

## THE WINGFOOT EXPRESS

### Newsletter Of The Greater Boston Track Club

Road news, Club News, Triathlons, Medical Listings all vanish (try to find 'em, we dare ya) . . . Humor mysteriously returns (p. 3) . . . Such a deal (p. 2) . . . GBTC Invite Track Meet succeeds, makes \$\$ (pp. 1-2) . . .

### TRACK AND FIELD

Generous Jim O'Brien files this report:

The Second Annual GBTC Invitational Track and Field Meet at the Harvard Indoor Facility lived up to the success enjoyed by the previous year's meet. Despite last-minute changes and arrangements in organizing the event, the GBTC's initiative saved the day. Over 400 competitors had an opportunity to compete at the Harvard Facility, which boasts the world's fastest indoor track. Bill Krohn, for example, came from upstate New York by way of the Westchester Road Runners and won the mile for the second year in the excellent time of 4:02.8. Many other clubs and schools from the New York and New Jersey area traveled to Boston for a chance to compete. Runners need qualifying times at this time of year so they can be accepted at championship meets coming up in the season. The GBTC meet is the place to get those times! Bill Okerman, co-director of the meet, ran 4:03.9 for fourth place in the mile -- is he the fastest meet director around? Joan Benoit also ran the mile footrace; her time was 4:36.8.

Results for GBTC members competing in the meet:

Bruce Stearns	HH	7.92, 4th
Sarah Rankin	2M	11:09, 6th
Barb Nelson	2M	11:19.4
Mary Ann Bray	2M	11:24.9
Gary Wallace	2M	8:56.8
Rodney Pearson	1M	4:22.9
Jim Priesig	1M	4:24.2
Mark Fenton	Mile Walk	6:51

GBTC members did the usual good job in volunteering for the administrative and clerical tasks necessary for such an event: Jim Priesig and Susan Stumpf spent their Saturday before the meet stuffing envelopes with athletes' numbers, and Susan passed the numbers out on Sunday. Mary Ann Bray and her friends get special thanks again for sandwich-making. Steve Viatones provided us with his clock, and also passed out athletes' numbers. Rodney Pearson and his computer again came through -- an invaluable asset. Dr. Bruce Jones and his wife attended on last-minute notice and provided needed medical assistance. Dennis Westphal and Paul Caruccio helped in the hurdles -- again, with little notice. Ralph Douquette manned the souvenir table and also helped with pre-meet setup on Saturday. Don Callahan and Rich Hart did an excellent job announcing and we hope to have them back next year.

This meet showed off GBTC's ability to pull it off again. (GBTC's been pulling pulling it off for years! - RK) Meet do-directors Jim O'Brien and Bill Okerman

reported that meet income exceeded meet expenses by a small amount! Many thanks to Saucony for providing the t-shirts. The tentative date for the Third Annual GBTC Invitational Track and Field Meet is January 29, 1984.

And now a big thanks to all the volunteers. (An asterisk \* means the person also competed in the meet.) Jim Priesig(\*), Ralph Douquette(\*), Doug Sweazey, Steve Viatones, Elydia Siegal and her husband, Susan Stumpf, Will Stewart, Don Facey, Rodney Pearson\*, Jim O'Brien, Bernard Hanley, Mary Ann Bray (\*), Chris Lane, Mark Fenton (\*), Dr. Bruce Jones and his wife, Gus Foley, Dennis Westphal, Don Callahan, Tom Gilligan, Paul Caruccio, Nancy Sawdon, Jim Burke, Jim Hennessey.

- JO

#### ROADS

The roads are covered with snow and ice and you can't run. Only one exception:

<u>Mardi Gras Marathon</u>		<u>26.2M</u>
Rodney Pearson	first place	2:23

#### CLUB NEWS

Nobody sent any Club news. Indeed, nobody sent in any Road news, either. We picked up the previous statistic while hoisting a few at the Eliot Lounge. If this trend continues, we may start making things up. Then we'd be just like Runner's World. Yuck.

#### DEAL FOR MEMBERS

Jovial John Clark recently opened Clark's Sporting Goods store at 948 Main Street in scenic South Weymouth, Mass., and he's offering all his fellow GBTC members a 10 percent discount ("with proof of membership" -- i.e., a paid-up card) on all the great gear (Reebok, Brooks, ER, and so forth) he has in stock. JC's is probably the only running store on the South Shore, so this's a welcome addition.

