

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

ESTABLISHED 1973 BY JACK McDONALD

Keeping Track....

Thanks to all those who helped out on the Freedom Trail Road Race. Special thanks to Beth Haggerty for the extra time and effort spent sorting applications and answering hundreds of phone calls. Everyone seemed pleased with the race, especially the sponsor Omni Magazine.

.....Next thursday (October 15th) at 7:30 p.m. there will be a clinic on stretching conducted at the Sports Conditioning Center, Boylston St., Brookline. The clinic will be presented by Bob Anderson, noted author of the book on STRETCHING. I urge as many of you as possible to attend the clinic. Please call the Sports Conditioning Center 734-7650, to let them know you will be attending the clinic. The clinic is free and the women from the club have been given a special invitation.

.....Those who are not running Bonne Bell and are interested in running a cross country race this weekend can do so at Franklin Park. The Codfish Bowl (it usually rains on the day of the race) is five kilometers and begins at 12 noon at Franklin Park. Show up at the park by 11 a.m. if you are interested in running. I'll be there to give you instructions.

.....If you're running Bonne Bell this monday and plan on representing the club then I expect you to wear a GBTC singlet. I can't keep track of everyone without some identification. You owe it to the team to represent your club properly. I'll have singlets with me at the workout on wednesday evening, at Franklin Park on Saturday and on race day.

.....This sunday, October 11th, the women's group will meet for a pre Bonne Bell Brunch at the Flash in The Pan Diner, Rt. 1, North, Danvers. The diner is only about a 20 minute drive north of Boston. If you plan on attending the brunch, please call Dotty Fine (247-3804) and let he know. Our own Barbara Brzostowski will be glad to see everyone at the diner.

.....I'll be on the common by 10 a.m. monday, probably somewhere near the GBTC banner which will be flying high on the common. Everyone should try and report by 10:45 a.m., to allow sufficient time to warm-up. Be aware that the first call to line up for the start is at 11:30 a.m. You can leave your extra clothing and accessories by the banner where someone will watch it throughout the race.

.....Following the race and the awards ceremony, Dotty fine will host a post race party at her home, 321 Dartmouth st., which is within walking distance from the common. All women members and their guests are invited to attend. If possible, try and bring a small dish of something to the party. Your coach will provide the soft drinks.

.....Wishing everyone the best of times on Monday,

P.O. BOX 84 • SOMERVILLE, MA. 02143

*Coach
Newman*

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GBTC All-Time Performance List...Bonne Bell Road Race

37:38pr	Maryann Bray (36th)	1980
37:57pr	Robin Clayton(38th)	1980
38:54	Sarah Rankin (63rd)	1980
39:33pr	Linda Lecoq (59th)	1979
39:46pr	Lainey Taylor (70th)	1979
39:53pr	Maureen Rasp (110th)	1980
39:57	Robin Clayton (80th)	1979
40:22pr	Barbara Sauer (130th)	1980
40:42	Maryann Bray (101st)	1979
40:42	Monica Reed (149th)	1980
40:54	Margaret Champion (113th)	1979
41:30	Pam Duckworth (207th)	1980
41:34pr	Holly Lynn Heinz (210th)	1980
41:46pr	Beth Haggerty (222nd)	1980
41:47pr	Dotty Fine (223rd)	1980
42:18pr	Kathy Ford (262nd)	1980
42:26	Margaret Champion	1978
42:36	Frannie Fisher (277nd)	1980
42:54	Cindy Hastings (303rd)	1980
42:56pr	Brigett Huber (306th)	1980
43:01pr	Carol Kanarkiewicz (314th)	1980
43:06	Dotty Fine (257th)	1979
43:30	Lois Dowd (352nd)	1980
43:52	Norma Ligor (384th)	1980
43:53	Sandy Miller (386th)	1980
44:04	Barbara Brzostowski (319th)	1979
44:06	Jan Mitchell (407th)	1980
44:16	Diana Dickinson (394th)	1979
44:17	Jean Smith (426th)	1980
44:18	Mary Ann Lyons (427th)	1980
44:29	Barbara Brzostowski (444th)	1980
45:05pr	Elydia Siegel (520th)	1980
45:52	Norma Ligor (424th)	1979
46:07	Sandy Miller (516th)	1979
46:30	Diana Dickinson	1980
47:00	Sandy Macri	1979

pr= Indicates athletes personal best time for the distance.



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GBTC All-Time Performance List.....Wellesley 15K Championship

60:46	Barbara Nelson (6th)	1981
61:57	Linda Lecoq (10th)	1979
63:09	Jan Mitchell (12th)	1981
63:24	Dotty Fine (13th)	1981
63:27	Maryann Bray	1979
64:22	Margaret Champion	1979
64:32	Monica Reed (22nd)	1980
64:45	Jean Smith (17th)	1981
64:50	Carolyn Doorman (18th)	1981
64:57	Pam Duckworth	1979
65:00	Sharon O'Hagen (19th)	1981
65:22	Frannie Fisher	1979
66:19	Frannie Fisher (25th)	1980
66:27	Frannie Fisher (25th)	1981
66:31	Dottie Fine (28th)	1980
66:55	Mary Ann Lyons (31st)	1980
67:35	Pam Duckworth (27th)	1981
67:36	Holly Lynn Heinz (35th)	1980
68:16	Beth Haggerty (37th)	1980
68:22	Diane Schmitt (30th)	1981
68:38	Norma Ligor (39th)	1980
68:49	Lori Sparks	1979
69:35	Norma Ligor	1979
70:25	Diana Dickinson	1979
77:28	Francine DeGrande	1981

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GBTC All-Time Performance List...Sudbury 25K Championship

1:42:16	Maryann Eray (4th)	1981
1:43:30	Pat Meade (6th)	1981
1:48:47	Maryann Bray (8th)	1980
1:50:01	Frannie Fisher (15th)	1981
1:50:58	Jean Smith (17th)	1981
1:51:25	Monica Reed (18th)	1981
1:52:06	Carolyn Doorman (19th)	1981
1:52:24	Cindy Hastings (20th)	1981
1:52:28	Dotty Fine (21st)	1981
1:53:29	Pam Duckworth (24)	1981
1:53:53	Norma Ligor (26th)	1981
1:56:31	Cindy Hastings (18th)	1980
1:57:05	Monica Reed (19th)	1980
1:57:43	Francine DeGrande (21st)	1980
2:00:07	Brigett Huber (27th)	1980
2:02:18	Pam Duckworth (32nd)	1980
2:03:08	Mary O'Connor (35th)	1980
2:06:38	Frannie Fisher (42nd)	1980

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