

The Wingfoot Express

January 2001 Newsletter of the Greater Boston Track Club www.gbtc.org

What's Inside
Club News
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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

Noble and Greenough 5K: Greg MacGowan

To change your personal information on the GBTC membership roster, write to GBTC, P.O. Box 183, Back Bay Annex, Boston, MA 02117 or contact Greg MacGowan, Membership Director, at (617) 243-0848
gsmac@hotmail.com

Club Happenings

Weekly Indoor Track Workouts

Indoor track workouts are Tuesday's at 7:30pm at the MIT indoor track on Vassar St, Cambridge. MIT indoor track fee is \$50. Please bring a check made out to GBTC to the workout if you plan on running indoors for 2001.

For more information, contact the coaches:

Tom Derderian (617) 846-2902

Ron Glennon (617) 479-2995

River Runs

Tired of the track? Then partake in GBTC's weekly river runs around the Charles.

River Runs occur every Tuesday beginning at 7PM.

Runners meet at 6:45pm in the MIT lobby

Speeds and distances vary. Don't worry, you will not run alone!

For more information on river runs, contact July Gutry at gutryj123@juno.com

Members Night

On the 2nd Tuesday each month, members flock to the Thirsty Ear 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

Next Board Meeting, 1/18 at Mt Auburn Club, 7pm

Volunteer Opportunities

Volunteers needed for

GBTC Invitational Track Meet

**Harvard University
Albert H. Gordon
Indoor Track
Sunday, January 21,
2001**

Contact Jim O'Brien at (617) 441-1548
jobrien@cambridgetrust.com

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 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: Interview members and uncover the dirt and the grime of what really goes on at the track. Report on club news and events. Create calendar of events for each issue. Unleash the writer in you!

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

Club Happenings

Long Run Schedule 2001

It's that time again to start training for spring marathons and also for general fitness!

We need some volunteers to host a long run at their home. Help us fill out those open slots!!!

Here's how long run's work:

A club member will host a long run at their home on a Sunday. Plan to arrive at 8:45am for a 9am run. Your long run host will provide bagels, juice and other scrumptious snacks for after the run. Runs vary in distance and speed.

If you are interested in hosting a long run, please contact Frank Monkiewicz at frank@frankmonkiewicz.com

It's never too late to sponsor a run!

January 21st- GBTC Invitational @ Harvard.
January 28th-open

February 4th- Judy Gutry
February 11th-open
February 18th-open
February 25th-open

March 4th-open
March 11th-open
March 18th-open
March 25th-open

April 1st-open
April 8th-open

Rave Runs

Do you have a favorite running route? We want to hear about it. Send in a description of you favorite route. Please include a detailed description including starting point, mileage, elevation, sights and attractions, and most of all, why you like it so much. Send your rave runs to ecullinane@yahoo.com. Include your name and a phone number. Deadline for next issue is February 15



Welcome New Members

Ahndraea Allen Quincy, MA Sprints FO

Brigid Benner Melrose, MA XC, roads, track (distance) FO

Jason Burke Waltham, MA XC, roads, marathon, track (distance) MO

John Byrnes Tewksbury, MA Sprints FO

Matthew Collins Braintree, MA Sprints MO

Arthur Conro Mattapoisett, MA XC, roads, track (distance) MM

Amy Davison Chestnut Hill, MA XC, track (distance) FO

Bryan Doldt Brockton, MA XC, roads, track (distance) MO

Peter Dougherty Melrose, MA XC, roads, marathons, track (distance) MO

Keri Douzepis Malden, MA Sprints FO

Kristy Gould Medford, MA XC, roads, marathons FO

Ismet Kaya Brighton, MA sprints MO

J.T. Mann Needham, MA Sprints MO

Timothy Murphy S. Boston, MA MO

Kara Narath Boston, MA Roads, marathons FO
Michelle Poole Weymouth, MA XC, roads, track (distance) FO
Ben Sabourin Brighton, MA Sprints FO
Karim-Ben Saunders Cambridge, MA Sprints MO
Tanja Schneck S. Boston, MA Sprints FO
Paul Smith Southboro, MA Sprints, jumps MM
Johanna Thornblad Boston, MA Roads, marathons FO
Camille Townsend Chestnut Hill, MA Sprints FO
Tina Marie Varzeas Mattapoisett, MA XC, roads, track (distance) FM
Mike Wall Millbury, MA Sprints MO
Joe Welch Haverhill, MA Throws MO
Justine Whipple Duxbury, MA XC, roads, track (distance) FO
Eleena Zhelezov Framingham, MA Sprints FO

Message Board

Check out Tom Dederian's Column Online at New England Runner

http://www.runningnetwork.com/cgi-bin/rn_display.phtml?id=30314

Greetings from former member Rachel Sears

RACHEL SEARS, a former GBTC member, contacted club member Deon Barrett with greetings for the season. She included an address to a website which chronicles her competitive passion for TRIATHALONING where she gives thanks to COACH TOM DERDERIAN, GBTC, and DARA ZALL.

Check it out at www.trirat.com

Let's Go Surfing: Website Nutrition

By Nancy Clark, MS, RD

"Where can I find a local sports nutritionist?"

"I want to learn about creatine, so I did a web search. But there's sooo much information. Whom do I believe?"

"Where can I get calorie information about fast foods?"

If you have questions about food, nutrition, and your sports diet, you can undoubtedly find answers by surfing the Web. Some of the information is questionable, however, so here are some sites I recommend for helping you find accurate information that helps you eat well for sports and life.

Where can I get answers to my questions about creatine? pre-exercise eating? sports drinks? the latest sports nutrition news?

The Gatorade Sports Science Institute (www.gssiweb.com) has an excellent website that offers a whole library of accurate sports nutrition information about all topics (not just fluids). You have to register to have access to the information, but the two minutes needed to do so are worth the effort. You'll find abundant information about sports supplements, pre-exercise nutrition, and other

topics of interest. If your question has not already been answered in the frequently asked questions section, you can even submit it to be answered by an expert sports scientist.

The American College of Sports Medicine (www.acsm.org) also offers good sports nutrition information. Click on Healthy Activity Update, and use the Current Comments to answer your questions about chromium, creatine, stress fractures, and other topics of popular interest.

If you are really into heavy-duty sports science, you can get the table of contents (with abstracts) of The Journal of Applied Physiology (<http://jap.physiology.org>. Note, there is no www.) This information may take some effort to digest, but you'll certainly know the current literature!

"I've always wanted to have a nutrition check-up but feel at a loss for where to find a good sports nutritionist. Help!"

You can get the names of local registered dietitians (RD) who specialize in sports nutrition at www.eatright.org (the website for the American Dietetic Association). Simply put your zip code into the Find a Dietitian slot, and you'll get a list of names.

Contrary to popular belief, this nutrition professional will not "put you on a diet" but rather will answer your questions about food and nutrition, and help you reach a realistic weight goal, if weight is an issue for you. With personalized, professional eating advice, you can successfully enjoy more energy, delay fatigue, and invest in your future health and well-being. The site also has a Tip of the Day and a Feature Article that can add to your nutrition knowledge.

"What about salt? Nutrasweet? coffee? Bioengineered food?"

For answers to your questions about specific foods, go to www.ificinfo.org. This website, sponsored by the International Food Information Council, can answer your food questions as well as offer information about nutrition for children, teens & older adults, food safety tips, dental health information--plus more. Simply put a key word (such as sugar) into the Search slot, and you'll get access to several articles that address that issue.

"How many calories are in a Big Mac? A chocolate frosted Dunkin Donut? A Taco Bell bean burrito?"

Fast food connoisseurs can find nutrition information about their favorite foods at many of the major chain restaurants' websites. If you tend to

frequently visit a fast food restaurant, at least educate yourself about what you are eating.

Here's a sampling:

www.dunkindonuts.com: a chocolate frosted glazed donut, 300 calories; a plain munchkin, 55 calories, a blueberry muffin, 490. www.pizzahut.com: cheese personal pan pizza, 630 calories. www.mcdonalds.com: You'll have to look hard for the nutrition information on this site; it's hidden under countries/usa/food/nutrition information. But it's there: a Big Mac, 590 calories!
www.tacobell.com: Best bet, a bean burrito with 370 calories.

