

*Twenty-three Years & Still Running*

# The Wingfoot Express

*Newsletter of the Greater Boston Track Club*

*January 1997*

## 1997 Grand Prix Series

*by Betty Bourret*

The Grand Prix series was established in 1984 by the USA Track & Field- New England Association (USATF-NE) to unify road race championships in the states of Massachusetts, New Hampshire, Rhode Island and Vermont. The series is composed of seven races ranging from 5K (3.1 miles) to the marathon (26.2 miles). There are over 100 running clubs registered with the USATF-NE. Greater Boston Track Club is registered and is club #016. The USATF-NE club members select the races that comprise the Grand Prix series at an annual meeting in November.

Club teams score points over the season vying for end-of-the-year honors. The emphasis of the series is on club participation and includes divisions for open, 40+, and 50+ teams for both men and women. All clubs with a finishing team score at least 1 point. The awards total over \$15,000 in developmental prize money to top finishing USATF-NE clubs. This money can be used for club uniforms, equipment, youth programs, scholarships to send talented runners to national events, etc. Thirty-one runners in 1994 and 44 in 1995 completed all the

New England clubs fielded scoring teams in the 1996 races.

Individual scoring is kept in 4 divisions for both men and women: open, age 40-49, age 50-59 and age 60+. Individuals who win the races take home the prize money. At the end of the season, special awards go to runners who complete all 7 events (relay excluded). The goal of this program is to give both frontrunners and middle-of-the-pack runners a goal for the entire season. Runners who run all seven events are showing a special commitment to the sport of running. To highlight their accomplishment these "Iron Runners" receive a jacket imprinted with the unique logo design from each of the championship events. In 1996, the third year of the program, 52 runners achieved the "Iron Runner" status. Only 13 runners in 1994 and 44 in 1995 completed all the events.

<b>inside...</b>	<b>President's Column.....Page 2</b>	<b>Opinions.....Page 6</b>
	<b>Race Results.....Page 3</b>	<b>Women's Running Meeting....Page 8</b>
	<b>Grand Prix info.....Page 4</b>	<b>Nancy Clark.....Page 9</b>
	<b>New faces.....Page 7</b>	<b>GBTC Grand Prix.....Page 10</b>

# President's Column...

## by Bruce Bond

We finished 1996 with the beginning of competition on the indoor track and our Holiday social at the Crossroads Ale House. Both were fun for me and I believe for others.

First, the holiday party. Everyone appeared to enjoy the reserved second floor room with its booths, open space, and bar space. We had darts, a juke box, and most of all great conversation for entertainment. Pizza and hors d'oeuvres were supplied by the club and many members contributed a staggering selection of desserts—the kind of desserts that require extra miles! The area was free of smoke, which is always a plus. Even with the Eliot Lounge and its great tradition, we used to have to share the area with smokers. Overall the celebration was excellent. My thanks to Karen Crouse and Susan Richards for organizing the event.

Thank goodness the first indoor track meet (Harvard) was the day before the Holiday party. Lead bellies don't run fast! We had a limited number of men in attendance and have had a number of men compete at Brown. As we continue with the indoor season, I would like to see greater participation in both the men's and women's divisions. There is an extensive schedule of indoor meets in our geographical vicinity—something that you will not find in many geographic areas of the country. For those of you over 30 years old, the National Indoor Championships will be held at the Reggie Lewis indoor track on March 21-23. Tell your coaches you want to peak at that time. Some people avoid the indoor competition, feeling as though they are in a fish bowl. I like the fact that there is no wind to bother you. As we all know runners never appear to be helped as much as they are impeded by the wind.

A great place to get started indoors is the January 19, 1997 GBTC Invitational held at Harvard's indoor facility. We would like all of you to volunteer to assure that the event runs smoothly and the GBTC name is not blemished. GBTC members are also allowed to run in the meet and work around their race schedule.

New board member Gary Snyder has received a funding commitment from Lucent Technologies applicable to producing the program. Lucent has also agreed to supply volun-

teers. If we cannot lead the race events, let's at least lead the volunteering!

For those of you who are more focused on the long run and the Boston Marathon, try to get your training buddies together at the GBTC long runs. Please call the host the day before the run for them to plan for the proper distances and pots of coffee. And for those of you who want to learn one of the best kept secrets of the club, the long runs could be defined as social runs, ranging from 5 miles to over 20 miles.

