



Greater Boston Track Club, Inc.

September 1981

THE WINGFOOT EXPRESS
Newsletter of The Greater Boston Track Club

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TRACK & FIELD

Are you nuts? Nobody runs track this time of year. Whatsamatter with you?

ROADS

Be sure to see the special Freedom Trail supplement lavishly stapled into the back pages of the letter.

Four GBTC aces ran good 10K times in the Great Cow Harbor (L.I.) Run this past September 19. In order of finish, not in size place, they were:

Gary Wallace - 11th in 30:44
Duncan Scott - 19th (more or less) in 31:19
Walt Murphy - 21st (less or more) in 31:21
John Darsinos - 30th in 32:01

Word has it Barbara Brzostowski is hot. She hit the tape in 41:24 in a Danvers 10,000-meter roadathon, taking 7th place on the hilly course. We're waiting to hear how she does in the Bonne Bell!

Speaking of hot, can't forget dashing Dotty Fine, whose logbook is getting dotted with, uh, fine times. Dotty set a p.r. for the mile at the Kendall Women's Classic this past July, legging 5:54, then turned in an outstanding 2-mile clocking of 12:32 the very same day. Shades of Paavo Nurmi. Then a mere 9 days later, Ms. Fine scored 1st place in the submasters division (10th place overall) in the Colonail Road Runners Women's Run For The Roses 3.4-miler in Abington, clocking 21:18. Bounding Barbara Sauer ran the same event in 22:04, garnering 3rd spot in the submasters and 15th notch overall. Finally, Dotty led a strong GBTC team to a good showing in the Cape and Islands Women's 10Km Race at Hyannis on September 13. The results:

Dotty Fine - 8th in 41:41.5 (a p.r.)
Pam Duckworth - 9th in 41:47.6
Cindy Hastings - 17th in 43:32
Elydia Siegel - 21st in 44:56.6

The GBTC women also trucked over to the Brewster Brew Run on August 8, and won lots of prizes after fighting their way through a "very crowded start with the usual 10-minute milers crowding the front." Otherwise the race was excellent-o, and the results for our team were:

Robin Clayton - 3rd in 33:26 for 5.2 miles
Dotty Fine - 6th in 34:10
Pam Duckworth - 11th in 35:35
Cindy Hastings - 12th in 36:36
Anonymous GBTC Runner - 15th (please send in name and time!)

The Masters/Submasters Track Meet at Waltham on June 24 produced a couple personal bests for elegant Flydia Siegel who set not only a personal mark but a MEET RECORD in the 100-yarder with 14.2 to her credit. Siegel also shone in the mile, claiming third with 5:54. Dotty Fine set a temporary p.r. (erased shortly thereafter at the Kendall Women's Classic, see p. 1) in the same race with a 6:08 showing.

Y'may've wondered what happened at the NFAC Women's 25K Champ race we hosted in Sudbury this June 7 past. Good question; we wondered the same thing, until a bird flew through the window holding the following in its beak:

<u>Mary Ann Bray</u>	-	4th in 1:42:16
<u>Pat Meade</u>	-	6th in 1:43:30
<u>Frannie Fisher</u>	-	15th in 1:50:01
<u>Jean Smith</u>	-	17th in 1:50:58
<u>Monica Reed</u>	-	18th in 1:51:28
<u>Carolyn Dooman</u>	-	19th in 1:52:06
<u>Cindy Hastings</u>	-	20th in 1:52:24
<u>Dotty Fine</u>	-	21st in 1:52:28
<u>Pam Duckworth</u>	-	24th in 1:52:29
<u>Norma Ligor</u>	-	26th in 1:53:53

A REMINDER: If you want your road-race results listed, please phone 'em in at the Club number and leave 'em on the answering machine. The number is (617)864-9479. Do you owe yourself any less than mention in The Fabulous Wingfoot Express?

Wanna race? Then why not go to the Tamarack Half-Marathon and 2.8-Mile Fun Run on October 11, in Pittsfield, Massachusetts? But please don't try to run 'em both. If you want an entry blank for this and/or any of the other races listed herein, please send the Club a legal-sized envelope with your name and address on it and enough postage to haul your order to your abode.

The Nantucket Easy Striders and the Nantucket Chamber of Commerce announce the Columbus Day 10-Miler on October 11 (when else -- December 25?), "rain or shine," but yer writer now sees that entries for this closed three days ago, so fergit it, and who likes Nantucket anyway, so there.

