

The Wingfoot Express

Newsletter of the Greater Boston Track Club
May 2000 <http://www.gbtc.org>

What's Inside

Club News and Events
Message Board and Announcements
Nutrition News
GBTC Race Schedule 2000
Road Results
Track Results

Manolatau Moves Melrose

A the Melrose half marathon on March 12, 2000, GBTC's Christina Manolatau won the women's Grand Prix New England Championship pulling her GBTC team to second place. The best GBTC team finish, men or women, in the modern era. New member Sharon Benedict sealed the team into second place. And Megan Day filled out the team score. (Full results on page 10)

Deon Barrett dropped out of the men's race with knee problems and Glen Mays suffered cramps and ran much slower than predicted. The team dropped from its third position in the last two years to 6th.

New Format for Newsletter

(Read with caution) by Erin Cullinane

Hello runners. By now you've probably been wondering when the heck the next issue of the Wingfoot would arrive. You were also probably wondering how would it arrive--by mail or email or somewhere in cyberspace. Well, let me ease your fears. The Wingfoot will be emailed to the club in PDF format. Hard copies can be mailed to those members who so wish to receive the newsletter the old fashioned way.

What's this PDF stuff? Basically, to read the portable document format, you need to download Adobe Reader (if you are reading this on your PC then you have it). Go to <http://www.adobe.com> and download the Adobe Reader. It's very easy (even my mom did it without assistance). The newsletter will also be online at <http://www.gbtc.org> under club news. See me at track or call me at (617) 789-4012 with questions/concerns.

GBTC Shows Who's Tough at Tufts

By Tom Derderian

The Greater Boston Track Club turned the Tufts University campus red in the multi-team invitational track meet starting with new member Sharon Benedict's winning the women's 10,000 meters by lapping the entire field. Shortly thereafter her teammates swept the women's 5,000 meters with Christina Manolatau leading the charge with a personal best. Megan Day in third also reaped a personal best. GBTC's Maura McDonald took the race out with breath-taking speed.

The men's 10,000 turned into a geezer affair with a college coach yelling to his boys not to let "those geezers beat you" (referring to professor Mark Reeder who except for his athletic prowess might, because of his 40 years and some gray hair, be called "older" but John Blouin whose UPenn college diploma still reeks of wet ink could not). But, regardless, the two of them beat almost all the youngsters. In that 10,000 the first of two bad things at the meet happened. Glen Mays with an enormous lead, dropped out. He had passed 5,000 meters in 15:02 but his leg redeveloped his recent chronic problem that affected his Melrose half marathon. His ability to run well in the marathon is now in serious question.

GBTC men won the 4x100 relay with the team of Antonio Arrendel, Jeff Soderquist, David Callum, and Johann Jack.

Soderquist won the long jump. Marc Lefebvre won the high jump.

The second bad thing happened in the men's 4x400 relay. Shannon Robinson pulled up lame 200 meters into the first leg leaving Mike Leding waiting for a baton that never arrived. Later we learned that Shannon suffered a sharp muscle cramp.

The team members did look good in their new Ralph Lauren Polo Sport uniforms. All the spring college graduates will probably want to join.

Support from club fans buoyed performances tremendously. The athletes are thankful for the cheers from the bannered GBTC section.

Club Officers

President: Gary Snyder (617) 536-6797 gsnyder@lucent.com

Vice President: Doug Burdi (617) 628-2190 dburdi@arqule.com

Public Relations: Melinda Casey (617) 924-4502 melinda@netway.com

Treasurer: Jim O'Brien (617) 441-1548 jobrien@cambridgetrust.com

Clerk: Michael Olivo olivo@hanscom.af.mil

Dave Cahill gbtcrunner@yahoo.com

Newsletter Editor: Erin Cullinane ecullinane@yahoo.com

Membership Director: Greg MacGowan gsmac@hotmail.com

Sandy Miller (617) 923-0745 smiller@worldnet.att.net

Jim Pawlicki jpgawlicki@aol.com

Coaches

Tom Derderian (617) 846-2902 tderderi@ix.netcom.com

Ron Glennon (617) 479-2995 ronald.glennon@whrsd.k12.ma.us

Race Directors

GBTC Invitational: Jim O'Brien

GBTC Relays: Doug Burdi

Changing your address?

To change your personal information on the GBTC membership roster, contact Greg MacGowan via email at gsmac@hotmail.com or write to:

Greater Boston Track Club
P.O. Box 183
Back Bay Annex
Boston, MA 02117-0183

USATF Club Number: 16

Club Hotline: (617) 499-4844

Club Activities

Weekly Track Workouts

Regular workouts are held at the MIT outdoor track at 7:00 p.m. on Tuesdays. For more information, contact one of our coaches:

Tom Derderian (617) 846-2902

Ron Glennon (617) 479-2995

Advanced training sessions held at East Boston Outdoor track

Advanced training sessions for middle and long distance runners who are members of the Greater Boston Track Club have moved from the Reggie Lewis indoor track to the equally first rate, new, soft outdoor track at the East Boston Stadium. Jog rests can be done on the even softer astro turf infield. There is not a better quality track for training. The facility managers welcome us and will keep the gates open for us until 8 pm. Sessions will start at 6 pm on Mondays and Wednesdays and are open only to experienced runners (graduate level high school and college experience at varsity level for 8 years. No beginners).

The track is visible from the Airport T-stop on the Blue Line. Plenty of free parking is available. Restrooms in the stadium will be open. Warm-up and down views are better than the Charles River. Piers Park is downright romantic. East Boston has a lower crime rate than Cambridge. We are welcome to this track. It is public...we own it. Santarpio's Pizza is nearby.

Tom will be there for warm-ups starting at 5:30. Warm-down unlimited. Contact Tom if you wonder if you are qualified. Do not just show up and ask him what you should do. Appointments only.

Club Activities Continued. . .

