

The Wingfoot Express

July 2003

Newsletter of the Greater Boston Track Club

www.gbtc.org

GBTC CAPTURES OUTDOOR TRACK CHAMPIONSHIP TEAM TITLES

CAMBRIDGE—GBTC was out in full force at the steamy USATF-New England track championship on Sunday, June 15 at MIT's Steinbrenner Track, where we defeated the rest of clubs leading to the 4th straight title for the men and the third in a row for the women.

The women were paced by yet again by our resident masochist heptathlete Kourtney Trainor, who scored over a quarter of the team's points winning the club competition in the 400 hurdles, long jump, and both relays (4x100 and 4x400) while scoring additional points in the high jump, shotput and 200. However, even in light of Kourtney's labors, the women were all over the map. Jana Bromell, a new addition from Wheaton College, won the 400 and the shotput (yes, an interesting double) while anchoring impressively in the 4x400 with a 55.3 400 split, by far the fastest split anyone has run for the club. Sarah Lawson reminded us again why she is, as she puts it, "the fastest soccer mom in the state" by placing in both the 100 and 200 and lending a hand in the 4x100. Kristen Brennan returned to her roots as a steeplechaser and was the top club finisher, and Sarah Dorrel high jumped for the first time

(continued on page 5)



Stanley Egbor sets a club record with a wind-aided 20.70 200m (Photo credit: Stan Hu)

From the Editor:

It's been quite a long time since the last Wingfoot Express—but thankfully it's back in full force. As always, your comments and suggestions are always helpful, so keep sending them along!

The GBTC has been ablaze with activity this spring. The lack of New England sunshine and warmth (hey, what happened to spring anyway?) has not stopped the red hot GBTC from going out in full force in many major events of the season. Our women placed 2nd in the Freihofer's National 5 km Championships in Albany New York on May 31, taking home cash earnings and beating Syracuse by a mere 12 seconds. On the track, our men's and women's team placed first in the New England Outdoor Track and Field Championships at MIT on June 15. GBTC's own Stan Egbor pulled a phenomenal wind-aided 20.70 in the 200. Also impressive were the women with Kourtney Trainor scoring over 20 points by herself, and Jana Bromell, who set a new club record in the 400 (56.2) and anchored a record 4x400, assisted by Catherine Regan, Ulrike Gradhand, and Kourtney. The club as a whole continued to compete regularly at the Boston High Performance meets in Waltham, often fighting fierce rain and wind. In the Grand Prix Road Race circuit, our men's team placed 4th overall and our women's team 5th at the Rhody 5 km which ended on a muddy greyhound track. With these latest results, both our men and women's teams stand at 4th place in the series. The next event in the circuit is the 20 km in Bedford, NH. And let's not forget our resident mountain junkie, Ben Nephew, who has been racing up and around most of New England's mountains. Ben is currently the 5th male in the USATF-NE Mountain Running Circuit.

All these wonderful results would not be possible without some serious training. And what better to train on but the terrific track at Danehy Park, the club's official outdoor track for workouts. So far, the club has had huge turnouts at the track on Tuesday nights. The newly laid track in Cambridge near the Fresh Pond Mall has everything a runner could ask for—port-o-johns, paved paths for warm-ups, free parking, and lights. And if you want to mix up your weekly track workouts with some other interesting and challenging running, check out the Club Happenings section (page 3) which lists several alternative weekly running activities, like Bruce Bond's Sunday Walden Pond long runs, to get you ready for that next big race.

Of course, running does not have to be that serious. Several GBTCers recently completed the first Midsummer Lights Relay on Deer Island in Boston/Winthrop on June 20th and 21st, from sunset to sunrise. Running on a peninsula in Boston Harbor on the shortest night of the year, our participants proved that you really don't need any sleep to run a good 5 km, just a little light wand and a muffin or two. Of course, these events are great team building experiences. So if you are interested in running and bonding with members, mark your calendar for the Lake Winnie Relay on Sept 20th in Wiers Beach, NH.

As always, keep up the great running and camaraderie!

- Erin L. Cullinane

The Wingfoot Express

A publication of the Greater Boston Track Club

Editor and Publisher
Erin Cullinane

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GBTC Invitational
Jim O'Brien

Coaches
Tom Derderian
Ron Glennon
Dave Callum

Membership
Mark Lefebvre

Merchandise
Chris Simpson

USATF Club Number: 016

club happenings . . .

Remaining Grand Prix Road Race Schedule

For more information, go to www.usatfne.org

20 kilometer June 29 9:00 Bedford Lions 20K, Bedford NH

8 Mile July 20 9:00 Stowe 8 Miler , Stowe VT

10 kilometer August 9 9:00 Bridge of Flowers 10K, Shelburne Falls MA

5 Mile October 5 1:30 Ro-Jack's Run, