



Greater Boston Track Club, Inc.

GBTC NEWSLETTER - JULY 31, 1980

GBTC PROFILE: Dick Mahoney

One of the original cast members of the Greater Boston Track Club (June, 1973), Dick Mahoney began his running as a relatively obscure 5:06 miler in 1964 as a yearling at Boston College High School.

After several state championships his junior and senior years, including a second place finish in the New England Catholic HS 2-mile championship (9:26 PR), "Dickie" continued in the Jesuit tradition, entering Boston College in the fall of 1968.

Hampered by numerous injuries throughout his college career, he gained "all New England" honors in cross-country his sophomore and senior years, the latter coming on the heels of a fine fourth place finish in the New England Collegiate Cross Country Championships at Franklin Park. In what he describes as his best college performance, he captured the New England Intercollegiate outdoor 3-mile championship his junior year in 14:07.

It was at Boston College that the Boston-bred Dorchester kid met up with Jack MacDonald, the founder of the Greater Boston Track Club and the present head coach of track and field at the "Heights."

After graduation, Dickie - who is known as the "running mailman" (he is a letter carrier for the US Postal Service in Weymouth MA) - became one of the mainstays of the reknowned GBTC road running corps.

Always professing a strong allegiance to the GBTC, he has helped bring home national titles for the club at every distance from 10K to the marathon and has been instrumental in the club's six consecutive National 20 kilometer road racing titles, 1974 to 1979. All this plus his track and cross country efforts, which have helped to bring more than twenty New England titles to the club over the past seven years, has been sandwiched between two serious foot operations, one in 1975, the other in 1978.

He has turned in best of 29:40 for 10K on the track and has raced 20 kilometers in 60:40, the half-marathon in 1:04.

Patience and strength building have been his forte. He gradually took to road running and the long distances after a number of years of slowly building his base.

His first marathon came in 1978 at Buffalo, where he dropped back after running with the leaders for the first 35 kilometers. He has run five marathons to date, finishing three, with his best effort being a 2:14 10th-place finish at Boston in 1979.

Dickie attributes much of his success to the guidance of Coach Squires and his ability to handle weeks of high mileage (140-180). "It seems that I feel better and that I run my best races when I am consistent with my high mileage weeks," he related recently. "Because I'm on my feet all the time at work (the mail must go through!) I don't seem to be able to do the consistent speed work necessary all the time. So by doing the high mileage it helps keep my strength up."

Throughout most of the year, including the competitive seasons, Dickie runs twice a day, usually incorporating a long run on Saturday or Sunday and, if feeling good, a track session on Tuesday with other members of the GBTC.

When he isn't running, carrying the mail, or receiving coaching instructions at the Eliot Lounge, Dickie and his wife Maureen find time to work around their home in Weymouth.

- Larry Newman

A SPOONFUL OF NUTRITION, by Nancy Clark

V is for Vegetables...

V is for vegetables, variety, vim, and vigor. Vitamins, too. Unless, of course, you abuse the vulnerable veggies, To get the most nutritional value for your money, treat fresh produce kindly. These tips, excerpted from The Boston Runner's Cookbook, will help you obtain the vitamins and minerals you need for optimal performance.

Fresh vegetables, straight from the garden, are the most nutritious. Fresh vegetables which have been wilting in the Haymarket heat are not as good. A head of lettuce which sits at room temperature for a day may lose 50% of its vitamin C; spinach may lose 70%. Exposure to heat and oxygen contributes to detrimental biochemical changes which degrade the vitamin C. To get the most nutrition for your money, buy fresh vegetables which are wrapped in plastic and stored in a refrigerated display case.

Cooking may destroy some of the fifty nutrients, but NOT all of them. For example, vitamins B and C dissolve into the cooking water. A percentage of them may be lost; some can be recovered by drinking the vegetable broth, adding the liquid to a sauce or gravy, or by saving it in the refrigerator for soups. Spinach may lose 55% of the vitamin C during cooking, but half of this loss can be recovered in the water. Water-free stir-frying (or using a microwave oven) is nutritionally superior to boiling.

Peeling vegetables is a waste of time as well as nutrients. Vitamin C is stored just underneath the skin of many vegetables. If you peel a potato or a tomato, you peel away 75% of this nutrient. You also lose a lot of fiber. By peeling a cucumber, you throw away 40% of the fiber.

