

Club Officers

Board of Directors (2001-2002)

Gary Snyder, President
Chris Simpson, Vice President,
cfsimpi68@aol.com
Dave Cahill, Secretary,
gbtcrunner@yahoo.com
Jim O'Brien, Treasurer,
jobrien@cambridgetrust.com
Erin Cullinane, ecullinane@yahoo.com
Michelle Lang, langa6@yahoo.com
Marc Lefebvre, marcl@alum.wpi.edu
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Ben Nephew, bnephe01@tufts.edu
Joe Welch, deadlift701@hotmail.com

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Tom Derderian, tderderi@ix.netcom.com
Dave Callum, david_callum@yahoo.com
Ron Glennon, rfgxc@hotmail.com
Brian Moore, brian.moore@saucony.com

Race Directors

GBTC Invitational: Jim O'Brien,
jobrien@cambridgetrust.com
GBTC Relays: Doug Burdi,
dburdi@arqule.com
Noble and Greenough 5K: Greg MacGowan,
gsmac@hotmail.com

Vital Functions:

Membership Director: Marc Lefebvre
Public Relations: Brian Moore,
Newsletter Editor: Erin Cullinane

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 Membership Director Marc Lefebvre 781 396-4045.

Red Tide – GBTC Finishes in Top 20 at XC Nationals

USATF National Team Cross-Country Championships, Mobile, Alabama, December 1, 2001.

Commentary by Ben Nephew

The Course

2000 square meters with a tail around a perfectly flat field with no trees, but plenty of views of the Battleship Alabama, a submarine, and numerous aircraft. Heavy steel riot fencing guarded the turns. It rained the day before, Thursday, so the course was quite soggy. The two barriers were made of bales of pine needles (2 high) covered with a gray carpe.

The Race

The muddier sections of the course stole any little momentum that you had, and it took a tremendous effort to try and get back to reasonable race pace. One of the barriers had two feet of sand in front of it, which was preceded by muddy grass. It was like jumping out of wet concrete. Matt's plan of moving up in the second half of the race seemed to be working well, and I tried to keep the distance between us from growing. I think I passed 8 or 9 runners in the second half, and was run down in the homestretch by Matt Lopiccolo (a 1:50 800m guy). The sad thing was, he didn't look like he was sprinted, but he was. Matt was still bent over sucking wind by the time I staggered through the finish, and Jay's face was deep red when he crossed the line. A race official handed him a rubber glove filled with ice, and in my fatigue, I could not figure out what the heck he was doing with a big fat rubber glove on the side of his face. Matt Nolan ran 34:49, I ran 35:34, Dennis Floyd ran 36:49, Kitt Wells 36:50, and Jay Slowik 37:00. Yes, the times are slow, but none of us felt that we went out too fast, or made any serious pre-race mistakes. We gave it our best shot, and the course kicked the hell out of us. I thought my trail running would help, but trails have much better footing than that course under the worst conditions.

Post Race Analysis

The teams that finished five runners were teams were mostly teams we have never beaten with stronger teams than the one we had in Mobile, so due to the large number of teams with runners dropping out, we couldn't have expected to do better than 10th or 11th in the best of scenarios. 28 and 29-minute 10k guys were running 30, 31, 32 minutes on Saturday. Most of the teams in the top ten had at least one national-caliber athlete on their roster. It was a day where having extra scoring runners helped a great deal, as some people did not fare well on that type of course. We went with five, and finished five, which I appreciate much more following the race than before. **We are the 13th best XC club in the nation.**

Volunteer Opportunities

GBTC INVITATIONAL

Sunday, January 20th!!!!!!!!!!!!!!!

We need members to volunteer their time to make this a successful meet. This is one of the GBTC events where we can make a lot of money. All the money we make on this meet benefits the Club, which directly benefits you.

Some of the tasks that we could use you for include:

- *Members to arrive before the meet to set up the equipment.
- *Members to collect money at the entrance door.
- *Members to check bib #'s at the downstairs doorway.
- *Members to help at the registration table.
- *Members to work at the merchandise table.
- *Members to post results.
- *Members to help breakdown the equipment and be part of the cleanup crew after the race.
- *Members to celebrate a wonderful and successful meet afterwards, and buy Jim O'Brien a cold beer.

For Volunteer information, contact Chris Simpson at (h)617-628-8737
(c)617-669-0764
CFSIMPI68@aol.com

For race information or Contact Jim O'Brien at JOBrien@Cambridgetrust.com

MIT VOLUNTEER DAY!

Volunteers need to assist a meet at the MIT indoor track on **February 9, 2002.**

Volunteer Time Slots

11.15am: 9 volunteers needed

1.00pm: 3 volunteers needed

Contact Jim O'Brien for details at JOBrien@cambridgetrust.com

Club Happenings

Weekly Indoor Track Workouts

For Mid-Distance Runners

Tuesday: 7:30pm at the MIT indoor track on Vassar Street in Cambridge. Runners should plan on arriving at 7PM to warm-up. Note: MIT charges the club a fee to use the indoor track. Members are required to pay \$50 per person for use of the facilities.

Wednesday: 7:00pm at Reggie Lewis Track in Roxbury, MA. These workouts are open to **experienced runners** who require a faster track than MIT. Notify Tom Derderian for more information tderderi@ix.netcom.com. Use of Reggie Lewis facility is \$60 per person per quarter.

For Sprinters and Field Eventers

Tuesdays and Thursdays: Team Practice at Boston University Armory from 8:00pm-10:00pm. Contact Coach David Callum for info at david_callum@yahoo.com

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 lobby of the MIT indoor track on Vassar Street in Cambridge, MA. Speeds and distances vary. Don't worry, you will not run alone!

