



1980
Greater Boston Track Club, Inc.

GBTC UPDATE

Workouts

Weekly workouts are at Boston College. Tuesday evenings are for the men, beginning at 5:30pm on the Track. Please call the office and let the Secretary know when you'll be arriving so we can inform other Club members and match up workout schedules. Sunday long runs for the men, from Boston College (usually an 18-22 miler over the Marathon course), are run; check with Tom Gilligan or the Secretary. Runs begin at 10 am.

Women's workouts, on Wednesday evenings, begin at 6:30 pm. also at the BC Track. All women members are urged to attend. For further information, contact John McGrath or Wendy Cully (369-0332). Sunday distance runs for the women take place weekly at one of the member's home. Call Wendy Cully for the schedule. (Runs usually begin at 9 am.)

Our Secretarial Services

The Club Secretary is employed part-time on a casual basis, depending on the amount of work needing attention. Generally, Rosemary's hours are 2:00 pm to 4:00 pm, Monday through Friday. If you wish to speak to her directly, call then. Persons calling at other times will be answered by Facey Sport Printers employees, who will help when possible, or by an answering machine (named A.M. for short), that will receive your message on tape. Persons visiting the Club Office between 9:00 am and 8:00 pm Monday through Friday will be helped by the Club Secretary or by Facey Sports Printers employees.

Downtown Fitness

The Boston Fitness Club has opened a facility at 225 Franklin St. The Club offers a balanced fitness program supervised by medical and exercise specialists. Equipment includes a six-station universal, rowing machine, exercise bicycles, treadmill, free weights, stretching mats, boards, lockers, and showers. The cost is \$200 per year. Limited memberships providing shower and change facilities are available. For further information, contact Lori Sparks, 426-1212.

GBTC Membership

Have a friend or know someone who is interested in joining the GBTC? Just drop us a line (at 90 Hampshire St., Cambridge, MA 02139) or call 617-864-9479. Our friendly and hard-working secretary, Rosemary, will be glad to send you an application and other information.

Cutting Costs

The Bill Rodgers Running Centers at Faneuil Hall, Cleveland Circle, and Worcester offer a 10% discount on all items to Club members. Just show your membership card. We're sure you'll like the results.

We Love Volunteers

Now, more than ever, the GBTC needs a great deal of help to continue to provide the many services to our Club members. Road races, track meets, schedules, mailings, and the numerous other functions we host cannot be possible without your help. We need people with all kinds of skills from answering phones to xeroxing (tm). If you want to volunteer, write to us at: VOLUNTEERS, GBTC, 90 Hampshire St., Cambridge, MA 02139 or call 617-864-9479. Leave your phone number with our secretary - day phone number is best. You'll never know how much fun it is until you get involved.

The Athletics Congress

The address of the new governing body for track and field, road running, race walking, and long-distance running is the same as the former AAU address: The Athletics Congress of the USA, 3400 West 86th St., Indianapolis, Indiana 46268.

Shortly, the New England Athletics Congress (NEAC) will open an office in Boston. We'll let you know where and when just as soon as we know. Our track and field chairman Bill Clark is serving as one of the vice-chairpersons of the New England Athletics Congress.

Entering Track Meets:

Track and field athletes take special note. Any member wishing to enter a particular track and field meet must call the office and leave his or her name and other information with the Secretary. This must be done three weeks in advance of each scheduled competition. Also, the entry fee must be sent in. If you don't give us three weeks notice or we don't receive your entry fee, you will not be entered. Direct all inquiries to the office.

Plug for Marathon Tours

We continue to use and recommend the services of member Tom Gilligan's Marathon Tours, the official travel agency of the Greater Boston Track Club and personal travel agency of many members. Through his diligence and expertise, Tom has continually effected considerable savings for the Club and his group tours are unbeatable in price and quality. Whether you're traveling First Class, Boxcar, Coach, or Steerage, Tom will make First Class, efficient arrangements for you... and it's \$uchadeal! Marathon Tours - they do your homework - 484-5809 or 864-3600. YES, THIS IS A PLUG!