#### GOSSIP

Running magazine is gonzo. Nike decided to fold the under-appreciated book. The May/June issue will be the last. A real shame. . . . Bob Anderson (speaking of real shames) has told Amby Burfoot that he (Amby) can't have anything to do with Boston Running Newsm even if he works for it on his own time. Amby's expertise would have been a big help to the fledgling mag. . . . A source at Nike who demands to remain uncredited admits that Pa Swoosh "is really behind in clothing." Try finding a ventilated Nike training suit, for instance. . . . Look for a biography of Frank Shorter from local publisher Houghton Mifflin in the next year or so. . . . Try reaching fast Frank on the phone sometime. Give yourself a big pat on the back if you succeed. . . . Look for Greg Meyer to win the Boston Marathon this year. . . . Rumor has it Marshall Medoff plans to hold a 24-hour motorcycle enduro on the full Charles River Bike Path on April 16-17. The riders will receive bonus points for every runner they mash during the race. Honda, Suzuki, and every Boston cab company have expressed interest in competing. . . .

#### LETTERS

Okay, all you Korporate Kiddies, has Big Bob ever got good news for you. Remember how excited you were last year when we changed the name of Runner's

World's Korporate Challenge to the Chariot Kup?

Well, this year, we've got an even better idea. We're changing the name again -- to the E.T. Kup. Ain't it Kosmic?

Be sure to bring your Reese's Pieces.

- John Robert Anderson  
Lost Altitude, CA

Now that the Boston Marathon's right around the corner again, I'd like to ask a question that's been bugging me for years. I sure hope somebody out there knows the answer: What in blazes does Dusty Rhodes time with that obsolete mechanical stopwatch she wears around her neck when she walks around the Runners Expo? You know, the gold-toned watch that goes so nicely with her pure-white track suit? This has really been driving me crazy.

- Miles Togoyet  
GBTC

Has anybody seen John Lorway? We need him for our next issue. C'mon, John. Here, boy! Whistle, whistle, whistle. (Damn! And we have two pages of ads for this issue, too. Gotta find that guy.) Here, John. Here . . .

- New England Running  
Downdedrain, VT

Is letter to thank Americanski for inviting us to run in your nuclear-disarmament Human Race last October. We think is excellent idea for U.S.A. to disarm itself from these detestable nuclear weapons. Once you do that, we can really show you how to run.

I regret that Col. Boris forbids answering to your question, Why is there been no similarwise race in Union of Soviet Socialist Republics?

Still, we fully believe there should be strict dissepation of politics and sport, and we are sure many serious athletes support your Granola-brained annual race. After all, look what happened to 1980 Olympic Games, when your President mixed politics with sport. Bye bye way, we are still helping Afghanistan; meaning this our 1984 Olympic Team will not be welcomed at your Los Angeles? Maybe we will decide on our own that we are not welcome, chuckle chuckle.

Wishing you a happy half-Olympics, I remain,

- Ivan Fastrunner  
People's Committee for  
Imbecilic Races

If you ever want to put Krise in his place, just tell him to go listen to those radio ads on WBCN for Marathon Sports. They're about a million times funnier than all the issues of the Wingfoot put together, by gum! We love the name they came up with for that runner -- Willie Makeit. Now there's a name that's really specifically related to long-distance running. We tell you, there's a satiric genius behind those ads, and it sure as heck isn't Ray Krise.

- Mara Thon  
Hy Mileage  
Bill Dingabase  
Wanda Runphast Spiedwurk  
GBTC

Thank you for your suggestion, Ray, but we don't think that adding a special "Jack E. Leonard Memorial Division" to the B.A.A. Marathon would enhance our event. Who, other than yourself, Jack Welch, and Hal Higdon, would compete in it? Thanks anyway.

- Tom Brown  
Writing On Behalf Of Whomever  
It Is Who's Race Director  
This Week

CREDITS: Jim O'Brien, Amby Burfoot, Carolyn Dooman, Nancy Gregorio, Ray Krise

NOTES FROM THE ROAD RUNNING CHAIRMAN

TOM GILLIGAN

BOSTON MARATHON. The club can submit an unlimited number of five man teams. Anyone who is interested in being entered on a team should contact me at 492-3088 between 4:00p and 5:30p or at 864-5209 evenings. Scoring is based on combined places of the top three finishers on each team. Only those who are entered on a team are figured into the placing system.