For more information on river runs, contact **Judy Gutry** at marathon@rcn.com

Member's Night

Member's Night is a fun and highly entertaining post track workout social gathering open to all members and coaches. Member's Nights occurs on the 2nd Tuesday of the month. After the workout or river run, meet up at the Thirsty Ear Pub for beverages. We usually take pizza orders at the end of the workout.

Thirsty Ear Pub is located in the southwest corner of Ashdown house, 305 Memorial Drive at the intersection of Massachusetts Ave. and Memorial Drive. Entrance is in the courtyard (there is a blue safety light upon entering).

Contact Erin Cullinane for questions at ecullinane@yahoo.com

Long Run Schedule 2002

GBTC members sponsor long runs on Sunday's to help foster group training for the Boston Marathon. The long run host sends out an email a week before the run with information about the course, directions, etc.

Interested in hosting a long run for any of the open dates? Please contact Erin Cullinane at ecullinane@yahoo.com.

Jan 20 GBTC INVITATIONAL MEET

Jan. 27 -- Greg MacGowan (Newton Corner/Watertown)

Feb. 3 -- Judy Gutry (721 Heath Street, Chestnut Hill)

Feb 10 -- Erin Cullinane (Brighton, MA - Comm Ave/Beacon St)

Feb. 17 -- Jean Smith (Newtonville, MA)

Feb. 24 -- open

Mar. 3 -- open

Mar. 10 -- Ted Charrette (Long run in Concord and Lincoln).

Mar. 17 -- New Bedford ½-Marathon (USATF-NE grand prix)

Mar. 24 -- open

Mar. 31 -- open

April -- 7 (Taper run, make it easy!)

April 15 -- Boston Marathon!

Club Happenings

Grand Prix Road Race Schedule – 2002

March 17

20th New Bedford Half Marathon, New Bedford, MA, 10AM

April 28

James Joyce Ramble 10KM, Dedham, MA 11AM

June 23

Bedford Lions 20K, Bedford, NH, 9AM

Note: The club has provided a team bus for this race in the past.

July 21

Stowe 8-Miler, Stowe, VT, 9AM

September 8

Mill City 5K, Lowell, MA 11AM

September 29

Ro-Jack's Run, 8K, Attleboro, MA 1:30PM

October 27

Cape Cod Marathon, Falmouth, MA 8AM

INDOOR TRACK MEET SCHEDULE

Jan 20th - GBTC Invitational @ Harvard U

Jan 25/26 - Terrier Classic @ BU

Jan 27th – Adidas Boston Games @ Reggie Lewis

Jan 27th –Somerville Road Runners @ Tufts U

Feb 9th - Valentine Invitational @ BU

Feb 17th - USATF NE Open Champs @ Harvard U

Mar 1-3 - USATF National Indoor Champs @ NYC

Mar 17th - Conn USATF Champs @ New Haven, CT

Mar 22/23/24 - USATF National Masters at Reggie

For more Indoor Track & Field info, go to <http://www.usatfne.org/>

COFFEE: Filtering the facts

By Nancy Clark, MS,RD

"I have 2 cups of coffee in the morning. How bad is that?"

"Should I drink coffee before I exercise?"

"Does coffee count towards my daily water requirement?"

Coffee is a universally loved beverage. Every culture the world around enjoys some type of caffeinated beverage, be it tea in England and Japan, espresso in Italy, or a "coffee regular" in America. Questions abound about the role of coffee in a sports diet: Is coffee good, bad or irrelevant? The purpose of this article is to answer some of the questions athletes commonly ask about coffee as it relates to their daily diet as well as to their exercise program.

Is coffee bad for me? That is, will it hurt my health?

Because coffee is so widely consumed, it has been extensively researched. To date, there is no obvious connection between caffeine and heart disease, cancer or blood pressure. Hence, the general answer, according to leading medical and scientific experts, is normal coffee consumption produces no adverse health effects. (The average American consumes 200 milligram caffeine per day; the equivalent of about 8 to 10 ounces--an average mug--of coffee.) For the 10% of Americans who ingest more than 1,000 milligrams caffeine per day and sustain themselves on the cream and sugar in coffee plus a few cigarettes alongside, heart disease is indeed more common--and linked to the poor diet and unhealthful lifestyle.

What does coffee do to my body?

The caffeine in coffee is a mild stimulant that increases the activity of the central nervous system. Hence, caffeine helps you stay alert and enhances mental focus. Caffeine's stimulant effect peaks in about one hour and then declines as the liver breaks down the caffeine. If you are an occasional coffee drinker, you'll tend to be more sensitive to caffeine's stimulant effects as compared to the daily coffee consumer who has developed a tolerance to caffeine.

What about coffee and women?

Pregnant women should prudently limit caffeine to less than 300 mg. per day (<12 ounces of coffee). Women who are trying to get pregnant might want to reduce caffeine intake even more, but more research is needed to clarify the controversy over the effects of caffeine on fertility. Women who are worried about getting osteoporosis may have heard that caffeine is linked to low bone density. The solution is to consume at least 8 ounces of milk per day. How about putting more milk in your coffee or enjoying some lattes?

Do people get addicted to coffee?

Although coffee has been a popular beverage for centuries, its sustained popularity fails to classify it as "addictive." Coffee is not associated with the behaviors found with hard drugs (such as a need for more and more coffee, anti-social behavior, severe difficulty stopping consumption). If you are a regular coffee drinker who decides to cut coffee out of your diet, you may develop headaches, fatigue or drowsiness. The solution: gradually decrease your caffeine intake rather than eliminate coffee cold turkey. And be aware, if you should get a headache due to caffeine withdrawal, caffeine-containing medicines such as Anacin or Excedrin will foil your efforts to reduce your caffeine intake!