A Plug for Facey Sports Printers

Don Facey, a Club member and 3:04 marathoner, runs a nice printing shop at 90 Hampshire Street in Cambridge, not far from Inman Square. In addition to printing race numbers, the shop will print just about anything. An on-the-spot xeroxing service is available.

Wings for Our Athletes

Although the winged foot of Mercury is part of our logo, and truly many of our athletes personify this, they need the wings of airplanes to carry

them to competitions. Air fares are soaring (pun, but no joke) and we are seeking alternatives.

We are considering: buying or having a plane donated to us, and possibly leasing/renting it out, leasing/renting a plane for our trips, obtaining the use of corporate airplanes, free or otherwise, grouping all East Coast athletes traveling to the same competition (possibly the Athletics Congress could contribute to this), increased corporate support of air fares. The Club spent \$18,000 sending athletes to competitions in the last year and a half. Most of this money went to air fares. This is healthy and what we are all about, but we are forced to place limitations because eighteen grand won't buy what it used to. All ideas welcome. Contact Don Facey at the Office, 864-9479.

Better Late Than Never

A quick note of thanks to all of you who worked so hard to make the 1980 New England AAU Indoor Track and Field Championships such a great success. Certainly, it was one of the greatest track and field meets in New England's history. Without everyone's help it would not have been possible. Next year's meet, under the auspices of the New England Athletics Congress, will be Sunday January 25, 1981. Anybody for raking the pit or catching a pole?

Changing of the Guard:

Our former overworked board member John McGrath will now assume the coaching responsibilities for the women of GBTC. Following a well-deserved rest, John is back administering to the needs of the club in his typically competent manner. Questions concerning the women's program or workout schedules can be directed to John at 628-8277 (h) or 367-4500 (w). Replacing John as head of the Road Running Section will be Tom Gilligan. Tom has been with the Club for several years and has never been shy about volunteering his services. We are looking for five club members to assist Tom on the Road Running Committee. If interested please contact Tom at 484-5809 or leave your name with the Secretary at the office.

A Meeting Place

The Board of Directors is considering holding monthly or bi-monthly meetings/clinics to enhance the communications within the Club. Our monthly Board meetings are not enough to disseminate the wealth of information that has to be gotten out to the members. We'd like some input as to what you think of this idea. Most importantly, we need a space or a medium-sized function room to hold these meetings. Our Cambridge office is just too small to conduct any type of meetings or clinics. If you have any suggestions or ideas, please call the office and leave a message with the Secretary. We'd like to start bi-monthly meetings by June if we can find a meeting place, especially if the price is right.

Track and Field Schedules

All members should have received the 1980 Athletics Congress Track and Field Schedule by now. Let us know what you think of the schedule. The schedule was worked on and put together by Larry Newman and Bill Clark. If you know of any other track meets that are taking place, please send along a note to the Office, Attention Track and Field Scheduling.

Newsletter

We need more volunteers to help write and gather information for the Newsletter. If you'd like to help, contact the Office. The next Newsletter Committee meeting will be Tuesday April 15th at 7:30 pm at the Exchange Restaurant, 99 Water Street, downtown Boston. Everyone has something to offer.

Road Running Schedule

We hope to have a comprehensive spring and early summer road racing schedule in the mail to all members by mid-April. Jan Mitchell, along with seven other Club members, has been hard at work putting this schedule together. If you found last year's schedules informative and helpful, then you won't want to miss this year's schedule.

Also the Club has numerous road race applications on file at the Office. If you can't locate an application for a particular race, you can try giving the office a call. Please note: we will not xerox (tm) race applications and all requests must be accompanied by an SASE.

BAA Marathon

It is very important that all Club members who have qualified for and are entered in the Boston Marathon leave their name and number with the Secretary at the Office. This should be done by Monday April 14th. In all probability we will have a hospitality suite at the Sheraton or the Prudential on the 21st. Last year several Club members used this as a meeting place for friends and relatives following the Marathon. As yet, we are not sure of the exact location. Please call the Office the week prior to the Marathon to get the particulars from the Secretary.

