

What's Inside

- Club News
- Calendar
- Interview with Dave Callum: Sprint Coach
- Nutrition News
- Track Performance List

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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 at (617) 243-0848 gsmac@hotmail.com

Runners. Yeah, we're fast.



Pictured (l-r) Dotty Fine, Hugh Jessup, Judy Gutry, Tom Derderian, Bobbi Gibb, and Jim Pawlicki.

GBTC Booth a Hit at Boston Marathon Expo

Everyone was all smiles at the very red GBTC booth during the Boston marathon expo on Saturday, April 14 and Sunday, April 15. Bobbi Gibb, the first woman to have run the Boston Marathon, was present in our GBTC booth for a great deal of time during the expo. She had copies of her story about training for that 26.2 mile road race and exhibited a couple of her bronze sculptures of runners.

To prepare, all members were required to read the 1966 chapter in Tom Derderian's book, *Boston Marathon: The First Century of the World's Premier Running Event* to learn all about her. *Runners World* magazine also ran a story on Bobbi in its March issue.

GBTC Boston Marathon Team Results

Men placed 4th and women placed 2nd. Women averaged less than three hours.

Top Men, Teles Kananga, Peter Dougherty, Arnold Seto 7:49:25

Top Women: Jess Blake, Lynn Johnson, Sheila Logan 8:59:47

GRAND PRIX RACE STANDINGS

After 2 Grand Prix races the GBTC women's open team scores in a tie for 4/5 with Merrimack.

The men score 6th with Greater Springfield and Merrimack only a point behind and panting and drooling after us.

Women masters score 7th.
Men masters are dead last.

Jessica Blake and Lynn Johnson score third and fourth individual road racers in New England.

In 50+ Colin McArdle is ranked.

In 60+ Dick Nickerson is ranked.

Tremendous gratitude to all who raced hard and scored on these teams. – Russ Miller

NEXT GP EVENT IS BEDFORD 12KM ON SATURDAY MAY 19TH.



Pret-a-Porter? GBTC displayed the fabulous progression of our running attire at the GBTC Marathon Expo booth. If you are interested in buying a singlet or other fine GBTC apparel, contact Sandy Miller at smiller@worldnet.att.net or visit our club store online at www.gbtc.org.

Weekly Track Workouts

Outdoor track workouts are held on Tuesday evenings at the Tufts track along College Avenue in Medford. The track is a short walk from the Davis Sq. T- station. Warm-up starts at 7:00 p.m. and practice begins at 7:30 p.m.

Runners who have been practicing at the Boston University armory are now at the Harvard University outdoor track just over the Charles River in Allston on Mondays and Wednesdays at 7:00pm.

For more information, contact the coaches:

- David Callum (617) 254-5227
- Tom Derderian (617) 846-2902
- Ron Glennon (617) 479-2995

River Runs

Wanna break from the track? Then try a river run around the Charles River. 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 marathonjg@aol.com.

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

MIT Update/Members Night

We will continue to workout at Tufts until the MIT outdoor track is ready in mid-July. Until then, we'd like to continue our tradition of Member's Night. If anyone knows of a local pub near the Tufts Track (probably somewhere near one of the Squares), please send an email to the club. Members usually meet after the workout for beer and pizza. Hanging out with fellow club members after practice is a great way to socialize, wind down and meet other people.

Volunteer Opportunities

**Volunteers needed for
the Epilepsy 5K Fun Run
Sunday, May 20 from
9a.m. until 11a.m.**

Contact Gary Snyder at
gsnyder@avaya.com

GBTC has supported this event for many years and it is one of the opportunities for us to get paid. It is a very low-key event that we provide timing and course control. It takes about an hour or so and usually draws about 100 runners. Please consider volunteering. Race starts and finishes at the MDC pool near the Charles River (near Science Museum).

CHASE CORPORATE CHALLENGE

THURSDAY, JUNE 21st

\$

This is a **HUGE** opportunity to raise money for the club. Just show up to help out, and we make money. We need volunteers for traffic control, sign-holding, water stops, and clean up.

If interested in volunteering, contact Karl Hoyt
khoyt1@compuserve.com or
Jim O'Brien
jobrien@cambridgetrust.com
Last year we had over 30
volunteers!!!!

Club Happenings

Grand Prix Road Race Schedule - 2001

May 19 – Bedford 12K, Bedford NH, 9am
<http://www.bedfordnh.com/rotary/brmrr.html>

July 15 – Stowe 8-Miler, Stowe, VT, 9am
<http://www.stowe8miler.org/>

September 16- CVS Pharmacy 5K, Providence, RI

September 30 – Rojacks Run 8K, N. Attelboro, MA

October 28 – Cape Cod Marathon, Falmouth, MA, 8am
<http://www.capecodmarathon.com/>

Reserve Your Room for Stowe, VT 8-Miler!

GBTC has reserved several rooms in Stowe Vermont for members who want to go up the night before the race. Normally, it's required to stay a weekend at most hotels, but we managed to find a motel that would take us for just Saturday, July 14.

If you are interested in sharing a room (each room holds 4 people), **please contact Erin Cullinane no later than June 25!!!!**
The cost is \$25 per person—a deal you can't refuse!!!!

Lodging Information for GBTC members:

The Burgandy Rose – www.theburgandyrose.com

Whether you are driving from points North or South of Vermont, you will need to get on Interstate 89 to get to Stowe and The Burgandy Rose. From I-89 take exit 10. After the exit, get on Route 100, North, to Stowe (a left hand turn if you are traveling south on 89 and a right hand turn if you are traveling north on 89). The Burgandy Rose is located less than 8 miles from the exit off I-89. We are on the right hand side of the road, just after the Fly Rod Shop and the Welcome to Stowe sign. If you get to the Moscow Road exit, you went too far.

Check in- July 14th 3pm

Your stay includes continental breakfast.

If you want to go up on your own, here is some information on Stowe, VT—but you better book fast.

www.stowe.com

Welcome New Members

James Bateman Hampton, NH MO
Josh Borak Andover, MA MO
Kelly Box Somerville, MA FO
George Clement Winthrop, MA MO
Heather Deixler Brookline, MA FO
Marguerite Dorosario Somerville, MA FO
Christopher Edmundson Dartmouth MA MO
Jon Ellis Amesbury, MA MO
John Enright Allston, MA MO
Christopher Farady Brighton, MA MO
Joe Grand Brookline, MA MO
Achebe Hope Framingham, MA MO
Helena Kimball Boston, MA FO
Jessica Kinney Cambridge, MA FO
David Kyle Somerville, MA MO
Amy Lessard Boston, MA FO
Jill Levreault Boston, MA FO
Sheila Logan Brookline, MA FO
Brian McBride Arlington, MA MM
Matt Nolan Somerville, MA MO
Gordon Roble Brighton, MA MO
Andrew Silvia Boston, MA MJ
Trey Skehan Somerville, MA MO
Emma Snover Brookline, MA FJ
Debra Volk Salem, MA FO

Message Board

Back to LA

Dear GBTC friends,

Just back today in L.A. after east coast trip and wanted to thank all My GBTC friends I saw at expo, pre race village, and race itself. I was particularly surprised by how many GBTC people cheered (slow) me on and I appreciate that very much. Jon Berit--who coached me through my first Boston 10 years ago, including waiting for me in the pouring rain, a special thanks. Gary Snyder and the Board, thanks for the number. I received Frank's photos today and was proud to see them all. Best wishes in you running/life/business, and if you're in LA, I'd love to see you.

- Hugh Jessup

What's Running at the Movies?

You can see a list of the top running movies. Maybe there's one you haven't seen. LetsRun.com is letting its viewers pick the best running movie of all-time. Go to <http://www.letsrun.com/movies.html> to select your picks. Take a glance. I didn't vote. I have a personal closeness to two of the movies.

-Tom

Coach Thanks Melrose Volunteers

Many thanks to the following GBTC athletes who worked the water stop at the half marathon. Big bucks to the club. They served nearly 2,000 drinks! And had fun doing it. What a terrific club! (*sent Tue, 13 Mar 2001*)

Dennis Floyd
Katie Carda
Arron Brinkley
Russ Miller
Dotty Fine
Dave Callum
Dave Cahill
Christine Kloibler
Helena Kimball
Bill Duncan
Rick Peirce
Sandy Miller
Solomon Tsagai
Aaron Brinsko

-Tom Derderian

Canada Anyone?

The IAAF track and field world championships will be August 3-12 in Edmonton, Canada. August isn't that far away. Neither is Edmonton. Anyone interested?

-Jim Reardon jcreardon@facstaff.wisc.edu

<http://www.2001.edmonton.com> single-day tickets now available

Getting to the Next Level: Stay Healthy, Recover Rapidly by Nancy Clark, MS, RD

Once upon a time, when fewer people participated in sports, anyone could be a champion. Athletes just had to "show up" and the odds would be in their favor. Today, with more and more people involved in competitions, a reasonably good athlete who wants to excel needs a competitive edge. Unlike ancient times when the Greek athletes drank wine and ate mushrooms, today's athletes can get more sophisticated knowledge about the foods and fluids that truly enhance performance. With the help of a personal sports nutritionist, athletes with high aspirations are getting to the next level. The following information, discussed at a conference sponsored by SCAN (the American Dietetic Association's practice group of sports nutritionists) may give you tips that help you "get to the next level." (To find your personal sports nutritionist, use ADA's referral network at www.eatright.org.)

Stay Healthy

Staying healthy is a critical job for competitive athletes. You can't compete at your best if you have a cold, fever or other ailment. But all too often, we hear stories about athletes who train hard only to get sick before their event and become unable to compete. Many ailing athletes wonder if vitamin or mineral supplements (like zinc, iron, copper, selenium, Vitamins A, B-6, C and E) could protect against infections that hinder their performance.

According to Dr. David Nieman, exercise immunologist from Appalachian State University in North Carolina, many nutritional supplements have been touted to enhance the immune system and fight infections. Yet, research has yet to confirm their benefits in athletes. (In

comparison, severely malnourished people do gain benefits from supplements--and that's where the rumors start.) Also questionable are glutamine supplements. Glutamine, an amino acid that enhances immunity, has been touted to be the athletes' aid to stronger recovery and immune function. According to Dr. Nieman, blood levels of glutamine drop with exercise, but even marathon-type exercise does not sufficiently deplete the body's large stores of glutamine enough to diminish immune function and create a need for athletes to take glutamine supplements.