TRACK WORKOUTS. The men are continuing to workout on Tuesday evenings at MIT indoors at 7:30p for those who have purchased guest passes. Outdoor sessions will begin soon when the weather permits. Women are welcome to attend to receive coaching or moral support.

\*\*\*\*\* RACE OF THE MONTH CLUB \*\*\*\*\*

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The Board has discussed endorsing one race each month as an function for club competition and socialization. One race monthly will be selected and mentioned in this newsletter as an event that the GBTC feels is well organized and offers the membership a good time. Those events in the immediate future are:

March 20	New Bedford Half-Marathon
April 10	Milk Run 10K
May 1	Charles River Run

We are looking for suggestions on formulating a scoring system that would give runners of all levels a chance at winning the series. Some sort of handicapping system is necessary. DOES ANYONE HAVE ANY IDEAS? For example, points could be scored according to running against personal best times. Please send ideas to the club office or call me.

Secondly, and most importantly, we are looking for ways to get the club members more active among themselves. Hopefully, club members will get together to go to the endorsed events and wear the colors. Let the world know that the GBTC is alive and well!!!! Also, this is a chance for new or previously inactive members to introduce themselves or be introduced to other members. Don't be shy. This is your club!!!!

## VOLUNTEERS NEEDED

By agreement between Greater Boston Track Club Board of Directors and Directors of the Charles River Run held on May 1, 1983, to benefit the Greater Boston Association for Retarded Citizens, the Greater Boston Track Club will be providing course management during the race in cooperation with the Metropolitan District Police. The Greater Boston Track Club will be paid a per runner fee which will total about \$500.00 for the club's general fund. To volunteer please contact:

DON FACEY 876-0727

Anyone interested in helping to assemble the quarterly road race and Track & Field schedule the club has been publishing? we expect that if we divide this work among a small group we can continue this popular service. Contact DON FACEY 876-0727

## WOMEN'S ROAD RACING

The GBTC women have hit the great outdoors on Wednesday nights following a winter of weekly indoor track workouts at MIT. As of right now, we will be meeting at BC on Wednesdays at 6:30 p.m. for track practice. There is generally a group doing road work at this time, so all members are encouraged to turn out for practice even if they feel they aren't ready for the track. We are also meeting on Sunday mornings for long runs; again, everyone is encouraged to attend. Lately, we have been co-ordinating our runs to coincide with the "GBTC MARATHON TRAINING RUNS" leaving BC at 10 a.m.

In addition to this "brutal" schedule, small groups meet on Friday nights for hill workouts at BC and at Beacon Hill. If there are any questions-or comments-on Wednesday, Friday or Sunday workouts call Barb Sauer at home 266-4308 or at work 876-4344 ext. 351.

In terms of road racing, a women's team has been invited both to the 30K RRCA (March 20) and to the women's 10K TAC (April 10) championships in Albany. We are sending competitive teams to both races. The results should be available for the next newsletter. There will also be a strong team running the BAA MARATHON.

For any questions on upcoming races or to report race results call BARB SAUER.