Remember: Even active people who are trying to lose weight have at least 500 to 600 calories per meal, and 300 to 500 for snacks. Fast food calorie information can help you spend those calories wisely--and perhaps more healthfully!

For more complete calorie--and protein, fat, vitamin and mineral--information, tap into the government's food data base at www.nal.usda.gov/fnic. Click on Food Composition, then USDA Nutrient Database for Standard Reference, then Search. Write in, let's say banana, and you'll get 41 banana options--more than you'd ever want to know!

"I struggle with food and weight obsessions. Do any websites

offer support to help me transform my food fears into better eating?"

Because the Internet offers anonymity, many people who struggle with food and weight issues find safe places on the web that offer help and support. For example, at www.somethingfishy.org, you can participate in chats, find solutions to your food fears, use the referral network to find professional counselors and treatment centers in your geographic area, and learn clever mantras such as "Scales are for fish" and "Don't fight your genes, change your jeans." If your life is touched by someone who struggles with food, this site can also teach you how to best help your loved one.

www.gurze.com is another good site that can enhance the process of coming to peace with food. This on-line book catalogue offers an excellent assortment of positive self-help reading material. (I highly recommend The Don't Diet, Live-It! Workbook.) This site also links to several other self-help sites.

"My wife complains I spend too much time on the Internet..." If you are addicted to the Internet--or for that matter addicted to any other vice (alcohol, exercise, gambling, food, TV) www.HeadDocs.com offers information to help you

sort out what's healthy, what's harmful, what's passion, what's obsession. Perhaps it can offer a perspective that will help you better balance your life with appropriate exercise and overall good health.

Nancy Clark, MS, RD, offers nutrition counseling to recreational exercisers and competitive, collegiate, professional, and Olympian athletes at her SportsMedicine Brookline office. Her best-selling book, Nancy Clark's Sports Nutrition Guidebook, Second Edition, offers additional advice. It is available by sending \$20 to Sports Nutrition Services, 830 Boylston St #205, Brookline MA 02467 or via www.nancyclarkrd.com.

GBTC Track Performance List 2000-2001

(Performances through January 6, 2001)

This is a list of track performances by runners representing the club in indoor or outdoor meets during the 2000-2001 year. The name of each event is followed by the club record for that event on the same line (the date should indicate whether this was an indoor or outdoor performance), and then the club performances on following lines. The list is maintained by [Coach Tom Derderian](#).

Men

- Discus, Wayne Lynch, 182'10" Springfield College Open, 4/22/80
- Hammer, BJ Gary, 58.68m, Twilight 6/10/00
- Shot Put, (indoor) Steve Queen, 54', Vermont Invitational 12/78
- Shot Put, (outdoor) Steve Queen, 56'6.5", 8/28/80
- 35 lb Weight, Bill Haskell, 61' 4", Dartmouth Relays, 1/13/79
 - Joe Welch, 17.57m, 57.08.5, Harvard 12/9/00
- Javelin, Frank Champi, 205'0", Bangor, ME 7/78
- Long Jump, 7.28M - 23' 10.75" - USATF New Englands, Dedham, MA - 6/17/00
 - Jeff Soderquest, 6.98m 22'11.00, Husky, 12/2/00
 - Art Hensen, 6.28m, 20'7.25", Harvard 12/0/00
- Triple Jump, Fred Brooks, 50'3", 1981, NE champs, indoors
- High Jump, (indoors), Mel Embree, 7'0", 1/26/80
- High Jump, (outdoors), Mel Embree, 4/12/80 and Eric Lammi, 7'0", 3/80
 - Art Hensen, 2.00m, 6'6".75, Harvard 12/9/00
 - Art Hensen, 6'6", BU Dev 12/30/00
 - Marc Lefebvre, 6'02.00" 1.88m, 12/2/00
- Pole Vault, 15'1 1/2" Dave Wilson 1/19/74, Dart Relays
 - Josh Helfat, 13'6", BU Dev 12/30/00
 - Josh Helfat, 4.10m 13'05.25, Husky, 12/2/00
 - Matt Moccia, 13'0", BU Dev 12/30/00
 - Paul Smith, 3.35m 10'11.75, Husky, 12/2/00
- 3,000 Meter Race Walk, Tom Derderian, 20:05.81, USATF-NE 2/18/00
- 2 Mile Race Walk, Troy Engle, 13:19, NEAC1/22/83
- 55 meters, Johann Jack, 6.2, BU Dev 12/30/00
 - Johann Jack, 6.2, BU Dev 12/30/00
 - Johann Jack, 6.44, Husky, 12/2/00
 - Josh Borak, 6.4, BU Dev 12/30/00
 - Johann Jack, 6.49, Husky, 12/2/00
 - Jeff Soderquest, 6.63, Husky, 12/2/00
 - Jeff Soderquest, 6.65, Husky, 12/2/00
 - Jamie Noble, 6.83, Husky, 12/2/00
 - Josh Helfat, 6.89, Husky, 12/2/00
 - Mike Wall, 7.5, BU Dev 12/23/00
- 55 meter hurdles, Tom Mahan, 7.31, 1981, NE Champs
 - Art Hensen, 7.9, BU Dev 12/30/00
 - Sean Earle, 8.3, BU Dev 12/30/00
- 60 meters, Johann Jack, 6.86, NB Invite 2/5/00
 - Johann Jack, 7.02, Harvard, 2/9/00
 - Eric Lewis, 7.31, Harvard, 2/9/00
 - Mark Reynolds, 7.35, Harvard, 2/9/00
 - Jamie Nobel, 7.43, Harvard, 2/9/00
 - John Burns, 7.51, Harvard, 2/9/00
 - Jason Pollutro, 7.80, Harvard, 2/9/00
- 100 meters, Johann Jack, 10.40, USATF-NE Champs 6/17/00
- 110 meter High hurdles, Jim Hennessy, 15.1, 5/80