The one nutritional practice that does enhance immune function is to consume carbohydrate during hard exercise that lasts longer than 90 to 120 minutes. Carbohydrates break down into glucose, and glucose is the major fuel for immune cells. Low blood glucose also triggers the release of stress hormones that suppress immune function. Hence, a drop in blood sugar during prolonged, intensive exercise can reduce immune function. If viruses and bacteria gain a "foothold" during this open window of reduced immunity following hard exercise (3-72 hours), you'll be more likely to get sick. The solution: Prevent low blood sugar. Research with runners who consumed carbs (in the form of sports drink) during 2.5 hours of hard exercise indicates they had less inflammatory response to the exercise test compared to runners who consumed no carbs, just water.

A second immune booster is exercise itself. For example, exercise boosts the level of natural killer cells that suppress certain types of cancer. But while some exercise is good, too much exercise (overtraining) has a negative effect. For example, runners who run more than 60 miles per week have double the risk of getting sick compared to those who

run less. Add too much stress and too little sleep, and the likelihood of illness increases more. The week after the LA Marathon, the finishers had a six-times higher risk of getting sick compared to those who did not finish the marathon.

Because exercise is a potent way to boost the immune system and is a powerful health protector, exercise is particularly important for elderly people. According to Dr. Nieman, 50% of sedentary elderly people reported getting sick as compared to 21% of elderly walkers and 8% of highly fit elderly exercisers. If you concerned about your parents getting colds, coughs and other infections, remind them daily activity is far more effective than any vitamin pill or medication. Keep active!

Recover Rapidly

Rapid recovery is a second important job for athletes who need to quickly recover from one bout of exercise to be prepared for another bout scheduled within 6 hours (i.e., athletes who do double workouts, or compete in back-to-back games at tournaments.) These folks need to have the right foods and fluids readily available post-exercise. John Ivy, exercise physiologist at University of Texas in Austin emphasizes prevention as the best strategy to enhance recovery. That is, if you can minimize deficits of water and energy during your first exercise bout, you'll recover more easily for the second bout.

If you are at risk of becoming dehydrated, the best way to maintain adequate hydration during intense exercise is with a sports drink or other sodium-containing fluid. Sodium (a part of salt) helps maintain the "drive to drink" and stimulates thirst. (Note: Gatorade no longer claims to be a "thirst quencher." Gatorade stimulates thirst!) Thirst encourages greater fluid consumption, which enhances fluid replacement and

reduces the risk of dehydration during exhaustive exercise.

Rapid recovery also requires carbohydrates, and possibly protein. Some studies suggest a carb/protein mixture stimulates quicker glycogen replacement within a 6-hour period (but this balances out by the next day.) Other studies suggest simply eating adequate carbohydrates is the key. If you need to prepare for another hard exercise bout that day (such as happens in tournament situations), target 0.7 gms carb per pound of body weight every 2 hours for up to six hours after your exhaustive workout. For a 150 lb. athlete, this means about 100 grams carbs/2 hours or 400 calories--the amount in 24 oz. grape juice, 1 liter soft drink, or a big bagel. If you have exercised so hard you've depleted your muscles, your body will welcome this!

Given your body needs protein on a daily basis, to consume some post-exercise protein along with the carbs certainly won't hurt and may even enhance your recovery. Enjoy yogurt with fruit, milk with cereal, peanut butter with bagel, or red beans with rice. Just be sure carbs are the foundation, and protein is the accompaniment to the meal or snack. Disregard the current fad of limiting bagels, pasta and starches. You'll crash.

Nancy Clark, MS, RD, personal nutrition counselor at SportsMedicine Associates in Brookline MA, teaches casual and competitive athletes how to eat to win. Her best-seller Nancy Clark's Sports Nutrition Guidebook, Second Edition is reputed to be among the best books on this topic. It is available by sending \$22 to Sports Nutrition Services, 830 Boylston St. #205, Brookline MA 02467 or via www.nancyclarkrd.com.

Ben's Seven Sisters Story: Victory at Last by Ben Nephew

Since this race took three years to develop, this is going to be a long story, unless my left hand seizes up (I'll get to that in a moment). The 7 Sister's trail race is the most difficult trail race in New England. It consists of 12 miles with 5100 feet of climbing and descending 7 peaks of the Mt. Holyoke range in Hadley MA. It was one of the first trail races I ran when I started back in 99. The trail is 6 miles done out and back, and there are numerous places where you need your arms to climb or, coming the opposite direction, to save you from falling off of ledges onto 70 degree or steeper rocky slopes. Now you have a general idea of the trail...

Historical Perspective

I was a brash young gun when I ran the race in 99. I had scouted out the course two weeks prior, so I knew where I was going. From the gun I took the lead and battled with the defending champ, Leigh Schmitt, showing no respect for difficulty of the course. We kept pushing each other, and at one point, I thought I had broke him when I managed to put a few steps on him. Right then, he blew by me and rapidly opened up a gap on murderous 300 ft. climb. I tried to claw my way (literally) back, but Leigh

powered away for a 15 second win. That was one of two trail races I lost that season out of about 12 (the other was to Dave Dunham, and that doesn't really count).

In 2000 I desperately wanted to win the Sister's, and had thoughts of going after the course record of just under 1:47. Last year I had run 1:55 and had made a lot of progress since then. I figured I needed more endurance to outlast Mr. Schmitt, so I tried to up the mileage. Unfortunately, my biggest week, at 104 miles, ended four days before 7 Sisters. I felt fine the day of the race, but the temperature was an uncharacteristic 80 with about 90% humidity. John Blouin and I hung with Leigh for about half the race, when we both began to suffer from the heat. One of my toenails was ripped off on the incessant downhills, my heart felt like it was going to explode, my legs were pure jelly, and I was dizzy from the heat. It wasn't even close as Leigh finished in 1:58 with John and I 6 minutes back. How he broke two hours on a day like that I will never understand.

The Players

By race day this year I wanted it so bad I could taste it. After last years race, I beat Leigh by substantial margins in two other races, but his legend at 7 Sisters was unblemished. He had three

wins in a row, and the year before that, his brother Keith won. Their whole family would be out on the course on race day to hand him drinks and cheer him on. Leigh wasn't the only guy I had to worry about this year, the field was loaded with the best trail runners from all over New England. Peter Keeney had run me ragged for almost three hours at Escarpment last year, and had just beaten Leigh a few weeks ago. A brash young buck by the name of Tom Temple had almost made me wet myself with his mindless downhill plunges at Escarpment. Tom Fargo, who has won Escarpment a record 7 times was also on hand. This should be fun.....

The Race

As soon as I stop worrying about who is on the starting line, the gun goes off and some dude with huge quads passes Leigh and I and starts hammering up the first 400 ft. ascent. Great, some new guy to worry about. I had decided to respect the course this year and realized that the race is going to be won in the second half. I've never known anyone to run the course more consistently than Leigh, so I planned to stay with him.

When the quadmaster took off and disappeared all of a sudden, I had a sudden urge to get back in contact, but I stayed behind Leigh and tried to relax

and conserve my energy.

Thirty minutes into the race, we caught sight of him; he was actually behind two other runners who must have passed us during one of Leigh's famous wrong turns (you would think he would know the trail, but this is quite common for him). It was a shock to be in 5th place with two other runners close behind 30 minutes into the race, usually it is just Leigh by this point. It was a perfect day for running, mid fifties with a nice breeze at the higher elevations, and everyone was feeling good. We settled into a pack of five or so and made good time. The other runners let Leigh and I to the front, and I waited for him to make his move. We all got to the turnaround together and as everyone went for drinks and energy bars, I ran in a circle until Leigh was ready.

The climb from the turn around is about 500-600ft, and I was a little worried about pushing too hard, but Leigh was slow, trying to eat a Powerbar and drink Gatorade while running. I passed and slowly pulled away on the ascent. I expected him to catch me after his lunch, but I wasn't going to give it to him. For a two hour run in perfect conditions, I didn't feel the need to take anything, I could still taste the Gatorade I drank before the race. The more of a lead I got, the more paranoid I was about dying before the finish. I tried to get out of sight

while not burning myself out.

Friends of mine still on their way out cheered me on, but all I could do was try to return the favor with a smile trailed with drooling phlegm.

I still felt strong 80 minutes into the race, but told myself to be cautious and wait for the last half hour to pick up the pace. It is difficult to know how far ahead you are in these thickly wooded races, so I could not relax much at all. All of sudden I got to the water stop about 20 minutes from the finish and realized I was getting pretty close. Even though I felt strong compared to last two races, I still crawled up the last monster hill. As I began a downhill on rubbery legs, I got mad at myself for running defensively and worrying about being passed. I then had the uneasy feeling of pulling a Bill Rodgers: my shoelace was untied! I stopped quickly and tied it with shaking fingers before bolting back into a wooded section of the trail. What if Leigh saw me all of a sudden and it gave him hope of catching me. I decided that if anyone was going to catch me now, they were going to have to kill themselves trying.

I hammered the uphill and threw myself at the downhill, but I was thinking of too many things to focus on the trail as much as I needed to. In a split second, I crashed to the ground on a rocky downhill. I got up as fast as I could and fortunately

could still run, so nothing major was broken (I probably should have checked this out before I started running). My hand was bloody and my right leg had a nasty Charlie horse, but there wasn't anyone to help me on the trail so I figured I better get to finish. OK, so I didn't care what the heck was hurt as long as it didn't slow me down too much. There was no way I was going to lose this close to the finish. The adrenaline took care of most of the pain and I enjoyed the last downhill with a big lead, feeling relief at having finally won, and satisfaction at having run a smart race. I had run 1:52:58, which meant that I ran even splits. Nobody runs even splits on this course, so I was more pleased with that news than getting the win.

Without the fall and the shoe problems, I know I could have run about 1:50. Could I have gotten the course record if I had been a bit more bold? Maybe, but there is always next year. I ended up winning by almost 3 minutes over Leigh, with Peter Keeney and Paul Young less than a minute behind.