See you on the tracks and the roads!  
Happy New Year!

### **The Wingfoot Express** a publication of Greater Boston Track Club

**Editor in Chief and Publisher**  
Kristin Mattocks

#### Board of Directors

<b>President</b>	Bruce Bond (617) 275-4982
<b>Vice-President</b>	Karen Crouse (617) 783-9231
<b>Treasurer</b>	Jim O'Brien (617) 282-5537
<b>Clerk</b>	Sandy Miller (617) 923-0754
<b>Board Member</b>	Betty Bourret (617) 397-8553 Kirsten Keating (617) 489-7230 Kristin Mattocks (617) 723-7971 Susan Richards (617) 437-6557 Gary Snyder (617) 536-6797

#### Event Directors

<b>Meet Director</b>	Jim O'Brien (617) 282-5337
<b>GBTC Invitational</b>	
<b>Meet Director</b>	Ron Spangler (617) 720-2376
<b>GBTC Relays</b>	
<b>Race Director</b>	Mike Turmala (617) 491-7285
<b>Heart and Sole 5K</b>	

#### Coaches

<b>Men's</b>	Tom Derderian (617) 846-2902
<b>Women's</b>	Bill Durette (617) 484-9262
<b>Club Hotline Number</b>	(617) 499-4844

#### **GBTC Web Page**

<http://www.research.digital.com/CRL/personal/tuttle/gbtc/home.html>

# GBTC Runners Sizzle Both Inside and Out

## GBTC Runners Dominate at Yuletide Stride

The 9th Annual Yuletide Stride, hosted by the Frontrunners of Boston to benefit area AIDS and HIV+ people, was held on Sunday, December 12. In weather that could be described as an early Christmas present—clear and sunny throughout, with temperatures in the high 40's—342 runners finished the popular 5 mile road race that started at Boston Common and traversed much of the Back Bay and South End.

GBTC runners numbered eight in all, with a particularly strong showing by the women. Out of 139 female finishers, Kristin Mattocks placed first in her age group (under 30) and was third female overall, while Karen Crouse took fifth place in her age group (30-39) and eighth overall. Back Bay resident Dottie Fine tied for second in the 50-59 age group and finished in the top thirty female runners as well. Prominent in her absence was Lisa Conboy, who somehow managed to sleep through the noise of the thundering herd that ran past her Beacon Street *pied a terre*.

GBTC finishers were as follows:

<u>Name</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
Geoff Groesbeck	19	30:01	6:00
Brian Hare	23	31:04	6:13
Kristin Mattocks	59	34:03	6:49
Karen Crouse	86	35:21	7:04
Frank Monkiewicz	153	38:10	7:38
Dottie Fine	155	38:13	7:39
Hugh Jessup	170	39:03	7:49
Betty Bourret	209	40:50	8:10



## Amory Rowe Sets Meet Record at Norm Levine Classic

*The following is an excerpt from Tom Derderian's e-mail account of Amory's record of 5:20.53 at the Brandeis indoor meet on 1/4/97.....*

In the women's mile, the leaders blasted out with a 35 second first lap, as if they intended to run a 4:40 mile. Our crafty Greater Boston women held back. Six hundred meters passed in 2:47 and still the leaders seemed to hold an insurmountable lead. Then Amory felt an urge to chase the leaders. Perhaps some vestigial hunting instinct seized her. She ran the next 200 meters in 43 seconds. But curiously Amory's pace matched the leaders and they no longer pulled away. They had indeed slowed so they ran the same pace as Amory. Her next 200 meters passed in 37 seconds. The hunt was on! She gained on the leaders...Amory passed runner after runner as she hungrily forged her way through the field. She ran the next 200 meters in 39. Much faster than the leaders...With a lap to go Amory exploded with a 34.5 last 200 to fly by everyone in the field and win with a new meet record of 5:20.53. We think a new GBTC star is born. Amory Rowe is now undefeated in the mile in the first two mile races of her life... Congratulations, Amory!

Also competing in that race were Elaine Christy, who ran a brilliant 5:30 for 5th place and Sarah Rankin, who placed 6th with a 5:36 finish after having a big day by placing 6th in the 800 meters earlier that day with a time of 2:32.40. Congratulations to these two women as well for superb races!!

On the men's side, Jay Euzukonis ran his indoor personal best in the 800 meters with a time of 2:02.80 to place 10th in the competitive field. Marc Mangiacotti and Tony Pallota followed with times of 2:07 and 2:09, respectively. In the men's mile, Bill Newsham placed 9th overall with a time of 4:34.48. Marc Mangiacotti ran 4:47, and Dave Sullivan finished in 5:03.7. Finally, in the 3000 meters, Jim Pawlicki ran a personal best by 11 seconds, to finish in 9:00.65.

**"We think a new GBTC star is born"**

**Tom D. on Amory's performance in her record-setting mile.**

# USATF-NE Road Race Grand Prix Series

The USATF-NE (United States Track and Field- New England) has announced the 1997 Road Race Championship schedule. From the submitted 18 events the following were chosen:

**March 9 30 K**

**Stu's 30 K  
Boylston, MA**

**July 29 10 M**

**Yankee Homecoming  
Newburyport, MA**

**August 10 10 K**

**Salem Heritage Days\*  
Salem, MA**

**September 7 5 K**

**Brewery Exchange\*  
Lowell, MA**

**October 5 8 K**

**Ro-Jacks  
Attleboro, MA**

**October 19 13.1 M**

**BayState Half-Marathon\*  
Tyngsboro, MA**

**November 9 26.2 M**

**Ocean State Marathon\*  
Narragansett, RI**

\* Indicates first time host of championship event

Additionally, there will be a marathon relay event in conjunction with the Cape Cod Marathon on October 26 in Falmouth, Ma. The relay will consist of 5 legs between 3-7 miles each for a total of 26.2

miles. Scoring will not apply to the overall Grand Prix team scoring.

## I. Eligibility:

A. Any athlete who is a member of USA-TF New England.

B. All USATF-NE member clubs. All scoring individuals of a club must be members of USATF-NE.

## II. Scoring System

A. Individuals: Top 10 score points (10-9-8-7-6-5-4-3-2-1) in Open, 40-49, 50-59, 60+

B. Teams: Open top 8 (9-2 pts); 40+ Top 6 (7-2 pts.); 50+ Top 3 (4-2 pts)

Team scoring is based on the total times.

All clubs with a finishing team will score at least 1 point.

USATF-NE is the governing body for road running, track & field, and racewalking in Massachusetts, New Hampshire, Rhode Island and Vermont. Membership is \$15 and is good from Jan. 1 thru Dec. 31. Applications are available from USATF-NE, P.O. Box 1905, Brookline, MA 02146. The office is at 2001 Beacon Street (Cleveland Circle), Suite 207, Brookline, MA. Telephone (617) 566-7600, FAX (617) 734-6322

## CITY RUNS

Not interested in track work outs? Training for a Spring marathon? Then join the City Run group that runs from the MIT indoor track every Tuesday night.

The City Run is offered as an alternative for those members not interested in doing a track workout but still desiring the fellowship of the club. Runs are on the river and through Boston, usually taking 45-65 minutes (moderate pace) and cover 6-8 miles. Afterwards we socialize with pizza and beer at the Thirsty Ear pub.

If you're interested, meet downstairs at the MIT indoor track at 7:15pm. If you have any questions call Susan Richards at (617) 437-6557.

Don't forget to renew your USATF-NE membership! It EXPIRED on December 31. An application form has been included in this newsletter.

## RACE RESULTS (CONTINUED)

### Brown University, Indoor Meet, 1/2/97

#### Women's Mile

Amory Rowe 5:21.3 (1st)  
Elaine Christy 5:37  
Lisa Conboy 5:43

#### Men's 800 Meters

Bill Newsham 2:02.5 (5th)  
Jim Pawlicki 2:03.9 (7th)  
Dave Sullivan 2:13

#### Men's Mile

Jim Pawlicki 4:41.1  
Tony Palotta 4:54.1

#### 3000 Meters

Bill Newsham 9:39.1

### Brown University Indoor Meet, 12/26/96

#### 1000 Meters:

Jim Pawlicki 2:39.1  
Jason Euzukonis 2:39.1  
Bill Newsham 2:42.5  
Tony Pallotta 2:49.6

#### 3000 Meters

Jim Pawlicki 9:20  
Bill Newsham 9:32  
Tony Pallotta 10:12  
Dave Sullivan 10:26

### Hangover Classic 10K, 1/1/97

Geoff Groesbeck 43rd 39:30

#### Fresh Pond, 2.5 miles

2. Chris Hussey 14:19 12-07-96  
2. Dan Hernande 14:28 12-14-96  
2. Dan Hernande 14:09 12-21-96

## GBTC Invitational Sunday, January 19th

### Volunteers Needed!!!!

We need volunteers to help with our indoor track meet at Harvard, beginning at 8:00 AM. If you want to compete, you are welcome to take off from work to warm up and race. With sufficient volunteers, people may be able to work either a morning or an afternoon shift.