How much caffeine is in espresso?

Once for ounce, espresso is about twice as strong as coffee (35 vs 18 milligrams caffeine per ounce of Starbucks). But because the espresso serving is so small, you end up with less caffeine: 35 mg from one shot (one ounce) of espresso vs 140 mg from an 8-ounce Starbucks coffee.

How much caffeine do Coke and Pepsi have compared to coffee?

The typical 9-ounce mug of coffee averages 200 milligrams of caffeine. This is about 5 times more than the 35 to 50 milligrams in a can of cola. The real kick from soft drinks comes from sugar, not caffeine.

If I drink too much beer, will coffee help me sober up?

No. Coffee will just make you a wide-awake drunk. Coffee does not speed the time needed for the liver to detoxify alcohol. But coffee does get some water into your body, and that can have a positive effect.

Does coffee count towards my daily fluid needs?

Yes. All fluids count--plain water, juice, soup, watermelon--and even coffee. The rumor that coffee dehydrates people lacks scientific support. Yes, coffee can make you urinate more in two hours--but not in 24 hours. Even during exercise in the heat, athletes can consume coffee and not be concerned about dehydration.

What about pre-exercise coffee: Will it help me perform better?

Perhaps. Studies suggest caffeine taken an hour pre-exercise can enhance performance and make the effort seem easier. Caffeine also

mobilizes fat so more gets burned for fuel. Some researchers believe this helps athletes burn less glycogen and enhances endurance. The recommended "dose" is about 1.5 to 3 milligrams caffeine per pound body weight (225 to 450 mg caffeine for a 150 lb person; the equivalent of 10 to 20 ounces of coffee). Caffeine's response varies from person to person. Hence, trial and error will teach you the best practices regarding caffeine intake for your body.

If you are unaccustomed to drinking coffee, take heed: Consuming a mugful of coffee on an empty stomach an hour before, let's say a running event or a rugby game, can leave you feeling unduly jittery, nervous and suffering from "coffee stomach." Yet, if you always drink coffee before you exercise, you'll likely want to maintain that practice before a competition--if for no other reason than it can promote regular bowel movements and keep you out of the portatoilets mid event.

Isn't caffeine considered an illegal drug by the Olympic Committee?

Yes, caffeine in very high doses is considered illegal by the IOC. However the amount most athletes generally consume is far below the legal limit. You'd have to drink 3 to 4 mugs within the hour pre-exercise to reach the limit. That much would likely hurt performance.

Nancy Clark MS, RD counsels both casual and competitive athletes at SportsMedicine Associates in Brookline MA (617-739-2003). Her popular Nancy Clark's Sports Nutrition Guidebook, Second Edition offers additional advice. It is available by sending \$23 to Sports Nutrition Services, 830 Boylston Street #205, Brookline MA 02467 or via www.nancyclarkrd.com.

ROAD RACE RESULTS

NOVEMBER 2001-JANUARY 2002

November

Manchester Ct 4.8 mile road race 11/22

Emily Hill 21F West Hartford, CT 33:59

Somerville Gobble Gobble 4-Miler 11/22

141 DARA ZALL 31 15/173 28:38 7:10

148 KARA NARATH 32 16/173 28:45 7:11

209 DICK NICKERSON 61 2/12 29:52 7:28

Newport 5-Miler

5 Matthew Nolan 28:30 5:42 Somerville, MA

December

Yultide Stride 5-Miler, December 2

13 MANUEL CHINCHILLA BROOKLINE MA 29:09 5:50

31 KEN AGABIAN, GBTC BOSTON MA 31:14 6:15

36 KEN ROSS, GBTC ROXBURY MA 31:56 6:24

134 ERIN CULLINANE BRIGHTON MA 36:46 7:22

449 DAN FITZGERALD NATICK MA 44:17 8:52

700 ROBERT WARD BROOKLINE MA 1:01:42 12:21

Framingham 5-Miler Dec 1

3. Greg MacGowan, GBTC 28:33.9 5.36 Newton

7. Bill Newsham, GBTC 29:05.5 5.42 Northbridge

Londonderry, NH road mile.

79 HELENA KIMBALL BOSTON 2/9 MA 5:08

California International marathon Dec 2

JERAD JOHN CRAVE M25 2:38:32 0:06:03 CAMBRIDGE MA

Somerville New Year's Eve 5K 12/31/01

GBTC members Tom and Lisa won the couples division in the Somerville 5 km.

1. THE HINES 57 TEAM 18:12 20:20 = 38:32 TOM WOLKOW, LISA HINES

35 Jim Gibney 21:15

57 Claire McManus 22:51 (second in her age group)

115 Rick Pierce 27:03

January

Hangover Classic 5K/10K in Salisbury 1/1/02

5K

6 GREG MACGOWAN 35 M 17:35 5:39

10K

42 KEN AGABIAN 38 M 39:33 6:22

Greater Boston Track Club indoor performance list 2001-2002 to 1/13/02 Records listed are all indoor records