- 200 meters, Johann Jack, 21.70, USATF-NE Champs 6/17/00
 - Johann Jack, 22.87, Husky 12/2/00
 - Mark Reynolds, 23.1, BU Dev 12/30/00
 - Jamie Nobel, 23.1, BU Dev 12/30/00
 - Achebe Hope, 23.3, BU Dev 12/30/00
 - Jamie Nobel, 23.71, Harvard, 2/9/0
 - Jamie Noble, 23.73, Husky 12/2/00
 - Josh Helfat, 23.89, Husky 12/2/00
 - Eric Lewis, 24.04, Husky 12/2/00
 - George Thomas, 24.4, BU Dev 12/30/00
 - John Byrnes, 24.48, Harvard, 2/9/0
 - John Byrnes, 24.5, BU Dev 12/30/00
 - Brian Moore, 25.2, BU Dev 12/30/00
 - Marc Lefebvre, 26.28, Husky 12/2/00
- 400 meters, Kevin Russell, 48.36, GBTC, 1/18/98
 - Matt Collins, 50.5, BU Dev 12/23/00
 - Mark Reynold, 50.79, Harvard, 2/9/00
 - Kriss Bryan, 53.58, Harvard, 2/9/00
 - Aaron Binkley, 55.10, Huskey 12/2/00
 - Brian Moore, 55.11, Harvard, 2/9/00
 - Ismet Kaya, 56.69, Harvard, 2/9/0
 - Michael Wall, 59.26, Huskey, 12/2/00
 - Gary Snyder, 63.5, BU Dev 12/23/00
- 500 meters, Kevin Russell, 1:04.13, Valentine-BU, 2/14/98
 - Kriss Bryan, 1:10.18, Huskey, 12/2/00
 - Ismet Kaya, 1:19.95, Huskey, 12/2/00
- 400 meter hurdles, Terry O'Neill, 56.06, Georgia State
- 600 yards, 1:13.0 Leo Dunn 1/18/76 Dart Rel
- 800 meters, (indoors), Rich Nichols, 1:52.6, Dartmouth, 1/13/80
- 800 meters, (outdoors), Aaron Brinsko, 1:52.62, Twilight #3 6/3/00
 - Aaron Brinsko, 1:59.0, BU Dev 12/30/00
 - Dave Cahill, 2:00.69, Harvard, 2/9/00
 - Dave Cahill 2:01.6, BU Dev 12/30/00
 - Eric D. Green, 2:01.6, BU Dev 12/23/00
 - Christopher Simpson, 2:03.4, BU Dev 12/30/00
 - Eric D. Green, 2:04.2, BU Dev 12/30/00
 - Chris Coxen, 2:04.13, Harvard, 2/9/00
 - Chris Coxen, 2:04.9, BU Dev 12/30/00
 - John Blouin, 2:05.3, BU Dev 12/30/00
 - Rich Volivo, 2:05.75, Husky 12/2/00
 - John Blouin, 2:06.3, BU Dev 12/23/00
 - Stephan Putnam, 2:06.5, BU Dev 12/23/00
 - Peter Dougherty, 2:07.1, BU Dev 12/30/00
 - Bill Newsham, 2:08.5, BU Dev 12/23/00
 - Ben Nephew, 2.08.73, Harvard, 2/9/00
 - Joe Grand 2:13.6, BU 12/23/00
 - Jeff O'Neill, 2:37.9, BU Dev 12/30/00
- 1000 yards 2:08.1 Jack McDonald, 1/19/76 Tufts
- 1000 meters, Mark Tompkins, 2:27.54, Valentine 2/12/00
 - Chris Coxen, 2:43.45, Husky 12/2/00
 - Dave Cahill, 2:57.80, Husky 12/2/00
- 1500 meters, Mark Tompkins, 3:53.7, Oxy, 3/11/00
- Mile, 4:00.9 Jack McDonald, 1/17/75 Dart Rel
 - John Blouin, 4:21.6, BU Dev 12/30/00
 - John Blouin, 4:23.7, BU Dev 12/23/00