Do you live alone and frequently find yourself in the company of a yellowing bunch of broccoli, a squishy tomato, or a limp carrot? Frozen or canned vegetables may be a wiser choice for you. Frozen vegetables retain almost all of their nutritional value. Canned vegetables retain at least 80%. They may be better than produce "fresh" from California. By the time the veggies are picked, packaged, shipped to the Boston warehouse, sent to the local market, sit in your car all afternoon, get shoved to the back of the refrigerator, and then finally eaten a few days later, they are no longer fresh. Unprocessed, yes; but not fresh. Even with refrigeration, spinach loses half of its vitamin C in five days.

Are vegetables a minimal part of your diet? Try these suggestions:

- drink tomato or V-8 juice
- eat pizza or spaghetti with tomato sauce
- heat up some vegetable soup
- eat lunch at a restaurant with a salad bar once or twice a week
- much on a raw carrot before dinner

V is for variety. The more varied your diet, the more vitamins you'll include, and perhaps the more vim and vigor you'll notice as you exercise.

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Nancy Clark, a registered dietitian/sports nutritionist, counsels competitive and recreational athletes regarding weight control, healthful eating patterns, and vegetarian diets, as well as sports-specific dietary advice. Send suggestions for topics and questions to her at Sports Medicine Resource, Inc., 830 Boylston St, Brookline, MA 02167.

BOOK REVIEW: Running to the Top, by Derek Clayton

There seems to be a revival of quality running afoot in the land. Although the LSD revolution has made a place in distance running for athletes of all abilities, serious competitors are now starting to remember that quantity alone is not nearly enough; indeed, it may not even be the proper focus of training attention (Seb Coe runs 51 miles a week, gang). For the distance runner interested in learning about high-quality training, it would be hard to recommend a better place to begin one's reading than Derek Clayton's Running to the Top. When this expatriate Aussie refers to "the top," he's not just talking about setting the world marathon record. He's also talking about running to the top of one's individual ability.

Although the book is ostensibly a catch-all running book - containing bits of Clayton biography and hints for beginning runners - it is by far most valuable as a source of philosophical inspiration. Clayton's philosophy, and it's a rigorous one, is summarized by a passage from the tome: "the training that the majority of runners should be doing is the training they are most likely to avoid. I didn't want to be like that. I couldn't do the training I wanted to; I wanted to do the training I had to." Further along, in a complementary passage, he notes: "Because of my limited training time, I knew I had to devote practically all of it to quality running. I did this with as much zeal as I could muster. If I needed to get ten miles in and didn't feel like working out at all, I would set my mind to just getting it over fast. I would then do a ten-miler in fifty-five minutes instead of seventy, just because I wanted to get home."

For those thinking, "Swell, but God didn't give me Clayton's genes" (can the day of designer genes be far off?), Derek points out that "of all the factors involved in distance running, I would say that the most important is determination." Boy, would he ever. He has no patience with those who complain they must work for a living, and little patience for those whose motto is "train, don't strain." This is the Vinegar Joe Stilwell of distance running. It's important to add that Clayton's approach is not one designed for a lifetime of running, though. Now retired from serious competition, Clayton doesn't run anything like the program he ran in his prime. He also admits that his career would have been longer had he been somewhat less intense, thereby avoiding the many injuries that plagued him.

Like Achilles, Clayton chose a short, glorious career in running over a long, uneventful one. A different personality might have made a different decision, and unlike Achilles, who had no choice in the matter, the competitive runner need not necessarily frame his options in an either/or manner. No one can run high quality year round, but no one can be competitive without running high quality periodically. The prudent runner will be inspired by Running to the Top to consider pumping more quality into his or her program, but will also learn from the object lesson of the burned-out Clayton that running too hard at the top leads to a precipitous drop to the bottom.

-Ray Krise

PEACHTREE 1980

With the temperature hovering around 90°F and the humidity about the same, Craig Virgin, the defending Peachtree champion and American 10K record holder, did it again on the roads and he became the only man to win two consecutive Peachtree classics. Virgin's winning time of 28:39:01 was considerably off his course record of 28:30:05 of 1979 but it was swift enough to complete the course 40 seconds ahead of runner-up George Malley, who finished in 29:19:10.

