

GREATER BOSTON'S MARATHON TEAM



Photo Credit: Stanley Hu

Cambridge, MA-Members of Greater Boston Track Club's Boston Marathon team took a moment before their regular Tuesday night track practice to pose for the camera and reflect on another superb running of the 106th Boston Marathon. (See full results on page 7).

What's Inside..?

CLUB HAPPENINGS

- Volunteer Opportunities
- Welcome New Members

RUNNING BRIEFS

- Brief tid-bits about running

NUTRITION

- Are Carbs Bad for You? Nutritionist Nancy Clark has some answers.

INDOOR TRACK

- Penn Relays: Coach Callum reports on GBTCs Successful Trip to Penn
- Indoor performance list

RACE RESULTS

- The latest individual and team results from the roads.

MEMBERSHIP APPLICATION INSIDE!

GREATER BOSTON TRACK CLUB

Club Officers

Board of Directors (2001-2002)

Gary Snyder, President
Chris Simpson, Vice President,
cfsimpi68@aol.com
Dave Cahill, Secretary,
Jim O'Brien, Treasurer,
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Erin Cullinane ecullinane@yahoo.com
Michelle Lang, langa6@yahoo.com
Marc Lefebvre, marcl@alum.wpi.edu
Brian Moore, brian.moore@saucony.com
Ben Nephew, bnephe01@tufts.edu

Coaches

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

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.*

Club Happenings

Weekly Outdoor Track Workouts

Tuesday: 7:30pm at the MIT outdoor track on Vassar Street in Cambridge. Runners should plan on arriving at 7:00pm to warm-up. Note: MIT charges the club a fee to use the outdoor track. Members are required to pay \$50 per person for use of the facilities. Please bring a check made out to GBTC at track if you plan on running outdoors.

Outdoor track season runs from mid-April until mid-October.

For information on workouts, contact the coaches:

- David Callum (617) 254-5227
- Tom Derderian (617) 846-2902
- Ron Glennon (617) 479-2995
- Brian Moore brian.moore@saucony.com

River Runs

Wanna break from the track? Then try a river run around the Charles River. River Runs occur every Tuesday beginning at 7:00pm. Runners meet at 6:45pm at the MIT outdoor 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 social gathering open to all members and coaches. Member's Night occurs on the 2nd Tuesday of the month after the workout. Members meet at the Thirsty Ear Pub for beverages and pizza. We usually take pizza orders at the end of the workout for \$3-4 per person. Thirsty Ear Pub is located in the southwest corner of Ashdown house, 305 Memorial Drive at the intersection of Massachusetts Avenue and Memorial Drive. Entrance is in the courtyard (there is a blue safety light upon entering).

Contact Erin Cullinane for questions.

Message Board

Dear GBTC friends,

It was a pleasure to see so many of you during my trip and run in Boston. Thanks to Board for giving me a number, who cheered me on during the run, and (Dottie) for saving my life with water at mile 24. I'm back in LA now, but Boston is my home, especially on Patriot's Day.

Hubert Jessup

Volunteer Opportunities

Chase Corporate Challenge: Thursday, June 6th

Volunteers needed for the Chase Corporate Challenge road race on Thursday June 6th.

Volunteers meet at Kenmore Square, Boston, MA, at 6PM. Race starts at 7PM. Volunteers will direct traffic and help set up the police barricades before the race. **Free T-shirts for all volunteers!!**

The club earns \$30 per person up to 30 volunteers. There will be a GBTC-sponsored social event afterwards with pizza and beverages.

Tufts 10K, Monday, October 14th.

Annual Women's 10K road race. Volunteers needed to meet at 10AM in Boston. GBTC earns \$20 per person

Interested? Contact Jim O'Brien at
JOBrien@cambridgetrust.com

THE ROVING EYE

Here's proof that member Jim Pawlicki is back on track as captured on camera March 23rd at Fresh Pond with Kit Wells. Pawlicki broke his patella (knee cap) on New Year's Eve.



Welcome New Members!

(Since November 2001)

Carol Addy
John Scott Anderson
Ethan Barron
Scott Berk
Enecia Bernard
Nancy Cahill
Michelle Carrancho
Jen Ceolinski
Dwight Conklin
Allison Curran
Stanley Egbor
Andrew Gara
Jean Pierre Geraldine
Abigail Gordon
Danielle Hamlett
Anthony Hamlett
Lisa Hines
Bridge Hunter
Sarah Jay
Ron Jones

Natalie Kocher
Bogdon Korniyasov
Mark Malatesta
Shannon Markey
Dan McCarthy
Marisa Micik
Carol Morton
Margaret Nervegna
Christine Northrop
Geraldine Pillay
Wally Pulsinger
Andy Rogovin
Jamaal Shaheed
Grant Sisler
Steve Steinbergher
Bridget Sullivan
Tom Whitney
Harry Wiggins
Doug Williams
Tom Wolkow

RUNNING BRIEFS

THE SOURCE FOR NEWS AND NONSENSE

Announcements

GBTC on Good Morning America

On Friday, May 3, Good Morning America will be shooting a show in Boston and they're looking for runners. If interested in your 15 seconds of fame, show up at the Hatch Shell at 6:15am wearing your singlet.

National Cross-country Championship for clubs

The Reebok Aggies Running Club, the City of Rocklin and Sierra College will host the 2002 USA Fall Cross Country Championships. The meet will be held December 14 on the Sierra College Cross Country course in Rocklin, CA.

Wise Cracks

At the Harvard Invitational on January 20, GBTC coach Ron Glennon turned fine and fascinating announcer keeping the crowd well informed of the happenings on the three-ring circus of a track meet.

When GBTC Dennis Floyd ran down Dwayne Victory for first place in their section of the 800 meters Ron Glennon could not contain himself as he shouted, "Dennis Floyd snatches victory from Victory!"

Club Happenings

Grand Prix Road Race Schedule – 2002

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

If you have story ideas,
photos, comments or
suggestions for the newsletter,
please send all inquires to
Erin Cullinane at
ecullinane@yahoo.com.

Track Report

National Indoor Championships

At the National Indoor Track Championships on March 2, in New York, **our men and women finished fifth in the country** in the Distance Medley Relay, cheered on by twenty club members who made the trip. **For the women: Michelle Lang, Cheryl Makarewicz, Cheryl Lyons, and Joan Bohlke. For the men: Christopher Simpson, Mark Reynolds, Dave Cahill, and Tim McCusker.**

Penn Relays Recap By Dave Callum

"You just can't miss the Penn's"
-South Carolina Head Coach Curtis Frye

Well, as Coach Curtis Frye states, you can't miss the Penn Relays and GBTC made sure of that. The Greater Boston TC represented itself well in Philadelphia, PA on Saturday April 27th 2002.



Making our way down to Philly, a Budget Passenger Van (an excellent deal provided by ex-GBTC 4x100m Penn relays sprinter Rhane Hobson) filled with eight of GBTC's finest sprinters left BU's Commonwealth Avenue Armory just after 9:00am Friday morning. Piloted by Dave Cahill and navigating Coach David Callum, the team of Christine Kloiber, Chi Chi Schickel, Michele Doody, Michelle Carrancho, Mark Reynolds and Jaimie Mantzel got comfortable for the 5.5 hour trek.

Arriving in Cherry Hill, NJ by 3:00pm, the team settled into their Howard Johnson's accommodations (the same hotel the team stayed in two years ago), and soon made their way over to a familiar cinder track down the river from the hotel for a shake out run, some stretching and drills.

