus 4200 and 8200 metres cross-country. 50¢ for the cross-country. Call 774-8614,8617.

MICHAEL'S MALL ROAD RACE

10 KILOMETERS (6.21 miles)

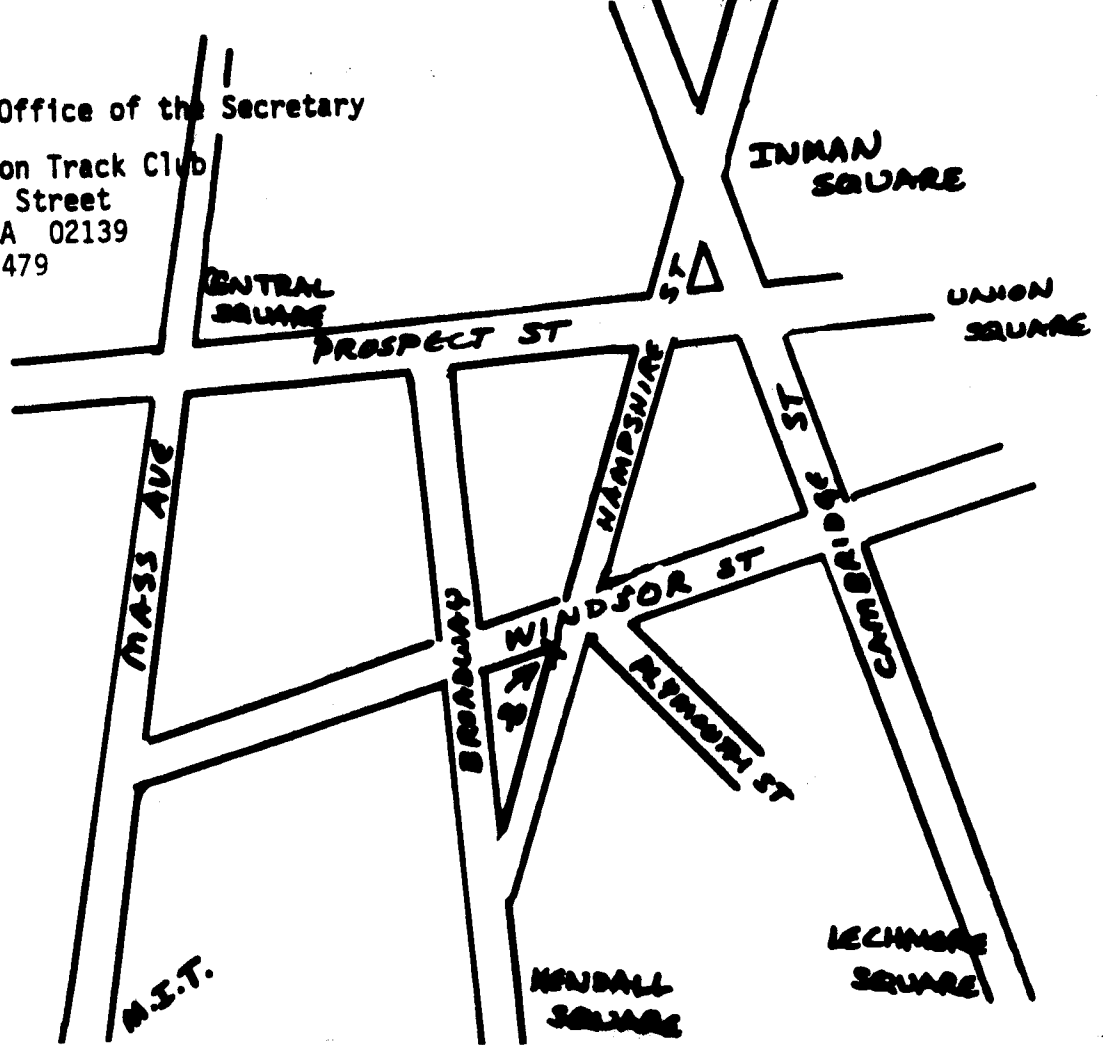
AAU CERTIFIED DISTANCE



Course records: Scott Graham 30:21 (1979) Alicia Emery 38:59 (1979)

Headquarters and Office of the Secretary

Greater Boston Track Club
90 Hampshire Street
Cambridge, MA 02139
(617) 864-9479



Greater Boston Track Club

90 HAMPSHIRE STREET
CAMBRIDGE, MASSACHUSETTS 02139



FIRST CLASS MAIL
U.S. POSTAGE PAID
Boston, Ma 02109
Permit No. 59359

SANDY (MADELINE) MILLER
52 JACQUELINE ROAD
WALTHAM, MA 02154