Behind Virgin and Malley, in a surprising third-place finish, was Peter Pfitzinger of the GBTC, who finished in a time of 29:23:04. Fresh off an impressive third-place finish in the Cascade 15K road race (44:15), along with a fifth place finish in the National AAU 10k (29:24.7), Peter ran his typical well-paced race - always in the top ten at all the checkpoints and while finishing strong he overhauled Kenya's Sosthenes Bitok and US

Olympic marathon qualifier Kyle Heffner in the last 100 yards.

Other top GBTC runners who fared well amongst the 25,300 who toed the starting line were Scott Graham, Gary Wallace, and Mark Murray. Scott, like he has done so many times before at Peachtree, turned in his usual toprate performance, finishing 24th in 30:28.6. Scott was followed by Gary Wallace in 61st with 31:38.7 and Mark Murray in 100th place in 32:33.4 Hence, considering the competition and more so the intense heat and humidity during the race, the GBTC was once again well represented and a July 4th holiday in Atlanta was enjoyed by all.

-Mark Murray

NATIONAL 15K: GBTC GETS FIRST BY A SECOND

On Sunday July 13th, a club team journeyed to Utica (New York) for the 1980 Athletics Congress National 15 kilometer Senior Men's Championship, held there in conjunction with the annual Utica Club Boilermaker 15K Road Race. This writer served as team manager/anchor and Sandy Macri, a club member who hails from Utica, helped out with local amenities. Race day broke hot and slightly humid, but conditions were not quite as bad as in years past (last year someone actually died of heat exhaustion on this course: undoubtedly a factor in the AAU/TAC decision to award a national championship to this site...). The first four miles were basically slightly uphill and more than slightly uphill; after that, things leveled out with a few long downhills and some very long (and dry!) basic flat stretches. The GBTC's Peter Pfitzinger (see the Peachtree article) battled it out for the first six miles with Terry Baker, a 4:01 miler who runs for the Washington (DC) Running Club, along with early leader Barry Brown, who faded after the first few miles. At about 6½ miles, Peter was finally able to put on a surge that Baker didn't respond to (they'd both been surging on each other throughout the middle part of the race), gained about 50 yards on him, and just gutted out the last three miles (eventually expanding his winning margin to over 100 yards).

Excellent efforts were the order of the day for all team members, with the exception of this writer. Mark Murray ran one of his best races ever, racing conservatively up through the pack to eventually garner 4th place overall to Eddie Sheehan's (BAA) third. Gary (Lovebird) Wallace ran the same type of conservative, well-paced effort and nailed 16th overall, and second in his age division (sub-masters computer jocks). Tommy Joyce, Bob Cosman, and Walt Murphy all ran very tough on a tough day and their combined efforts enabled us to beat the Washington RC by ONE second (combined times of 1st 5 scoring runners: 236 minutes, 22 seconds to 236 minutes, 23 seconds! This must even us up with the gods for the Nike Challenge 20K in Atlanta last year, where we lost to the Colorado TC by less than one second?!).

(For those of you who don't know about Peter, he is a Cornell graduate who moved to Massachusetts specifically to train with the GBTC. With this win and thirds at both Peachtree and the Cascade Runoff, he may very well be the latest "breakthrough" runner in road-racing circles, but like all overnight discoveries, he's been paying his dues for a long time... More about him in an upcoming Newsletter Profile!)

Times and places:

1. Peter Pfitzinger	45:16	18. TJ	48:05
4. Mark	46:31	22. Cos	48:30
16. Wally Garrace	48:00	28. Murph	48:59

This writer: unmentionable, unprintable, already forgotten.

-John McGrath

CONGRATULATIONS TO TOM GRILK AND NANCY FREDERICK, WHO WERE MARRIED ON JULY 26th!!!!

Mark Zacharias, the Club's only race-walker, who walked to 5th place in the IC4A's (10K) in 1974), is staging a comeback in GBTC's colors... In his first race since 1977, he placed third in Lowell's 5½ miles. More is yet to come!

GBTC HOSTS NEW ENGLAND AC 25 KILOMETER WOMEN'S CHAMPIONSHIP

On June 15th the GBTC hosted, for the first time, what is sure to become one of the premier women's road races here in New England: the Etonic/NE Athletics Congress Women's 25K Road Race Championship.