Members Night

On the 2nd Tuesday each month, members flock to the Muddy Charles pub after the workout to relax, socialize, eat pizza, and enjoy really cheap beer.

Club Hotline

Call the GBTC club hotline for up-to-date news and information on club activities, workouts, long run information and more at (617) 499-4844

Grand Prix Race Standings After Melrose

The table in the adjacent column shows individual club member standings for the Grand Prix Road Race series. Don't you want to see your name in print? Then run the Grand Prix circuit for GBTC.

After each Grand Prix race, Russ Miller emails an Excel file of updates. If anyone can't pull up Excel via email, let Russ know and he will get you a hard copy.

Isolated comments and observations (from Russ Miller):

"As an old geezer, the first thing that strikes me is: I wonder if Bruce is looking forward to fifty?"

The next thought is, "Can I get healthy before Bruce turns fifty?"

"Looks like we have the makings for some healthy competition in the women's masters this year."

If anyone has been omitted or if you see any mistakes, contact Rull Miller at millerr1@bsci.com

FLASH! NEXT GRAND PRIX APPROACHING!!!!!!!!!!!!!!

Bedford 12KM Grand Prix Road Race is Saturday, May 20th at 9am. Don't miss this important club event.

Need Transportation to Bedford? Get on the GBTC bus. Departs MIT track 6:45am. Departs Bedford around 11am.

Bus Fare: \$10. Contact Erin Cullinane for tickets. ecullinane@yahoo.com or 617-789-4012

USATF-New England Reminder

Don't forget to register with USATF-New England before race day! You must be registered with USATF-NE in order to count in the team scoring. You can apply for USATF-NE membership online at <http://www.usatfne.org/member/index.html> or send \$15 to P.O. Box 1905, Brookline, MA 02446-0016 with your name, address and age.

Please be sure to list GBTC (USATF club number: 16) on your applications for both USATF and the Bedford 12K.

	Age	Melrose 13.1 Mi (3/12)		
		Time	Place	GP Pts
Men's Open 0-39				
Glen Mays	29	1:10:36	1	10
John Blouin	25	1:11:50	2	8
Dan Feldman	19	1:13:27	3	7
Rod Hemingway	24	1:13:36	4	6
Cam Dauler	28	1:14:04	5	5
Jesse Darley	27	1:15:39	6	4
Ben Nephew	24	1:15:50	7	3
Dennis Floyd	23	1:15:59	8	2
Arnold Seto	24	1:16:37	9	1
Jim O'Leary	32	1:26:12	13	0
Mike Olivo	39	1:42:33	18	0
Henry Pelish	27	1:24:56	12	0
Shawn McSheffey	22	1:16:55	10	0
Patricio Meneses	31	1:22:55	11	0
Doug Burdi	37	1:29:26	15	0
Scott Saleska	36	1:38:05	16	0
Jim Neville	38	1:39:49	17	0
Mark Tuttle	38	1:42:48	20	0
Calvin Williams	35	1:42:44	19	0
Bill Duncan	25	1:29:11	14	0
Men's Masters 40-49				
Mark Reeder	40	1:12:58	1	10
Bruce Bond	48	1:25:44	2	8
Bill Turner	43	1:33:15	3	7
Steve Grande	45	1:38:42	4	6
Men's Seniors 50-59				
Bob Ward	57	2:14:44	1	10

	Age	Melrose 13.1 Mi (3/12)		
		Time	Place	GP Pts
Women's Open 0-39				
Christina Manolatu	28	1:19:51	1	10
Sharon Benedict	27	1:29:05	2	8
Megan Day	24	1:29:28	3	7
Stephanie Tenuto	24	1:36:38	4	6
Kerry O'Donovan	38	1:40:34	5	5
Kate Westfall	22	1:42:04	6	4
Carmen Danforth	38	1:46:33	7	3
Women's Masters 40-49				
Alda Cossi	44	1:35:59	1	10
Cynthia Hastings	42	1:42:17	2	8
Claire McManus	43	1:43:54	3	7
Judy Romvos	48	1:48:59	4	6
Pamela Chang	43	2:00:15	5	5
Women's Seniors 50-59				
Dotty Fine	55	1:56:10	1	10
Judy Gutry	52	2:10:59	2	8

GBTC RELAYS

A low-key and FUN outdoor track event. a meet for both beginners and experienced runners. Runners of all abilities are encouraged to participate. Never competed on the track before? Don't be shy. Try the development mile, or your favorite event.

Tuesday June 6th
MIT Track, 6PM

Contact:

Doug Burdi, Meet Director
dburdi@arqule.com
 (781) 994-0364

POST RELAY SOCIAL

Stick around after the Relay's and recap your race with other members. Head over to the Muddy for drinks and pizza.

Volunteer Opportunities

Epilepsy Run

We need your help for 7th annual epilepsy 5k. GBTC directs this race, and we earn valuable cash for the club.

Date: Sunday May 21

Time: 9am-11:30 a.m.

Race starts and finishes at the MDC pool near the Charles River (at the Science Museum) GBTC performs start, finish, timing, and course marshalling.

Parking is very limited, so get there early. This is a great event and it is inspiring to see those with epilepsy performing in our sport.

Contact Karl Hoyt at (617) 242-3446

CHASE CORPORATE CHALLENGE

Please mark your calendars for this opportunity to raise money for the club. It's a no brainer. Just show up and the club makes money.

Wednesday June 7th!!!!

Volunteers are needed for traffic control, holding signs, setting up, etc. Contact Jim O'Brien or Gary Snyder. Email to follow with details about where to meet and times, etc.

Wingfoot Help Wanted

The Wingfoot Needs YOU! Looking for some HELP with the newsletter. Consider some of these exciting unpaid positions:

Online Editor: produce newsletter in html on <http://www.gbtc.org>. Some understanding with web publishing needed.

Race Results Reporter: Compile club race results for each issue and keep track of upcoming races.