October 11th's a popular day to hold a race for some reason. Here's the Chelmsford Flks' Eighth Annual 7.7-Miler featuring beer and t-shirts. Course record's held by Bickford and Catalano -- wanna take a shot? Write on.

GBTcer Frank Mullen requests we mention the Cyril P. Morrisette Post No. 294 Sixth Annual Road Race, a 5.4-miler on October 12 that'll cost 3 bucks to enter by the time you read this. Sorry, Frank, afraid we just can't mention stuff like this. You may be in the Club, but space is limited in The Wingfoot, and we simply can't stick in every damn announcement about the Cyril P. Morrisette Post No. 294 Sixth Annual Road Race we get. Please try to understand.

How do you make Frank Shorter? Cut his legs off! Seriously, if you want a crack at fast Frank, enter the Third Annual Boston Evening Medical Center/Lite Beer 10K Road Race on October 18 right in the heart of the Hub. Frank's promised to be there (he was there, 2 years ago, too), and we'll be interested to see if he runs this one on the roads or on the sidewalk. There's only gonna be one chute, Frank!

There's the A.B.C. 10K Road Race and 1-mile Children's Fun Run at the Sacred Heart School in Hampton, New Hampshire on October 24 to chase your blues (and reds, and steroids) away. Win the 10K and get a free weekend for 2 from Dunfey Sheraton Hotels. Win the fun run and get a ribbon. No wonder milers look so disgruntled.

Make like "Tarzan" Brown! Run Heartbreak Hill! Savor Pain! The Purity Supreme Heartbreak Hill 10K, the season's last good party race, is on for November 8 this year. For this one, mail off to Conventures at 45 Newbury Street, Boston, MA 02116.

Concord Savings Bank helps out the local Boys' Club with the Fourth Annual Autumn Run, 6.2 certified miles of endeavor, in West Concord, New Hampshire, this November 8. The entry blank carries the comforting blurb that there's an "ambulance present" at the race. Must be some course. Take advantage of the certified distance -- not too many 10K races really cover 10K.

TRAINING

Revised Women's Sunday Long Run Schedule

- October 11 - No long run, rest up for the Bell
- October 12 - Pot-luck post-race bash for runners, members, hangers-on at Dotty Fine's (247-3804) after the Ding-Dong
- October 18 - Pam Duckworth's (22 Cpl. McTernan St., Cambridge/492-2927) at 9 AM. Are folks really alive then?
- October 25 - Kathy Berkner's (124 Glenville Ave., Allston/782-3182) at 9:30 AM. That's more sane!
- November 1 - Ocean State Boston Qualifier; if you're not running, please help staff the GBTC water hole.
- November 8 - Dotty Fine's (321 Dartmouth St., Boston/247-3804) at 9 AM.
- November 15 - Jan Mitchell's (61 Hunnewell St., Wellesley/237-4114) at 9:30 AM.

The Women's Wednesday Night Workouts at Boston College are still on at 6:30 PM every week. Although the group's been concentrating on getting down a distance base (10-12M) on the roads lately, the track work will be gearing up soon.

The Women's Saturday Morning Sessions are a new training addition. Coach Larry Newman's been giving road and cross-country tips the past month; below please find the latest schedule.

- October 17 - Boston College, 9:30 AM (or Holy Cross Invite)
- October 24 - Franklin Park, 9:30 AM (or Fitchburg State Invite)
- October 31 - Boston College, 9:30 AM (or Transylvania)

The Men's Tuesday Night Workouts at B.C. still have lots of room for anybody not too chicken to attend. We got a Coach! Where the hell are you guys?

CLUB NEWS

MEMBERSHIP RENEWAL TIME

If you joined G.B.T.C. before June 1981, your membership expires October 1, 1981. Check your membership card for expiration date. How about saving the club a lot of \$ in clerical expenses by sending your check for \$15.00 Now - accompanied by a completed membership application (over) and your stamped, self-addressed envelope. Part with it now!!

Save the aggravation and inconvenience of chasing a membership application later. "I haven't seen a newsletter in a while". "Is your membership paid up?" "When does it renew?" "October 1". "Oh"! You save yourself nothing by procrastinating. You cost yourself some newsletters, member benefits, elections, free parties etc. and it still cost you \$15.00 to renew in November, December, January. And it costs G.B.T.C. time and money to keep track of all the !!@@#*. - stragglng tightwads. If you plan to renew for 1982, do it now! The next notice you will receive will be no notice at all. If you don't renew, we don't chase you. If you are not a paid-up bona fide member by November 1, 1981, you simply are not a member. If you are not renewing for a reason that would be helpful for the club to know, please tell us.