Please invite family or friends to come and volunteer. Make a fun day out of it!

To volunteer, call Jim O'Brien at 282-5537.

## Hawaii's Great Trans Ko'olau Trek

On May 11, 1997, the first and final running of the Great Trans Ko'olau Trek will take place. The 10 mile race will be held on Hawaii's newest superhighway, constructed 160 feet above O'ahu's Halawa and Haiku valleys. After the race, the highway will be opened and the race will never be run again. The USATF-certified course covers 10 miles of the virgin freeway and afford spectacular mountain to Pacific Ocean views. Runners set off for 3.5 miles uphill (6% grade) on the island's lush windward side in Kaneohe, follow the roadway as it winds through the mountains, and pass through a mile-long tunnel. The course continues 5 miles downhill as runners cross a portion of metropolitan Honolulu before dashing across rolling hills to the finish inside Aloha Stadium near historic Pearl Harbor. This is a fast-assisted course with prevailing tail winds, and the start is 200 feet above the finish.

For more information:

Race Headquarters

Great Trans Ko'olau Trek

50 South Beretainia Street, Suite C-211A

Honolulu, HI 96813 (808) 521-4351

How about a spring vacation in Hawaii, complete with a 10 mile road race that will never be run again? You could be making history...

# *Opinions:* *Why should you run in the Grand Prix Series?* *by Betty Bourret*

*Editor's Note:*

*This column will be dedicated to providing a space for members to speak out on issues that concern them. This piece can be written by anybody in the club, whether it be coaches or runners. One piece will be chosen for each publication. Please forward any opinion pieces or suggestions of pieces to the editor.*

This issue of the Wingfoot is filled with information on the USATF-NE Grand Prix Road Race Series. The races chosen for 1997 are some of the best organized and the most scenic in New England.

These races are not just for the fastest runners. Indeed, the fastest runners will take home the prize money but by simply being on a team that finishes, you can help GBTC collect points over the season that could win us team prize money at the end of the season. For each age category a club that has a finishing team is awarded a point. GBTC can collect 7 points by having a team show up and finish the race, no matter what the time.

This may not be for everyone. Many runners are trying to peak for a particular race, or are keying on a particular distance, or are more interested in cross-country running or track. For those of you who want to compete with NE's best road racers; the prize money offered at these races will attract some of the best runners. For those of you who are middle or back of the pack runners, join a GBTC team for these events! You'll meet new people, travel to exotic parts of NE and get a lot of that delicious post-race food and drink. For those of you who like to set year-long goals...run in each of the seven races and earn the "Iron Runner" prize.

**Are you up to the Grand Prix challenge? Its not too late to start training for the first race...an 18.3 miler!**

A little investment will reap you great rewards. Join USATF-NE (the application is in this issue), buy yourself a GBTC singlet or t-shirt and call the race coordinator to say you are interested! The first race is Stu's 30 K (18.3 miles) in Boylston, MA. This is the goal you need to keep you running in the cold, windy and snowy months ahead! The women's team coordinator is Betty Bourret (617 397-8553). The men's team co-ordinator is Tom Derderian (617-846-2902).

## **Deposits Accepted for Millenium Marathon!!!!**

*From the newsletter published by Marathon Tours, Inc...*

Deposits are now being accepted for the first sporting event of the new millenium, the **Millenium Marathon** in Hamilton, New Zealand on 1/1/2000. Since New Zealand receives the first light of each day, this country known for its world class runners will host a sunrise marathon and 10K to celebrate the year 2000.

Marathon Tours has secured the North American appointment as the official travel agent and can acomodate 250 visitors. The trip will depart on December 27 for New Zealand. A 6 night stay will include stays in Hamilton and Rotorua with a variety of sightseeing options.