Coach 969-7896

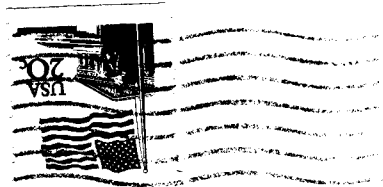
GREATER BOSTON TRACK CLUB WOMEN 1983

Lige, Normas

Baillie, Linda	803 Stearns Hill Rd.	Waltham	02154	899-8166
Barrett, Ruth	64 Dudley Street	Brookline	02146	738-1957
Beaulieu, Nancy	3 Arlington Street	Boston	02116	262-3674
Berkner, Kathleen	193 Strathmore Rd.	Brighton	02135	782-3182
Blacher, Jan	107B Centre Street	Brookline	02146	739-1341
Bourque, Carol	24 Depot Street	Randolph	02368	961-3093
Braley, Jane	128 Lake Shore Rd. #2	Brighton	02135	783-9366
Bray, Mary Ann	111 Longwood Ave.	Brookline	02146	734-8863
Brzostowski, Barbara	7 Ropes Street	Salem	01970	741-0296
Champion, Margaret	20 South Crescent Cir.	Brighton	02135	254-0449
Cully, Wendy	11 Hallmark Gardens #1	Burlington	01803	229-2327
Dauphin, Cynthia	38 Moraine Street	Belmont	02178	489-4063
Deprospro, Norma	940 Belmont Street	Watertown	02172	926-4475
Dowd, Loisann	18 Wilson Street	Natick	01760	655-8950
Duckworth, Pam	22 McTernan Street	Cambridge	02139	492-2927
Drucker, Elizabeth	1 Longfellow Pl. #2216	Boston	02114	227-1940
Eddy, Lorna	3 Russell Street	Waltham	02154	647-1446
Eggert, Elizabeth	26 Bowen Street	NewtonCtr.	02159	244-4183
Fine, Dotty	321 Dartmouth St.	Boston	02116	247-3804
Fisher, Frannie	12 Lincoln St. #4	New.Hghlds.	02161	244-5238
Flannery, Susan	25 Hammond St. #5	Cambridge	02138	492-3384
Fredrick, Nancy	687 Main Street	Lynnfield	01940	334-3302
Gedritis, Mary Ann	726 Comm. Ave. #2P	Boston	02215	266-9139
Germanotta, Beth	43 Trapelo Street #2	Brighton	02135	254-5916
Grove, Doris	76 Mt. Vernon Street	Boston	02108	227-3752
Haggerty, Beth	342 Bayville Rd.	Locust Valley, NY		
		11560	(516)	676-0214 <sup>4215</sup>
Hammond, Jane	14 Oakland Circle	Wellesley Hills	02181	237-421
Hankinson, Kathy	700 Comm Ave #1424A	Boston	02215	353-8139
Hastings, Cynthia	22 Kenneson Road #3	Somerville	02145	623-2732
Hinckley, Lisa	105 Beacon Street	Boston	02116	242-1405
Hurwitz, Lois	19 Hines Way	Marblehead	01945	631-7347
Jennings, Anne	94 Seatucket Road	E.Falmouth	02536	548-8996
Karg, Margaret	38 Moraine Street	Belmont	02178	489-4063
Koeninger, Julie	340 School Street	Watertown	02172	924-5583
Lanzillotti, Jane Schwer	8 Fairview Avenue	Watertown	02172	924-4175
Leach, Audrey	49 Jersey Street	Marblehead	01945	631-0784
Nelson, Barbara	356 Waltham Street	W.Newton	02165	332-2781
Newton, Bonnie	15 Strathmore Road	Brookline	02146	734-8532
O'Hagan, Sharon	337 Columbia Street	Cambridge	02139	864-5209
McGuire, Lark	86 Greenlawn Ave	NewtonCr.	02159	969-1318
Meade, Pat	109 Eldredge Street	Newton	02158	244-8018
Miller, Sandy	52 Jacqueline Road	Waltham	02154	899-4744
Mitchell, Jan	61 Hunnewell Street	Wellesley	02181	237-4114
Rankin, Sarah	22 McTernan Street	Cambridge	02139	491-8137
Robinson, Allie	131 Ocean Street	Lynn	01902	581-2106
Sauer, Barbara	37 Commonwealth Ave	Boston	02116	266-4308
Sawdon, Nancy	190 Commonwealth Ave.	Boston	02116	262-6033
Schiappa, Lois	75 Madison Avenue	Newtonville	02160	964-2657

Sandy Miller  
52 Jacqueline Road  
Waltham, MA 02154

Greater Boston Track Club  
90 HAMPSHIRE STREET  
CAMBRIDGE, MASSACHUSETTS 02139



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Vice-President Tom Gilligan  
Treasurer Don Callahan  
Clerk Rodney Pearson  
Asst. Clerk Pam Duckworth  
Doug Sweazey Cindy Hastings

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Will Stewart, Earl McGilvery

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Steve Viatones, Jim Priesig, Ralph Dougette,  
Jim O'Brien

Women's RoadRunning \*Barbara Sauer, Cindy Hastings

Membership Don Lamb, Rodney Pearson, Carolyn Dooman

Communications \*Larry Newman, Ray Krise, Jack Devine, Ralph Dougette

Social Will Stewart, Sharon O'Hagen, Fred Doyle, Elydia Siegel

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Property Management Will Stewart, \*Don Facey

\*Chairperson