Nancy Conz of Easthampton, Mass. set a new American 25K record of 1:30.26 as the first overall winner. The old American record that Nancy broke - by almost three minutes - was set in 1977 by Roxanne Bier (1:33.5).

Cindy McElwain of Harvard, Mass. also set a record this distance in the women's masters division by finishing tenth overall in the time of 1:51.19.

The GBTC was well represented by seven women, all of whom ran admirably against tough competition.

8. Mary Ann Bray	1:48.47	32. Pam Duckworth	2:02.18
18. Cindy Hastings	1:56.31	35. Mary O'Connor	2:03.08
21. Francine DeGrande	1:57.43	42. Franny Fisher	2:06.38
27. Bridgette Huber	2:00.07		

Third place: GBTC A Team (Bray, Hastings, DeGrande)

Fifth place: GBTC B Team (Huber, Duckworth, Fisher)

The race was held in Sudbury (MA) on a course that was both challenging (rolling hills) and fast (two American 25K records set). Another formidable element facing all the competitors was the hot, sunny day (almost identical to this year's Boston Marathon), so the two American records and the superb times run by the GBTC women are all the more extraordinary. (Those Wednesday night GBTC women's workouts must be paying off.)

Everyone agreed that the race was very successful and will be an added boost to the name the GBTC is making for itself as a race host; other events are the Freedom Trail and the NE Indoor Track Championships.

The success of this women's 25K race would not have been realized without the tireless effort and enthusiasm of its race director, GBTC member Elydia Siegel. Congratulations, Elydia, on a job well done!

(Women who would like to work out with the GBTC should contact Wendy Cully at 369-0332.)

-Gary MacKinnon

MIXED RESULTS FOR THE WOMEN AT THE KENDALL WOMEN'S CLASSIC TRACK MEET

The first appearance by the Greater Boston Track Club's women's team in a major track and field meet brought a variety of mixed results at the Kendall Women's Classic at Boston University July 13th.

Most members were very nervous and skeptical prior to their first track competition, but all concluded the day's running with a positive outlook toward further track running.

Pam Duckworth was the first to shake off the pre-race jitters as she recorded a somewhat "laid back" 6:10 effort in the sub-masters mile. This was her first effort at this distance on the track as she ran a PR for the mile under mostly warm and humid conditions that prevailed throughout the afternoon. With a bit more racing experience, Pam (40:17 10K) should find the six-minute barrier no problem.

In the 18 and over mile Mary Ann Bray and Robin Clayton both scored PR's, placing 6th and 7th. After an opening 440 of 80 seconds in which she toured the first 200 in the fifth lane, Bray settled down, clocking splits of 2:48, 4:18 and finishing in 5:46. Clayton, who stayed about the same distance behind Bray for much of the race but ran more even splits

(82,89,90,88) finished in 5:49.

In the same race, GBTC runners Diana Dickinson (6:02), Cynthia Hastings (6:06) and Francine DeGrande (6:06.5) all scored PR's, with Dickinson's 89-second final 440 enabling her to pull away.

Deciding to opt for the 880, Dickinson ran 2:56, a good effort despite only 35 minutes rest following the mile.

Not to be outdone by the sister clubs, the GBTC found enough strength (or able bodies) to enter a team in the 1600 relay. Despite almost being disqualified before they got to the starting line (remember, girls, everyone must wear the same uniform), the relay team almost made it to the finish line before they got lapped.

After locating a baton, Mary Ann Bray (What should I do with this?) ledoff the GBTC's foursome from lane 6. After a leadoff leg of 75, Robin Clayton (76), Cynthia Hastings (80) and anchor Francine DeGrande (81) finished up with a 5:12.23 performance. Cynthia Hastings made a valiant try to keep from getting lapped but fell just short as the winning team, the Atoms Track Club of New York, finished just three strides in front of Cynthia as she was about to handoff to Francine.

Many thanks to our cheering section of Bo Miller, Margaret Champion ("I'll be back in training in January, after the new arrival in December."), Elydia ("Shutterbug") Siegel, Sandy Miller, and Jan Mitchell (and husband). Jan was sporting her new leg cast (a broken bone - third metatarsal - due to a dropped weight) but refused all autographs.