Feature Writer/Reporter: Conduct member interviews or report on club news and events. Create calendar of events for each issue.

Please contact Erin Cullinane for more info at ecullinane@yahoo.com or 617-789-4012.

Welcome New Members

Lisa Boulay, East Boston, FO
Alda Cossi, Winchester, FM
Michele Doody, Canton, FO
Gail Ferguson, Cambridge, FO
Eric Green, Cambridge, MO
Jay Harvey, Waltham, MO
Michelle Lang, Braintree, FO
Tim Leary, Lynnfield, MO
Marc Lefebvre, Medford, MO
Woodson Michel, Woburn, MO
Meg Mitchell, Boston, FO
James Neville, Cambridge, MO
Ayotunde Osude, Jamaica Plain, MO
Jason Pollutro, Boston, MO
Lauren Putman, Braintree, FO
Scott Saleska, Cambridge, MO
Daniel Senecal, Somerville, MO
Jeff Soderquist, Stoneham, MO
Frank Tai, Cambridge, MM
Garrett Tingle, Cambridge, MM
Courtney Velasco, Boston, FO
Kate Westfall, Lexington, FO

Rave Runs

Do you have a favorite running route? We want to hear about it. Send in a detailed description of your favorite run to ecullinane@yahoo.com and we'll print it.

This issue features the Bob Ward Route!

Some club members who were training with Bob for the Boston Marathon discovered the Bob Ward Route (BWR) in the winter of 2000. Here's the scoop:

Start: All Saint's Church, Beacon St. Brookline, MA (just past Washington Sq.).

Run: West on Beacon to Cleveland Circle. Continue past reservoir to BC. Head up hills past BC on the right. Continue down Beacon to Newton Center. Take right on Center Street (resist temptation to grab a Bruegger's bagel). Continue to Comm Ave. Take right and head East on Comm. Stay in access lane (or run on hilly, rough, grassy corridor). Shoot up the last of Heartbreak Hill. (Image yourself in the lead pack of the marathon). Pass BC on your right. Take a right at St. Ignacius Church and continue past reservoir to your left. Follow Beacon St through Cleveland Circle (again).

End: Starbucks Coffee on Beacon St. Reward yourself with a frothy cappuccino, sprinkled with cocoa.

Total Distance: 6.8 miles. Moderate hills.

Message Board and Announcements

From Deon Barrett:

To:gbtc distance fans

ENDURANCE, the inspiring true story and film of **Haile Gebrselassie** is now available on video at Blockbuster Video. I watched it tonight and I can hardly wait until my morning run! go and get it---- watch it.... you won't regret this rental.

From Greg Macgowan:

www.rrca.org/publicat/baasplit.html

"In the collection of online calculators, few are as specialized as this. The RRCA's splits calculator will give you even pacing for the Boston Marathon course based on the actual terrain. That is, rather than returning dead-even splits, uphill or down, this calculator gives some slow splits for the uphill miles and faster ones for downhill, giving even effort. Ours varied nearly forty seconds from fastest (mile one) to slowest (mile 21). "

To all GBTC members:

As some of may already know, Karl Hoyt has recently stepped aside as Membership Director and I have taken his place. As Membership Director, I will be responsible for the master list of all Greater Boston Track Club members and sending out membership renewal reminders. The former means that I will be trying to keep the membership list up-to-date with everyone's current address, phone number and email address. If any of these has changed recently, please let me know so I can update your record in the database. You may call me at 617-243-0848 or email me at gsmac@hotmail.com. Thank you and Happy Running.

Greg MacGowan

From Tom D

Subject: Goings on Down South

Terry O'Neil now living in Atlanta, GA traveled to Nashville, TN stayed with GBTC's Dara Zall who lives there now and raced 400m hurdles in a personal best of 56.06. He is going after the club record in the event...(any old timers know what that is?)

This past weekend he ran at Georgia State, a 200 m in 23.26.

He says..."I'll be back."

Maria Sun is also living in the Southland.

We look forward to them all coming back.

Hi GBTC folks --

My friend, Heidi Satz, is looking for a roommate. She is a Hash House Harrier and also plays rugby (in her mid 20s). Here is the information.--Sandy Miller

I am looking for a roommate to share my small two bedroom apt. on the Riverway. The rent is \$600 a person and will go up to \$650 a person in Sept. (due to the high oil prices last winter). The apt. is near shopping, laundry is next door, and it's convenient to the subway and buses. Pets are allowed and there is no pet fee. You can park in back for \$100 a month or get a city permit for parking in the front. If you have any questions and/or if you are interested, you can give me a call at 617-264-4186.Thanks. Heidi

Exclusive GBTC interview with Karl Hoyt: the man behind the membership roster

By Greg MacGowan

Karl Hoyt has filled many roles in the Greater Boston Track Club – Board member, President, Membership Director, Volunteer Coordinator, race director, and all-around good guy. As he steps aside from his job as Membership Director to spend more time with his ever-growing family, I sat down with him to learn more about the side of him we don't get to see on the roads.

How long have you been a member of the Greater Boston Track Club?

Since 1988. I was a runner in high school, but not college. I was burnt-out! I became more interested in the opposite sex and the bar scene instead. I may have been more interested in having a good time, but I still ran about twenty miles a week to get rid of hangovers and to keep the weight in control.

You must have seen a lot of changes in the club in those twelve years. What are some of the biggest?

I was on the board for four years, and was president in 1993 for one year. When I joined, [the club] was in flux and there was a lot of in-fighting. The person causing the problems was the president and the coach, and he had a lot of power. That's when I tried to get it back to what the members wanted. And the last four years have seen a lot of changes with more competitive teams and higher-quality coaching.

Besides being Membership Director, you were also President for a while. What were some of your accomplishments? What are you proudest of?