If you are interested in holding a place for this once in a thousand years opportunity, send in a **fully refundable** \$300 per person deposit. Final information should be available by the end of 1997. Mail to: Marathon Tours, Inc., 108 Main Street, Boston, MA 02129. (617) 242-7845.

# Member Profiles....

what you always wanted to know but were afraid to ask

*Editor's Note: A new feature of the Wingfoot will be member profiles. This gives us an opportunity to learn more about new members of our club, and to dredge up some interesting facts about seasoned members.*

## Brian Hare

Brian Hare is one of the nicest guys you'll meet running around the track. Maybe its because he's from the Midwest... Waterloo, Iowa to be exact, and isn't everybody from the Midwest nice? Brian decided he wanted to get out and see a different part of the country, and so came to Williams College in Massachusetts to do his undergraduate. He hadn't quite had enough of school, though, and so decided to put in another 4 years at Yale getting his Ph.D. in biochemistry. He is currently a post-doc at Harvard Medical School studying protein structure (go ahead...ask him anything about proteins, he'll know the answer). For fun, Brian rides unicycles, although he denies ever having been in a parade riding a unicycle. As for running, Brian's favorite event is the marathon. He's run NYC twice, and ran Boston for the first time last year. Brian plans to show up at the starting line again this year on April 21st. He considers the most beautiful run to be in Provincetown along the Provinceland Bike Trail, although when he's confined to the city limits he enjoys running in the Arnold Arboretum. Brian's favorite race in the past year was the Lake Winnepesaukee relays, which happens to be a sentiment shared by many of his GBTC teammates. Brian competes in the men's open division.

## Michelle Parks

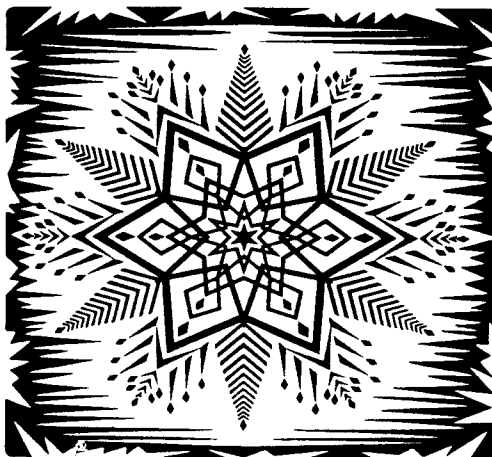
Michelle isn't easy to miss, if you see her running on the track or on the roads. She's got long red curly hair, and lots of it! Michelle is originally from Spartanburg, South Carolina, and attended school at Furman University in South Carolina. From there, she chose to pursue a Ph.D. in chemistry from Cal Tech University in Pasadena, California. While living in California, she was an avid hiker and backpacker, and managed to climb Mt. Whitney in her spare time. Michelle recently moved to Boston to study the controlled release of drug at MIT as a post-doc. In her spare time, Michelle still

enjoys hiking and backpacking, along with swimming and running. Michelle's favorite running event is the marathon, and she has competed in both the Los Angeles and Seattle Marathons. Since she lives in Cleveland Circle, she usually ends up running around the Chestnut Hill Reservoir, and does her long runs on portions of the Boston Marathon course. Michelle competes in the female open division for GBTC.

## Geoff Groesbeck

GBTC's Geoff Groesbeck has led an interesting life. Although he was born in Boston, he went to school in Portugal and returned to the United States to get a triple major in English, history, and philosophy from Gordon College. Since then, he and some friends joined together to form CD Enterprises, a consulting firm in which he is the executive vice-president. Geoff has had a varied running history. He began running in prep school, quit running while in college (it must have been the pressure of doing a triple major), and has picked up running again in his post-collegiate life. He prefers hilly, scenic runs, and enjoys such races as the Applefest Half Marathon and the Yuletide Stride. His favorite races include 5-milers and half-marathons, although he will be competing in this year's BAA Marathon. Geoff spends a fair amount of time in Bolivia, and enjoys the "hot, dry, and flat" running that the country has to offer. Geoff competes for GBTC in the men's open division.