-Larry Newman

MOUNT WASHINGTON RESULTS:

1. Bob Hodge	64:19	24. Brad Hurst
4. Dave Ezersky		30. John Daisances
18. Chuck Reilly		31. Tom Gilligan
		34. John Berit
Sorry, wish I had better times!!		64. Bob Barnaby

**ARE YOU A GRAPHIC ARTIST AND WANT TO HELP MAKE THE NEWSLETTER LOOK BETTER?? Call
**Diana Dickinson (262-9401) or Tom Gilligan (484-5809).

TAC CHAMPIONSHIPS, RESULTS

Congratulations to Greg Meyer on his fine fourth-place finish in the Steeplechase at the Athletics Congress Championships. Greg ran a solid 8:45.5 under hot and humid conditions at Mt. Sac, Walnut, California. He placed third in the trial heat (8:51.9) to advance to the final.

In the 10,000 meters GBTC'er Peter Pfitzinger followed in Greg's footsteps in gaining All-American honors with an excellent 5th place finish in 29:24.7. This was a PR for Peter for 10K on the track.

We missed a few results in the last newsletter: Bill Harriman ran 48th in the NFPA 5-mile in a PR 27:59, 27th in the Malden Fair Share (34:18 PR), and 20th in the Run for Joy (34:25).

BOSTON FREEDOM TRAIL ROAD RACE: All application requests for the Freedom Trail Race on Sunday October 5th should be sent to Boston Freedom Trail Road Race, PO Box 8066, Boston, MA 02114. All requests must include an SASE. Please volunteer to help us out; this is an important race for the club!!!

People who helped with this issue are: Larry Newman, Gary MacKinnon, Ray Krise, and Diana Dickinson.



THE ORIENT EXPRESS

5 MILE

sponsored by **JORDAN MARSH**
in cooperation with the **GREATER BOSTON TRACK CLUB, INC.**



WHERE Waterfront Park, Boston, Massachusetts

WHEN Sunday, September 14, 1980 10:00 a.m. Sharp

ENTRY FEE Entry fee is \$3. and will be donated to the Greater Boston Track Club, a local organization which helps promote National Class Track and Field and Road Racing in the New England area.

SEEDING The race will be seeded by the best estimated time that you will run this five mile course. PLEASE NOTE: Accuracy of this estimate will help ensure your safe completion of this race.

THE COURSE There will be ample water stations, medical teams and marshalls along the Course. Splits will be called at each mile marker. This race is NEAC sanctioned.

START Please report to the starting area by 9:00 a.m. The Starting Line is on Atlantic Avenue. Come dressed and ready to run.

RACE INSTRUCTIONS Your race packet, number and instruction sheet will be mailed to you.

ENTRY FORM Additional applications are available at greater Boston Jordan Marsh stores, Credit Department, AAU & NEAC offices, Boston Parks and Recreation Department, local sporting goods stores, or by sending a stamped self-addressed envelope to the address below.

PROBLEMS If you have any questions, please call Conventures, Inc. (617) 267-0055.