I was able to restore fiscal responsibility, as we were operating in the red at the time. We were very unprofessional as far as dues collection and accounting. Also, increasing membership, as we were only at seventy members. I would ask myself, "Is this in the best interests of the average member?" That was my litmus test.

I think I am proudest of just getting the club back on track. It was a time of healing.

Of course, you are also a runner. How long have you been running? What are your PR's?

I was mediocre in high school. I ran 9:58 in the two-mile and 4:43 in the mile. Back then, that wasn't bad—you didn't have anyone under 4:20, at least not in the north shore of Boston.

When I came back to running, my three goals were to break five minutes in the mile, run under 36 for 10K, and break three hours for the marathon. I got two out of three. I didn't get the mile. It was 5:00.1 and Tom Derderian passed me. My PR for 10K is 35:30 and the marathon is 2:51.

What is your proudest or happiest moment as a runner?

Running the Nationals Cross Country Championship in Missoula, MT and running the 100th Boston, which was just kind of fun.

Tell me a little about your family and career.

There's my wife, Nia--we've been married seven years--and our two kids. Mather, he's four, and Josie is two and we're expecting in September, so we'll have a full cross country team right there.

On behalf of everyone in the club, Karl, thank you for all of your hard work and dedication. See you at the races!

ENERGY BARS: Better

than a banana? By Nancy Clark, R.D., M.S.

Once upon a time, candy bars were the most popular energy bars. But in 1987, PowerBars entered the sports scene and started the onslaught of designer sports foods that are fighting for today's food dollar. Questions arise: Are energy bars better than, let's say, bananas? The following article answers the questions athletes commonly ask about energy bars.

Question: "My workouts have improved since I started eating an energy bar within the hour before I train. Would a banana or some other natural food do the same job, or does this "designer food" have magic ingredients? "

Answer: Energy bars are not magic, nor are they preferable to-or better than-natural foods such as fig cookies, dried apricots, bananas, and other popular pre-exercise carbohydrates. The testimonials in magazine ads often proclaim "I'm a champion now that I eat SuperBar before I work out..."--but the ads fail to mention the athlete used to eat nothing pre-exercise. Clearly, any fuel is better than no fuel. In fact, eating even a candy bar five minutes pre-exercise improves performance when compared to having eaten nothing.

The "magic" about energy bars is they are convenient,

prewrapped, portable, and durable. They are ready-and-waiting, hassle free. Some energy bars claim to be "easily digested," but digestibility varies greatly from person to person. You'll have to judge that for yourself--be it digestibility of energy bars or bananas, for that matter.

Question: I get overwhelmed by the numerous kinds of energy bars. Are some better than others?

Answer: Some energy bars, like Clif Bars and Boulder Bars, are made from whole foods; they are filled with fruits, fiber, and wholesome goodness and quality nutrition. They are preferable to the energy bars that taste like candy and are little more than sugar-coated vitamins, minerals, and protein. With names like Fudge Brownie and Devil's Food Cake, do you really think these snacks offer better nutrition than found in an orange, banana, or peanut butter sandwich? And why are no berries listed in the ingredients for the Ironman Yogurt Berry Bar? Who's getting fooled here?

Question: "I eat energy bars for breakfast on the run, lunch at the office, and snacks before I exercise. Is there a health danger to eating too many energy bars?"

Answer: In the long term, eating too many designer energy bars could potentially lead to health problems. Here's how.

1. In theory, if you eat lots of engineered foods, you can displace too many natural foods from the diet. That is, instead of grabbing a pre-exercise fruit, you choose a Chocolate Brownie Boom Bar. Because fresh fruits and vegetables are among the most health protective foods (and are already under consumed in the typical athlete's diet), you'll likely end up with an even lower intake of the fiber, carotenoids, and other health-protective phytochemicals found in fruits, veggies, and whole grains. The solution: for each energy bar, be sure to eat a banana, some dried apricots, raisin bran, orange juice, yogurt, or other powerhouse snack food.

2. Eating too many highly fortified energy bars could potentially contribute to an overdose of minerals. An Ironman Bar, for example, provides 50% of the RDA for zinc. When you eat several highly fortified energy bars per day, plus take a multivitamin and mineral supplement and eat highly fortified breakfast cereals such as Total or Smart Start, you're consuming mega doses of vitamins and minerals. Whereas you will most likely excrete the excess vitamins in your urine, your body may develop health problems related to mineral imbalances. That is, minerals compete with each other in the body, and too much chromium, for example, can interfere with zinc absorption.

This could potentially weaken your immune system. Too much zinc has been shown to elevate cholesterol levels. Good nutrition relies on the proper balance of nutrients; this balance may be difficult to achieve with excessive supplementation.

3. A diet rich in energy bars is often poor in variety. Athletes commonly consume only 10 to 15 different foods per week. If the bulk of your limited diet is energy bars, think again. You may be missing out on important nutrients obtained from a variety of foods. Food variety adds spice to your nutritional life.

Your goal is to consume at least 20 to 30 different kinds of foods per week. So either eat a variety of natural-food energy bars, or better yet, how about replacing the bars with whole grain bagels, nuts, peanut butter, apples, carrots, oatmeal cookies, and other assorted snacks?

Question: I'm trying hard to dump my plump. I do well

when I eat packaged foods like a Balance Bar or 40-30-30 bars as a fundamental part of my diet plan. Is this a safe way to lose weight?

Answer: Dieters tend to like energy bars because they offer a defined amount of calories, carbohydrates, protein, and fat, and this nutrition information on the label makes it easy for the dieter to calculate his or her food intake. But energy bars have no secret ingredients that promote weight loss. Their small portion assists calorie control by simply having a defined start and finish. That is, when you eat an energy bar, it's gone. But when you grab a handful of pretzels, what's left in the bag can tempt you to eat more...