**Be sure to send in your entry for Stu's 30K, which is included in this newsletter. Its the first race of the 1997 Grand Prix Series. The race is March 9th (so you have plenty of time to fit some long runs in!)**



# ***GBTC Women's Team Meeting Saturday, February 1st, 8:30 am***

## **All GBTC women**

*(young, not-so-young, tall, shorter, fast, not-so-fast)*

**Here's your opportunity to get training advice from Bill Durette, the famous miler!**

We will have a team meeting on Saturday, February 1st at 8:30 am at coach Bill Durette's house in Belmont. The morning will begin with a social run through the woods and streets around his home, which is really quite a beautiful area to run in. Don't worry, this IS NOT A COMPETITIVE RUN. Bill will not send you home if you don't run X miles in X minutes. After the run, we will dine on brunch items that we have all generously provided for the gathering (bagels, fruit, donuts, juice, coffee, Pop-Tarts, etc.)

The meeting will bring several opportunities. It will give us all a chance to learn more about the 1997 Grand Prix series, which will begin on March 9th. Bill Durette has created a training schedule to prepare for that race for those of you who are interested. In addition, this meeting will give you the opportunity to ask Bill questions about training in all its forms...speedwork, long-runs, weight-training, etc. Finally, it will give you the opportunity to meet other women on the team, both new members and old.

It would be great to see as many of you at this meeting as possible. We'll probably be finished with the meeting by 11:30. See you then!

Bill's Address: 132 Mill Street, Belmont, MA

(617) 484-9262

(Mill Street is off Trapello road in Belmont)

Directions will be provided at track, or by calling Bill.

If you need a ride, call Kristin at 254-9272.

# *Our Own Nancy Clark Serves up Advice on Food and Exercise*

## **The Athlete's Kitchen**

by Nancy Clark, MS, RD

### **Balancing Food and Exercise**

People exercise for many reasons--to improve fitness, excel as a competitor, lose weight, and reduce stress. But confusion abounds among health-conscious people who want to get the most from an exercise program. I often am asked questions about how much exercise is enough and the best way to balance and exercise to have plenty of energy. The following article addresses some of these concerns.

#### **Q. How often should I exercise?**

A. The amount you exercise should be based upon your fitness goals--do you want to be fit enough to survive a rugby game, run the Boston Marathon, or simply age successfully? For baseline health and fitness, The American College of Sports Medicine recommends at least 30 minutes of accumulated activity over most days of the week. This minimal amount reduces your risk of heart disease, hypertension, and diabetes. Clearly, athletes need to train far more than that for competitive excellence.

Many exercisers and athletes believe they fail at fitness if they don't exercise every day. Wrong! Days free of rigorous exercise are an important and appropriate part of a training program because your muscles need time to heal and refuel. And if you are competitive, your mind also needs time to recharge the mental energy required for rigorous training.

Clearly, competitive athletes who get exhausted during their daily training sessions have a greater need for rest days than do casual exercisers who do not deplete themselves during the 30 minutes of activity. Yet, fitness exercisers should feel no guilt if they take a day off for sickness, rain, or personal commitments. Exercise tends to become a punishment rather than a pleasure if you repeatedly push yourself to workout day after day, week after week.

One of my clients boasted "I haven't missed a day of running in eight years--not even when I was sick, injured, or rained on." Although our society commonly praises such dedication with responses such as "I only wish I could be as disciplined as you are...", the question arises: Is this person a dedicated athlete or a compulsive exerciser? Commonly, the latter.

True athletes exercise to improve performance. They plan rest into their training programs. They know they'll get better only if they work harder or longer, so they eliminate much of the compulsive exerciser's "junk training" that falls into the category of simply burning calories due to fear of getting fat.

#### **Q. I was told to exercise at least an hour a day in order to lose weight. Is that true?**

A. No. In order to lose weight, you simply have to create a calorie deficit. That is, you have to burn off more calories than you consume. When people are sick, they com-

monly create a calorie deficit and lose weight--without doing any purposeful exercise. Exercise is not essential to lose weight--but, it is a key for maintaining weight loss.

I often recommend dieters separate exercise and weight reduction. Otherwise, exercise can too easily become a punishment for having excess body fat. (Remember: the E in exercise stands for Enjoyment.). I prefer my clients to exercise because they enjoy it and are hooked on the benefits of exercise.

Regular workouts help you feel good, relieve stress, feel good about yourself, tone muscles, and improve health. If exercise contributes to a calorie deficit, yes, it will contribute to weight reduction. But often, the more you exercise, either the more you eat or the more sedentary you will be in the rest of your day--both of which affect your calorie balance.