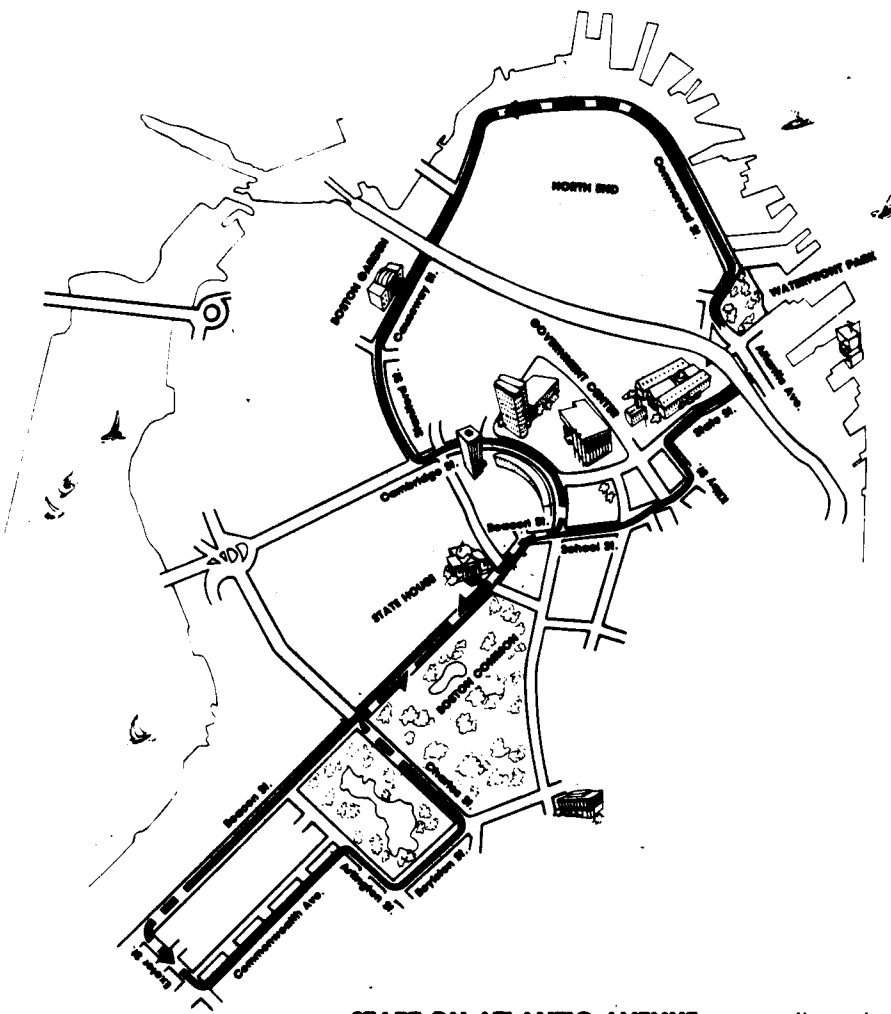
REGISTRATION DEADLINE

Entries close September 5, 1980 or the first 2,000 entrants. You will be notified if for any reason your entry is not accepted.

ENTRY FEE MUST ACCOMPANY ENTRY FORM

Detach entry form and mail it with a check or money order for \$3. Please make check payable to the Greater Boston Track Club.

**MAIL TO: JORDAN MARSH
ORIENT EXPRESS 5 MILE
C/O CONVENTURES INC.
11 NEWBURY STREET
BOSTON, MA 02116**



THE JORDAN MARSH ORIENT EXPRESS 5 MILE is one of many events taking place at Waterfront park on Sunday, September 14, 1980. JORDAN MARSH ORIENT EXPRESS SPORTS DAY will have a multitude of activities and events that include a marathon swim, dragon boat races, ping pong tournaments, hot air balloons, exotic oriental kite flying demonstrations, along with many festive activities. This Sports Day is presented by Jordan Marsh as a tribute and celebration of the successful trade ties that have continued to exist over the decades between China, Japan and Boston. Once you have completed the race, please feel free to enjoy the numerous activities that will be taking place all day long.

RACE DIRECTOR
 Conventures, Inc.
 11 Newbury Street
 Boston, MA 02116

AWARDS will be presented at the Award Ceremony immediately following the race. Award divisions are as follows: 18 and under, 19 and over, 30-39 (Sub Masters), 40-49 (Masters), 50 (Seniors). Prizes will be Seiko watches to the first place man and first place woman. Prizes for 2nd thru 5th place in each age division will be merchandise valued from \$25 to \$100.

This race is held in cooperation with:
 City of Boston
 Boston Parks and Recreation
 Boston Traffic and Parking
 Seiko—Timing and Scoring

START ON ATLANTIC AVENUE, run north on to Commercial St., continue thru Causeway St. and bear left on to Staniford St. Turn left on Cambridge St., past Government Center to Beacon St., Turn right on Beacon St., and run down to Exeter St. Left on Commonwealth Ave., right on Arlington St., left on Boylston St., left on to Charles St., right on to Beacon St. to School St., left on Kilby St. and a right on to State St. **FINISH** on Atlantic Ave.

WAIVER: I hereby for myself, my heirs, executors and Administrators, waive and release any and all rights and claims for damages I may have against the sponsors, coordinating groups, and any individuals associated with the event, their representatives, successors and assigns and will hold them harmless for any and all injuries suffered in connection with this event. I attest that I am physically fit to compete in this five mile running event. I also consent to the use of my name and/or photo in any media.

Signature of runner _____ (Signature of parent/guardian if under 18) _____ Area Code/Phone Number _____

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Last Name, First Name (Skip space between names) _____ Reg. \$3.