- Aaron Brinsko, 4:23.9, BU Dev 12/30/00
- Aaron Brinsko, 4:25.1, BU Dev 1/6/01
- Aaron Brinsko, 4:26.18, Husky 12/2/00
- Eric D. Green, 4:28.6, BU Dev 1/6/01
- Rich Voliva, 4:29.4, BU Dev 1/6/01
- Peter Dougherty, 4:31.0, BU Dev 1/6/01
- Steve Putnam, 4:31.4, BU Dev 12/23/00
- John Blouin, 4:33.6, BU Dev 1/6/01
- John Blouin, 4:33.9, BU Dev 12/16/00
- Peter Dougherty, 4:34.5, BU Dev 12/30/00
- Ben Nephew, 4:35.46, Harvard, 2/9/00
- Christopher Simpson, 4:35.7, BU Dev 12/30/00
- Eric D. Green, 4:37.7, BU Dev 12/16/00
- Steve Putnam, 4:37.8, BU Dev 12/16/00
- Stephen Putnam, 4:38.9, BU Dev 1/6/01
- Chris Coxen, 4:39.9, BU Dev 1/6/01
- Ben Nephew 4:41.00, Husky 12/2/00
- Jim Pawlicki, 4:42.1, BU Dev 12/16/00
- Jim Pawlicki, 4:44.6, BU Dev 12/30/00
- Bill Newsham, 4:50.4, BU Dev 1/6/01
- Bill Newsham, 4:54.2, BU Dev 12/16/00
- Bill Newsham, 4:55.3, BU Dev 12/30/00
- Bryan Doldt, 4:59.1, BU Dev, 1/6/01
- Greg MacGowan, 4:59.55, Harvard, 2/9/00
- Noah Kraut, 5:09.5, BU Dev 1/6/01
- Dave Cahill, 5:14.3, BU Dev 12/16/00
- Noah Kraut, 5:17.4, BU Dev 12/16/00
- Tom Derderian, 5:24.4, BU Dev 1/6/01
- Tom Derderian, 5:38.3, BU Dev 12/23/00
- Jeff O'Neill, 5:48.6, BU Dev 12/30/00
- Tom Derderian, 5:50.9, BU Dev 12/16/00
- Jeff O'Neill, 5:53.9, BU Dev 12/23/00
- Jeff O'Neill, 5:58.3, BU Dev 12/16/00
- Tom Derderian DNF, BU Dev 12/30/00
- 3000 meters, (indoors), Jack McDonald, 8:31.7, Dartmouth Relays 1/13/80
- 3000 meters, (outdoors), Ethan Crain, 8:21.07, Twilight 5/22/99
 - John Blouin, 8:42.2, BU Dev 1/6/01
 - John Blouin, 8:52.0, BU Dev 12/16/00
 - Rich Voliva, 8:55.0, BU Dev 12/30/00
 - Peter Dougherty, 8:55.6, BU Dev 1/6/01
 - Peter Dougherty, 8:59.2, BU Dev 12/30/00
 - John Blouin, 8:59.60, Husky 12/2/00
 - Peter Dougherty, 9:02.52, Husky 12/2/00
 - Steve Putnam, 9:08.14, Harvard, 12/9/00
 - Deon Barrett, 9:08.8, BU Dev 1/6/01
 - Steve Putnam, 9:09.2, BU Dev 12/16/00
 - Deon Barrett, 9:10.0, BU Dev 12/30/00
 - Stephen Putnam, 9:12.3, BU Dev 1/6/01
 - Jim Pawlicki, 9:13.8, BU Dev 12/30/00
 - Deon Barrett, 9:14.7, BU Dev 12/23/00
 - Jim Pawlicki, 9:15.73, Husky 12/2/00
 - Eric D. Green, 9:22.4, BU Dev 12/30/00
 - Matt Lyons, 9:25.3, BU Dev 1/6/01
 - Jim Pawlicki, 9:27.8, BU Dev 12/16/00
 - Rich Voliva, 9:39.2, BU Dev 12/16/00
 - Bryan Doldt, 9:43.4, BU Dev 1/6/01