I do recommend strength training as the wave of the future in terms of weight control. By strengthening your muscles and increasing your muscle mass, you'll increase your metabolic rate. Because most calories are burned by muscle, the more muscle you have, the more calories you need.

#### **Q. How many calories do I burn off after I exercise due to a higher metabolic rate?**

A. Not many. If you exercise intensely for a long period of time, your metabolic rate will likely remain elevated for a little bit. But the average recreational exerciser who works out moderately will experience very little post-exercise calorie expenditure. A recent study comparing the metabolic effects of endurance- and strength-trained men vs sedentary peers shows all three groups burned the same amount of calories when they spent a sedentary day in a room calorimeter that measured their caloric expenditure for 24 hours. This suggests no chronic increase in metabolism due to moderate exercise in similarly sized men. (Int'l Sports Nutr., Dec. 1996)

#### **Q. I often get lightheaded when I am exercising. Help!**

A. Lightheadedness is a common complaint, but it is abnormal and can be prevented. When your blood sugar drops too low, your brain gets inadequate fuel and you experience lightheadedness. You can prevent low blood sugar by fueling properly before you exercise. For example, if you workout in the late afternoon after having endured a busy day with little breakfast and lunch, you'll likely become lightheaded during the exercise. The solution is simple: schedule in substantially more food during the day so you won't be running on fumes. An adequate pre-exercise fueling program resolves the lightheadedness problem--and also reduces post-exercise hungry horrors! The best plan is equal meals every 4 hours.

**Remember:  
The E in  
exercise  
stands for  
enjoyment.**

## **GBTC's Grand Prix...How many points can you score this year?**

**Road Race Grand Prix Scoring**  
by Karl Hoyt

Each year at the year-end holiday party, the GBTC awards a gift to the women's and the men's overall winner of the road race grand prix series. The 1996 winners were Susan Richards and Jim O'Leary. The 1996 GBTC Road Race Grand Prix was the same as the USATF-NE road race grand prix (Stu's 30K, Saucony Fenway 5K, Riverside 8K, Yankee Homecoming 10 Mile, Bridge of Flowers 10K, Newport Savings Half Marathon, and Cape Cod Marathon), with the addition of the Lake Winnepesaukee Relay.

This is how the winner was determined. In each age group (open, masters, seniors, veterans), GBTC's top finisher receives 10 points, our second finisher would get 8 points, the third finisher 7 points, and so forth to the ninth finisher who received 1 point. For the Lake Winnepesaukee Relay, where members run different legs, each leg is different, and we are trying to encourage participation, all participants receive 10 points. The results of all the races are summed and the GBTC winner was the individual who had the highest point total. In the case of a tie, the tie breaker would be head-to-head competition.

This general format has been employed for a number of years, but there have been modifications. In 1993, we started scoring a Master's Division separately from the Open Division. In 1995, the Senior's Division was added, and in 1996 the Veteran's Division was included. Each division was scored separately, but the overall winner was the individual with the greatest number of points. Also, in 1993, we scored 15 events, including two cross-country races, with the top 8 performances by each individual counting in the scoring. At the time, we had trouble getting the official results for the expanded format, which resulted in the GBTC replicating the USATF-NE Grand Prix in 1995 and 1996.

Our approach has been found to favor the older age groups where the number of club competitors and ensuing competition is less. This year, we will apply the general scoring system we have utilized, with each age group winner scoring two points above the second place person in that age group. However, we are still seeking an equitable formula to avoid a bias against the open division. For example, we may scale the maximum number of points in each age group according to the number of competitors in that age group.

Overall, we encourage each of you to participate in as many races as possible to make our Grand Prix competition as fun as possible.

### **RAVE RACES...WHAT RACES GBTC FOLKS LIKE AND WHY.**

Several GBTC runners were asked at random which race they had run in the past year was their favorite race, and why? Here are some of their answers...maybe it might help you pick out a few races in the upcoming year...Any other races not mentioned? Send them in! Share your experience with other club members.