Men

High Jump, GBTC record, Mel Embree, 7'0", 1/26/80

Marc Lefebvre, 6'04.00", 1.93m, Harvard, 12/8/01

Marc Lefebvre, 6'04.00" 1.93m, Husky, 12/01/01

Long Jump, GBTC record, Jeff Soderquist, 23'11.00, Valentine, 12/12/00

Jeff Soderquist, 22'11", 6.98m, Tufts, 12/8/01

Pole Vault, GBTC record, 15' 1 1/2" Dave Wilson 1/19/74, Dart Relays

Mark Malatesta, 14'06.00" 4.42m, Husky, 12/01/01

Jake Radzevich, 13'11.75", 4.26m, Harvard, 12/8/01

Mark Malatesta, 13'05.75", Harvard, 12/8/01

Mark Malatesta 4.11m 13'05.75, Dartmouth, 1/13/02

Jake Radzevich, 4.11m 13'05.75, Dartmouth, 1/13/02

Shawn Donovan, 12'06.00" 3.81m, Husky, 12/01/01

Paul Smith, 11'00.00" 3.35m, Husky, 12/01/01

55 meters hurdles, GBTC record, Tom Mahan, 7.31, 1981, NE Champs

Tim Schnurr, 7.97, Dartmouth, 1/13/02

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

John Byrnes, 7.47, Harvard, 12/8/01

200 Meters, GBTC record, Josh Borak, 22.32, St. Valentine 2/10/01

Jaimie Mantzel, 24.0, BU, 12/15/01

Steve Steinberger 25 ,BU 12/22/01

Ismet Kaya, 25.0, BU, 12/29/01

Ismet Kaya, 25.3, BU, 12/22/01

Bogdan Koriyesov, 26.2, BU, 12/15/01

Bogdan Koriyesov, 26.7, BU, 12/29/01

Jim Pawlicki, 27, BU, 12/22/01

Mark Reynolds, DNF fell, BU, 1/12/02

300 meters, GBTC record ????

Bill Newsham, 42.9, Brown U 12/26/01

400 meters, GBTC record, Kevin Russell, 48.36, GBTC, 1/18/98

Dave Cahill, 49.6, BU, 1/5/02

Dave Cahill, 49.9, BU, 12/15/01

Dave Cahill, 50.5, BU, 12/22/01

Jaimie Mantzel, 51.2, BU, 12/15/01

Josh Sheeherman, 52.9, BU, 1/5/02

Steve Steinbergher, 53.1, BU, 1/12/02
Josh Seeherman, 53:12, Harvard, 12/8/01
Eric D. Green, 54.7, BU, 12/29/01
Dennis C. Floyd, 55.4, BU, 12/29/01
Ismet Kaya 55.7, BU, 12/15/01
Dennis C. Floyd, 56.1, BU, 1/5/02
Mike Wall 56.5, BU, 12/22/01
Mike Wall, 56.6, BU, 12/15/01
Ben Nephew, 59.2, BU, 12/15/01
Marc Lefebvre, 56.81, Harvard, 12/8/01
Marc Lefebvre, 57.02, Husky, 12/01/01
Ismet Kaya, 57.52, Harvard, 12/8/01
Mike Wall, 58.29, Dartmouth, 1/11/02
Rodney Rerko, 58.3, BU, 12/29/01
Rodney Rerko, 58.7, BU, 1/5/02
Alessandro Fagnoli, 1:01.93, Harvard, 12/8/01
Michael Noake, 63.5, BU, 1/5/02

500 meters, GBTC record, Kevin Russell, 1:04.13, Valentine-BU, 2/14/98

Dave Cahill, 1:06.62 2, Husky, 12/01/01
Joshua Seeherman, 1:10.41, Husky 12/01/01
Ismet Kaya, 1:18.30, Husky 12/01/01

800 meters, GBTC record, Rich Nichols, 1:52.6, Dartmouth, 1/13/80

Christopher Simpson, 1:56.6, BU, 1/5/02
Christopher Simpson, 1:58.1, BU, 1/12/02
Jay Slowik, 1:58.2, BU, 1/5/02
Eric D. Green, 1:58.9, BU, 1/5/02
Eric D. Green, 1:59.3, BU, 1/12/02
Jay Slowik, 2:00.3, BU, 1/12/02
Neil Wechsler, 2:01.5, BU, 1/5/02
Dave Cahill, 2:01.81, Harvard, 12/8/01
Dennis C. Floyd, 2:02.8, BU, 1/5/02
Steve Steinbergher, 2:03.4, BU, 12/29/01
Chris Coxen, 2:03.9, BU, 1/12/02
Dennis C. Floyd, 2:04.1, BU, 12/29/01
Bill Newsham 2:04.8, BU, 12/22/01
Steve Steinbergher, 2:04.9, BU, 1/12/02
Rodney Rerko, 2:05.9, BU, 1/12/02
Steve Steinbergher, 2:06.5, BU, 1/5/02
John Blouin, 2:07.3, BU, 1/12/02
Aaron Binkley, 2:07.54, Harvard, 12/8/01
Rodney Rerko, 2:09.4, BU, 1/5/02
Bill Newsham, 2:09.5, Brown, 12/12/01
Peter DiMarzio, 2:18.2, BU, 1/12/02
John Blouin, 2:12.1, BU, 12/15/01

Rodney Rerko, 2:12.5, BU, 12/29/01
Peter DiMarzio, 2:24.0, BU, 12/29/01
Ben Nephew, 2:15.7, BU, 12/15/01
Kit Wells, 2:16.3, BU, 12/15/01
Bill Newsham, 2:17.0, Brown U 12/26/01
Matt Nolan, 2:17.5, BU, 12/15/01
Stanley Hu, 2:18.6, BU, 12/15/01
Kit Wells, 2:21.25, Potomac, 12/29/01
Mike Noke, 2:24.1, BU, 12/29/01
Michael Noke, 2:25.0, BU, 12/15/01
Michael Noke, 2:25.9, BU, 12/22/01
Kevin Steiner, 2:30.3, BU, 12/15/01
Jon Berit, 2:40.8, BU, 12/22/01

1000 meters, 1000 meters, GBTC record, Mark Tompkins, 2:27.54, Valentine 2/12/00

Bill Newsham, 2:44.0, Brown, 1/2/02

Mile run, GBTC record, 4:00.9, CLUB FOUNDER, Jack McDonald, 1/17/75 Dartmouth Relays

Tim McCusker, 4:17.0, BU, 1/5/02
Christopher Simpson, 4:24.0, BU, 1/5/02
Dennis C. Floyd, 4:25.5, BU, 1/12/02
Jay Slowik, 4:26.4, BU, 1/12/02
John Blouin, 4:28.4, BU, 1/12/02
Christopher Simpson, 4:29.5, BU 12/22/01
John Blouin, 4:31.2, BU, 1/5/02
John Blouin, 4:32.2, BU, 12/29/01
Eric D. Green, 4:32.7, BU 12/22/01
Matt Lyons, 4:36.3, BU, 1/12/02
Chris Coxen, 4:36.7, BU, 1/5/02
Chris Coxen, 4:37.0, BU, 12/29/01
Jim Pawlicki, 4:37.8, BU 12/22/01
Bill Newsham, 4:41.8, BU, 12/15/01
John Blouin, 4:41.8, BU 12/22/01
Jim Pawlicki, 4:42.30, Harvard, 12/8/01
Jim Pawlicki, 4:44.3, BU, 12/15/01
Matt Lyons, 4:47.4, BU 12/22/01
Lee Cox, 4:47.9, BU, 1/12/02
Ben Nephew, 4:48.6, BU, 12/15/01
Chris Coxen, 4:49.4, BU 12/22/01
Manuel Chinchilla, 4:49.9, BU, 1/5/02
Fin Kerwan, 4:50.7, 12/15/01
Aaron Binkley, 4:53.5, BU, 1/12/02
Bryan Graham, 4:54.0, BU 12/22/01
Aaron Binkley, 4:54.1, BU 12/22/01
Peter DiMarzio, 4:54.1, BU, 12/29/01

Peter DiMarzio, 4:54.3, BU, 1/12/02
Peter DiMarzio, 4:56.64, Harvard, 12/8/01
Kit Wells, 4:56.8, BU, 12/15/01
Manuel Chinchilla, 4:58.6, BU, 12/29/01
Colin McArdle, 4:59.9, BU, 12/15/01
Steve Steinbergher, 4:58.8, BU, 12/22/01
Matt Nolan, 4:59.3, BU, 12/29/01
Dan Senecal, 5:00.3, BU, 1/5/02
Matt Nolan, 5:00.6, BU, 12/15/01
Stanley Hu 5:01.2, BU, 12/15/01
Joe Grand, 5:02.99, Husky, 12/01/01
Joe Grand, 5:03.53, Harvard, 12/8/01
Aaron Binkley, 5:03.21, Husky, 12/01/01
Noah Kraut, 5:05.2, BU 12/22/01
Greg MacGowan, 5:05.3, BU, 1/5/02
Mike Urquiola, 5:05.8, BU, 12/29/01
Kevin Steiner, 5:07.3, BU, 12/15/01
Michael Urquiola, 5:09.3, BU, 1/5/02
Tom Wolkow, 5:09.8, BU, 1/5/02
Brian Beaulieu, 5:12.4, BU, 1/5/02
Mike Urquiola, 5:12.5, BU 12/22/01
Brian Beaulieu, 5:12.8, BU 12/22/01
Michael Noke, 5:14.6, BU, 1/12/02
Bill Newsham, 5:17.0, Brown U 12/26/01
Tom Derderian, 5:21.0, BU, 1/12/02
Alex Filides, 5:21.1, BU, 1/5/02
Michael Noakes, 5:24.7, BU, 1/5/02
Tom Derderian, 5:26.5, BU, 1/5/02
Jehozadah Powza, 5:27.1, BU 12/15/01
Jon Berit 5:37.8, BU 12/22/01
Brad Stayton, 5:38.5, BU, 12/15/01
Tom Derderian, 5:42.5, BU, 12/29/01
Tom Derderian 5:48.9, BU 12/22/01

3000 meters, GBTC record, Bruce Bickford, 8:04., Dartmouth 1/80

Tim McCusker, 8:51.9, BU, 12/29/01
Matthew Lyons, 9:04.9, BU, 12/22/01
John Blouin, 9:07.3, BU, 12/22/01
Rich Voliva, 9:09.8, BU, 1/5/02
Ben Nephew, 9:10.9, BU, 12/22/01
John Blouin, 9:13.1, BU, 12/15/01
Ben Nephew, 9:15, BU, 12/15/01
Eric Douglas, **Green** 9:16.3, BU, 12/15/01
Bill Newsham, 9:19.7, BU, 1/12/02
Fin Kirwan, 9:21.7, BU, 1/12/02
Bryan Graham, 9:22.9, BU, 12/22/01