- Noah Kraut, 9:45.53, Husky 12/2/0
- Bryan Doldt, 9:47.4, BU Dev 12/16/00
- Noah Kraut, 9:48.8, BU Dev 1/6/01
- Bill Newsham, 9:51.1, BU Dev 1/6/01
- Greg MacGowan, 10:04.0, BU Dev 12/16/00
- Bill Newsham, 10:05.9, BU Dev 12/16/00
- Bill Newsham, 10:21.9, BU Dev 12/23/00
- Dave Cahill, 10:54.0, BU Dev 12/16/00
- Tom Derderian, 10:58.8, BU Dev 12/30/00
- Tom Derderian, 11:08.3, BU Dev 12/23/00
- Tom Derderian, 11:34.0, BU Dev 12/16/00
- Jeff O'Neill, 11:40.8, BU Dev 1/6/01
- Jeff O'Neill, 11:45.5, BU Dev 12/30/00
- Jeff O'Neill, 11:45.9, BU Dev 12/23/00
- Jeff O'Neill, 11:59.0, BU Dev 12/16/00
- Scott Saleska, 11:56.3, BU Dev 1/6/01
- 3000 meters Steeplechase, Gregg Meyer, 8:45.5, Mt Sac 6/80
- 2 miles, 8:39.8 Randy Thomas, 12/10/76 Coast Guard Rel
- 5000 meters, Greg Meyer, 13:45.58, GBTC invitational 1/27/80
- 5000 meters, Bruce Bickford, 13:44.19, Brooks Invitational Astrodome, Houston, TX, 2/16/80
 - Dennis Floyd, 15:25.93, Harvard 12/9/00
 - Rich Voliva, 15:37.49, Harvard 12/9/00
 - Noah Kraut, 17:26.42, Harvard 12/9/00
- 10,000 meters, Randy Thomas, 28:31.5, Penn Relays, 4/24/80
- 4x100 relay, Penn Relays, 4/29/00, 42:13, Arrendel, Michel, Callum, Jack
- 4x440Yd relay, 3:21.2 12/10/76 Coast Guard Relays
 - Harvard, 2/9/0, 3:40.35, Kriss, 53, Cox, 53, Kaya, 57, Cahill 53.
- 4x400m relay, Penn Relays, 4/29/00, 3:23.92, Cahill, Leding, O'Neill, Reynolds
 - USATF-NE, 2/18/00, 3:29.25
 - Husky 12/2/00, 3:34.47
- 4x800 meter relay, 7:48.0, Millrose Games 1980, John Demers, Rich Nichols, Fred Doyle, Richie Puckerin. 7:26.79, (on an oversized track in the Houston Astrodome on 2/16/80. Rich Nichols 1:52.6, John Demers 1:50.1. Kieth Francis 1:50.1, Richard Puckerin 1:53.7.)
- 2 Mile Relay 7:37.6 2/23/74 US Nationals, NYCity, Jack Vercollone, Dave Elliot, Don Riccatto, Jack MacDonald
- Distance Medley Relay (Metric), Valentine, 2/12/00, 10:10.96, Simpson, 3:07.55, Cahill, 50:37, Brinsko, 1:58.22, Tompkins, 4:14.82
- Distance Medley Relay (Yards), 9:54.9 John Demers 1:57.3, Bill Strang 48.5, Fred Doyle, 3:02, Greg Meyer 4:07.2
 - Husky, 12/2/00 10:50.43, Brinsko, Green, Voliva, Floyd
- 4 x 1 Mile (indoors) 17:01.3 Scott Graham 4:14. Fred Doyle 4:16 Dave Elliott 4:23 Greg Meyer 4:09
- Decathlon, Eric Lammi, 6806, 5/10-11/80