If you joined after June 1981, your membership should expire 10/1/82. Check your membership card. Renewals please fill out the application. Information for club administration only.

As with most organizations, G.B.T.C. has cycles of good years and better years. 1982 is going to be a banner year-one of our best.

-DF

If it's membership renewal time, can the Annual Meeting be far behind? You bet. The annual head-to-head will be sometime at the end of October, but we don't know just where, yet. We need a place to hold it, in short (also inside, if possible). Any Club member with an idea for a good location (that we can also afford) should please phone Don Facey at 864-9479 with his or her bright idea.

Benign Beth Haggerty requests Club members please keep her abreast of all their address changes and telephone number alterations. Our members become a trifle peeved (does the term "hopping mad" mean anything to you?) when they don't receive the newsletter and so on, but we can't very well get the Wingfoot to you if we don't know your current address. That's reasonable, isn't it?

GBTC's back in the bucks again, and we're spending big. We're sending a topflight team to defend Greater Boston's 20K National Title in Texas this October 10 (which also happens to be National Jogging Day -- phooey!). Brad Hurst, Walt Murphy, Gary Wallace, Doug Sweasy and Rodney Pearson will carry the colors into battle for ye olde track clubbe. Further, defending champ Bob Hodge will also leg it down to Texas for the greater glory of GBTC and a certain brand of running shoes (you'd recognize the name in a minute, one hopes). The Club has never had as much moola to toss around as is rumored by other, envious, track clubs, but we've never hesitated to lubricate the way for top and up-and-coming athletes who need topnotch competition to attain their best. In short, anybody who wants aid and training comfort and who isn't planning on doing what some who shall remain nameless but who jolly well know who they are (and who haven't been running all that well lately, ahem) and jump to a pro club the minute the

apparent opportunity presents itself are welcome to sit down for talks with us about possible membership.

SOCIAL NEWS

In case you didn't notice the announcement in an earlier section, delightful Dotty Fine is having a post-Bonne Bell blowout at her home inside 321 Dartmouth Street in downtown Beantown. Says here that it'll be "pot luck (lots of beer available)." Must mean the beer's to slake your thirst after all the pot. Call Dotty at 247-3804 for details.

DEALS FOR MEMBERS

The Corner Sports Store, located at 319 Hathaway Boulevard in New Bedford, Massachusetts, joins the Bill Rodgers Running Centers and FLEETFOOT (across from the Pru Center) in offering card-carrying GBTCers a 10 percent discount on all running gear. You can phone the Corner Sports Store at (617)992-0110 for details. Remember: if you want to continue to carry a valid GBTC card, it's time to send in your 15 hard-earned bucks again!!

LETTERS

We need your help. Your club can promote running . . . attract new members . . . and help the National Jogging Association provide information and motivation to hundreds of runners in your community. How? By (sic) publicizing National Jogging Day activities in your club's newsletter and in your community.

Scheduled this year for October 10, National Jogging Day is a nationwide celebration of fitness and fun designed to inform people about the benefits of running and regular exercise.

Together we can help inform and motivate thousands of people to begin and continue a safe running program.

Thank you for your cooperation. If you have any questions, please contact me.

- Glenn Petherick
National Jogging Day Coordinator

Have you noticed that people who jog get Perrier, and people who run get faster. Just wondering.

- Miles Togoyet
GBTC

Never accept a check. Don't put anything in writing. Cash only.

- Paavo Nurmi
Watching the 1932 Olympics

Oh.

- Herb Lindsay and His Lawyer
Boulder, CO

If ya see me comin', better step aside/A lot 'o men didn't, a lot o' men died!

- Slim, the Crazyed Rollerskater
Comin' at ya on the Esplanade

Thank you Dotty Fine, Gary Wallace and Don Facey for making this Wingfoot what it was. Ray Krise helped, too.