Lee Cox, 9:25.3, BU, 1/12/02
Matt Nolan, 9:25.3, BU, 1/5/02
Kit Wells, 9:26.6, BU, 1/5/02
Bill Newsham, 9:26.8, BU, 12/29/01
Lee Cox, 9:27.1, BU, 1/5/02
Fin Kerwan, 9:32.3, BU 12/15/01
Jim Pawlicki, 9:35.3, BU, 12/15/01
Matt Flinders, 9:39.7, BU, 1/12/02
Jason Grillo, 9:40.3, BU, 12/15/01
Bryan Graham, 9:40.6, BU, 12/15/01
Matt Nolan, 9:44.0, BU, 12/29/01
Noah Kraut, 9:46.5, BU, 12/22/01
Colin McArdle, 9:47.6, BU 12/22/01
Noah Kraut, 9:50.7, BU, 1/5/02
Stanley Hu, 9:52.3, BU, 1/5/02
Kit Wells, 9:52.6, BU, 12/15/01
Matt Nolan, 9:54.6, BU, 12/15/01
Noah Kraut, 9:54.7, BU, 12/15/01
Bill Newsham, 9:57.5, Brown, 12/12/01
Stanley Hu, 10:00.0, BU, 12/15/01
Michael Urquiola, 10:10.8, BU, 12/22/01
Alex Filides, 10:16.4, BU, 1/5/02
Michael Urquiola, 10:19.9, BU, 12/15/01
Bill Newsham, 10:44, Brown U 12/26/01
Brian Beaulieu, 10:54.8, BU, 12/15/01
Ted Charrette, 11:19.2, BU, 12/22/01
Tom Derderian, 11:30.2, BU, 12/29/01
Ted Charrette, 11:39.2, BU, 12/15/01
Hubert Jessup, 14:13.5, BU, 12/15/01
Bob Ward, 18:35.3, BU, 12/29/01
Bob Ward, 19:04.8, BU 12/22/01
Bob Ward, 19:24.3, BU, 1/5/02

5,000 meters, GBTC record, Greg Meyer, 13:45.58, GBTC invitational 1/27/80 Bruce Bickford, 13:44.19, Brooks Invitational Astrodome, Houston, TX, 2/16/80 (oversized track)

Kit Wells 16:27.10, Dartmouth 1/13/02
Matt Nolan, 16:43.83, Dartmouth 1/13/02
Stanley Hu 17:30.92, Dartmouth 1/13/02

4x1600 meters relay, GBTC record, Dartmouth 1/80, Scott Graham, 4:14, Fred Doyle, 4:16, Dave Eliot, 4:23, Greg Meyer, 4:09, 17:01.3

Lou's Relay BU 1/5/02, Greater Boston TC 18:20.0

Tim McCusker 4:22.9; Rich Voliva, 4:37.5; John Blouin, 4:49.0; Jay Slowik, 4:30.6

Gr.Boston TC "Sub 5" 19:52.9

Stan Hu, 4:56.2; Lee Cox, 4:49.6; Greg MacGowan, 5:06.0; Dan Senecal, 5:01.1

Women

60meters, GBTC record, ??

Sarah Lawson, 8.70, Harvard, 12/8/01

200 meters, GBTC record, Jennifer Marshall, 26.46, Husky, 12/01/01

Jennifer Marshall, 26.46, Husky, 12/01/01(club record)

Sarah Lawson, 28.25, Harvard, 12/8/01

Michelle Carrancho, 29.8, BU, 1/12/02

Amber LaPiana, 30.2, BU, 1/12/02

Hattie Derderian, 35.7, BU, 12/29/01

Hattie Derderian, 36.2, BU, 1/5/02

Hattie Derderian, 36.6, BU, 1/12/02

400 meters, GBTC record, Jennifer Marshall, 57.62, Husky, 12/01/01

Jennifer Marshall, 57.62, Husky, 12/01/01(club record)

Christine Kloiber, 1:03.38, Harvard, 12/8/01

800 meters, GBTC record, Audrey Leach, 2:21.4, 1/85

Michelle Lang, 2:24.7, BU, 1/12/02

Marguerite DoRosario, 2:25.7, BU, 1/12/02

Emily S. Hill, 2:28.6, BU, 12/15/01

Cheryl Lyons, 2:29.0, BU, 1/5/02

Chi Chi Schickel, 2:33.07, Husky 12/01/01

Chi Chi Schickel, 2:33.4, BU, 12/15/01

Jessica Lee Blake, 2:39.1, BU, 12/22/01

Jen Ceolinski, 2:43.5, BU, 12/22/01

Mile, GBTC record, Sherry Roberts, 4:57.3, GBTC 1/31/88

Joan Bohlke, 5:08.6, BU, 1/5/02

Joan Bohlke, 5:14.3, BU, 12/29/01

Michelle Lang, 5:27.8, BU, 12/29/01

Helena Kimball, 5:28.9, BU, 1/12/02

Michelle Lang, 5:32.0, BU, 1/5/02

Jessica Lee Blake, 5:30.6, BU, 12/29/01

Jessica Lee Blake, 5:34, BU, 12/22/01

Cheryl Lyons, 5:35.6, BU, 12/29/01

Cheryl Lyons, 5:36.1, BU, 12/22/01

Jessica Lee Blake, 5:44.9, BU, 12/15/01

Lisa May Hines, 5:44.9, BU, 1/5/02

Mylene Cox, 5:45.0, BU, 1/5/02

Jen Ceolinski, 5:57.6, BU, 1/12/02

Jen Ceolinski, 6:09.5, BU, 12/29/01
Debbie Volk, 6:23.3, BU, 12/22/01

3000 meters, GBTC record, Jessica Lee Blake, 10:05.01, USATF-NE 2/18/01

Jessica Lee Blake, 10:45.0, BU, 12/29/01
Jessica Lee Blake, 11:05.1, BU, 12/15/01
Michelle Lang, 11:27.4, BU 12/22/01
Jen Ceolinski, 12:24.0, BU, 1/5/02
Debbie Volk, 12:28.7, BU, 1/5/02
Debbie Volk, 12:29.6, BU, 1/12/02
Debbie Volk, 12:35.1, BU, 12/29/01
Debbie Volk, 12:39.9, BU, 12/15/01

5,000 meters, GBTC record, Joanna Veltri 17:37.41, USA T&F-NEChps, Brown, 2/8/98

Lou's Relay BU, 1/5/02, .Gr.Boston TC Women 22:42.5
Helena Kimball 5:35.3; Joan Bohlke, 5:29.5; Lisa Hines, 5:54.5; Michelle Lang, 5:43.2

Running Notes. . .