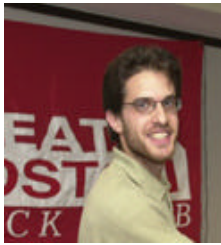
Oh, I almost forgot to talk about my injuries. When I fell, I tried to put my hand out, but ended up doing a cartwheel off my left shoulder and bouncing down the trail. My left hand must have been crushed underneath me, because it was scraped on the top and swelled up quickly following the race.

Besides the hand, nothing else

is that major. As I look at it right now, it looks like I gave the Old Man of the Mountain a punch in his granite jaw. My knuckles, instead of being bumps, are now dimples due to swelling, and ice has not helped all that much. The funny thing is, it really doesn't hurt much at all, but I might have it looked at just to be sure. After the race, the local trail shaman sprinkled some goldenrod powder on my skin wounds, which stung a little and quickly promoted the formation of a scab.

Stephanie Tenuto finished 7th in a star-studded women's field where the first two runners demolished the course record. We managed to stumble around some of the other trails in the Mt. Holyoke state park, while trying to figure out why we ran these crazy races. The relief of having the race over with is almost worth it, but not quite. Maybe it is how you are actually challenging the trail more than the other runners or the clock, because my moment of crisis came when I feared that the trail would reduce me to crawl, not when I worried about winning or running a certain time.

Seven women gave me a good beating on Sunday, but I got up and ran away. It seems strange to call that a victory, but it was.



An Interview with Dave Callum: The Man Behind GBTC's

Sprint Squad by Ron Glennon

Earlier last track season, Ron Glennon interviewed sprint coach Dave Callum. We hope this interview gives members who aren't familiar with the sprint squad insight into their training and accomplishments.

RG: Tell the members about your track background.

DC: Ever since high school I've been interested in the coaching aspect of track and field. I went to a prep school in Andover Mass from 9th to 12th grades and was a member of the varsity indoor and outdoor track teams all 4 years. My senior year my teammates voted me to be Captain of the indoor team. As a captain I got my first taste of official track leadership. I listened carefully when taught and passed on the knowledge to younger inexperienced runners and jumpers. I spent my high school years running everything from 50 yards to 400 meters. By my senior year, I was running 40.9 in the 300m intermediate hurdles, mid-low 23s in the 200, mid low 11s in the 100. I may not have become a master of any one event, but I remember

most of what was taught to me about each of the events I participated in, with a particular liking for the 4 x 100m relay and 200m. I have a love/hate with anything over 200m (Ed. Note: most sprinters have a hate/hate relationship with anything over 200m). As a freshman at Boston University, I was a walk-on (no track scholarship) track athlete with a love for the sport. My high school coach left me with these words of wisdom, "Your best chance of being successful in college will be in the 400m and 400m IH." I kept this advice hush hush! I did not want to kill myself training for such a difficult event.

At BU, I continued with 100 and 200-meter training with workouts geared towards 200/400 runners (Pete Schuder, BU head coach, being a 400m expert). I ran on BU's all-time second fastest 4 x 100m relay team with Johann Jack, where we ran 41.26 (missing the school record of 40.9). I quickly became the head coach's right hand man helping him with team tasks. By senior year, I had run personal bests in the 100(10.9), 200(22.4), and 400(51.26) and had success in the relays. I tried to become a relay technician, learning every aspect of a successful relay and its vital handoffs.

Although never a captain in college, I had taken leadership of the annual building of the

indoor BU track and was put in charge of making repairs to the wooden structure we loved and hated. During the year following my graduation, I became assistant sprint/jump coach for BU, helping with everyday coaching and tasks. During this year of assistant coaching I also worked as a customer service/special order rep at Niketown. I tutored 1st and 2nd graders in Cambridge in an after school program called the Bell foundation, and worked nights for NewRiver Investor Communications producing/formatting web pages. With all my time spent on working and paying my bills, my personal track training was put on the back burner, and I was not happy with my life. Something was missing and it took me a little while to figure it out.

RG: How did you find the club?

DC: Johann graduated from BU in the spring of 1999 and he met a GBTC rep. Johann passed the news of the club to me and together we joined in May of 1999. Under Terry O'Neill's tutelage, I began training again after a year away! I felt as though I came back into sprinting a little too fast, rushed by the others already in shape, but I had a lot of fun and it felt great getting back into the swing of things. I was running mid-high 11s and mid-high 23s by July, but my body was

breaking down after 2.5 months. It was obvious I didn't get the appropriate base training before the speed work. Terry announced that he would be taking the role of sprint coach in Atlanta for the Conn. USATF to work with Loren Seagrave (Ed. Note: Loren Seagrave ex LSU coach, one of the US's top sprint coaches) and company. It was suggested I take over the role of sprint coach for GBTC. I proceeded to take over in October of 1999.

RG: How many sprinters and field athletes workout with you now, and where do you workout?

DC: The sprint group currently trains outdoors at the Harvard University track. Indoors we use the BU track at the Armory (AKA "the shed"). We are currently switching our training days to Monday's and Wednesday's. This will allow us an extra day of recovery and technical work before Saturday track meets. As for the number of sprinters currently on my roster, we have approximately 18 women (although only 10-12 practice with the team). The group fluctuates and since I post my workouts by e-mail there are several members who find it easier to train in small groups closer to home. There are members from western Massachusetts, Maine, Connecticut. Traveling to practice can be difficult, but they get their workouts done

and they come in for meets and the occasional team practice.

RG: It seems like starting with Terry, and now you, the club's sprint contingent has grown rapidly. How did you guys manage this?

DC: Recruiting and growth, I would say a lot of it starts with getting a couple of key individuals who have talent. Offer them something no one else can and their presence attracts others interested in running to the club. As we grow and attract more talent, it all just snowballs. We present bigger and more talented club showings at local and away meets and people see the opportunities available to them. The business cards have been a huge help too. I give out a couple at every track meet. I even gave out a couple at Penn! And Polo/GBTC was the profile club at Penn (besides the US Olympians) so everyone was checking us out. We heard whispers around every corner, "wow Polo sponsors track" and "check out that Polo club" and "GBTC has sprinters" people are noticing! A lot of recruiting is done among our current members. As alums of many of the local colleges and universities, we have been able to spread the word to current students, especially seniors, about the opportunity to run after college with a club. Once people are introduced to the opportunity and the benefits of

running with a club like GBTC, and if they love the sport like most of us do, there is not a question that they will join the club if they want to run faster, jump higher, throw further. The toughest part about keeping our enrollment up in the sprinting department is commitment. People forget what it takes to be a sprinter. Some think you can do sprinting like you can do a weekend jog, whenever you want. But you just can't do that in sprinting. If you are not committed to the training necessary to sprint, you will either get injured or never reach your potential (and forget about those personal bests from high school or college.) I try my best to get across to my athletes the idea that commitment to the club means participation and support! If you can't run due to an injury, you come to the meets and cheer on fellow members. If you are injured, you provide updates as to your condition and progress and you attempt to come back from injury, as quickly and painlessly as possible. Sometimes injuries, especially to sprinters, are simply unpreventable, at times there is little we can do. But commitment to the club comes with the membership regardless of running status. Some need to stop thinking of this club as purely a service TO its member --the club IS its members! We are the club. We decide whether this club continues: continues to live or die, continues to succeed

or fail, be fun or boring, competitive or recreational.

RG: Describe a typical training session for the sprinters; how does 2x week work for sprinters? Distance runners tend to be solitary types so training solo the majority of the time is no problem, how about the sprinters?

DC: Two training days/week for sprinters are normal, BUT that is minimum training. Speed work must be supplemented with weight lifting, recovery jogs, and technical work. Although, realistically 5-6 days a week of sprint training seems impossible for most working class people and continuing students it is really what is necessary. As for training alone, for a sprinter this is very difficult. Sprinters are naturally competitive and to achieve the most out of our workouts we need a group (at least two) to push one another. It is very important to feel the conditions of a race, being both the chaser and the chased. Especially for 400m training, sprinters need to learn how to pace themselves, how to feel the competitors around them, to understand how to run in the wind. And most of all, in training having a group makes the workouts easier and more fun. I have always maintained the idea that sprint training is truly a group effort. To be faster and to push to the next level you often need someone to train with who is

one step ahead. For example, Ato Bolden and Maurice Green, two of the fastest sprinters in the world, train together (for two different countries) because they both need the best to push themselves. But not all the support and training comes from outside. One of my favorite phrases during practice remains "Stay positive!" I say it to myself all the time. Now, if you are by yourself during a tough workout, you may start to doubt yourself, and there is no one there to help you to "believe." I think doubting one's own ability is one of the chief reasons runners have bad workouts and ultimately bad races "Stay positive!" is the internal power, the training of the mind. Group training can help there too, in those dire times when the 6th 400 interval is just kicking your butt, someone says during your recovery jog, "stay positive, mind over body." It makes the biggest difference.

A look at our everyday practice, they start with a warm-up jog between 800m and a mile. This is followed by stretching (I tend to stretch a long time and everyone complains). Then I lead the group through a good set of drills to make sure our bodies are warm and ready for speed. Finally we are ready for our workout!

(Now follows a long and detailed training schedule for two days).

Monday Long Sprint Day
(total=3000-4500 meters)
2-3 sets of 600-500-400
recovery 400m walk b/w reps
600meter walk b/w sets
Pace @ Men/ Women
600@ 1:50 2:08
500 @ 87 1:40
400 @ 62 74
Tuesday –unofficial practice
Recovery jog-15-35 minutes

Starting Block practice and/or
Long, High, or Triple Jump
Practice.

Weight Lifting.
Wed-Short fast sprint workout,
about 1800-200meters
GOOD WARM-UP!!!
2 x 400, 3 x300, finish with a
set of 3 x200 slow
(The 2 x 400s are normal but
the 300s you jog a 100m right
into the 300m sprint as if you
were doing 5 x 400 total)
Recovery 400 walk for the 400s
and 300s, 200 walk for the 200s
Pace @ MEN/Women
400 58-61 65-69
300 42-43 48-50
200 32-34 38-41

RG: What are your personal aspirations for the sport? Is coaching a goal?

DC: If I could make between 60 and 80k as a full time track coach that would be what I would do! But, since that isn't likely, I would eventually like to coach high school track and teach chemistry. Maybe eventually try to get into a real collegiate position. I definitely want coaching in my future. I

currently work in computers and the jobs in this field pay well, but my interest and desire in this field are low. I like working more interactively with people and helping raise people's standards to another level. Teaching and coaching seem to be an extension of my personality.

As for my own personal training, I take each season one at a time. For this season my goal is to break my lifetime/collegiate best in the 400m of 51:26. I also want our 4 x 100 relay to break into the 41s. But I may not stay on that relay team for long as other members of the club become healthy and start running to their potential, but they'll have to knock me off with better times because I won't give up that spot easily. My main focus is the 200/400 combination. Although my love for the 4 x 100 is very, very strong, I realize my potential in the 400 is greater than the raw speed I try to achieve in the short 100m sprint. Maybe I'll have to knock someone off the 4 x 400 team to make up for the sprint relay I may have to give up. 400 meter runners watch out cause Callum is coming!

RG: My own burning question, when is Dave Cahill going to run an 800?

DC: This club has a lot of potential and talent all around

and I am constantly reevaluating our sprint crew. Your question reminds me of a dilemma I faced indoors with Joyce Dendy. Should she continue doing the 800 or switch to the 200/400? After carefully watching her in practice and speaking to her about certain injuries she's endured, particularly her back problems, I suggested she run the shorter events. Based on the amount of training and mileage she would have to do to excel at the 800, I considered the training for 200/400 better for her condition. She could run short sprint workouts and continue weight training and stay away from the long runs that may irritate a pre-existing back problem. It appeared to be a success. She did very well at that distance and although she was still limited by her injuries and a slightly lower volume of training she enjoyed herself. She took outdoors off to train for duathlons but she'll be back with us for indoors, she loves us. As for Cahill, I truly think the 400 is his best event. Skinny Cahill has an unbelievable ability to kick when no one else can, his stride doesn't break down and he simply maintains much better than most runners out there. He also has very good stamina. If he wanted to train for the 800 he could and would do very well, but as long as he trains as he does, he'll be a 400 runner. I think his next step in his training will be to work on

his all out speed. I can beat him over 200 meters, but at 400 he can destroy me. This comes from his ability to run the second 200 in the 400 without breaking down very much. He has this reserve of strength, power, and positive belief in his ability that he brings up from the depths of his heart and mind during the 400 that whoever has doubts coming around that bend in the final straight away are no match for Cahill.

Well, I have enjoyed this interview very much. I hope my comments shine some light on who David Callum, Sprint Coach, really is and what my role is with the GBTC. If anyone has any questions for me, don't hesitate to ask.

David Callum was interviewed in Spring 2000 by Ron Glennon.

Edited by Rachel Crowley, a runner and writer in Portland, Oregon.

TRACK NEWS FLASH

GBTC will travel to compete in the first [National Track and Field Club Championships](#) in Indianapolis on July 19-21. The event is organized by the [USATF](#) and will be hosted by the Indianapolis-based [Indiana Invaders](#).

Track Results

Northeastern University Husky Invitational on April 21

At the Northeastern University Husky Invitational on April 21, Joe Welch won the hammer throw, Eric Sherry won the 800, and Karim-Ben Saunders and Jeff Soderquist placed second and fourth in the 100, along with nearly a dozen other athletes competing for the club.

Duke Invitational on April 6-7

Johann Jack, Matt Collins, Aaron Brinsko, and Dave Callum set four club records and two personal bests at the Duke Invitational on April 6-7.

Raleigh Relays at North Carolina State University

Johann Jack finished fourth in the 100 meter race at the Raleigh Relays at North Carolina State University on March 31, and Joe Grand ran a personal best in the 1500 meter race (results for men and women).

USA National Masters Indoor Track & Field Championship March 23-25, 2001 Reggie Lewis Center Boston, Massachusetts

Fourteen men from the club competed in the USA National Masters Indoor Track & Field Championship over the weekend of March 24-25. The 4x400 and 4x800 teams won; Vic Radzevich won the pole vault; Steve Keyes won the long jump by three and a half feet, and placed second in the 400 and third in the 60; Art Henson won the high jump by eight inches; and Stephen Putnam placed third in the 3000.



Our track studs: l-r Jason Pullutro, Johann Jack, David Callum

Men

- * Discus, Wayne Lynch, 182'10", Springfield College Open, 4/22/80
- * Hammer, BJ Gary, 58.68m, Twilight 6/10/00
- * Joe Welch, 57.84m, Husky, 4/21/01
- * Joe Welch, 183'7", 55.96m, Sea Ray, 4/14/01
- * Shot Put, (indoor) Steve Queen, 54', Vermont Invitational 12/78
- * Shot Put, (outdoor) Steve Queen, 56'6.5", 8/28/80
- * Joe Welch, 13.82m, 45'4.25", USATF-NE 2/18/01
- * 35 lb Weight, Bill Haskell, 61'4", Dartmouth Relays, 1/13/79
- * Joe Welch, 17.57m, 57.08.5, Harvard 12/9/00
- * Joe Welch, 16.83m, 55'02.75", Dartmouth 1/14/01
- * Joe Welch, 16.82m, 55'02.25", GBTC 1/21/01
- * Joe Welch, 54'11.25", St. Valentine 2/10/01
- * Joe Welch, 16.70m, 54'9.5", USATF-NE 2/18/01
- * Mariusz Tomaszewski, 16.14m, 52'11.5", USATF-NE 2/18/01
- * Mariusz Tomaszewski, 51'11.25", Terrier 1/27/01
- * Sam Martin, 14.68, 48'02.00", GBTC 1/21/01
- * Sam Martin, 46'4.25", St. Valentine 2/10/01
- * Bob Cederone, 45'4.25", Masters, 3/23,24,25/01
- * Sam Martin, 44'11.75", Terrier 1/27/01
- * Bob Cederone, 13.11m, 42'00.25", USATF-NE 2/18/01
- * Javelin, Frank Champi, 205'0", Bangor, ME 7/78
- * Long Jump, Jeff Soderquist, 7.28M - 23' 10.75" - USATF-NE, Dedham, MA - 6/17/00
- * Jeff Soderquist, 6.98m 22'11.00, Husky, 12/2/00
- * Jeff Soderquist, 22'10.50", St. Valentine 2/10/01
- * Jeff Soderquist, 22'8", Terrier 1/27/01
- * Steve Keyes, 22'2.25", Masters, 3/23,24,25/01
- * Jeff Soderquist, 6.90, 22'07", GBTC 1/21/01
- * Steve Keyes, 6.63m, 21'9", USATF-NE 2/18/01
- * Jeff Soderquist, 6.59m, 21'7", USATF-NE 2/18/01

- * Art Henson, 6.57, 21⁰6.75⁰, USATF-NE 2/18/01
- * Art Henson, 6.38m, 20⁰11⁰, Fitch, 4/14/01
- * Art Henson, 6.36m, 20⁰10.5⁰, Bowdoin, 2/24/01
- * Art Hensen, 6.28m, 20⁰7.25⁰, Harvard 12/0/00
- * Jeff Soderquist, Foul, Dartmouth 1/14/01

- * Triple Jump, Fred Brooks, 50'3", 1981, NE champs, indoors

- * High Jump, (indoors), Mel Embree, 7⁰0⁰, 1/26/80
- * High Jump, (outdoors), Mel Embree, 4/12/80 and Eric Lammi, 7⁰0⁰, 3/80
- * Art Hensen, 2.03m, 6⁰08⁰, USATF-NE 2/18/01
- * Art Hensen, 6⁰8⁰, Masters, 3/23,24,25/01
- * Art Hensen, 2.00m, 6'6".75, Harvard 12/9/00
- * Art Hensen, 6⁰6⁰, BU Dev 12/30/00
- * Marc Lefebvre, 6⁰6⁰, Dartmouth 1/14/01
- * Marc LeFebvre, 6⁰6⁰, St. Valentine 2/10/01
- * Marc Lefebvre, 1.98m, 6⁰06, USATF-NE 2/18/01
- * Ron Turo, 6⁰4⁰, Dartmouth 1/14/01
- * Ron Turo, 6⁰4⁰, GBTC 1/21/01
- * Sean Earle, 6⁰4⁰, Dartmouth 1/14/01
- * Sean Earl, 6⁰4⁰, Terrier 1/27/01
- * Ron Tauro, 6⁰4⁰, St. Valentine 2/10/01
- * Sean Earle, 6⁰4⁰, St. Valentine 2/10/01
- * Art Hansen, 6⁰4⁰, Bowdoin, 2/24/01
- * Art henson, 6⁰4⁰, 1.93m,Fitch, 4/14/01
- * Marc Lefebvre, 6'4", 1.93m, Husky, 4/21/01
- * Marc Lefebvre, 6'02.00" 1.88m, 12/2/00
- * Marc Lefebvre, 6⁰2⁰,Terrier 1/27/01
- * Marc Lefebvre, 6⁰02⁰, 1.88m, Fitch, 4/14/01
- * Sean Earle, 1.88m, 6⁰02⁰, USATF-NE 2/18/01
- * Ron Tauro, 1.83, 6⁰00⁰, USATF-NE 2/18/01
- * Trey Gadbois, 5⁰8⁰, 1.73m, Fitch, 4/14/01

- * Pole Vault, 15'1 1/2" Dave Wilson 1/19/74, Dart Relays
- * Josh Helfat, 13⁰6⁰,BU Dev 12/30/00
- * Josh Helfat, 4.10m 13'05.25, Husky, 12/2/00
- * Jake Radzevich, 4.00m, 13⁰01⁰, USATF-NE 2/18/01
- * Matt Moccia, 4.00m, 13⁰01⁰, USATF-NE 2/18/01
- * Matt Moccia, 13⁰0⁰, BU Dev 12/30/00
- * Josh Helfat, 3.81m, 12⁰06⁰, USATF-NE 2/18/01
- * Jake Radzevich, 12⁰06⁰, 3.81m, Fitch, 4/14/01
- * Seth LaPierre, 12⁰00⁰, 3.66m, Fitch, 4/14/01
- * Seth LaPierre, 3.51m, 11⁰06.5, USATF-NE 2/18/01
- * Paul Smith, 3.35m 10'11.75, Husky, 12/2/00
- * Paul Smith, 10⁰10⁰, Masters, 3/23,24,25/01
- * Paul Smith, 2.91m, 9⁰06.5⁰, USATF-NE 2/18/01
- * Vic Radzevich, 2.90m, 9⁰06⁰, Fitch, 4/14/01
- * Vic Radzevich, 2.61m, 8⁰06.75⁰, USATF-NE 2/18/01
- * Josh Helfat, NH, Terrier, 1/27/01

- * 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, 6.2h, BU Dev 12/30/00
- * Karim-Ben Saunders, 6.2h, Brown Dev 12/27/00
- * Jamie Noble, 6.1h, USATF-NE 2/18/01
- * Karin-Ben Saunders, 6.2h, USATF-NE 2/18/01
- * Johann Jack, 6.2h, USATF-NE 2/18/01
- * Johann Jack, 6.2, BU Dev 12/30/00
- * Johann Jack, 6.35, Terrier 1/27/01
- * Johann Jack, 6.35, St. Valentine 2/10/01
- * Jeff Soderquist, 6.4h, USATF-NE 2/18/01
- * Johann Jack, 6.44, Husky, 12/2/00
- * Johann Jack 6.45, Dartmouth 1/14/01
- * Josh Borak, 6.4, BU Dev 12/30/00
- * Karim-Ben Saunders, 6.48, St. Valentine 2/10/01
- * Johann Jack, 6.49 , Husky, 12/2/00

* Tim Lane, 6.58, Terrier 1/27/01
 * Jeff Soderquist, 6.61, St. Valentine 2/10/01
 * Jeff Soderquist, 6.62, Terrier 1/27/01
 * Josh Borak, 6.62, St. Valentine 2/10/01
 * Jeff Soderquist, 6.63, Husky, 12/2/00
 * Jeff Soderquist, 6.65, Husky, 12/2/00
 * Achebe Hope, 6.70, St. Valentine 2/10/01
 * Jamie Noble, 6.83, Husky, 12/2/00
 * Steve Keyes, 6.84, USATF-NE 2/18/01
 * Josh Helfat, 6.89, Husky, 12/2/00
 * Jason Pollutro, 7.22, Terrier 1/27/01
 * Jason Pollutro, 7.22, St. Valentine 2/10/01
 * Jason Pollutro, 7.32, USATF-NE 2/18/01
 * Mike Wall, 7.5, BU Dev 12/23/00
 * Gary Snyder, 8.03, Dartmouth 1/12/01

* 55 meter hurdles, Tom Mahan, 7.31, 1981, NE Champs
 * Art Hensen, 7.9, BU Dev 12/30/00
 * Ron Tauro, 8.08, USATF-NE 2/18/01
 * Ron Tauro, 8.13, St. Valentine 2/10/01
 * Art Henson, 8.12, Bowdoin, 2/24/01
 * Sean Earle, 8.36, Terrier 1/27/01
 * Sean Earle, 8.3, BU Dev 12/30/00
 * Sean Earle, 8.50, USATF-NE 2/18/01
 * Sean Earle, 8.55, Dartmouth 1/14/01
 * Marc Lefebvre, 8.72, USATF-NE 2/18/01
 * Marc Lefebvre, 8.91, Terrier 1/27/01
 * Marc Lefebvre, 9.08, Dartmouth 1/14/01

* 60 meter hurdles
 * Matt Collins, 8.59, GBTC 1/21/01
 * Ron Tauro, 8.70, GBTC 1/21/01
 * Tim Schurr, 8.83, GBTC 1/21/01

* 60 meters, Johann Jack, 6.84, New Balance 2/4/01

* Johann Jack, 6.84, New Balance 2/4/01
 * Johann Jack, 6.90, GBTC 1/21/01
 * Johann Jack, 6.95, GBTC 1/21/01
 * Johann Jack, 7.02, Harvard, 2/9/00
 * Josh Borak, 7.19, GBTC 1/21/01
 * Steve Keyes, 7.28, Masters, 3/23,24,25/01
 * Eric Lewis, 7.31, Harvard, 2/9/00
 * Mark Reynolds, 7.35, Harvard, 2/9/00
 * Jamie Nobel, 7.43, Harvard, 2/9/00
 * Mark Reynolds, 7.43, GBTC 1/21/01
 * Jamie Nobel, 7.44, GBTC 1/21/01
 * John Burns, 7.51, Harvard, 2/9/00
 * Jason Pollutro, 7.80, Harvard, 2/9/00
 * Gary Snyder, 8.52, Masters, 3/23,24,25/01
 * Gary Snyder, 8.56, GBTC 1/21/01

* 100 meters, Johann Jack, 10.40, USATF-NE Champs 6/17/00
 * Johann Jack, 10.35, Duke 4/7/01
 * Johann Jack, 10.45, Sea Ray, 4/14/01
 * Johann Jack, 10.53, Raleigh, 3/31/01
 * Johann Jack, 10.67, Pomoma-Pitzer, CA 4/20/01
 * Karin-Ben Saunders, 10.79, Husky, 4/21/01
 * Johann Jack, 10.73, Mt Sac, 4/22/01
 * Karin-Ben Saunders, 10.74, Sea Ray, 4/14/01
 * Jeff Soderquist, 11.00, Husky, 4/21/01
 * John Byrnes, 11.84, Husky, 4/21/01

* 110 meter High hurdles, Jim Hennessy, 15.1, 5/80
 * Matt Collins, 15.53, Duke, 4/7/01
 * Art Henson, 15.70, Fitch, 4/14/01
 * Marc Lefebvre, 16.40, Husky, 4/21/01

* 200 meters, Johann Jack, 21.70, USATF-NE Champs 6/17/00
 * Johann Jack, 21.38, Duke, 4/7/01

* Josh Borak, 22.32, St. Valentine 2/10/01
 * Josh Borak, 22.45, GBTC 1/21/01
 * Johann Jack, 22.46, USATF-NE 2/18/01
 * Achebe Hope, 22.47, USATF-NE 2/18/01
 * Johann Jack, 22.65, St. Valentine 2/10/01
 * Mark Reynolds, 22.78, Pomoma-Pitzer,CA 4/20/01
 * Jamie Noble, 22.84, USATF-NE 2/18/01
 * Achebe Hope, 22.85, St. Valentine 2/10/01
 * Johann Jack, 22.87, Husky 12/2/00
 * Johann Jack, 22.87, GBTC 1/21/01
 * Jamie Nobel, 22.96, Terrier 1/27/01
 * Jamie Nobel, 22.99, St. Valentine 2/10/01
 * Jamie Nobel, 23.01, GBTC 1/21/01
 * Mark Reynolds, 23.1, BU Dev 12/30/00
 * Jamie Nobel, 23.1, BU Dev 12/30/00
 * Achebe Hope, 23.10, GBTC 1/21/01
 * David Callum, 23.10, Pomoma-Pitzer,CA 4/20/01
 * Mark Reynolds, 23.2, GBTC 1/21/01
 * Achebe Hope, 23.3, BU Dev 12/30/00
 * David Callum, 23.40, Duke, 4/6/01
 * David Callum, 23.61, GBTC 1/21/01
 * David Callum, 23.65, USATF-NE 2/18/01
 * Jamie Nobel, 23.71, Harvard, 2/9/0
 * Jamie Noble, 23.73, Husky 12/2/00
 * Josh Helfat, 23.89, Husky 12/2/00
 * George Thomas, 23.91, St. Valentine 2/10/01
 * Eric Lewis, 24.04, Husky 12/2/00
 * Kriss Bryan, 24.07, GBTC 1/21/01
 * George Thomas, 24.24, USATF-NE 2/18/01
 * Bryant Mitchell, 24.32, St. Valentine 2/10/01
 * 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
 * George Thomas, 24.53, Pomoma-Pitzer,CA 4/20/01
 * Jason Pullutro, 24.72, USATF-NE 2/18/01
 * Aaron Brinkly, 24.78, St. Valentine 2/10/01
 * Jason Pollutro, 24.83, St. Valentine 2/10/01
 * Brian Moore, 25.2, BU Dev 12/30/00
 * Jason Pollutro, 25.71 Terrier 1/27/01
 * Brian Moore, 25.76, Masters, 3/23,24,25/01
 * Marc Lefebvre, 26.28, Husky 12/2/00
 * Mike Wall, 26.34, Dartmouth, 1/12/01
 * Paul Smith, 27.49, Masters, 3/23,24,25/01
 * Gary Snyder, 28.12, GBTC 1/21/01
 * Gary Snyder, 28.49, Masters, 3/23,24,25/01
 * Gary Snyder, 28.72, Dartmouth, 1/12/01

 * 400 meters, Kevin Russell, 48.36, GBTC, 1/18/98
 * Sekou Dilday, 49.0h, USATF-NE 2/18/01
 * Sekou Dilday, 49.49, Terrier 1/27/01
 * Sekou Dilday, 49.57, St. Valentine 2/10/01
 * Matt Collins, 49.64, Terrier 1/27/01
 * Sekou Dilday, 49.78, GBTC 1/21/01
 * Matt Collins, 49.89, GBTC 1/21/01
 * Sekou Dilday, 49.89, GBTC 1/21/01
 * Steve Keyes, 50.09, Masters, 3/23,24,25/01
 * Matt Collins, 50.48, GBTC 1/21/01
 * Matt Collins, 50.5h, BU Dev 12/23/00
 * Achepe Hope, 50.61, Long Beach, CA, 4/21/01
 * Mark Reynolds, 50.8h, USATF-NE 2/18/01
 * Mark Reynolds, 50.82, Terrier 1/27/01
 * Mark Reynolds, 50.79, Harvard, 2/9/00
 * Dave Cahill, 50.9h, USATF-NE 2/18/01
 * Matt Collins, 51.16, Dartmouth 1/14/01
 * Dave Cahill, 51.23, Terrier 1/27/01
 * Jamie Mantzel, 51.7h, USATF-NE 2/18/01
 * Mark Reynolds, 51.28, Long Beach, CA, 4/21/01
 * Bryant Mitchell, 52.8h, USATF-NE 2/18/01
 * Kriss Bryan, 53.08, GBTC 1/21/01
 * David Callum, 53.35, Duke 4/6/01

* Kriss Bryan, 53.58, Harvard, 2/9/00
 * Bryant Mitchell, 53.66, St. Valentine 2/10/01
 * Kriss Bryan, 53.7h, USATF-NE 2/18/01
 * David Callum, 53.11, Long Beach, CA, 4/21/01
 * Kriss Bryan, 54.00, St. Valentine 2/10/01
 * Chris Coxen, 54.2h, USATF-NE 2/18/01
 * Gordon Roble, 54.5h, USATF-NE 2/18/01
 * Brian Moore, 54.60, Masters, 3/23,24,25/01
 * Aaron Binkley, 55.10, Husky 12/2/00
 * Brian Moore, 55.11, Harvard, 2/9/00
 * Ismet Kaya, 56.69, Harvard, 2/9/00
 * Ismet Kaya, 57.70, GBTC 1/21/01
 * Michael Wall, 59.26, Husky, 12/2/00
 * Gary Snyder, 63.5, BU Dev 12/23/00
 * Gary Snyder, 63.57, Dartmouth, 1/12/01

* 500 meters, Kevin Russell, 1:04.13, Valentine-BU, 2/14/98
 * Matt Collins, 1:05.35, St. Valentine 2/10/01
 * Dave Cahill, 1:07.13, St. Valentine 2/10/01
 * Kriss Bryan, 1:09.46, Terrier 1/27/01
 * Chris Coxen, 1:10. St. Valentine 2/10/01
 * Kriss Bryan, 1:10.18, Husky, 12/2/00
 * Ismet Kaya, 1:19.95, Husky, 12/2/00

* 400 meter hurdles, Terry O'Neill, 56.06, Georgia State
 * Matt Collins, 54.38, Sea Ray, 4/14/01
 * Matt Collins, 54.84, Duke, 4/7/01
 * Dave Cahill, 56.56, Fitch, 4/14/01
 * Dave Cahill, 57.55, Husky, 4/21/01

* 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, 1:52.55, Duke, 4/7/01
 * Aaron Brinsko, 1:52.78, St. Valentine 2/10/01
 * Aaron Brinsko, 1:54.61, Harvard 2/3/01
 * Aaron Brinsko, 1:54.82, Terrier 1/27/01
 * Aaron Brinsko, 1:55.5h, USATF-NE 2/18/01 (disputed, 1:53)
 * Christopher Simpson, 1:56.0h USATF-NE 2/18/01
 * Aaron Brinsko, 1:56.02, GBTC 1/21/01
 * Christopher Simpson, 1:56.75 St. Valentine 2/10/01
 * Christopher Simpson, 1:57.23, Masters, 3/23,24,25/01
 * Christopher Simpson, 1:57.88, GBTC 1/21/01
 * Aaron Brinsko, 1:59.0h, BU Dev 12/30/00
 * Aaron Brinsko, 1:59.40, Dartmouth 1/14/01
 * Eric D. Green, 1:59.61, GBTC 1/21/01
 * Christopher Simpson 1:59.70, Dartmouth 1/14/01
 * David Cahill, 2:00:45, GBTC 1/21/01
 * Dave Cahill, 2:00.69, Harvard, 2/9/00
 * Dave Cahill, 2:01.6, BU Dev 12/30/00
 * Eric D. Green, 2:01.6h, BU Dev 12/23/00
 * Christopher Simpson, 2:03.4, BU Dev 12/30/00
 * Eric D. Green, 2:04.2h, BU Dev 12/30/00
 * Chris Coxen, 2:04.13, Harvard, 2/9/00
 * Chris Coxen, 2:04.9h, BU Dev 12/30/00
 * Chris Coxen, 2:05.16, GBTC 1/21/01
 * John Blouin, 2:05.3, BU Dev 12/30/00
 * Rich Volivo, 2:05.75, Husky 12/2/00
 * John Blouin, 2:06.3h, BU Dev 12/23/00
 * Stephan Putnam, 2:06.5h, BU Dev 12/23/00
 * Peter Dougherty, 2:07.1h, BU Dev 12/30/00
 * Jon Lincoln Ellis, 2:07.95, St. Valentine 2/10/01
 * Bill Newsham, 2:08.5h, BU Dev 12/23/00
 * Ben Nephew, 2.08.73, Harvard, 2/9/00
 * Manuel Chinchilla, 2:08.79, Masters, 3/23,24,25/01
 * Jon Lincoln Ellis, 2:10.32, Masters, 3/23,24,25/01
 * Joe Grand, 2:12.9h, USATF-NE 2/18/01
 * Joe Grand, 2:13.6h, BU 12/23/00
 * Joe Grand, 2:13.65, St Valentine, 2/10/01

* Ted Bowen, 2:13.91, GBTC 1/21/01
 * Joe Grand, 2:14.80, Dartmouth 1/14/01
 * Joe Grand, 2:15.71, Terrier 1/27/01
 * Jon Berit, 2:30.09, Masters, 3/23,24,25/01
 * Jon Berit, 2:30.8h, USATF-NE 2/18/01
 * Jon Berit, 2:31.71, Husky, 4/21/01
 * 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 Simpson, 2:33.16, Terrier 1/27/01
 * Eric D, Green, 2:33.64, Terrier 1/27/01
 * Richard Voliva, 2:37.00, Terrier 1/27/01
 * Chris Coxen, 2:43.45, Husky 12/2/00
 * Bill Newsham, 2:45.00, Terrier 1/27/01
 * Dave Cahill, 2:57.80, Husky 12/2/00

 * 1500 meters, Mark Tompkins, 3:53.7, Oxy, 3/11/00
 * Joe Grand, 4:41.40, Raleigh, 3/31/01

 * Mile, 4:00.9 Jack McDonald, 1/17/75 Dart Rel
 * Rich Voliva, 4:21.0h, USATF-NE 2/18/01
 * John Blouin, 4:21.6h, BU Dev 12/30/00
 * John Blouin, 4:22.8h, USATF-NE 2/18/01
 * John Blouin, 4:23.7h, BU Dev 12/23/00
 * Aaron Brinsko, 4:23.9h, BU Dev 12/30/00
 * Aaron Brinsko, 4:25.1h, BU Dev 1/6/01
 * Aaron Brinsko, 4:26.18, Husky 12/2/00
 * Rich Voliva, 4:27.07, GBTC 1/21/01
 * Rich Voliva, 4:27.39, St. Valentine 2/10/01
 * Eric D. Green, 4:28.6h, BU Dev 1/6/01
 * John Blouin, 4:28.75, GBTC 1/21/01
 * Rich Voliva, 4:29.4h, BU Dev 1/6/01
 * Dennis Floyd, 4:30.34, St. Valentine 2/10/01
 * Peter Dougherty, 4:31.0h, BU Dev 1/6/01
 * Peter Dougherty, 4:31.0h BU Dev 1/13/01
 * Steve Putnam, 4:31.4h, BU Dev 12/23/00
 * Stephen Putnam, 4:31.4h, BU Dev 1/13/01
 * Stephen Putnam, 4:32.02, GBTC 1/21/01
 * Stephen Putnam, 4:32.66, Terrier 1/26/01
 * Eric D. Green, 4:32.90, USATF-NE 2/18/01
 * Dennis Floyd, 4:33.67, Terrier 1/26/01
 * John Blouin, 4:33.6h, BU Dev 1/6/01
 * Christopher Simpson, 4:33.6, BU Dev 1/6/01
 * John Blouin, 4:33.9h, BU Dev 12/16/00
 * Ben Nephew, 4:34.51, Terrier 1/26/01
 * Chris Coxen, 4:34.57, Terrier 1/26/01
 * Peter Dougherty, 4:34.5, BU Dev 12/30/00
 * Ben Nephew, 4:35.46, Harvard, 2/9/00
 * Christopher Simpson, 4:35.7h, BU Dev 12/30/00
 * Ben Nephew, 4:36.28, GBTC 1/21/01
 * Ben Nephew, 4:36.3h, USATF-NE 2/18/01
 * Eric D. Green, 4:37.7h, BU Dev 12/16/00
 * Steve Putnam, 4:37.8h, BU Dev 12/16/00
 * Ben Nephew, 4:38.76, Dartmouth 1/14/01
 * Stephen Putnam, 4:38.9h, BU Dev 1/6/01
 * Stephen Putnam, 4:39.08, Masters, 3/23,24,25/01
 * Bill Newsham, 4:39.1h, USATF-NE 2/18/01
 * Gregory Putnam, 4:39.75, Masters, 3/23,24,25/01
 * Chris Coxen, 4:39.9h, BU Dev 1/6/01
 * Bill Newsham, 4:40.90, St. Valentine 2/10/01
 * Ben Nephew 4:41.00, Husky 12/2/00
 * Jim Pawlicki, 4:42.1h, BU Dev 12/16/00
 * Jim Pawlicki, 4:44.6h, BU Dev 12/30/00
 * Bill Newsham, 4:50.4h, BU Dev 1/6/01
 * Bill Newsham, 4:52.60 GBTC 1/21/01
 * Bill Newsham, 4:54.2h, BU Dev 12/16/00
 * Bryan Doldt, 4:54.6h, BU Dev 1/13/01,
 * Bill Newsham, 4:55.3h, BU Dev 12/30/00

* Colin McArdle, 4:57.18, GBTC1/21/01
 * Manuel Chinchilla, 4:59.18, Masters, 3/23,24,25/01
 * Bryan Doldt, 4:59.1h, BU Dev, 1/6/01ÊÊ
 * Greg MacGowan, 4:59.55, Harvard, 2/9/00
 * Pete DiMarzio, 5:01.55, GBTC 1/21/01
 * Pete DiMarzio, 5:03.2h, BU Dev 1/13/01
 * George Clements, 5:08.5h, USATF-NE 2/18/01
 * Tom Derderian, 5:09.3h, USATF-NE 2/18/01
 * Noah Kraut, 5:09.5h, BU Dev 1/6/01
 * Tom Derderian, 5:11.53, GBTC 1/21/01ÊÊ
 * Dave Cahill, 5:14.3h, BU Dev 12/16/00
 * Noah Kraut, 5:17.4h, BU Dev 12/16/00
 * Manuel Chinchila, 5:19.4h, BU Dev, 1/6/01
 * Tom Derderian, 5:20.46, Dartmouth 1/14/01
 * Tom Derderian, 5:21.0h, BU Dev 1/13/01
 * Tom Derderian, 5:24.4h, BU Dev 1/6/01
 * Scott Salaska, 5:31.65, GBTC 1/21/01Ê
 * Tom Derderian, 5:38.3h, BU Dev 12/23/00
 * Jeff O'Neil, 5:39.9h, USATF-NE 2/18/01
 * Scott Salaska, 5:40.4, BU Dev, 1/13/01
 * Jeff O'Neill, 5:48.6h, BU Dev 12/30/00
 * Tom Derderian, 5:50.9h, BU Dev 12/16/00
 * Jeff O'Neill, 5:53.9h, BU Dev 12/23/00
 * Jeff O'Neill, 5:58.3h, BU Dev 12/16/00

 * 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
 * Dennis Floyd, 8:55.02, GBTC 1/21/01
 * John Blouin, 8:55.31, Dartmouth 1/14/01
 * Peter Dougherty, 8:55.6, BU Dev 1/6/01
 * Arnold Seto, 8:56.34, GBTC 1/21/01Ê
 * 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
 * Dennis Floyd, 9:03.33, USATF-NE 2/18/01
 * Deon Barrett, 9:05.68, GBTC 1/21/01
 * Steve Putnam, 9:08.14, Harvard, 12/9/00
 * Deon Barrett, 9:08.8, BU Dev 1/6/01Ê
 * 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
 * Dennis Floyd, 9:13.56, Dartmouth 1/14/01Ê
 * Jim Pawlicki, 9:13.8, BU Dev 12/30/00
 * Gregory Putnam, 9:14.21, Masters, 3/23,24,25/01
 * Deon Barrett, 9:14.7, BU Dev 12/23/00
 * Stephen Putnam, 9:14.89, Masters, 3/23,24,25/01
 * Jim Pawlicki, 9:15.73, Husky 12/2/00
 * Greg Putnam, 9:17.01, St. Valentine 2/10/01
 * Greg Putnam, 9:17.8, USATF-NE 2/18/01
 * Eric D. Green, 9:18.0, BU Dev 1/13/01
 * Eric D. Green, 9:22.4, BU Dev 12/30/00
 * Gregory Putnam,, 9:24.49, GBTC 1/21/01
 * Matt Lyons, 9:24.60, GBTC 1/21/01
 * Matt Lyons, 9:25.3, BU Dev 1/6/01
 * Bryan Doldt, 9:25.5h, USATF-NE 2/18/01Ê
 * Jim Pawlicki, 9:27.8, BU Dev 12/16/00
 * Bryan Doldt, 9:27.83, GBTC 1/21/01
 * Bryan Doldt, 9:34.6, BU Dev 1/13/01
 * Rich Voliva, 9:39.2, BU Dev 12/16/00
 * Bryan Doldt, 9:43.4, BU Dev 1/6/01
 * Bill Newsham, 9:44.52, GBTC 1/21/01ÊÊ
 * Noah Kraut, 9:45.53, Husky 12/2/00
 * Bryan Doldt, 9:47.4, BU Dev 12/16/00
 * Noah Kraut, 9:48.02, GBTC 1/21/01
 * Noah Kraut, 9:48.8, BU Dev 1/6/01Ê
 * Bill Newsham, 9:51.1, BU Dev 1/6/01ÊÊ
 * Greg MacGowan, 10:04.0, BU Dev 12/16/00

- * Bill Newsham, 10:05.9, BU Dev 12/16/00
- * Noah Kraut, 10:10.9h, USATF-NE 2/18/01
- * Bill Newsham, 10:21.9, BU Dev 12/23/00
- * Manuel Chinchila, 10:37.8, BU, Dev 1/6/01
- * 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, Greg 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
- * Deon Barrett, 15:17.67, USATF-NE 2/18/01
- * Arnold Seto, 15:25.25, USATF-NE 2/18/01
- * Dennis Floyd, 15:25.93, Harvard 12/9/00
- * Deon Barrett, 15:28.50, St. Valentine 2/10/01
- * Deon Barrett, 15:30.05, Terrier 1/26/01
- * Rich Voliva, 15:37.49, Harvard 12/9/00
- * John Blouin, 15:37.82, St. Valentine 2/10/01
- * Jim Pawlicki, 16:02.88, USATF-NE 2/18/01
- * Matt Lyons, 16:03.33, USATF-NE 2/18/01
- * 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

- * 4x200 meter relay, Dartmouth 1/14/01, 1:30.03.(Johann Jack, 21.5, Jeff Soderquist, 23.6, Matt Collins, 22.5, Sekou Dilday, 21.6)
- * Dartmouth 1/14/01, 1:30.03 GBTC (Johann Jack, 21.5, Jeff Soderquist, 23.6, Matt Collins, 22.5, Sekou Dilday, 21.6)
- * Dartmouth 1/14/01,1:34.30 GBTC "B", (Jamie Noble 23.2, Bryant Mitchell, 23.5, Achepe Hope, 23.4, David Callum, 23.9)

- * 4x440Yd relay, 3:21.2 12/10/76 Coast Guard Relays
- * GBTC 1/21/01, 3:33.5h, Nobel, 523, Bryan, 55.8. Callum,54, Cahill,51.2
- * Harvard, 2/9/0, 3:40.35, Bryan, 53, Cox, 53, Kaya, 57, Cahill 53.

- * 4x400m relay, (outdoor) Penn Relays, 4/29/00, 3:23.92, Cahill, Leding, O'Neill, Reynolds
- * (indoor) USATF-NE, 2/18/00, 3:29.25
- * St. Valentine 2/10/01, 3:18.75, Matt Collins, 50.63, Mark Reynolds, 49.50, Dave Cahill, 50.16, Sekou Dilday, 48.46,
- * Terrier 1/27/01, 4x400 - 3:20.95, Mark Reynolds (51.74), Dave Cahill (50.73), Matt Collins (49.87), Sekou Dilday (48.61)
- * USATF-NE 2/18/01, 3:21.62, (Jamie Noble, 50.69, Mark Reynolds, 50.65, Dave Cahill,51.57, Sekou Dilday,48.47)
- * Men's 4x4 A Team - 3:21.38 - (officially 3:21.62)
- * Dartmouth 1/14/01, 3:25.71, (Bryant Mitchell, 52.2,Dave Callum, 54.2, Matt Collins, 49.8, Sekou Dilday, 49.5)
- * St. Valentine 2/10/01, 3:29.62, Jamie Nobel, 51.80, Bryant Mitchell, 52.79, Jamie Mantzel, 52.08, Kriss Bryan, 52.95
- * Husky 12/2/00, 3:34.47
- * USATF-NE 2/18/01, 3:35.57,
- * Masters, 3/23,24,25/01, James Bateman, Jon Ellis, Brian Moore, Chris Simpson, 3:40.27

- * 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.)
- * Terrier 1/27/01, 4x800 - 7:56.08
- * Arron Brinsko1:55.62, Eric D. Green 2:01.34, Rich Voliva 2:02.47, Chris Simpson,1:56.65
- * Masters, 3/23,24,25/01,
- * Jon Ellis, James Bateman, Stephen Putnam, Chris Simpson, 8:26

- * 2 Mile Relay 7:37.6 2/23/74 US Nationals, NYCity, Bob Sevene, Dave Elliot, Don Riccatto, Jack MacDonald
- * GBTC 1/21/01, 8:19.60, Nephew, Blouin, Voliva, Simpson,

- * 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
- * (Imperial) DMR (Yards) 9:54.9 John Demers 1:57.3, Bill Strang 48.5, Fred Doyle, 3:02,
- * Greg Meyer 4:07.2
- * St.Valentine, 2/10/01, 10:30.49,
- * USATF-NE 2/18/01, 10:43.86, (Aaron Brinsko, Jamie Mantzel, Chris Simpson, Rich Voliva)

* Dartmouth 1/14/01, 10:47.98, (Aaron Brinsko, 3:14, 800 Chris Simpson, 2:00, 400 Dave Cahill,50,1600 John Blouin, 4:43)
 * Husky, 12/2/00, 10:50.43 (metric) Brinsko, Green, Voliva, Floyd
 * USATF-NE 2/18/01, 11:06.86, (Andy Silvia, 2:06, Steve Keyes, Chris Coxen, Ben Nephew)
 * USATF-NE 2/18/01, 12:58.52, over 50 (Steve Flanagan 2:30, Gary Snyder 68, Tom Derderian, 4:15, Colin McArdle, 5:02)
 * Decathlon, Eric Lammi, 6806, 5/10-11/80

* 4 x 1 Mile (Indoors) 17:01.3 Scott Graham 4:14. Fred Doyle 4:16 Dave Elliott 4:23 Greg Meyer 4:09

Women

* Shot Put, Duse Anthony-Yawa, 10.58m, 34'08".50, USATF-NE, 6/17/00
 * Yawa Duse-Anthony, 10.46m 34'04.00, Husky 12/2/00
 * Yawa Duse-Anthony, 10.30m, 33'09.50", Dartmouth 1/14/01
 * Courtney Trainor, 10.07m, 33'00.5, USATF-NE 2/18/01
 * Yawa Duse-Anthony, 32'11.25" Terrier 1/27/01
 * Yawa Duse-Anthony, 10.01m. 32'10.25", GBTC 1/21/01

* 20# Weight Throw, Lisa Chadderdon, 11.53m, 37'10.00, Dartmouth 1/14/01
 * Lisa Chadderdon, 11.70m, 38'04.75, USATF-NE 2/18/01
 * Lisa Chadderdon, 11.53m, 37'10.00, Dartmouth 1/14/01