OMNI FREEDOM TRAIL ROAD RACE

Kiwi Rod Dixon set a new course record of 36:42.6 in winning the 8-mile OMNI Freedom Trail Road Race and \$6,350 in prize loot in the fifth annual running of the Greater Boston classic. His countrywoman Anne Audain rent the women's course record limb from rhetorical limb with a 41:50-point-zip clocking on her way to spoils totalling 6 Gs. A record number -- 3,700, more or less -- of athletes chased along behind or beside the flying Kiwis this October 4 past and, presumably, a record number gallons of brew was guzzled shortly thereafter. It was a swell race.

When the gun went off it appeared tireless Tom Derderian had consented to be the "rabbit" for the race, because Tommy jumped into the lead! The first mile split laid to rest any suspicions that somebody had agreed to pull the pace. At 4:48, the field was "walking," as one of the frontrunners later put it. Nobody wanted the lead with that much money on the line and that much wind blowing in their faces. The women's race got off to a relatively sprightly start, with Anne Audain and runnerup Lorraine Moller clocking 5:07 through the 1-mile mark.

Two miles came up in a fairly mundane 9:26; then the pace picked up a tad, and 3 miles passed in 14:05, at which point Terry Baker relieved nominal leader Jon Sinclair of the pace-making chores. Although the field was of course getting strung out at this point (the race directors and volunteer workers had been strung out for about three days by this point), there were about 15 guys in the lead pack. It was starting to look as though it were going to turn into a kicker's race, with everybody hanging together until the last mile or so, then booting it like hell for home. If that was the case, there seemed no way Rod Dixon was going to lose. No other runner in the field possessed a kick the equal of his.

Anyone with visions of whupping Dixon would have to surge the speed out of the New Zealander's legs, and it looked like GBTC alumnus Bruce Bickford was going to try to do just that. At the 4-mile mark (passed in 18:50), the order was John Halberstadt, Bruce Bickford, Rod Dixon and Greg Meyer. There were others more or less in contact with these four, but none of them looked as if they'd the strength left to make a decisive move. About one-third mile later, Bickford started to force the pace. Well, somebody should jolly well have started to force it. The 5-mile split was 23:18, meaning they'd run the fifth mile in 7:28!

The race truly started at 5M. Another GBTC alum, Greg Meyer, tossed in a surge and took the lead, although "the lead" consisted of about 2 feet in front of everybody else. He drew the foursome through 6 miles in 27:56. Then, as any fool who has actually run the race knows, comes what has to be the most depressing 10-kilometer split in road racing. You're already struggling up goddam Beacon Hill when you get your 6-mile time -- 10,000 meters is just ahead, straight up the miserable hill. This was when

Dixon decided to make his move. He ran that 2/10-mile in 66 seconds (considering the grade on Beacon Hill, that is what you call your basic impressive split, folks), clocking 29:02 for the 10K. Bickford had the legs of Dixon and went right with him. Greg Meyer tried to respond, and did to a large extent, but was obviously starting to lose contact with the other two. Halberstadt was running well, but clearly out of contention then.

Dixon pushed the downhill side of Beacon as if he were selling drugs on the Common. A gap opened between him and Bickford, then closed as Bickford regained contact. The two athletes ran side-by-side from then until a half-mile from the finish, when Dixon picked up the pace and hit the tape 8 seconds ahead of Bickford. During those last 2 miles, Dixon and Bickford were plainly talking with one another. They were not discussing a tie, even though Bickford was not running for the money and a tie would not have cost Dixon a cent. Dixon revealed after the race he was encouraging Bickford to try to stay with him. He said that "guys like Bickford and Sinclair are the wave of the future." He was telling Bruce to try to stay with him to show Bickford how strong he (Bickford) was -- a sporting gesture from a real champion.

Not much to say about the women's race. It was a benefit for the former New Zealand Track Team. Audain pulled away from Moller after the first mile and never relinquished the lead. She breasted the worsted scarcely 5 minutes after Dixon crossed, and nearly a full 2 minutes ahead of Moller, who ran 43:48.0. The first women finished 69th and 97th, respectively, overall.

- Outtakes and Insights -

Dixon praised the Freedom Trail course as a very difficult one; the combination of terrain and 30-mph headwinds made for a rough race. He made a move to surge away from the pack twice before actually accomplishing it, but each time he pulled out got whacked in the face by the relentless Boston breeze.

Dixon's putting his moola into an escrow account, because "There's no way the TAC is going to get their hands on it!" Audain took her money directly, and plans to take even more at the ARRA Los Angeles race. TAC won't get her money, but the New Zealand gunmint will take 40% of it in taxes.