Dinner on campus that evening, a local pub filled with many of the Penn Relays finest college athletes, topped off the quite night. But not before making their way over to the track, just a couple blocks away, for a quick peak through the gates at the marvelous wonder that is Franklin Field, the home of the Penn Relays. The newbies (Chi Chi Schickel, Michelle Carrancho and Michele Doody) were in obvious awe as their smiles spoke for themselves. Imagining 40,000+ fans screaming from the stands was quite a thought, as they stared through the locked gates of the stadium.

Tucking in for the night, the team made plans to meet up with Club President Gary Snyder for breakfast the next morning.

Gary had run earlier Friday afternoon in the masters 100m 55 and older, Event #142. Gary finished 6th, just .05 seconds behind 5th place with 13.61. Gary was satisfied with his condition, running pain free for the first time in quite a while.

At 9:30am Saturday morning the group checked out and we made our way over to the Diamond Diner down the street for some fine NJ cuisine! The group was excited and ready to run.

By 11:00am we had arrived at the track and had picked up our athlete passes and made our way into the stadium while the crowds poured in. It was still early, and Michael Johnson, Marion Jones and Maurice Greene were still behind the scenes. We met up with GBTC's final sprinter, Lenecia Bernard in the stands. Hailing from Jamaica, Lenecia made her way down to Philly earlier in the week to meet up with some of her JA high school teammates and friends up for the International Meet.

The group made their way into the stands and joined what would be 50,000+ track fans for a new Penn Relays Stadium Attendance Record! The three-day attendance total would top 100,000! Coach Callum made his way over to check-in, picked up the teams bib numbers and relay cards.



Franklin Field, Penn Stadium. Photo credit: Dave Cahill

Within two hours, GBTC's sprinters would be warming up with some of the World's best track athletes. Side-by-side with Marion Jones, Gail Devers, Kellie White, Angelo Taylor, Terrence Trammell, Maurice Greene, Jon Drummond, Christie Gaines and many more. GBTC would go about their business, through their usual warm-up rituals, stretching and drills. Regardless of the

super stars surrounding them, GBTC came to Penn's to do business, to race and represent! And that was what they did!

First up, the men's and women's 4x100m Relays:

Men 4x100m Relay:

Dave Cahill, Mark Reynolds, David Callum, Jaimie Mantzel.

Finishing 3rd in their heat in 43.61, Greater Boston TC was quite satisfied in their relay. With fairly safe baton passes, the group sees room for improvement. And looks forward to USATF New England's and Club Nationals.

Women 4x100m Relay:

Christine Kloiber, Michelle Carrancho, Chi Chi Schickel, Lenecia Bernard (Michele Doody alternate) finished their heat 4th in a time of 52.91. The group, which included three runners who never ran at Penn's, was excited to be running with the likes of USA, Canada, and Jamaica's best.

With 2 hours before their next competition, the men's team rested up and mentally prepared for their 4x400m Relay to come:

Men's 4x400m Relay:

Made up of the same team as the 4x100m, Dave "the throw up king" Cahill led us off with a great first leg, destroying his fellow competition, Cahill passed the baton off in first to second leg man, Jaimie "the Canadian grunting guru" Mantzel. Jaimie did not hold back, around he went, holding off all challenges, Mantzel did not disappoint running a fantastic 50. leg as he grunted his way still in first place to the handoff with 3rd leg man player/coach David Callum. Coach Cal coasted around the track continuing to hold off a surging team from the Queensborough Track Club. Still in first place but only by a couple steps, Mark "the saran-wrap" Reynolds, responding to GBTC's women's screams of the other team closing in, dropped the hammer, running away with the race with a 49. leg, wrapping up the teams 4x400 win in 3:24.42. Leading wire-to-wire, GBTC took home first place in the heat, Gold Medals for its victory and its very own Penn Relays Victory Plaque!

Event 142, Friday, 2:36 pm
Masters 100m Dash (55 and older)
6. 13.61, Gary Snyder (Greater Boston TC)

Road Report

James Joyce 10km in the Cold Rain

Dedham, MA, April 28, 2002

By Tom Derderian

Dutifully GBTC's top woman runner Allison Curran velcro-strapped her timing chip to her ankle as was required by the race rules so her place would be recorded in the New England Championship 10 km. She is a twenty-year old student at Suffolk University from Amherst, New Hampshire. A few years earlier she earned 4th runner up status as Miss Teenage America. She works part time as a model. As her race progressed in the cold rain, she did not feel the hard plastic chip wedge itself between the heel tab of her shoe and her Achilles tendon. As she ran, the chip chewed through her skin leaving a bloody hole. Over the last half mile she caught sight of the lumbering old coach and decided to give fierce chase. With teammate and fellow New Hamshirite Helena Kimball steps behind her Allison strained past slowing runners in the last 400 meters. She crossed the timing pad wet, bloody, with her face in agony. A photo of that moment will not make it into her portfolio. Mylene Cox needed persuasion that her degree of fitness would help the team. Ole coach assured her that it would. Her presence and third place certainly did help. Jen Ceolinski who ran a 10km track race last week and Emily Hill completed the women's team score with help from Brandeis grad Shannon Markley and Sarah Jay who will soon be trekking in Nepal. The women's team placed 6th.

Dennis Floyd, who just bought a house and will soon get a second dog, led the men's team. Dennis is pushing hard to raise a GBTC team to win the top prize money in the Breakheart 6 km race next weekend. Since he is the top long distance runner in the club you should listen to him and join the team. No doubt Dennis will send out another announcement. The wandering, traveling man, John Blouin, whose job takes him all over the Eastern Seaboard and forces him to train in weird and sometimes interesting places took second for the team. Marathon Man Matt Lyons who ran the Boston Marathon in 2:45 two weeks ago took third. Lyons is now descending in distance to 3,000 meters and a mile on the track. Jay Slowick, back from an injury sustained early in the indoor track season, bolstered the team

with a fourth. Team leader in the New Bedford Half Marathon, Ben Nephew held up fifth place. Bryan Graham has returned to the fold since wandering lost since cross-country season and Jim Pawlicki has fully recovered from his broken kneecap suffered on January 1st. The men's team placed 7th.

GBTC men's over fifty team of Colin McArdle, Bruce Bond, and ole Coach Derderian placed 2nd.

ROAD RACE RESULTS

FEBRUARY

Hyannis Marathon, Half Marathon and 10K 2/24

5 1:14:57 5:43 Finbarr Kirwan
7 1:15:07 5:44 Kit Wells
8 1:15:16 5:45 Jerad Crave
12 1:16:08 5:49 Peter Shworm
13 1:16:31 5:50 Lee Cox
25 1:19:15 6:03 Francis Cigarek
28 1:21:04 6:11 Noah Kraut
35 1:22:06 6:16 Tom Wolkow
105 1:30:58 6:57 Lisa Hines
150 1:34:27 7:13 Ted Charrette
186 1:36:20 7:21 Allison Curran
215 1:38:30 7:31 Scott Saleska
345 1:44:44 8:00 Kara Narath
542 1:52:24 8:35 Abigail Gordon
1090 Finishers

Joseph Hardin ran 3:17:47 in the marathon.

Also the GBTC relay team called Dregless Drosses with Nichole Robichaud, Gwyneth Caitlin, Erin Cullinane and Tiffany Thompson ran 3:33:56.