For those members running, don't forget to look for the GBTC banner and aid station along the course. Our watering hole and support staff will be right around the 17-mile mark, in the vicinity of the Newton Fire Station, as you enter the Hills. We hope that as many members as possible will lend their moral support and become part of the Club's support staff on April 21st! We need a few volunteers to take charge of our banner and man (and woman) the aid station. Please call the office and leave your name and number with the Secretary. We'll get in touch.

The 27th Mile

Our annual post-Boston Marathon Social will be held on Saturday evening April 26th. As yet, we don't have a firm location. We will let you know by mail as soon as we know... All members and their guests will be welcome. Please be courteous and show your membership card at the door. Minimal donations will help. There will be plenty of liquid refreshment and munchies, plus live home-bred entertainment from the world-famous Doherty-Wallace-Doyle trio. Don't be caught jogging! Run to the 27th Mile. Hope to see you all there.

Trevira

The Trevira Runner-Up Ten-Mile Twosome will be held Sunday April 27 in Central Park, New York. For applications, send an SASE to New York Road Runners Club, P.O. Box 1388, GPO, New York, NY 10001.

Help the Wonder Women

On Sunday June 15th, the GBTC and Etonic Shoe will sponsor the first-ever New England Athletics Congrass Women's 25 Kilometer Road Racing Championship... AKA... "The Wonder Women 25K". The race will be run through beautiful Sudbury (MASS). Applications will be available shortly. We are looking for a lot of help, especially from the male members of the Club. We feel that the women really need your support for this one. An organizational meeting will be held on Thursday evening April 10 at 7:00 pm at the Exchange Restaurant, 99 Water St, downtown Boston. We hope as many of you as possible will be present to lend your support. If you can't make the meeting, but would like to help, please leave your name with the Secretary at the Office. Volunteers are the heart of the Club!

Nationals

Anyone interested in running the National 15K Road Race Championship (Utica, NY) or the National 20K Road Race Championship (Concord, NH), both to be contested this summer, please contact Tom Gilligan ASAP. This goes for all other Road Racing National Championships as well.

Summer Picnic

Sometime this summer the Club would like to have a picnic at the Beach or at a park. Perhaps in conjunction with a local road race or, better yet, with our own handicap race. Sound like a good idea? We need some suggestions and volunteers; contact Rosemary at the Office.

Freedom Trail

The date for the Freedom Trail Road Race is Sunday September 14. BU^m, before you rush off to mail a request for an application, a reminder that we are still looking for a sponsor. That's right! It's difficult to run a race of this quality without help from a major sponsor. Contact Tom Grilk 334-3302 or Pat Lynch 327-6830 with any suggestions.

As has been our policy in the past, we encourage club members to get involved in some small aspect of working on this race. Even if it means you're not running in the race itself. This is the Club's race and we want to continue with a first-class production. This means the help of all club members is very important. All requests for race applications should be sent with an SASE to the Freedom Trail Road Race, PO Box 84, Somerville, MA 02143.

Awards Banquet and Dinner Dance

It has been suggested that sometime in the late fall the Club hold a combined awards banquet and dinner dance. Sounds like a good idea. We need some people to get the ball rolling and make this happen. Again, call the office and leave your name and number with the secretary. As soon as we get enough people who are interested, we'll set up a meeting. We can do almost ANYTHING, but we need your help. The more we get involved, the less the burden on each individual.

Fall and Winter Schedules

We also need dates for the Fall Cross-Country season and the 1980-81 winter circuit. Coaches and meet directors are asked to send along their schedules as soon as possible.

Membership Update:

Fernsler, Sarah 78 Kilsyth Road, Brookline, MA 02146. 731-6768
Bennett, George 10 Emerson Place (15-A), Boston, MA 02114 523-3039
Moorehead-Steffers, Catherine 205 Beacon St, #7, Boston, MA 02116 266-6107
Kelley, John 147 George St., Medford, MA 02155 395-4242
Marengi, Cheryl 24 Henderson St., Arlington, MA 02174 648-8382

What's That Address Again?

To volunteer for anything, call the Office, 90 Hampshire St., Cambridge, MA 02139 (also known as Facey Sport Printers, maker of fine race numbers), phone 617-864-9479. Rosemary or Gail will take your name and number.



Greater Boston Track Club
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CAMBRIDGE, MASSACHUSETTS 02139

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