Some dieters eat energy bars to the exclusion of whole foods. Bad idea. The best way to not only lose weight but also keep it off is to learn how to eat appropriate portions of your favorite foods. That means learning how to navigate cookies, birthday parties, and fast foods--and not just avoid

these foods while you live on energy bars.

The Bottom Line: Eating energy bars is preferable to eating candy bars and Twinkies. But the better bet is to eat a variety of wholesome foods that offer nature's bounty of health-protective compounds. You'll simultaneously save yourself lots of money. Energy bars easily cost \$0.70 per 100 calories. In comparison, raisins are only \$0.18/100 cal.; banana, \$0.20; granola bar, \$0.28. When used in sports situations, energy bars can be handy, but for day to day snacking, choose real food.

Nancy Clark, MS, RD is nutrition counselor at Boston-area's SportsMedicine Brookline. She is author of the best selling Nancy Clark's Sports Nutrition Guidebook, Second Edition, available by sending \$20 to Sports Nutrition Services, 830 Boylston St., Brookline MA 02467 or via www.nancyclarkrd.com.

What follows is the club's schedule on the roads, track, and cross-county. These are the races your club needs your services as an athlete or to help others in the club compete. On the roads our open women's team is second in New England. That is terrific. Every effort will be necessary to stay there. The men are currently 6th. The key to the entire GP will be two races, the 20 kilometer in Bedford and the Cape Cod Marathon.

12-km May 20 9:00 Bedford NH
 10-km June 10 9:00 Market Square Day, Portsmouth NH
 20-km June 25 8:00 Bedford Lions, Bedford NH
 5-km Sept 10 Noon Brewery Exchange 5K, Lowell MA
 8-km October 1 1:00 Ro-Jack's Run, Attleboro MA
 Marathon Oct 29 8:00 [Cape Cod Marathon](#), Falmouth MA

Track
 May 20, Twilight Dedham
 May 27, Twilight Dedham
 June 3, Twilight Dedham
 June 10, Twilight Dedham
 June 17, New England Championship GBTC Men tied for second last year with Reebok-Boston, Boston International won. We beat them both indoors. We need everyone for this meet as competitor or spectator.

Track Development: All abilities.
 MIT mini meets
 May 24,
 May 31,
 June 6 GBTC relays

Cross-Country: These are for everyone in the club. (10 km for men should be limited to those who can break 40 mins)
 Sept 16th Greater Boston TC Challenge, Grafton, MA
 Oct 22 Mayor's Cup, Boston
 Nov 12, NE Champs, Boston
 Nov 25, National Champs, Boston

ROAD RESULTS

March

Malden St Patrick's Day 5 km

15th place overall: 19:13 6:12 1 19-29 1 F Meg Mitchell

Melrose Half Marathon

1 1:07:30 5:09 CHRIS MAGILL 27 M ALBREN RI BAA
 14 1:10:36 5:24 GLEN MAYS 29 M JAMAICA PLAIN MA GBTC
 18 1:11:50 5:29 JOHN BLOWIN 25 M W NEWTON MA GBTC
 27 1:12:58* 5:34 MARK REEDER 40 M BRIGHTON MA GBTC
 35 1:13:27 5:37 DANIEL FELDMAN 19 M CAMBRIDGE MA
 38 1:13:36 5:37 ROD HEMINGWAY 24 M SOMERVILLE MA
 45 1:14:04 5:39 CAM DAULER 28 M BOSTON MA GBTC
 58 1:15:39 5:47 JESSE DARLEY 27 M SOMERVILLE MA GBTC
 60 1:15:50 5:48 BEN NEPHEW 24 M MALDEN MA GBTC
 63 1:15:59 5:48 DENNIS FLOYD 23 M LYNN MA GBTC
 71 1:16:37 5:51 ARNOLD SETO 24 M CAMBRIDGE MA GBTC
 74 1:16:55 5:52 SHAWN MCSHEFFEFY 22 M MALDEN MA
 105 1:19:51 6:06 CHRISTINA MANOLATOU 28 F CAMBRIDGE
 157 1:22:55 6:20 PATRICIO MENESES 31 M BOSTON MA
 194 1:24:56 6:29 HENRY PELISH 27 M BOSTON MA GBTC
 206 1:25:44 6:33 BRUCE BOND 43 M BEDFORD MA GBTC
 213 1:26:12 6:35 JAMES O'LEARY 32 M QUINCY MA GBTC
 271 1:29:05 6:48 SHARON BENEDICT 27 F MEDFORD MA
 283 1:29:26 6:50 DOUG BURDI 37 M ARLINGTON MA GBTC
 285 1:29:28 6:50 MEG DAY 24 F SOMERVILLE MA GBTC
 375 1:33:15 7:07 BILL TURNER 43 M FRAMINGHAM MA
 433 1:35:59 7:20 ALDA COSSI 44 F WINCHESTER MA GBTC
 457 1:36:38 7:23 STEPHANIE TENUTO 24 F MALDEN MA
 497 1:38:05 7:29 SCOTT SALESKA 36 M CAMBRIDGE MA
 522 1:38:42 7:32 STEVE GRANDE 45 M SANDOWN NH GBTC
 556 1:39:49 7:37 JIM NEVILLE 38 M CAMBRIDGE MA GBTC
 585 1:40:34 7:41 KERRY O'DONOVAN 38 F BELMONT MA
 644 1:42:04 7:48 KATE WESTFALL 22 F DEDHAM MA GBTC
 651 1:42:17 7:49 CYNTHIA HASTINGS 42 F WINTHROP MA
 661 1:42:33 7:50 MICHAEL OLIVO 39 M TEWKSBURY MA
 668 1:42:44 7:51 CALVIN WILLIAMS 35 M BELMONT MA
 672 1:42:48 7:51 MARK TUTTLE 38 M ARLINGTON MA GBTC
 703 1:43:54 7:56 CLAIRE MCMANUS 43 F BOSTON MA
 799 1:46:33 8:08 CARMEN DANFORTH 38 F BRIGHTON MA
 879 1:48:59 8:19 JUDY ROMVOS 48 F TEWKSBURY MA
 1139 1:56:10 8:52 DOTTY FINE 55 F BOSTON MA GBTC
 1276 2:00:15 9:11 PAMELA CHANG 43 F BOSTON MA GBTC
 1571 2:10:59 10:00 JUDY GUTRY 52 F CHESTNUT HILL MA
 1640 2:14:44 10:17 ROBERT WARD 57 M BROOKLINE MA
 1768 Finishers

New Bedford Half Marathon

GBTC's Ben Nephew reaped redemptions in New Bedford wailing through the windswept streets of the Whaling City for a much improved time over the damp Melrose half. Pursued by the persistent and constant old man Mark Reeder, Nephew has announced himself in shape to romp through the coming mountain and trail running season chasing course records.