Women

- Shot Put, Duse Anthony-Yawa, 10.58m, 34'08" .50, USATF-NE, 6/17/00
 - Yawa Duse-Anntony, 10.46m 34'04.00, Husky 12/2/00
- Long Jump, Katie Alexis, 4.68, 15'04.25", GBTC 1/23/00
- 55 meters, Sakeena Baccas, 8.09, Husky 12/2/00
 - Sakeena Baccas, 8.09, Husky 12/2/00
- 100 meters, Dung Nguyen, 13.33, Twilight 5/30/98
- 200 meters, Melissa Sullivan, 26.88, Twilight 6/10/00
 - Sakeena Baccas, 28.8, BU Dev 12/30/00
- 400 meters, Melissa T. Sullivan, 59.77, Bridgewater 4/15/00
 - Melissa T. Sullivan, 60.22, Harvard, 2/9/00
 - Christine Kloiber, 65.24, Harvard, 2/9/00

- 500 meters, Melissa T. Sullivan, 1:19.76, Husky, 12/2/00
 - Melissa T. Sullivan, 1:19.76, Husky, 12/2/00
- 400 int Hurdles, Michele Doody, 1:14.6h, USATF-NE, 6/17/00
- 800 meters, Julie Spolidoro, 2:20.8, Mini-5/24/00
 - Adria Ferguson, 2:26.98, Harvard, 2/9/00
 - Michelle Lang, 2:28.2, BU Dev 12/30/00
 - Michelle Lang, 2:29.9, BU Dev 12/23/00
 - Lynn Johnson, 2:30.0, BU Dev 12/30/00
 - Jessica Lee Blake, 2:31.9, BU Dev 12/30/00
 - Michelle Lang, 2:32.65, Harvard, 2/9/00
 - Kristen Pitocco, 2:41.75, Harvard, 2/9/00
- 1000 meters, Ferguson, Adria 3:13.94, Husky, 12/2/00
 - Ferguson, Adria 3:13.94, Husky, 12/2/00
- 1500 meters, Jennifer Rapaport, 4:47.07 USATF-NE Champs 6/27/98
- Mile, Julie Spolidoro, 4:58.1, Mini-5/24/00
 - Jessica Lee Blake, 5:14.4, BU Dev 1/6/01
 - Jessica Lee Blake, 5:20.6, BU Dev 12/30/00
 - Jessica Lee Blake, 5:23.4, BU Dev 12/16/00
 - Michelle Lang, 5:24.44, Harvard, 2/9/00
 - Lynn Johnson, 5:24.6, BU Dev 12/30/00
 - Michelle Lang, 5:25.0, BU Dev 1/6/01
 - Michelle Lang, 5:28.1, BU Dev 12/23/00
 - Michelle Lang, 5:34.5, BU Dev 12/30/00
 - Meg Moore, 5:40.1, BU Dev 12/16/00
 - Meg Moore, 5:40.9, BU Dev 12/30/00
- 3000 meters, Julie Spolidoro, 9:54.6, BU Dev 12/18/99
 - Jessica Lee Blake, 10:18.2, BU Dev 12/30/00
 - Jessica Lee Blake, 10:27.6, BU Dev 12/16/00
 - Lynn Johnson, 10:28.1, BU Dev 12/23/00
 - Lynn Johnson, 10:28.1, BU Dev 12/30/00
 - Maura McDonald, 10.35.23, Harvard, 2/9/00
 - Katie Carda, 11:53.3, BU Dev 12/30/00
- 2 miles, (outdoors), Joanna Veltri, 11:11.8, MIT Mini 5/13/98
- 2 miles, (indoors), Sarah Rankin, 11:09.02, GBTC invite, 2/6/83
- 5000 meters, Julie Spolidoro, 16:29.54, Twilight#3 6/3/00
 - Lynn Johnson, 18:08.78, Harvard, 2/9/00
- 10,000 meters, Julie Spolidoro, 35:29.68, Twilight #2, 5/27/00
- 4x100 meter relay, 51.19, Penn Relays, Putnam, Hobson, Baccas, Sullivan
- 4x400 meter relay, 4:10.99 Penn Relays, 4/29/00, Sullivan, Alexis, Baccas, Putnam
 - Husky, 12/2/00 4:23.43, Sakeena Baccas, Melissa Sullivan, Adria Ferguson, Meghan Rooney
- 4x440 yard relay, Harvard, 2/9/0, 4:15.05, Sullivan 61, Bacaas, 65, Ferguson 62, Kloiber, 64
- Distance Medley Relay, Terrier 1/30/00, 12:37.92 (McDonald, 3:56, Alexis, 63, Thomas 2:30, Manolatuou 5:07)
 - Husky 12/2/00, 13:32.15, 1200 3:56, Michelle Lang, 400 67, Melissa Sullivan, 800 2:45, Melanie Watkins, 1600 5:41 Payal Parekh,