Street, including number and/or apartment number _____ S M L

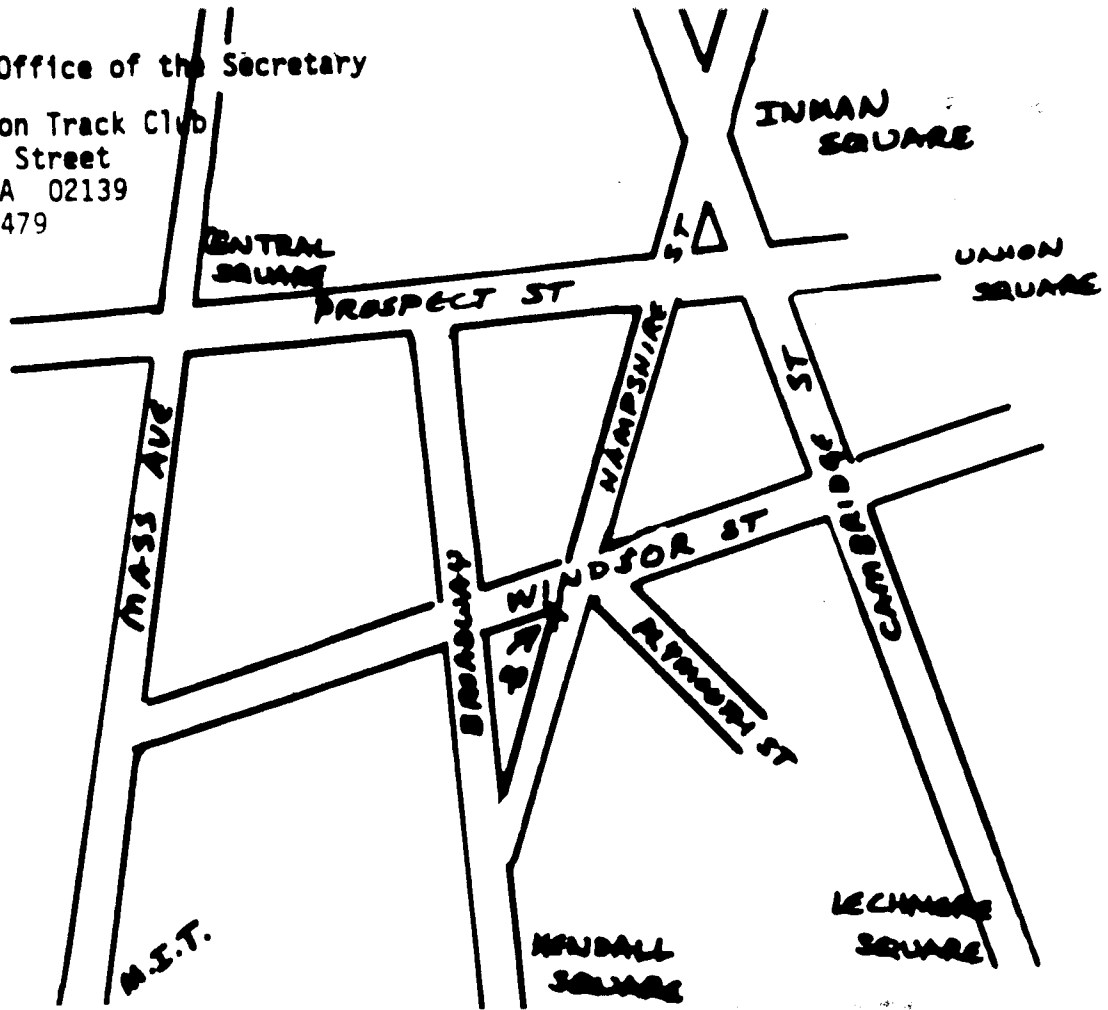
City _____ State _____ Zip _____ T-Shirt Size _____

Country if not U.S.A. _____

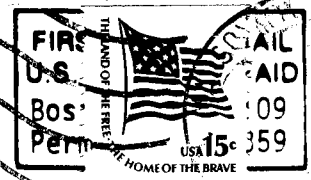
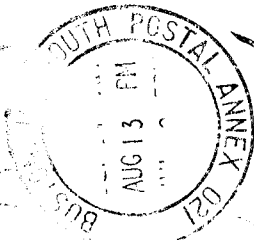
Club or School Affiliation _____ Age _____ Sex _____

Headquarters and Office of the Secretary

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