Sliced out of the results:

6 BEN NEPHEW M 24 1:13:12 5:35 1/25 M1924 1195 MALDEN MA
 8 MARK REEDER M 40 1:13:39 5:38 2/189 M4044 1605 BRIGHTON MA

St Patricks Day Races

Megan Day won the South Boston St Patricks day 5 km in about 18:30 and Maura McDonald took 4th in the Holyoke St Patricks Day 10 km in 38:15. The Mayor of Boston had the privilege of having his photo taken with Megan.

MORE ROAD RESULTS

Merrimack Trail Race, 3/25 Andover, MA

Running his third long road race in as many weekends Ben Newpew won the Merrimack Trail race beating course record holder Dave Dunham on March 25th in Andover ,MA. Cool photos on cool running... Aweswome, just awesome.

1 Ben Nephew, GBTC M2039 1 Malden MA 58:31 5:51
2 Dave Dunham, CMS M2039 2 Bradford MA 58:34 5:51
74 Stephanie Tenuto, GBTC F2039 9 Malden MA 1:18:59 7:54
141 Claire McManus, GBTC F4049 7 Jamaica Pl MA 1:27:05 8:43

Fresh Pond 3/25

Meg Mitchell ran second at Fresh Pond going 15:06 for the restored 2.5 mile course.

Eastern State 20M & Run to the Border 10M

Salisbury , MA, March 26, 2000

2 Glen Mays 29 M Jamaica Plain MA 1:54:50 5:45
6 BRET VAN POPPEL 30 M CAMBRIDGE MA 2:02:18 6:07
54 Ken Ross 38 M Boston MA 2:20:40 7:02
64 SHARON BENEDICT 27 F MEDFORD MA 2:24:47 7:14
279 Scott Saleska 36 M Cambridge MA 2:49:57 8:30
291 Carmen Danforth 38 F Arlington MA 2:50:42 8:32
571 ROBERT WARD 57 M BROOKLINE MA 3:56:52 11:51

Oleksak Spring Half-Marathon (in Westfield, MA)

1 1:14:26 NICK CONWAY M 24 19-29 ALBANY NY
89 1:33:45 JEFF O'NEILL M 29 19-29 ARLINGTON MA
94 1:34:14 JOSEPH HARDIN M 34 30-39 BROOKLINE MA
208 1:45:20 DARRIN BEEK M 29 19-29 O-211-225 JAMAICA PLAINS MA
449 runners

April

BC 5km on Sunday, April 9th

Placing second and fifth in their age groups new GBTC women members tested themselves in the BC 5km on Sunday. Watkins recently graduated from Emory College and grew up in West Virginia. She works at Harvard. Lang is a normal person from Braintree, Massachusetts. On the weekend before Watkins placed second in a West Virginia 15 km.Both will be a great asset to the team come the cross-country season

42 21:42 6:59 MALANIE WATKINS 22 F GBTC BOSTON MA
58 22:18 7:11 MICHELLE LANG 22 F GBTC BRAINTREE MA

James Joyce Ramble Sunday, April 30, 2000-Dedham, Ma

Timing By Spitler Race Systems, (401) 724-5944 or rsplitler@tiac.com

58 0:38:08 6:09 4 50-59 51 M 3302 Tom Derderian
90 0:39:32 6:23 12 19-39 12 F 3436 Megan Day
112 0:40:27 6:31 14 19-39 14 F 2021 Meg Mitchell
149 0:41:40 6:43 77 19-39 131 M 3112 Joseph Hardin
154 0:41:45 6:44 80 19-39 136 M 2011 William Riddell
187 0:42:42 6:53 2 40-49 20 F 754 Claire McManus
282 0:44:32 7:11 149 19-39 249 M 225 Jeffrey O'Neill

436 0:46:48 7:33 10 40-49 66 F 1392 Susan Richards
469 0:47:16 7:37 227 19-39 387 M 1172 Darrin Beck
487 0:47:28 7:39 232 19-39 399 M 4870 Michael Olivo
582 0:48:32 7:50 36 50-59 473 M 435 Dick Nickerson
688 0:49:46 8:02 109 19-39 129 F 1584 Erin Cullinane
781 0:50:40 8:10 132 19-39 157 F 4724 Nicole Robichaud
830 0:51:06 8:15 146 19-39 172 F 3295 Michelle Lang
939 0:52:12 8:25 177 19-39 220 F 1611 Melinda Casey
1026 0:53:02 8:33 40 40-49 248 F 2422 Elizabeth Spelman
1146 0:54:09 8:44 239 19-39 294 F 4785 Gwyneth Catlin
1147 0:54:10 8:44 240 19-39 295 F 2279 Tiffany Thompson

Groton 10KM

Beautiful day, Great Course, not much of a crowd though!

341 83 LAURIE CALVERT 32/103 F3039 BOSTON 51:07 8:15

Boston Marathon Team Results

Leigh Valley: 7:28:33

Hoys: 7:38:55 (the Polo Sports sponsored club from San Francisco)

GBTC: 7:42:31

May

Fresh Pond Cambridge, MA 5/6

Aaron Brinsko, the gunslinger, won the Fresh Pond 2.5 in 12:55 Noah Kraut, the piano player-mathematician from Ohio, took second.