It was the first race ever in which amateurs could run cheek-by-jowl with pros and not be "contaminated" by professionalism. Turned out to be a moot historical first: The day after the race, TAC banned everybody who ran at Cascade for bux (except innocent Herb Lindsay, who was "mised") from international competition for life!

Nicolle Meyer, age 4 months, showed up resplendant in the cutest pair of Nikes you'd ever wanna see. Now that Daddy Greg runs for Reebok, Baby Nicolle may have to give up her swoosh-siders.

The Exchange block party was a block-buster, complete with suds and the much-coveted OMNI space jackets.

The day after the race, various GBTC execs and top runners piled into a limo "donated" by Fleetwood Limousine Service and visited

all the pubs that provided water stations along the course: the Bull & Finch (which copped first prize as the bestest water station, and we appreciate them resisting the temptation to slip runners booze instead of water during the competition); Greenstreet's; the Front Page; and the Eliot Lounge (which wasn't actually visited because Tommy Leonard is down with the same flu everybody else in the world has, but which did a bangup job of providing water and so gets a mention here anyway). Fleetwood Limo Service, owner of the loooooong dark car carrying the GBTC celebs around, is in turn owned by GBTCer Mike Driscoll and is located at 24 Monroe Street in Newton. The number is 965-0317. Why are we telling you this? Here comes another DEAL FOR MEMBERS: Marvelous Mike will give any Club member a discount on the various vans and limos he has available. Imagine the splash we'd make if we sent the 20K team to Texas in a Roller! We may not be fast, but we got style. Here's another good reason to stay current: pay yer dues, tightwad!!

Some of the women in the field were clearly dogging the F.T. in favor of La Bell 8 days later. Some of the selfsame doggers got banned by TAC the next day, leaving their acceptability to race promoters (even domestic ones -- hi, there, Fred Lebow) in doubt. Some days it don't even pay to get angry.

Hooray, hooray, the course was a full 8 miles this year. The benign city of Boston finally let us put 'er on without deciding to chop up half the downtown streets on Sunday morn, like last year.

What price freedom?: With the "carrot" of Olympic competition becoming less organic and more rotten with each passing political day, 'sno wonder athletes decided to take their futures into their own hands. Unfortunately, Dixon's impressive victory, coupled with the obvious superiority of the Kiwi women, only further underlines the necessity of a strong track background if you wanna compete with the big kids on the roads. Yet ya can't run fast if yer anxious about where the rent's gonna come from. Is the day of the elite athlete about to return to the day of the Corinthian athlete, e.g. Roger Bannister, who ran for fun and then got serious and took up his place in Britain's socioeconomic elite, to which he was born? Could be.

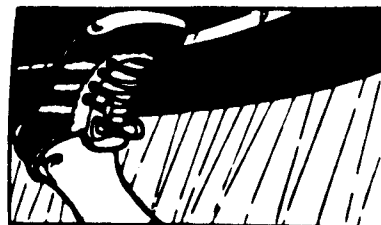
As always, the amenities were terrific. The only gripe heard all race day came from GBTC Communications Director Ray Krise, who complained about OMNI magazine sponsorship. "I wanted Penthouse for a sponsor!" cried Ray, who was masqueraded as Craig Virgin.

Best crack of the day came from the witty Don Kardong. As our hard-drinking Communications Director called to the departing ARRA head, "Don, I'll call you when I'm sober," dapper Don shot back with a smile, "No, don't wait that long!"

And-a the, and-a the, and-a the . . . that's all, folks -- until next year!!

- Raymond Krise

Sandy Miller
52 Jacqueline Road
Waltham, MA 02154



90 HAMPSHIRE STREET
CAMBRIDGE, MASSACHUSETTS 02139

Greater Boston Track Club

RUNNING NEWPORT? - You'll receive much support at Breton Point which is the 3, 9, and 19 mile area. Look for the GBTC Banner. Arrange to drop or pick up apparel, special libation etc.

NOT RUNNING NEWPORT? - Join us at the world's greatest aid and cheering station. Have fun and help the Marathoners. Bring food, clothing etc. No stores nearby. 11 A.M. Start. See us at 3, 9, 19 mile area, Breton Point, before the start. Water and cups supplied. One person will be station captain to insure that we help and not hinder the competitors November 1, 1981. If you can hit a watch at the start and bike to us, do so. Pick up a program at the start. Questions call Don Facey 876-0727