* 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, 7.9h, USATF-NE 2/18/01
 * 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
 * Melissa T. Sullivan, 26.98, USATF-NE 2/18/01
 * Melissa T. Sullivan, 27.16, Husky, 4/21/01
 * Sakeena Baccas, 28.10, USATF-NE 2/18/01
 * Sakeena Baccas, 28.15, Terrier 1/27/01
 * Sakeena Baccas, 28.27, St. Valentine 2/10/01
 * Christine Kloiber, 28.50, Husky, 4/21/01
 * Sakeena Baccas, 28.8, BU Dev 12/30/00
 * Christine Kloiber, 29.51, Fitch, 4/14/01

* 400 meters, Melissa T. Sullivan, 59.77, Bridgewater 4/15/00
 * Melissa T. Sullivan, 59.80, USATF-NE 2/18/01
 * Melissa T. Sullivan, 60.53, Terrier 1/27/01
 * Melissa T. Sullivan, 60.97, St. Valentine 2/10/01
 * Melissa T. Sullivan, 60.22, Harvard, 2/9/00
 * Christine Kloiber, 62.90, USATF-NE 2/18/01
 * Christine Kloiber, 63.68, Terrier 1/27/01
 * Christine Kloiber, 64.25, St. Valentine 2/10/01
 * 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
 * Michelle Lang, 2:23.8h, USATF-NE 2/18/01
 * Adria Ferguson, 2:26.98, Harvard, 2/9/00
 * Heather Deixler, 2:27.6h, USATF-NE 2/18/01
 * Michelle Lang, 2:28.2, BU Dev 12/30/00
 * Heather Deixler, 2:28.82, St. Valentine 2/10/01
 * 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
 * Countney Trainor, 2:33.8, USATF-NE 2/18/01
 * Krissten Pitocco, 2:39.37, GBTC 1/21/01
 * Krissten 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, 5:08.75, GBTC 1/21/01
- * Lynn Johnson, 5:13.5, BU Dev 1/13/01
- * Jessica Lee Blake, 5:14.4, BU Dev 1/6/01
- * Maura McDonald, 5:18.0, Sugarloaf 1/7/01
- * Jessica Lee Blake, 5:20.6, BU Dev 12/30/00
- * Jessica Lee Blake, 5:23.4, BU Dev 12/16/00
- * Michelle Lang, 5:24.41, GBTC 1/21/01
- * Michelle Lang, 5:24.44, Harvard, 2/9/00
- * Lynn Johnson, 5:24.6, BU Dev 12/30/00
- * Maura McDonald, 5:24.9h, USATF-NE 2/18/01
- * Michelle Lang, 5:25.0, BU Dev 1/6/01
- * Michelle Lang, 5:28.1, BU Dev 12/23/00
- * Nichelle Lang, 5:28.17, Dartmouth 1/14/01
- * Maura McDonald, 2:29.30, St. Valentine 2/10/01
- * Michelle Lang, 5:30.30, St. Valentine 2/10/01
- * Kathryn Masselman, 5:33.3h, USATF-NE 2/18/01
- * Michelle Lang, 5:34.5, BU Dev 12/30/00
- * Maura McDonald, 5:38.35, GBTC 1/21/01
- * Meg Moore, 5:40.1, BU Dev 12/16/00
- * Meg Moore, 5:40.9, BU Dev 12/30/00
- * Meg Moore, BU Dev 1/13/01, 5:51.4
- * 3000 meters, Julie Spolidoro, 9:54.6, BU Dev 12/18/99
- * Jessica Lee Blake, 10:05.01, USATF-NE 2/18/01
- * Jessica Lee Blake, 10:17.33, St. Valentine 2/10/01
- * Jessica Lee Blake, 10:18.2, BU Dev 12/30/00
- * Jessica Lee Blake, 10:21.22, Dartmouth 1/14/01
- * 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
- * Maura McDonald, 10:46.65, Terrier 1/26/01
- * Katie Carda, 11:32.19, GBTC 1/21/01
- * Katie Carda, 11:42.8, BU Dev 1/13/01
- * Katie Carda, 11:53.3, BU Dev 12/30/00
- * Katie Carda, 11:55.04, USATF-NE 2/18/01
- * 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, 17:43.44, USATF-NE 2/18/01
- * Lynn Johnson, 17:51.13, St. Valentine 2/10/01
- * Lynn Johnson, 18:03.38, Terrier 1/26/01
- * Lynn Johnson, 18:08.78, Harvard, 2/9/00
- * Jessica Blake, 18:21.83, Terrier 1/26/01
- * 10,000 meters, Julie Spolidoro, 35:29.68, Twilight #2, 5/27/00
- * 4x100 meter relay, 51.19, Penn Relays, Putnam, Hobson, Baccas, Sullivan
- * 4x200 meter relay
- * DQ Dartmouth 1/14/01
- * 4x220yard relay
- * GBTC 1/21/01, 1:54.27, Sullivan 27.3, Baccas, 27.6, Kloiber, 28.2, Pitocco, 30.8,
- * 4x400 meter relay, 4:10.99 Penn Relays, 4/29/00, Sullivan, Alexis, Baccas, Putnam
- * St. Valentine 2/10/01, 4:16.77, Erica Towlson, Katie Alexis, Sakeena Baccas, Christine Kloiber
- * Husky, 12/2/00 4:23.43, Sakeena Baccas, Melissa Sullivan, Adria Ferguson, Meghan Rooney
- * USATF-NE 2/18/01, 4:27.35, (Courtney Trainor, 67.08, Christine Kloiber, 66.1, Sakeena Baccas, 65.6, Heather Deixler, 68.2)
- * 4x440 yard relay, Harvard, 12/9/0, 4:15.05, Sullivan 61, Baccas, 65, Ferguson 62, Kloiber, 64
- * Distance Medley Relay, Terrier 1/30/00, 12:37.92 (McDonald, 3:56, Alexis, 63, Thomas 2:30, Manolatu 5:07)
- * USATF-NE 2/18/01, 12:38.41, (Michelle Lang, 2:28.65, Melissa Sullivan, 59.16, Jessica Blake 3:48.08, Lynn Johnson, 5:22.09)

- * Terrier 1/27/01, 12:51.5, 1200 Jessica Blake, 3:54, 400 Heather Deixler, 67, 800 Michelle Lang, 2:29, 1600 Lynn Johnson, 5:19
- * St. Valentine 2/10/01, unofficial 12:55. Lang 4:03, Dowling not GBTC 56,6 Deixler, 2:31.2, Blaker, 5:24.1
- * 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,

ROAD RESULTS

FRESH POND - April

Marguerite DoRosario, GBTC's newest recruit won the women's version of Fresh Pond with Meg Moore like 15:20 in third and Helena Kimball in 4th. Men, Andy Silva, Kit Wells, Noah Kraut, Michael Stephens ran ahead of the ole coach. They ran something like 13:40s for the 2.5. Ric Pierce ran the 5 miler. Marguerite with her 14:50 almost nailed the ole coach at the finish line.

Grand Prix Standings

	Age	Melrose 13.1 Mi (3/11)			James Joyce 10K (4/29)		
		Time	Place	GP Pts	Time	Place	GP Pts
Men's Open 0-39							
Arnold Seto	25	1:12:43	4	6	33:00	2	8
Rich Voliva	23	1:16:21	6	4	32:41	1	10
John Blouin	26	1:12:23	3	7	34:18	5	5
Ben Nephew	25	1:13:16	5	5	33:27	3	7
Teles Kanaga	28	1:10:44	1	10	-	-	0
Deon Barrett	27	1:10:51	2	8	-	-	0
Dennis Floyd		-	-	0	33:40	4	6
Mark Selwyn		-	-	0	35:03	6	4
Bryan Doldt	26	1:18:47	7	3	-	-	0
Greg MacGowan	34	1:28:34	11	0	36:25	7	3
Bill Newsham	36	1:21:01	8	2	-	-	0
Noah Kraut		-	-	0	36:58	8	2
Robert Carroll	30	1:21:50	9	1	-	-	0
Ted Bowen		-	-	0	38:50	9	1
Michael Stephen	27	1:23:17	10	0	-	-	0
Jeff O'Neill	30	1:33:24	12	0	-	-	0
Scott Saleska	38	1:37:22	13	0	42:10	10	0
Ken Agabian	37	1:45:10	14	0	44:24	11	0
Calvin Williams	36	1:57:13	15	0	-	-	0
Men's Masters 40-49							
Bruce Bond	49	1:26:19	1	10	38:39	1	10
Rick Jones	43	1:49:04	2	8	-	-	0
Peter Diaferia		-	-	0	49:26	2	8
Men's Seniors 50+							
Colin McArdle		-	-	0	36:24	1	10
Tom Derderian		-	-	0	38:01	2	8
Frank Monkiewicz		-	-	0	50:38	3	7
Bob Ward		-	-	0	65:36	4	6

Women's Open 0-39							
Jessica Blake	23	1:22:49	1	10	37:26	2	8
Lynn Johnson	27	1:23:49	2	8	37:26	1	10
Meg Moore	29	1:33:39	3	7	40:56	5	5

GBTC CALENDAR OF UPCOMING EVENTS

May – July 2001

All regular track workouts occur as usual on regular scheduled days and times. See coaches with specific questions regarding track practice schedules.

May

Week of May 13-19

- Saturday, May 19: Grand Prix Road Race, Bedford 12km, Bedford, NH 9am.

Week of May 20-26

- Sunday, May 20: Epilepsy 5K Fun Run, Boston, MA 10am near MDC rink at Charles River (near Science Museum). Volunteers Needed. Contact Gary Snyder at 617-536-6797 gsnyder@avaya.com.

June

Week of June 10-16

- Saturday, June 16: USATF Outdoor Track Championship, Northeastern University Track, Dedham, MA
- Saturday, June 16: Mt. Washington Road Race, NH. 7 miles up.

Week of June 17-23

- Thursday, June 21: Chase Corporate Challenge, Boston, MA 5pm. Volunteers Needed! Contact Jim O'Brien at (617) 441-1548 jobrien@cambridgetrust.com to volunteer and help us earn cash for the club!

July

Week of July 15-21

- Sunday, July 15: Grand Prix Road Race, Stowe VT 8-Miler, 9am
- National Track and Field Championships, July 19-21, Indianapolis, IN