Craig Zingerline actually showed up to race and although well off his personal bests did put it on the line and race with 14:22.

Another GBTC runner who put it on the line and won it all was Lisa Boulay of East Boston who won the women's race ins 16:39.

Rick Pierce is coming back form a horrible achilles tendon tear and ran 18:50.

Sherwoord Foundation 15K May 7, 2000 Foster, RI

Big Bill Newsham 59:16

Waltham Parks & Recreation 5KWaltham, MA, May 6, 2000

3.Brrett Smith placed 17:34

5KM Big Steps for Little People,Winchester, MA, May 7, 2000

23. Alda Cossi 20:12

Mt. Kersage Hill Run 8.5 miles, NH

In the Mt. Kersage uphill mountain run GBTC's top marathon racer placed 8th on Saturday May 6th, second in his age group over 8.5 miles in a pace slower than he ran an entire marathon! Such a hill. Such a runner.

58:44 6:55 MARK REEDER 40 M

Fresh Pond Cambridge, MA 2.5m 5/13

2. Michelle Lang 15:52

3. Melanie Watkins 16:05

4. Erin Cullinane 17:03

Harvard 5miles 5/13

1. Katie Carda 33:1

TRACK RESULTS

March

USATF National Masters meet at Reggie Lewis 3/25.

Thanks to all the 'young folks' for being my training partners. My very personal thanks to my coach Dave Callum.

—Gary Snyder

Finals - Results - Saturday 03/25/00

6 Gary Snyder M56 Boston, MA 8.54

Gary Snyder placed 8th in the 200M at 28.50 but was unable to make the finals.

Tufts University, Snowflake Invitational, Saturday 04/01/00, Medford, MA,

Women's 100 Meter Dash

14 Sakeena Beccas Greater Boston Track Club 13.89
18 Rhane Hobson Greater Boston Track Club 14.54

Women's 200 Meter Dash

21 Sakeena Beccas Greater Boston Track Club 29.32

Women's 5,000 Meter Run

1 Christina Manolatu Greater Boston Track Club 17:33.35
2 Maura McDonald Greater Boston Track Club 18:14.94
3 Megan Day Greater Boston Track Club 19:15.96

Women's 10,000 Meter Run

1 Sharon Benedict Greater Boston Track Club 39:56.44

Men's 100 Meter Dash, Prelim

2 Johann Jack Greater Boston Track Club 10.95
4 Antonio Arrendel Greater Boston Track Club 11.38
7 Woodson Michel Greater Boston Track Club 11.40
9 David Callum Greater Boston Track Club 11.60
14 Brian Woodbury Greater Boston Track Club 11.74
25 Jason Pollutro Greater Boston Track Club 12.46

Finals Results - Saturday 04/01/00

2 Johann Jack Greater Boston Track Club 11.08
3 Antonio Arrendel Greater Boston Track Club 11.31
5 Woodson Michel Greater Boston Track Club 11.48

Men's 200 Meter Dash

4 Johann Jack Greater Boston Track Club 22.98
16 Mike Leding Greater Boston Track Club 24.44
20 Jason Pollutro Greater Boston Track Club 25.56

Men's 400 Meter Dash

4 Dave Cahill Greater Boston Track Club 50.37
8 Mark Reynolds Greater Boston Track Club 51.02
11 Mike Leding Greater Boston Track Club 52.46
12 Shannon Robinson Greater Boston Track Club 53.13
13 David Callum Greater Boston Track Club 53.26

Men's 1,500 Meter Run

9 Mike DeCoste Greater Boston Track Club 4:10.19

Men's 5,000 Meter Run

2 Rodney Hemingway 15:37.41
3 Jim Pawlicki Greater Boston Track Club 15:54.78
9 Aaron Brinsko Greater Boston Track Club 16:25.87
17 Noah Kraut Greater Boston Track Club 17:42.91

Men's 10,000 Meter Run

2 Mark Reeder Greater Boston Track Club 32:49.92
3 John Blouin Greater Boston Track Club 32:56.28
8 Cam Dauler Greater Boston Track Club 34:03.81
10 Dennis Floyd Greater Boston Track Club 34:34.71

Men's 4x100 Meter Relay

1 GBTC Greater Boston Track Club 42.50

Men's High Jump

1 Marc Lefebvre Greater Boston Trac 1.87m 6'01.50

Men's Long Jump

1 Jeff Soderquist Greater Boston Trac 6.99m 22'11.25
10 Brian Woodbury Greater Boston Trac 5.85m 19'02.50

Bridgewater, MA, April 15, 2000

Women's 100 Meter Dash

Finals Results - Saturday 04/15/00

1 Putnam, Lauren GREATER BOSTON TRACK CLUB 13.37
4 Hobson, Rhane GREATER BOSTON TRACK CLUB 14.32

Women's 200 Meter Dash

Finals Results - Saturday 04/15/00

1 Putnam, Lauren GREATER BOSTON TRACK CLUB 27.40 1
2 Sullivan, Melissa GREATER BOSTON TRACK CLUB 27.69 1
5 Baccas, Sakeena GREATER BOSTON TRACK CLUB 29.31 1

Women's 400 Meter Dash

Finals Results - Saturday 04/15/00

2 Sullivan, Melissa GREATER BOSTON TRACK CLUB 59.77

Women's 800 Meter Run

5 Day, Megan GREATER BOSTON TRACK CLUB 2:36.72 1
6 Benedict, Sharon GREATER BOSTON TRACK CLUB 2:41.68 1
15 Mitchell, Meg GREATER BOSTON TRACK CLUB 2:49.59 1