Greg MacGowan has compiled a list of long races this winter (either as training runs for a marathon or as a race).

Applications for all of these races are on www.coolrunning.com

(But don't miss out on the club-sponsored long runs also!)

Jan. 27 -- Boston Prep 16 Miler, Derry, NH

Feb. 16 -- Martha's Vineyard 20 Miler

Feb. 24 -- Amherst 10 Miler

Feb. 24 -- Hyannis Marathon, ½-Marathon and 10K

Mar. 3 -- Stu's 30K

Mar. 10 -- Law Enforcement ½-Marathon (new, flatter course! Now in Wakefield)

Mar. 17 -- New Bedford ½-Marathon (USATF-NE grand prix event) a large GBTC presence there)

Mar. 24 -- Eastern States 20 Miler (start in ME, finish in MA)

Mar. 24 -- Oleksak Lumber ½-Marathon (Westfield, MA)

April 15 -- Boston Marathon!

If you have an article or story idea for the Newsletter, or general comments or questions, please notify Erin Cullinane at ecullinane@yahoo.com. Comments and suggestions welcome!

GBTC CALENDAR OF UPCOMING EVENTS

January-March 2002

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

January

- **Sunday, Jan. 20:** GBTC Invitational Track Meet at Harvard University. Contact Jim O'Brien at (617) 441-1548 jobrien@cambridgetrust.com to volunteer or for event information.
- **Sunday, Jan 27:** Long Run at Greg MacGowan's (Newton Corner/Watertown).

February

- **Sunday, Feb. 3:** Long Run at Judy Gutry's (721 Heath Street, Chestnut Hill)
- **Saturday, Feb 9:** MIT Volunteer Day. Volunteer for an MIT indoor track meet at the MIT Indoor Track on Vassar Street, Cambridge, MA.
- **Sunday, Feb 10:** Erin Cullinane's (79 Euston Road, Brighton, MA)
- **Tuesday, Feb 12:** Member's Night @ Thirst Ear Pub. 305 Memorial Drive, Cambridge, MA (Ashdown House basement). Members meet up after the workout.
- **Sunday, Feb. 17:** Jean Smith (Newtonville, MA)
- **Sunday Feb 17:** USATF NE Open Indoor Track Championships @ Harvard U

March

- **Sunday, Mar 10:** Long Run at Ted Charrette's (Lincoln/Concord, MA).
- **Tuesday, Mar 12:** Member's Night @ Thirst Ear Pub. 305 Memorial Drive, Cambridge, MA (Ashdown House basement). Members meet up after the workout.
- **Sunday, Mar 17:** USATF-NE Grand Prix Event. 20th New Bedford Half Marathon, New Bedford, MA, 10AM

2002 Greater Boston Track Club Invitational
Sunday, January 20, 2002
Important Information

Location: Harvard University, Gordon Indoor Track, 79 North Harvard Street, Allston, MA, located directly behind Harvard Stadium. **PLEASE NOTE THAT THERE WILL BE NO ACCESS TO THE GORDON INDOOR TRACK FACILITY OTHER THAN ON THE DAY OF THE MEET. ALSO NOTE THAT THERE WILL BE NO ACCESS TO OTHER HARVARD FACILITIES AT ANY TIME. VIOLATORS WILL BE SUBJECT TO DISQUALIFICATION.**

Parking: There will be no parking in the Soldiers Field Athletic Complex. Parking will be available in the Harvard Business School parking lot located on the other side of North Harvard Street from the Soldiers Field Athletic Complex.

Entry Deadline: Tuesday , January 15, 2002.

Eligibility: The meet is sanctioned by USA Track & Field. All athletes must have a valid USATF card (one that expires December 31, 2001). Only currently eligible collegiate athletes may compete without USATF cards, provided their coaches enter them. Coaches are encouraged to have their athletes register with USATF. For information about obtaining a USATF card, contact USA Track & Field/New England, PO Box 1905, Brookline, MA 02446, or call (617) 566-7600. The USATF/NE will have a table set up at the meet for membership and schedule information. The USATF/NE Web site is at <http://www.usatfne.org> Absolute minimum age for competition is 16 years old.

Participation: Each athlete may enter two individual events and one relay.

Numbers: Available in the lobby of the track facility near the athletes' entrance. Your number will also be your facility pass. **NO ATHLETE WILL BE ADMITTED WITHOUT A NUMBER. COACHES BE SURE YOUR ATHLETES RECEIVE THEIR NUMBERS BEFORE ENTERING THE FACILITY. NUMBERS ARE NOT TRANSFERRABLE.**

Seeding: The afternoon sections will serve as the seeded sections for the 800m and up. Please be sure to note that there will be trials and finals for all straightaway events and for the 200m and 400m. All seeding will be done by the Seeding Committee, whose decisions are final. (Athletes who wish to be considered for seeded sections MUST submit verifiable performances from the current indoor season, including place and date of performance.) All other sections will be seeded by the clerks. Seeding information will be available on Saturday, January 19, by calling the GBTC Meet Hotline number 617-282-5537 . Prior years results can be viewed at www.gbtc.org

Honest Effort Rule: Athletes who qualify for a final must compete in, and make an honest effort in, the final of that event. If an athlete fails to do so, they will be disqualified from further competition in the meet, including relays.