Joyce Dendy.....*The Brew Run, a 5.2 mile race in Brewster (August)... "Great t-shirts and party afterwards"*  
 Betty Bourret.....*Covered Bridges Half-Marathon in Vermont (May)... "Beautiful scenery and good food"*  
 Lisa Conboy.....*Applefest Half Marathon in Hollis, NH (October)... "Rolling hills, great apple crisp!"*  
 Brian Hare.....*Fairfield Half Marathon, Fairfield, CT (June)... "Very flat and scenic"*  
 Gary Snyder.....*Jingle Bell Run in Boston (December)... "Non-competitive fun"*  
 Sandy Miller.....*Litchfield Hills 7.0-miler, Litchfield, CT (June)... "The whole town shows up...huge party!"*  
 Karen Crouse...*Lake Winnepesaukee Relay, New Hampshire (Sept.)... "Wonderful team event, yet solitude in running"*  
 Bruce Bond.....*Newburyport 10-miler, Newburyport (August)... "Good course, good food"*  
 Kristin Mattocks.....*Hudson Brewer's 5K (Thanksgiving)... "Free pint of beer at 9am, beautiful course"*  
 Kirsten Keating.....*New Year's Eve Run, New York City... "Fireworks, champagne on course, costumes"*

1997 BAA Marathon Numbers

GBTC was given 10 marathon entries by the BAA.

The following GBTC members were awarded BAA Marathon numbers based on service to the club:

- Bruce Bond
- Betty Bourret
- Hugh Jessup
- Kristin Mattocks
- Frank Monkiewicz

The following GBTC members were drawn at random in a lottery (from mailed-in requests) to receive the remaining five numbers:

- Julie Donohoe
- Elizabeth Golluscio
- Geoffrey Groesbeck
- Carles Sera-Pages
- Robert Sullivan

Long/Social Run Schedule  
(Sundays)

- January 26.....Hugh Jessup.....244-1524
- February 2.....Michelle Parks.....787-8926
- February 9.....Bob Ward.....566-1735
- February 16.....Robert Sullivan.....738-5315
- February 23.....Rachel Shanor.....698-7502
- March 2.....Susan Richards.....437-6557
- March 9.....Sandy Miller.....923-0745
- March 16.....New Bedford Half-Marathon
- March 23.....Julie Donohoe.....469-4130

\*\*\*\*These long/social runs range from 5-20+ miles. All runners are welcome, and all paces are accomodated. Please call the host to let them know you're coming before the run.

\*\*\*\*Frank Monkiewicz is the long run coordinator. If you have any questions, please call him at 354-6730.

Congratulations to the 1996 GBTC Grand Prix Winners!

Female Open

1. Susan Richards (overall winner)
2. Karen Crounse
3. Carmen Danforth

Male Open

1. Jim O'Leary (overall winner)
2. Brian Hare
3. Karl Hoyt

Female Master

1. Kay McDonald (tie) ,
2. Judy Pruit (tie)
3. Jean Smith

Male Master

1. Hugh Jessup
2. Frank Monkiewicz
3. Tom Derderian

Male Senior

1. Bob Ward

Way to go, runners. To find out how you can enter this competition this year, please read the article by Karl Hoyt on page 10 of this newsletter. Let's have a record-setting participation this year in the Grand Prix events by GBTC folks!!

We've all experienced having a hard time getting out the door, especially the colder it gets outside. Here's some tips from Jeff Gal'oway's book "Marathon!" on how to get that little kick you need to get out of the house.....

1. Tell yourself that you're not going outside, but that you'll feel better when you get on some comfortable, warm winter clothing just to walk around the house.
2. Start preparing a hot beverage: coffee, tea, hot apple juice, etc. Play some inspirational music.
3. Put on several layers of clothing, depending on the weather.
4. Drink your hot beverage, and eat a PowerBar or other low-fat energy snack.
5. Cover up your head and ears and walk around the house to the tune of the music. You're starting to feel good and you're warming up.
6. When you get warm enough, go outside for just a minute or so. Walk around a short amount of time and go back indoors. Be sure to tell yourself that its not THAT cold outside.
7. Alternate inside walking with other exercises (equipment, dancing, etc.) Run in place.
8. When you've warmed up enough, go outside for a few more minutes, walking and running this time. Make circles around your block. Check out what your neighbors are doing. Don't ever let yourself get too cold.
9. Think of Ivan in Winnipeg who, this afternoon, will be running on a river frozen 12 feet thick when the high temperature is minus 30 degrees.
10. Think of the Finnish exercisers, and others in the Artic, who will see little or no daylight during most or all of the winter months.