Hyannis Half Marathon Team Results

Female Open
1 4:52:02 GBTC
1:30:58 30 F 100 Lisa Hines
1:36:20 20 F 706 Allison Curran
1:44:44 32 F 643 Kara Narath

MARCH

23rd Stu's 30K Clinton, MA, 3/3

44 2:08:49 Michael Urquiola
153 2:26:52 TED CHARRETTE
174 2:29:26 BRENT POPADICH
231 2:38:47 ABIGAIL GORDON

25th New Bedford Half Marathon
New Bedford, MA, 3/17

40 BEN NEPHEW M 26 1:11:24 5:27
52 JOHN BLOUIN M 27 1:12:25 5:32
61 TIM MCCUSKER M 22 1:13:28 5:37
64 Jerad J. Crave M 26 1:13:44 5:38
68 FINBARR KIRWAN M 31 1:14:07 5:40
70 Peter Schworm M 32 1:14:18 5:41
72 Matthew Lyons M 23 1:14:36 5:42
87 JON CHESTO M 30 1:15:46 5:47
98 KIT WELLS M 25 1:16:17 5:50
121 MATT NOLAN M 25 1:18:20 5:59
122 MATT FLINDERS M 32 1:18:22 5:59
139 NOAH Kraut M 24 1:19:26 6:04
163 TOM WOLKOW M 30 1:20:23 6:08
185 Tyler Blackwell M 26 1:21:36 6:14
191 ANDY ROGOVIN M 44 1:21:46 6:15
192 JASON GRILLO M 27 1:21:47 6:15
205 BRIDGE HUNTER M 31 1:22:24 6:18
208 Lynn A. Johnson F 28 1:22:25 6:18
298 Peter Dimarzio M 36 1:26:47 6:38
307 Bruce E. Bond M 50 1:26:55 6:38
361 Kenneth Agabian M 38 1:28:34 6:46
387 TOM DERERIAN M 53 1:29:25 6:50
393 KEN ROSS M 40 1:29:39 6:51
399 HELENA KIMBALL F 24 1:29:46 6:51
427 WALTRAUD PULSINGER F 31 1:30:43 6:56
435 ALLISON CURRAN F 20 1:30:55 6:57
443 LISA HINES F 30 1:31:05 6:57
451 Meg Moore F 30 1:31:22 6:59
491 Harold W. Frost M 54 1:32:20 7:03
570 Jen Ceolinski F 22 1:34:58 7:15
794 STEPHANIE NEPNEW F 26 1:40:22 7:40
905 RACHEL SHANOR F 44 1:43:17 7:53
972 Russell L. Miller M 54 1:44:35 7:59
1011 ERIN CULLINANE F 30 1:45:30 8:03
1133 Jean L. Smith F 50 1:48:32 8:17
1154 Dick Nickerson M 61 1:49:08 8:20

Eastern States 20 Miler, Salisbury, MA, 3/24

5 3/112 JON CHESTO 2:04:16 6:13
6 4/112 PETER SCHWORM 2:04:33 6:14
7 5/112 FINBAR KIRWAN, 2:04:33 6:14
30 15/112 KEN AGABIAN, 2:20:49 7:03
233 60/112 SCOTT SALESKA, 424 2:49:17 8:28
326 46/76 KARA NARATH 3:00:36 9:02

Merrimack River Trail 10 Miler

Andover, MA, 3/30

1 BENJAMIN NEPHEW 1/26 59:04 5:55
97 STEPHANIE NEPHEW 4/16 1:24:13 8:26
107 CLAIRE MCMANUS 3/19 1:25:54 8:36

Boston Tune-up 15K Upton Ma 3/30

2 Bill Newsham 53:38

APRIL

Lexington Patriot's Day Race 4/15

BEN NEPHEW 26:19 5:16
60 CLAIRE MCMANU 1/47 33:30 6:42
(Master's Winner)

Boston Marathon 4/15

Team Results

Men's Open (out of 65 teams)

13. Greater Boston Track Club MA 08:13:38
(BAA was 1st in 7:25:52)

Men's Masters (out of 56 teams)

32. Greater Boston Track Club MA 09:26:36
(BAA ran 8:49:17 for 17th place)

Women's Open (out of 41 teams)

24. Greater Boston Track Club MA 11:18:18

Women's Masters (out of 27 teams)

27. Greater Boston Track Club MA 13:53:34

Boston Marathon (Official Results)

Men

Jerad Crave, 2:43:22
Jeff Doyon, 2:44:54
Matt Lyons, 2:45:22
Jon Chesto, 2:49:01
Kit Wells, 2:49:04
Finbarr Kirwan, 2:49:46
Alex Filides, 2:51:51
Peter Schworm, 2:53:22
Stanley Hu, 2:57:04
Andy Rogovin, 2:57:35
Bridge Hunter, 2:58:34
Bruce Bond, 3:12:40
Tyler Blackwell, 3:12:42
Mike Urquiola, 3:13:21
Harry Wiggins, 3:16:21
Garrett Tingle, 3:17:52
Kenneth Agabian, 3:21:51
Ted Charrette, 3:26:04
Matt Nolan, 3:30:42
Thomas Whitney, 3:35:26
Scott Saleska, 3:55:32

Women

Waltraud Pulsinger 3:23:48
Nicole Robichaud, 3:48:38
Abigail Gordon, 4:05:52

Red's Shoe Barn 5-Miler Dover, NH 4/21

6 1/9 27:22 5:29 MATTHEW LYONS 109 1/11
37:08 7:26 CHRISTY NORTHROP

(more results on page 9)

Carbohydrate Confusion

By Nancy Clark, MS, RD

Ever since Dr. Atkins came out with his carbohydrate-bashing high protein diet, active people (who had been happily enjoying bagels, pasta and pretzels as the foundation of their meals) have suddenly started shunning these excellent sources of muscle fuel. Instead, they are eating more egg whites, cottage cheese, soy shakes and protein-based foods. But questions abound about the role of carbohydrates in the sports diet--as well as concerns about insulin and the glycemic effect of foods. The purpose of this article is to address the current state of carbohydrate confusion and provide some clarity for active people who want to eat wisely for good health, high energy, weight control and top performance.

Q: Are carbs fattening? Should I eat less of them?

A: Carbohydrates are not inherently fattening. Excess calories are fattening. Excess calories of carbohydrates (bread, bagels, pasta) are actually less fattening than are excess calories of fat (butter, mayonnaise, frying oils) because the body has to spend calories to convert excess carbohydrates into body fat. In comparison, the body easily converts excess calories of dietary fat into body fat. This means, if you are destined to be gluttonous but want to suffer the least weight gain, you might want to indulge in (high carb) frozen yogurt instead of (high fat) gourmet ice cream.

Q. Is there a difference between the carbs from starchy foods (like breads) vs the carbs in fruits and vegetables or in candy?

A. As far as your muscles are concerned, there is no difference. You can carbo-load on jelly beans, bananas or brown rice; they are biochemically similar. Sugars and starches both offer the same amount of energy (16 calories per teaspoon) and both get stored as glycogen in muscles or used for fuel by the muscles and brain (via the blood sugar). The sugar in jelly beans is a simple compound, one or two molecules linked together. The starch in brown rice is a complex compound, hundreds to thousands of sugar molecules linked together. Sugars can convert into starches and starches can convert into sugars. For example—

- When a banana is green (not ripe), it is starchy. As it gets older, it becomes sweeter; in fruits, the starch converts into sugar.

- When peas are young, they are sweet. As they get older, they get starchier; in vegetables, the sugar converts into starch. Grain foods (wheat, rice, corn, oats) also store their energy as complex strands of sugar molecules, a starch. The starch breaks down into individual sugar molecules (glucose) during digestion. Hence, your muscles don't care if you eat sugars or starches for fuel because they both digest into the same simple sugar: glucose.