Women's 1,500 Meter Run

4 Day, Megan GREATER BOSTON TRACK CLUB 5:03.38 1
5 Manolatuou, Christina GREATER BOSTON TRACK CLUB 5:16.50 1
7 Benedict, Sharon GREATER BOSTON TRACK CLUB 5:19.82 1
8 Mitchell, Meg GREATER BOSTON TRACK CLUB 5:23.83 1

Women's 3,000 Meter Run

2 Manolatuou, Christina GREATER BOSTON TRACK CLUB 10:11.70
3 Day, Megan GREATER BOSTON TRACK CLUB 10:47.77
5 Benedict, Sharon GREATER BOSTON TRACK CLUB 11:03.26
8 Mitchell, Meg GREATER BOSTON TRACK CLUB 11:18.29

Women's 4x100 Meter Relay

1 GBTC GREATER BOSTON TRACK CLUB 51.91

Men's 100 Meter

1 Jack, Johann GREATER BOSTON TRACK CLUB 10.87
3 Michel, Woodson GREATER BOSTON TRACK CLUB 11.37

Men's 200 Meter Dash

1 Jack, Johann GREATER BOSTON TRACK CLUB 22.69 1
4 Arrendel, Antonio GREATER BOSTON TRACK CLUB 23.49 1
22 Pollutro, Jason GREATER BOSTON TRACK CLUB 25.40 4

Men's 400 Meter Dash

Finals Results - Saturday 04/15/00

3 Reynolds, Mark GREATER BOSTON TRACK CLUB 51.42 1
6 Callum, David GREATER BOSTON TRACK CLUB 52.03 2

Men's 800 Meter Run

2 Brinsko, Aaron GREATER BOSTON TRACK CLUB 1:57.82 1
3 Simpson, Chris GREATER BOSTON TRACK CLUB 1:59.52 1

Men's 1,500 Meter Run

2 Brinsko, Aaron GREATER BOSTON TRACK CLUB 4:10.88 1

Men's 10,000 Meter Run

1 Nephew, Ben GREATER BOSTON TRACK CLUB 35:02.31

Men's 110 Meter High Hurdles

8 Lefebvre, Marc GREATER BOSTON TRACK CLUB 19.22

Men's 4x100 Meter Relay

2 GBTC GREATER BOSTON TRACK CLUB 43.30
2 Reynolds, Mark GREATER BOSTON TRAC 1.85m 6'00.75
3 Lefebvre, Marc GREATER BOSTON TRAC 1.80m 5'10.75

Men's Long Jump

1 Soderquist, Jeff GREATER BOSTON TRAC 7.13m 23'04.75
2 Michel, Woodson GREATER BOSTON TRAC 6.60m 21'08.00

Men's Triple Jump

1 Soderquist, Jeff GREATER BOSTON TRAC 12.96m 42'06.25
2 Michel, Woodson GREATER BOSTON TRAC 12.73m 41'09.25

Northeastern University Husky Invitational, Dedham, MA, April 22, 2000

Women's 100 Meter Dash

3 Lauren Putnam Greater Boston Track Club 13.54 2

Men's 100 Meter Dash

1 Johann Jack Greater Boston Track Club 11.18 4
4 Antonio Arrendel Greater Boston Track Club 11.51 4
15 Jason Pollutro Greater Boston Track Club 12.74 3

Men's 200 Meter Dash

8 Mark Reynolds Greater Boston Track Club 23.79 2

Men's 400 Meter Dash

7 Dave Cahill Greater Boston Track Club 51.22 4
11 David Callum Greater Boston Track Club 52.22 2

Men's 800 Meter Run

5 Chris Simpson Greater Boston Track Club 1:58.50 2

Men's 1,500 Meter Run

15 Aaron Brinsko Greater Boston Track Club 4:13.03 2
42 Nate Oyster Greater Boston Track Club 4:50.99 1

Men's 110 Meter High Hurdles

8 Marc Lefebvre Greater Boston Track Club 18.65 2

Men's 4x100 Meter Relay

Men's High Jump
3 Marc Lefebvre Greater Boston Trac 1.78m

Penn Relays Philadelphia, Pennsylvania, April 29, 2000

Forty thousand people cheered. A big "wooooooooooaaaaah" followed the baton around the track in UPENN's stadium as GBTC's Johann Jack took the baton from sprint/player/coach David Callum. In the last straight the "wooooooo" of the crowd built as Johann walked down the Ohio runner to pass on to fourth place in a probable club record of 42:13. Ahhhh! Antonio Arrendell led off to Woodson Michel. GBTC definitely has the top 4x100 club in New England. Perhaps such finesse in the handoff between Callum and Jack came from inspiration because the two attended the Alvin Alley dance performance the night before leaving in the team van for Philadelphia.

The women's 4x100 ran 51.19, with Lauren Putnam 12.4, Rahane Hobson 12.6, Sakeena Baccas, 13.4, Melissa Sullivan 13.0, Splits unofficial for 5th place.

Men's 4x400, 3:23.92, Dave Cahill, Mike Leding, Terry O'Neil, Mark Reynolds, splits???maybe 51.11, 50.95, 52.18, 50.46 or from Josh Seherman's watch,
Dave Cahill 51.0
Mike Leding 51.8
Terry O'Neil 51.4
Mark Reynolds 49.7

Seherman is a UPENN student and GBTC member who who ran a 50.8 relay leg and will be back with us in a few weeks.

Women's 4x400: 4:10.99
Spits by Josh...
Melissa Sullivan 59.4
Katie Alexis 62.3
Sakeena Baccas 65.6
Lauren Putnam 63.7

Greater Boston's Julie Spolidoro representing her college ran a personal best in the 5 km. She will be transferring to Boston College in the fall. She will be back to train with us in May.

8 16:34.06 18 Julie Spolidoro Old Dominion

This was a terrific trip and put lots of GBTC uniforms in from of 40,000 track fans.. Awesome!