DON'T MISS THIS EXCITING EVENT

**2001
GBTC
INVITATIONAL**

Harvard University
Albert H. Gordon Indoor Track

Sunday, January 21, 2001

**Hosted by the
Greater Boston Track Club
PO Box 380182
Boston, MA 02238-1082**

Entry Form Included in Newsletter. . .

2001 Greater Boston Track Club Invitational

Sunday, January 21 2001
Official Entry Form

Name _____ Sex: M F Master (over 40) Age (on 1/23/01) _____

Address _____

City/Town _____ State _____ Zip _____

Telephone (_____) _____ USATF No. _____

Team: Club _____ College _____

High School _____ Unattached competitors please check box

Events: (Maximum of two individual events and one relay.)

	Event	Best Recent Mark	Date and Place
1.	_____	_____	_____
2.	_____	_____	_____

Team entries should be listed below.

Entry Fee: \$12. per entry. Maximum team fee of \$230. (Men's and Women's teams are separate.) Make checks payable to: Greater Boston Track Club. The entry fee **MUST** accompany your entry.

Entry Address: Mail this entry with your entry fee to GBTC Invitational, Greater Boston Track Club, PO Box 380182 Cambridge, MA 02238-0182

Entry Deadline: Monday, January 16, 2001 **ABSOLUTELY NO POST ENTRIES!**

Signature/Date: You or your coach must sign and date your entry. Failure to do so will result in immediate rejection of your entry. Entrants under 18 years of age also must have the signature of a parent or legal guardian.

Assumption of Risk: In consideration of your accepting this entry, I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against the 2001 Greater Boston Track Club Invitational, the Greater Boston Track Club, the Friends of Harvard Track, USA Track & Field/New England, Harvard University, their agents, representatives, assignees, or sponsors for any and all injuries, damages, and/or claims which I might otherwise have arising out of said event. I attest and verify that I am physically fit and have sufficiently trained for this competition. As a coach, I sign for the athletes entered by me.

 Coach or individual signature/Parent or legal guardian (if under 18) Date

Team Entries: Please use separate forms for Men and Women.

	NAME	USATF No.	Event(s)	Best Recent Marks/Date and Place
1.	_____	_____	_____	_____
2.	_____	_____	_____	_____
3.	_____	_____	_____	_____
4.	_____	_____	_____	_____
5.	_____	_____	_____	_____
6.	_____	_____	_____	_____
7.	_____	_____	_____	_____
8.	_____	_____	_____	_____
9.	_____	_____	_____	_____
10.	_____	_____	_____	_____
11.	_____	_____	_____	_____
12.	_____	_____	_____	_____
13.	_____	_____	_____	_____
14.	_____	_____	_____	_____
15.	_____	_____	_____	_____
16.	_____	_____	_____	_____