The difference between sugars and starches comes in their nutritional value and impact on your health. Some sugars and starches are healthier than others. For example, the sugar in orange juice is accompanied by vitamin C, folate and potassium. The sugar in orange soda pop is void of vitamins and minerals; that's why it's described as "empty calories." The starch in whole wheat bread is accompanied by fiber and B-vitamins. The starch in white breads has lost many health protective nutrients during the refining process. White bread provides muscle fuel, but fewer vitamins.

Q. If carbs aren't fattening, why do high protein diets "work"?

A. High protein diets seemingly "work" because--

1. The dieter loses water weight. Carbs hold water in the muscles. For each ounce of carbohydrate you stored as glycogen, your body simultaneously stores three ounces of water. When you deplete carbs during exercise, your body releases the water and you experience a significant loss of weight that's mostly water, not fat.

2. People eliminate a lot of calories when they eliminate carbohydrates. For example, you might eliminate not only the baked potato (200 calories) but also two pats of butter (100 calories) on top of the potato--and this creates a calorie deficit.

3. Protein tends to be more satiating than is carbohydrate. That is, protein (and fat) lingers longer in the stomach than does carbohydrate. Hence, having high protein (and fat) eggs & bacon for breakfast stays with you longer than does a high carb bagel with jam. By curbing hunger, you have fewer urges to eat and can more easily cut calories--until you start to crave carbs and binge eat.

The overwhelming reason why high protein diets do NOT work is dieters fail to stay on them for a long time. They may lose weight, but only to regain it. The trick to losing weight is to learn how to manage the American food supply so you won't regain the weight. Remember: You should never start a food program you do not want to maintain for the rest of your life. Do you really want to never eat breads, potato or crackers ever again????

Q. I've heard white bread is "poison." Do you agree?

A. White bread offers lackluster nutrition, but it is not "poison" nor a "bad" food. White bread can be balanced into an overall wholesome diet. That is, if you have bran cereal for breakfast and brown rice for dinner, your diet can healthfully accommodate a sandwich made on white pita for lunch.

White bread's reputation for being "poison" is partially because of its high glycemic effect. That is, 200 calories of white bread quickly digests and causes the blood glucose (blood sugar) to elevate higher than would the same amount of a whole grain, fiber-rich bread. High blood glucose triggers the body to secrete insulin to carry the sugar out of the blood. Insulin can stimulate the appetite, as well as fat deposition. If you are physically fit, however, your muscles readily store the sugar as glycogen with the need of much less insulin. Hence, active people can handle high carb foods and have less need to worry about a food's glycemic effect.

Q. Should I choose foods based on their glycemic effect?

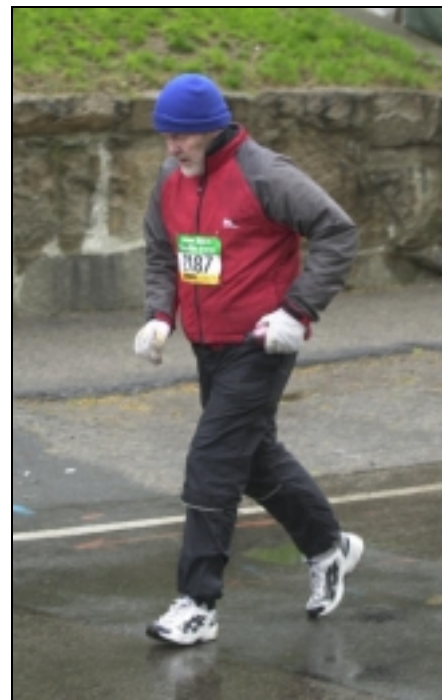
A. As a general trend, yes. Foods with a low glycemic effect tend to be wholesome, fiber-rich fruits, vegetables and whole grains that are health protective and satiating. They can curb the appetite and help with weight management. Yet, the glycemic response to a food varies from person to person, as well as from meal to meal (depending on the combinations of foods eaten). Experiment to learn what food combinations satisfy you and offer lasting energy.

Nancy Clark, MS, RD is Director of Nutrition Services at SportsMedicine Associates in Brookline MA. She is author of Nancy Clark's Sports Nutrition Guidebook, Second Edition (\$23) and her new Food Guide for Marathoners: Tips for Everyday Champions (\$20). Both are available via www.nancyclarkrd.com or by sending a check to Sports Nutrition Materials, 830 Boylston St #205, Brookline MA 02467.

ROAD RESULTS continued

James Joyce Ramble 10Km, 4/28

30	2211 DENNIS FLOYD	32:25	5:13
47	1558 JOHN BLOUIN	32:57	5:19
59	1882 MATTHEW LYONS	33:30	5:24
63	1828 JAY SLOWIK	33:37	5:25
65	1775 BEN NEPHEW	33:43	5:26
69	2212 BRYAN GRAHAM	33:52	5:27
80	886 JAMES PAWLICK	34:27	5:33
113	3113 NOAH KRAUT	35:29	5:43
120	1640 TOM WOLKOW	35:47	5:46
122	2239 MATT FLINDERS	35:50	5:46
134	2012 RICH VOLIVA	36:17	5:51
135	3429 JASON GRILLO	36:22	5:52
160	945 COLIN MCARDLE	37:07	5:59
168	1718 BRIAN BEAULIEU	37:36	6:04
230	936 BRUCE BOND	39:19	6:20
231	1157 KEN ROSS	39:19	6:20
232	1377 MICHAEL NOKE	39:20	6:20
260	3411 TOM DERDERIAN	39:54	6:26
262	1909 ALLISON CURRAN	39:57	6:26
265	2332 HELENA KIMBALL	40:00	6:27
319	3432 MYLENE COX	41:16	6:39
354	1784 THOMAS WHITN	42:08	6:47
375	1384 JENNIFER CEOLINSKI	42:35	6:52
413	1514 EMILY HILL	43:10	6:57
414	2743 KENNETH AGABIAN	43:12	6:58
418	1627 SHANNON MARKLEY	43:16	6:58
439	1450 SARAH JAY	43:46	7:03
466	1905 MARGARET NERVEGNA	44:15	7:08
488	3132 KATIE CARDA	44:33	7:11
512	2866 MICHELLE LANG	45:01	7:15
559	691 DEBRA VOLK	45:57	7:24
600	1847 PETER DIAFERIA	46:40	7:31
702	1970 GWYNETH CATLIN	48:04	7:44
746	71 NICOLE ROBICHAUD	48:44	7:51
844	644 DICK NICKERSON	49:54	8:02
2124	2187 ROBERT WARD	1:18:54	12:42



Bob Ward makes a strong comeback to road racing at the Ramble. Bob was recently struck by a car during a routine training run on Comm. Ave in Newton. Way to go Bob!

Greater Boston Track Club indoor performance list

2001-2002 to 3/24/02 Records listed are all indoor records

Men

- High Jump, GBTC record, Mel Embree, 7'0", 1/26/80
 - Art Henson, 6'6.75", 2.00m USATF Masters, 3/23/02
 - Marc Lefebvre, 6'04.75", 1.95m, NEChamps 2/17/02
 - Marc Lefebvre, 6'04.00", 1.93m, Harvard, 12/8/01
 - Marc Lefebvre, 6'04.00" 1.93m, Husky, 12/01/01
 - Marc Lefebvre, 6'04.00", 1.93, Valentine 2/9/02
 - Art Henson, 6'4", Maine USATF Champs 3/9/02
 - Mark Reynolds, 5'10", 1.80m, NEChamps 2/17/02
 - Richard Sobel, 4'11", 1.50m, USATF Masters, 3/23/02
 - Marc Lefebvre, NH, GBTC, 1/20/02
- Long Jump, GBTC record, Jeff Soderquist, 23'11.00, Valentine, 12/12/00
 - Jeff Soderquist, 23'04.50", 7.12m, NEChamps 2/17/02
 - Jeff Soderquist, 22'11" , 6.98m, Tufts, 12/8/01
 - Jeff Soderquist, 22'4.25, 6.81m, Valentine 2/9/02
 - Art Henson, 20'2.50", Maine USATF Champs 3/9/02
 - Jaimie Mantzel, 18'08.00", 5.69m, NEChamps 2/17/02
 - Jamaal Shaheed, 15'07.75", 4.77m, NEChamps 2/17/02
- 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
 - Mark Malatesta, 14'00.00, GBTC, 1/20/02
 - Mark Malatesta, 14'00.00", Terrier, 1/26/02
 - Mark Malatesta, 14'00.00", NEChamps 2/17/02
 - Mark Malatesta, 14'00", 4.27m, Nat HS NYC 3/8/02
 - Jake Radzevich, 14'00", 4.27m, Nat HS NYC 3/8/02
 - Jake Radzevich, 13'11.75", 4.26m, Harvard, 12/8/01
 - Shawn Donovan, 13'6.25", Terrier, 1/26/02
 - Mark Malatesta, 13'6", Maine USATF Champs 3/9/02
 - 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, 13'1", 4.00m, Valentine 2/9/02
 - Shawn Donovan, 13'.00.00", 3.96m, NEChamps 2/17/02
 - Shawn Donovan, 12'06.00" 3.81m, Husky, 12/01/01
 - Paul Smith, 11'00.00" 3.35m, Husky, 12/01/01
 - Paul Smith, 11'00", Maine USATF Champs 3/9/02
 - Paul Smith, 10'04", 4.05m, USATF Masters, 3/23/02
 - Vic Radzevich, 9'10",3:00m,USATF Masters, 3/23/02
 - Deke Conklin, 8'6", Maine USATF Champs 3/9/02
 - Shawn Donovan, NH, GBTC, 1/20/02
 - Seth LaPierre, NH, Terrier, 1/26/02
- Shot Put, (indoor) Steve Queen, 54', Vermont Invitational 12/78
 - Dan McCarthy, 43'06.00", 13.26m, NEChamps 2/17/02
 - Jaimie Mantzel, 31'07.50, 9.64m, , NEChamps 2/17/02
- 35 lb weight, GBTC record, Bill Haskell, 61' 4", Dartmouth Relays, 1/13/79
 - Joe Welch, 56'05", 17.20m, USATF Masters, 3/23/02
 - Joe Welch, 56'02.5", 17.13m, NEChamps 2/17/02
 - Joe Welch, 55'02.25", 16.82m, GBTC, 1/20/02
 - Tim Lyons, 55.02.00, 16.81m, NEChamps 2/17/02
 - Bob Cedrone, 14.07m, Brown Masters 1/13/02
 - Bob Cedrone, 13.92m, 45'08", USATF Masters, 3/23/02
 - Bob Cedrone, 13.63m, 44'08.75".Maine USATF Champs 3/9/02
 - Bob Cedrone, 44'00.50", 13.42m, NEChamps 2/17/02
- 55 meters, GBTC record, Johann Jack, 6.2h, BU Dev 12/30/00
 - Stanley Egbor, 6.55, Terrier, 1/26/02
 - Stanley Egbor, 6.58, Valentine 2/9/02
 - John Byrnes, 6.92, Terrier, 1/26/02
- 55 meters hurdles, GBTC record, Tom Mahan, 7.31, 1981, NE Champs
 - Ethan Barron, 7.62, Terrier, 1/26/02
 - Ethan Barron, 7.67, Valentine 2/9/02
 - Tim Schnurr, 7.97, Dartmouth, 1/13/02

- Tim Schnurr, 8.09, Valentine, 2/9/02
- Art Henson, 8.23, Maine USATF Champs 3/9/02
- Marc Lefebvre, 8.51, Valentine 2/9/02
- 60 meters, GBTC record Johann Jack, 6.84, New Balance 2/4/01
 - Stanley Egbor, 6.88, GBTC, 1/20/02
 - John Byrnes, 7.47, Harvard, 12/8/01
 - Stanley Egbor, XX, Timing Sys error, NEChamps 2/17/02
 - Jeff Soderquist, 7.12, NEChamps 2/17/02
 - John Byrnes, 7.40, NEChamps 2/17/02
 - John Byrnes, 7.50, GBTC, 1/20/02
 - Jamaal Shaheed, 8.23, NEChamps 2/17/02
 - Gary Snyder, 8.74, USATF Masters, 3/23/02
- 60 meters hurdles, GBTC record, Matt Collins, 8.59, GBTC 1/21/01
 - Marc Lefebvre, 9.04, NEChamps 2/17/02
 - Jaimie Mantzel, 9.20, NEChamps 2/17/02
 - Marc Lefebvre, 9.29, GBTC, 1/20/02
 - Jaimie Mantzel, 9.37, GBTC, 1/20/02
- 200 Meters, GBTC record, Josh Borak, 22.32, St. Valentine 2/10/01
 - Stanley Egbor, 21.81, NEChamps 2/17/02
 - Stanley Egbor, 21.93, Valentine 2/9/02
 - Stanley Egbor, 22.02, Terrier, 1/26/02
 - Mark Reynolds, 23.26, NEChamps 2/17/02
 - David Callum, 23.34, GBTC, 1/20/02
 - David Callum, 23.56, NEChamps 2/17/02
 - Jaimie Mantzel, 24.0, BU, 12/15/01
 - Jaimie Mantzel, 24.41, GBTC, 1/20/02
 - Steve Steinberger 25 ,BU 12/22/01
 - Ismet Kaya, 25.0, BU, 12/29/01
 - Brian Moore, 25.31, NEChamps 2/17/02
 - 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
 - Tony Hamlett, 27.27, USATF Masters, 3/24/02
 - Tony Hamlett, 28.21, NEChamps 2/17/02
 - Gary Snyder, 28.79, NEChamps 2/17/02
 - Gary Snyder, 28.81, USATF Masters, 3/24/02
 - Mark Reynolds, DNF fell, BU, 1/12/02
- 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, 50.20, NEChamps 2/17/02
 - Dave Cahill, 50.5, BU, 12/22/01
 - Dave Cahill, 51.15, GBTC, 1/20/02
 - Jaimie Mantzel, 51.2, BU, 12/15/01
 - Jaimie Mantzel, 52.06, Valentine 2/9/02
 - Jaimie Mantzel, 52.67, NEChamps 2/17/02
 - Josh Seeherman, 52.9, BU, 1/5/02
 - Steve Steinbergher, 53.1, BU, 1/12/02
 - Josh Seeherman, 53:12, Harvard, 12/8/01
 - Sean Ballou, 54.32, Terrier, 1/26/02
 - Eric D. Green, 54.7, BU, 12/29/01
 - Ismet Kaya, 5.23, USATF Masters, 3/23/02
 - Dennis C. Floyd, 55.4, BU, 12/29/01
 - Sean Ballou, 55.65, GBTC, 1/20/02
 - 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 Noke, 63.5, BU, 1/5/02
 - Ismet Kaya dnf, GBTC, 1/20/02

- 500 meters, GBTC record, Kevin Russell, 1:04.13, Valentine-BU, 2/14/98
 - Dave Cahill, 1:06.21, Terrier, 1/26/02
 -
 - 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, 1:55.34, GBTC, 1/20/02
 - 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
 - Christopher Simpson, 1:58.23, NEChamps 2/17/02
 - Dennis C. Floyd, 1:58.85, Valentine, 2/9/02
 - Eric D. Green, 1:58.9, BU, 1/5/02
 - Eric D. Green, 1:59.04, Valentine 2/9/02
 - Eric D. Green, 1:59.3, BU, 1/12/02
 - Dennis C. Floyd, 1:59.45, NEChamps 2/17/02
 - Jay Slowik, 2:00.3, BU, 1/12/02
 - Chris Coxen, 2:01.32, Valentine 2/9/02
 - Neil Wechsler, 2:01.5, BU, 1/5/02
 - Dave Cahill, 2:01.81, Harvard, 12/8/01
 - Chris Coxen, 2:02.64, NEChamps 2/17/02
 - Dennis C. Floyd, 2:02.8, BU, 1/5/02
 - Dennis C. Floyd, 2:03.21, GBTC, 1/20/02
 - 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
 - Asaron Binkley, 2:04.45, NEChamps 2/17/02
 - Rodney Rerko, 2:04.62, GBTC, 1/20/02
 - Bill Newsham 2:04.8, BU, 12/22/01
 - Steve Steinbergher, 2:04.9, BU, 1/12/02
 - Aaron Binkley, 2:05.59, Valentine 2/9/02
 - 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
 - Manuel Chinchilla, 2:07.84, USATF Masters, 3/24/02
 - Rodney Rerko, 2:09.4, BU, 1/5/02
 - Bill Newsham, 2:09.5, Brown, 12/12/01
 - Joe Grand, 2:09.97, NEChamps 2/17/02
 - Manuel Chinchilla, 2:10.29, Brown Masters 1/13/02
 - Ben Nephew, 2:10.48, NEChamps 2/17/02
 - 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
 - Joe Grand, 2:13.37, Valentine 2/9/02
 - Peter DiMarzio, 2:14.0, 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
 - Colin McArdle, 2:21.09, USATF Masters, 3/24/02
 - 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
 - Rick Pierce 2:26.9, Somerville RR, 1/27/02
 - Tom Derderian, 2:28.7, Somerville RR, 1/27/02
 - Rick Pierce, 2:29.92, Maine USATF Champs 3/9/02
 - Kevin Steiner, 2:30.3, BU, 12/15/01
 - Jon Berit, 2:31.7, Somerville RR, 1/27/02
 - Jon Berit, 2:40.8, BU, 12/22/01
 - Rick Pierce, 2:44.20, Brown Masters 1/13/02
 - Jon Berit 2:48.76, GBTC, 1/20/02
- 1000 meters, 1000 meters, GBTC record, Mark Tompkins, 2:27.54, Valentine 2/12/00
 - Christopher Simpson, 2:32.81, Terrier, 1/26/02
 - Eric D. Green, 2:37.80, Terrier, 1/26/02
 - Chris Coxen, 2:38.1h, Terrier, 1/26/02

- 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, 4:16.20, GBTC, 1/20/02
 - Tim McCusker, 4:17.0, BU, 1/5/02
 - Elijah Barrett, 4:19.32, NEChamps 2/17/02
 -
 - Elijah Barrett, 4:20.12, Valentine 2/9/02
 - Elijah Barrett, 4:20.61, Terrier, 1/26/02
 - Christopher Simpson, 4:24.0, BU, 1/5/02
 - Dennis C. Floyd, 4:25.5, BU, 1/12/02
 - Matt Lyons, 4:25.77, Valentine 2/9/02
 - Jay Slowik, 4:26.4, BU, 1/12/02
 - John Blouin, 4:28.34, GBTC, 1/20/02
 - John Blouin, 4:28.4, BU, 1/12/02
 - Christopher Simpson, 4:29.5, BU 12/22/01
 - Dennis C. Floyd, 4:30.38, Terrier, 1/26/02
 - John Blouin, 4:31.2, BU, 1/5/02
 - John Blouin, 4:32.2, BU, 12/29/01
 - Matt Lyons, 4:32.47, GBTC, 1/20/02
 - 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, 4:38.88, NEChamps 2/17/02
 - Francis Ciganek, 4:38.94, NEChamps 2/17/02
 - Bill Newsham, 4:40.47, GBTC, 1/20/02
 - 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
 - Bill Newsham, 4:42.99, Brown Masters 1/13/02
 - Jim Pawlicki, 4:44.3, BU, 12/15/01
 - Ben Nephew, 4:47.02, GBTC, 1/20/02
 - Matt Lyons, 4:47.4, BU 12/22/01
 - Lee Cox, 4:47.9, BU, 1/12/02
 - Peter DiMarzio, 4:48.56, GBTC, 1/20/02
 - 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 Kirwan, 4:50.7, 12/15/01
 - Bill Newsham, 4:51.72, Terrier, 1/26/02
 - Dan Senecal, 4:52.84, USATF Masters, 3/23/02
 - Dave Senecal, 4:53, NY Amory 2/7/02
 - Matt Flinders, 4:53.55, NEChamps 2/17/02
 - 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
 - Colin McArdle, 5:01.22, USATF Masters, 3/23/02
 - Stanley Hu 5:01.2, BU, 12/15/01
 - Manuel Chinchilla, 5:01.84, Brown Masters 1/13/02
 - 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
 - Arron Binkley, 5:03.83, GBTC, 1/20/02
 - Tom Wolkow, 5:03.98, GBTC, 1/20/02
 - Mike Noke, 5:04.04, NEChamps 2/17/02
 - Brian Beaulieu, 5:04.5, Somerville RR, 1/27/02
 - 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
- Mike Noke, 5:06.63, GBTC, 1/20/02
- Kevin Steiner, 5:07.3, BU, 12/15/01
- Brian Beaulieu, 5:07.72, GBTC, 1/20/02
- 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
- Mike Noke, 5:17.2, Somerville RR, 1/27/02
- Tom Derderian, 5:20.46, GBTC, 1/20/02
- Tom Derderian, 5:21.0, BU, 1/12/02
- Alex Filides, 5:21.1, BU, 1/5/02
- Tom Derderian, 5:23.7, Somerville RR, 1/27/02
- Michael Noke, 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
- Konstantine Konstantopoulos, 5:28.82, GBTC, 1/20/02
- Brad Stayton, 5:30.79, GBTC, 1/20/02
- 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, 8:36.26, Terrier, 1/25/02
 - Tim McCusker, 8:51.9, BU, 12/29/01
 - John Blouin, 8:56.31, Valentine 2/9/02
 - Rich Voliva, 9:01.15, GBTC, 1/20/02
 - Rich Voliva, 9:01.20, Terrier, 1/25/02
 - 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
 - Jerad Crave, 9:16.09, GBTC, 1/20/02
 - 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
 - Lee Cox, 9:26.64, Terrier, 1/25/02
 - 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 Kirwan, 9:32.3, BU 12/15/01
 - Jim Pawlicki, 9:35.3, BU, 12/15/01
 - Matt Flinders, 9:39.43, Terrier, 1/25/02
 - Matt Flinders, 9:39.7h, 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
 - Dan Senecal, 9:45.21, USATF Masters, 3/22/02
 - Stanely Hu, 9:46.23, GBTC, 1/20/02
 - Noah Kraut, 9:45.19, NEChamps 2/17/02
 - Noah Kraut, 9:46.5, BU, 12/22/01
 - Colin McArdle, 9:47.6, BU 12/22/01
 - Noah Kraut, 9:48.15, GBTC, 1/20/02
 - 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
 - Colin McArdle, 9:59.82, USATF Masters, 3/22/02

- 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
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- 2 mile, GBTC record, 8:39.8 Randy Thomas, 12/10/76 Coast Guard Relays
 - Joe Grand, 11:08.0, Somerville RR. 1/27/02
 - Brad Stayton. 12:12:04, GBTC, 1/20/02
 - Jon Berit, 12:39.66, GBTC, 1/20/02
- 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)
 - Ben Nephew, 15:58.20, NEChamps 2/17/02
 - Kit Wells, 16:02.60, NEChamps 2/17/02
 - Jerad John Crave, 16:10.96, Valentine 2/9/02
 - Lee Cox, 16:17.80, NEChamps 2/17/02
 - Kit Wells 16:27.10, Dartmouth 1/13/02
 - Matt Nolan, 16:37.50, NEChamps 2/17/02
 - Matt Nolan, 16:43.83, Dartmouth 1/13/02
 - Stanley Hu 17:30.92, Dartmouth 1/13/02
 - Colin McArdle, 17:22.40, NEChamps 2/17/02
- 4x400 meters,
 - Valentine, 2/09/02, 3:26.70, Mark Reynolds, 51.13, Ethan Barron, 49.79, Jaimie Mantzel, 52.20, Dennis Floyd, 53.58.
- 4x440 yards, GBTC record, 3:21.2 12/10/76 Coast Guard Relays
 - 3:24.65, NEChamps 2/17/02, Stanley Egbor, 50.38, March Reynolds, 51.88, David Callum, 51.53, Dave Cahill, 50.65.
 - 3:27.89, Aaron Binkley 53.2 Mark Reynolds 52.4 David Callum 51.6 David Cahill 50.4, GBTC, 1/20/02
- 4x880yard, GBTC record, 7:37.6, 2/23/74, US Nationals, NYCity, Bob Sevene, Dave Elliot, Don Riccatto, Jack MacDonald
 - Chris Simpson 1.58.2 Dennis Floyd 2.02.7 John Blouin 2.04.1 Tim McCusker 2.00.4 8:05.61, GBTC 1/20/02
- 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
 - Valentine, 2/09/02, 10:11.17, Christopher Simpson, 3:12.57, Dave Cahill, 49.81, Elijah Barrett, 1:57.46, Tim McCusker, 4:11.33
 - Terrier, "A" 1/26/02, 10.13.72, Simpson, 3:08.84, Cahill, 50.23, Elijah Barrett, 1:57.83, McCusker, 4:16.82
 - USATF Nationals, 3/02/02, 10:18.18, Christopher Simpson, 3:07.8, Mark Reynolds, 50.3, Dave Cahill, 1:59.9, Tim McCusker, 4:20.2
 - Terrier, "B" 1/26/02, 10:43.06, Rerko 3:16.88, Cosen, 55.25, Green, 1:58.91, Voliva, 4:32.02
- (Imperial) DMR (Yards) 9:54.9 John Demers 1:57.3, Bill Strang 48.5, Fred Doyle, 3:02, Greg Meyer 4:07.2
 - 10:56.16, NEChamps 2/17/02, Dennis C. Floyd, 3:22.5, Christopher Simpson, 52.7, Francis Ciganek, 2:02.4, Elijah Barrett, 4:37.4.
 - 11:46.01, NEChamps 2/17/02, Matt Nolan, 3:41, Kit Wells, 58, Lee Cox, 2:14, Jerard John Crave, 4:50.
- 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, 03669028 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

- Shotput, GBTC record Yawa Duse-Anthony, 10.58m, 34'08".50, USATF-NE, 6/17/00
 - Kourtney Trainor, 33'02", 10.12m, NEChamps 2/17/02
 - Siobhan Hart, 31'02", 9.50m, NEChamps 2/17/02
 - Nancy Cahill, 21' GBTC, 1/20/02
- Triple Jump GBTC record, pending below?
 - Michelle Carrancho, 31'08", 9.65m, NEChamps 2/17/02
- Long Jump, Katie Alexis, 4.68, 15"04.25", GBTC 1/23/00
 - Michelle Carrancho, 13'11", 4.25m, NEChamps 2/17/02
- 55 meters, GBTC record, Sakeena Baccas, 7.9h, USATF-NE 2/18/01

- Daneille Hamlett, 7.60, Tufts Youth, 3/17/02
- Sarah Lawson, 7.78, Valentine, 2/09/02
- Danielle Hamlett, 7.8, Somerville RR, 1/27/02
- Sarah Lawson, 7.90, Maine USATF Champs 3/9/02
- Michelle Carrancho, 8.0h, Somerville RR. 1/27/02
- Sarah Lawson, 8.08, Brown Masters 1/13/02
- Natasha Hamlett, 8.70, Tufts Youth, 3/17/02
- Tasha Berit, 15.4, Somerville RR. 1/27/02
- 55 meters, Hurdles, GBTC record ????
- Michelle Carrancho, 9.50, Terrier, 1/26/02
- 60 meters, GBTC record, Geraldine Pillay, 7.38, GBTC, 1/20/02
- Lenecia Bernard, 8.33, , NEChamps 2/17/02
- Sarah Lawson, 8.47, USATF Masters, 3/23/02
- Sarah Lawson, 8.51, GBTC, 1/20/02
- Sarah Lawson, 8.57, NEChamps 2/17/02
- Danielle Hamlett, 8.60, NEChamps 2/17/02
- Sarah Lawson, 8.70, Harvard, 12/8/01
- 60 meters hurdles, GBTC record Michelle Carrancho, 10.42, GBTC, 1/20/02
- Michelle Carrancho, 10.12, NEChamps 2/17/02
- Michelle Carrancho, 10.42, GBTC, 1/20/02
- 200 meters, GBTC record, Jennifer Marshall, 26.46, Husky, 12/01/01
- Jennifer Marshall, 26.46, Husky, 12/01/01 (club record)
- Danielle Hamlett, 27.80, Tufts Youth, 3/17/02
- Lenecia Bernard, 27.83, NEChamps 2/17/02
- Sarah Lawson, 27.84, USATF Masters, 3/24/02
- Sarah Lawson, 27.90, Valentine, 2/09/02
- Sarah Lawson, 27.95, Maine USATF Champs 3/9/02
- Siobhan Hart, 28.04, NEChamps 2/17/02
- Danielle Hamlett, 28.17, NEChamps 2/17/02
- Sarah Lawson, 28.25, Harvard, 12/8/01
- Sarah Lawson, 28.28, GBTC, 1/20/02
- Sarah Lawson, 28.32, NEChamps 2/17/02
- Chi Chi Schickel, 28.64, NEChamps 2/17/02
- Sarah Lawson, 28.67, Brown Masters 1/13/02
- Sakeena Baccas, 28.70, NEChamps 2/17/02
- Michelle Carrancho, 29.1, Somerville RR. 1/27/02
- Chi Chi Schickel, 29.14, Terrier, 1/26/02
- Michelle Carrancho, 29.8, BU, 1/12/02
- Amber LaPiana, 30.17, GBTC, 1/20/02
- Amber LaPiana, 30.2, BU, 1/12/02
- Natasha Hamlett, 32.80, Tufts Youth, 3/17/02
- 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)
- Cheryl Makarewicz, 1:00.32, Valentine, 2/09/02
- Cheryl Makarewicz, 1:00.66, NEChamps 2/17/02
- Sarah Lawson, 62.24, Maine USATF Champs 3/9/02
- Sarah Lawson, 62.37, USATF Masters, 3/23/02
- Christine Kloiber, 1:02.41, GBTC, 1/20/02
- Sarah Lawson, 1:02.75, NEChamps 2/17/02
- Sarah Lawson, 1:03.27, Valentine, 2/09/02
- Christine Kloiber, 1:03.38, Harvard, 12/8/01
- Chi Chi Schickel, 1:03.59, NEChamps 2/17/02
- Chi Chi Schickel, 1:03.80, Valentine, 2/09/02
- Chi Chi Schickel, 1:04.73, Terrier, 1/26/02
- Sarah Lawson, 1:04.85, Brown Masters 1/13/02
- 800 meters, GBTC record, Joan Bohlke, 2:12.70, Valentine, 2/09/02
- Joan Bohlke, 2:12.70, Valentine, 2/09/02
- Joan Bohlke, 2:14.88, Terrier, 1/26/02
- Joan Bohlke, 2:15.50, NEChamps 2/17/02
- Joan Bohlke, 2:17.17, GBTC, 1/20/02
- Marguerite DoRosario, 2:22.80, GBTC, 1/20/02
- Cheryl Lyons, 2:23.74, NEChamps 2/17/02
- Cheryl Lyons, 2:24.24, Terrier, 1/26/02
- Cheryl Lyons, 2:24.41, Valentine, 2/09/02
- Michelle Lang, 2:24.7, BU, 1/12/02

- Marguerite DoRosario, 2:25.7, BU, 1/12/02
- Cheryl Lyons, 2:26.16, GBTC, 1/20/02
- 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, 2:33.26, GBTC, 1/20/02
- Chi Chi Schickel, 2:33.4, BU, 12/15/01
- Helena Kimball, 2:35.05, GBTC, 1/20/02
- Jessica Lee Blake, 2:39.1, BU, 12/22/01
- Lisa May Hines, 2:39.5, Somerville RR, 1/27/02
- Sakeena Baccas, 2:41.03, NEChamps 2/17/02
- Jen Ceolinski, 2:43.5, BU, 12/22/01
- 1000 meters, Marguerite DoRosario, 3:03.35, Terrier, 1/26/02
- 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, 5:21.85, GBTC, 1/20/02
 - Michelle Lang, 5:27.8, BU, 12/29/01
 - Helena Kimball, 5:28.9, BU, 1/12/02
 - Jessica Lee Blake, 5:30.6, BU, 12/29/01
 - Michelle Lang, 5:32.0, BU, 1/5/02
 - Michelle Lang, 5:32.16, NEChamps 2/17/02
 - Sarah Heard, 5:32.44, Valentine, 2/09/02
 - Sarah Heard, 5:33.14, NEChamps 2/17/02
 - Michelle Lang, 5:33.31, Terrier, 1/26/02
 - 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
 - Lindsey Kriete, 5:39, Milwaukee, 1/12/02
 - Sarah Heard, 5:42.5, Somerville RR, 1/27/02
 - Jessica Lee Blake, 5:44.9, BU, 12/15/01
 - Lisa May Hines, 5:44.56, GBTC, 1/20/02
 - Lisa May Hines, 5:44.9, BU, 1/5/02
 - Mylene Cox, 5:45.0, BU, 1/5/02
 - Lisa Hines, 5:54.3h, NEChamps 2/17/02
 - Jen Ceolinski, 5:57.6, BU, 1/12/02
 - Shannon Markley, 6:06.1h, NEChamps 2/17/02
 - Jen Ceolinski, 6:09.5, BU, 12/29/01
 - Deb Volk, 6:16.2, Somerville RR, 1/27/02
 - Deb Volk, 6:17.8h, NEChamps 2/17/02
 - Debbie Volk, 6:23.3, BU, 12/22/01
- 3000 meters, GBTC record, Jessica Lee Blake, 10:05.01, USATF-NE 2/18/01
 - Lynn Johnson, 10:42.41, GBTC, 1/20/02
 - Jessica Lee Blake, 10:45.0, BU, 12/29/01
 - Lindsey Kriete, 10:50.0, Kenosha, Wisc, 2/2/02
 - Jessica Lee Blake, 11:05.1, BU, 12/15/01
 - Margaret Nervegna, 11:13.27, Valentine, 2/09/02
 - Michelle Lang, 11:27.4, BU 12/22/01
 - Jen Ceolinski, 12:08.64, GBTC, 1/20/02
 - Jen Ceolinski, 12:24.0, BU, 1/5/02
 - Debby Volk, 12:28.7, BU, 1/5/02
 - Debby Volk, 12:29.6, BU, 1/12/02
 - Debby Volk, 12:35.1, BU, 12/29/01
 - Debby Volk, 12:37.48, GBTC, 1/20/02
 - Debby Volk, 12:39.9, BU, 12/15/01
- Two Mile, GBTC Record, Sarah Rankin, 11:09.02, GBTC, 2/6/83
 - Margret Nervegna, 12:05.5, Somerville RR, 1/27/02
 - Bridget Sullivan, 12:13.1, Somerville RR, 1/27/02
- 5,000 meters, GBTC record, Joanna Veltri 17:37.41, USA T&F-NEChps, Brown, 2/8/98
 - Lynn Johnson, 18:06, NEChamps 2/17/02
 - Lindsey Kriete, 18:57, Whitewater, Wisc, 1/26/02
 - Bridget Sullivan, 19:11.50, NEChamps 2/17/02
 - Margaret Nervegna, 19:30, Terrier 1/25/02
 - Margaret Nervegna, 19:35.80, NEChamps 2/17/02
 - Jen Ceolinski, 20:49.80, NEChamps 2/17/02
- 4x220yd relay,
 - 1:52.03, Christine Kloiber 27.6 Geraldine Pillay 27.5 Michelle Carrancho 29.0 Sarah Lawson 27.7, GBTC, 1/20/02
- 4x440yd relay, Club record, Harvard, 12/9/00, 4:15.05, Sullivan 61, Bacaas, 65, Ferguson 62, Kloiber, 64

- 4:27.42, Joan Bohlke 61.8 ChiChi Schickel 65.1 Michelle Lang 67.5 Jen Ceolinski 72.6 GBTC, 1/20/02
- 4:34.00, NEChamps 2/17/02, Schickle, Baccas, Carrancho, Hines
- 4x1600 relay: GBTC Record, 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 May Hines, 5:54.5; Michelle Lang, 5:43.2
- Distance Medley Relay, GBTC Record Terrier 1/30/00, 12:37.92 (McDonald, 3:56, Alexis, 63, Thomas 2:30, Manolatu 5:07)
 - Valentine, 2/09/02, 12:22.88, Michelle Lang, 3:46.89, Cheryl Makarewicz, 60.83, Marguerite DoRosario, 2:19.32, Joan Bohlke, 5:14.84.
 - USATF Nationals, 3/02/02, 12:27.63, Michelle Lang 1200, 3:49.7, Cheryl Makarewicz, 400, 60.9, Cheryl Lyons, 800, 2:22.3, Joan Bohlke, 1600, 5:13.8,
 - Terrier, 1/26/02, 12:50.67, Lang, 4:03.32, Lyons, 63.42, DoRosario, 2:23.64, Bohlke, 5:20.24
 - Imperial Distance Medley Relay: 13:51.03, NEChamps 2/17/02, Michelle Lang, 4:04, Emily Hill, 71, Cheryl Lyons, 2:32, Bridget Sullivan, 6:02

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: _____

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Coaching information:

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

Interests:

- Road Racing: _____
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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.

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