Check-In: All athletes must report to the clerk NO LATER THAN 15 MINUTES BEFORE THEIR SCHEDULED EVENT. Failure to do so will result in the athletes being scratched from the event.

Results: Will be posted during the meet. LYNX will be used for all straightaway events and for all afternoon finals
Massachusetts Track & Field Officials will staff all the events.

Medical: A trainer will be in attendance.

Lockers/Showers: There are NO lockers or showers available.

General Admission: \$5. Spectators must use the upstairs entrance to the facility.

Refreshments: A general concession stand serving food and beverages will be open throughout the meet.

Meet Hotel: Howard Johnson's, 575 Commonwealth Ave. Boston (617)-267-3100

Drug Information: Athletes in USATF sanctioned meets may be subject to drug testing according to USATF rules and IAAF rule 144. Questions about controlled substances, call the US Olympic Committee Hotline at 1-800-233-0393.

GBTC Web Site: <http://www.gbtc.org>

E-Mail: jobrien@cambridgetrust.com

Meet Director: Jim O'Brien, (617) 282-5537 . **Games Committee:** Bill Okerman, Friends of Harvard Track, and Steve Vaitones, USA Track & Field/New England, (617)-566-7600

Greater Boston Track Club Invitational

Sunday, January 20, 2002

Tentative Schedule of Events (Final Schedule will be based upon actual number of entries)

ON THE OVAL

ON THE STRAIGHTAWAY

Morning Session

9:30 a.m.	3000m walk		M/W	Final				
9:50 a.m.	3000m	W		Seeded & Unseeded				
10:15 a.m.	3000m	M		Seeded & Unseeded				
10:35 a.m.	Masters 2 Mile		M		10:30 a.m. HH		W	Trials
10:45 a.m.	800m	W		Unseeded	(to follow)	HH	M	Trials
10:50 a.m.	800m	M		Unseeded		55m	W	Trials
11:15 a.m.	400m	W		Trials		55m	M	Trials
11:35 a.m.	400m	M		Trials		Masters 55m		M/W Final
11:55 p.m.	Masters 400m	M/W		Final		HH	W	Semis
12:00 p.m.	200m	W		Trials		HH	M	Semis
12:20 p.m.	200m	M		Trials		55m	W	Semis
12:40 p.m.	Masters 200m	M/W		Final		55m	M	Semis
12:55 p.m.	Mile	W		Unseeded				
1:25 p.m.	Mile	M		Unseeded				

Afternoon Session

2:15 p.m.	Masters/Seniors 800m		M	Final	1:45 p.m.	HH		M	Final
2:20 p.m.	GBTC Invitational Mile		W	Final	1:50 p.m.	HH		W	Final
2:30 p.m.	GBTC Invitational Mile		M	Final	1:55 p.m.	55m		W	Final
2:40 p.m.	GBTC Invitational 800m		W	Final	2:00 p.m.	55m		M	Final
2:45 p.m.	GBTC Invitational 800m		M	Final					
2:55 p.m.	400m		W	Final					
3:00 p.m.	400m		M	Final					
3:10 p.m.	Masters/Seniors Mile		M/W	Final					

3:20 p.m.	200m	W	Final	
3:25 p.m.	200m	M	Final	
3:30 p.m.	GBTC Invitational 5000M	M	Final	
3:50 p.m.	4 x 220y	W	Final	(Relays to Include Masters Teams)
3:55 p.m.	4 x 880y	M	Final	
4:10 p.m.	4 x 440y	W	Final	
4:20 p.m.	4 x 440y	M	Final	

FIELD EVENTS

10:00 a.m.	Long Jump	W	Final	
10:00 a.m.	Shot Put	W	Final	
11:30 a.m.	Long Jump	M	Final	
11:30 a.m.	35 lb. Weight	M	Final	
11:30 a.m.	Pole Vault	W	Final	
12:00 a.m.	High Jump	W	Final	
1:00 p.m.	Pole Vault	M	Final	(Opening height is 13'6")
1:00 p.m.	20 lb. Weight	W	Final	
	Shot Put	M	Final	
	(to follow 20 lb. Weight)			
	Masters Shot Put	M/W	Final	
	(to follow Open Shot)			
	Masters Weight	M	Final	
	(to follow Masters Shot)			
2:00 p.m.	Triple Jump	W	Final	
	Triple Jump	M	Final	
	(to follow Women's Triple Jump)			
2:30 p.m.	High Jump	M	Final	(Opening height is 6'2")

2002 Greater Boston Track Club Invitational
Sunday, January 20, 2002
Official Entry Form

Name _____ Sex: M F Master (over 40) Age (on 1/20/02) _____

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

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 2002 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. _____	_____	_____	_____
17. _____	_____	_____	_____
18. _____	_____	_____	_____

GBTC Membership Application

Mail application form and the \$40 annual membership fee to:
GBTC, PO Box 183, Boston, MA 02117-0183.

New member: circle yes or no

Name: _____

Address: _____

City: _____ State: _____ Zip code: _____

Home phone: _____

Work phone: _____

Occupation: _____

Email address: _____

Coaching information:

- Sex: _____
- Age: _____ Date of birth: _____

Interests:

- Road Racing: _____
- Cross Country: _____
- Track and Field (list events): _____
- Marathons: _____

How did you hear about GBTC? _____

If a current club member referred you, what is that person's name? _____

Membership fee: \$40 for one full year.

Waiver: In case of injury while training, traveling to or participating in a GBTC event, I waive all rights and claims for damages and injuries against GBTC, Inc. and its members, officers, directors, and sponsors.

Signature: _____

Date: _____

**GREATER
BOSTON**
TRACK CLUB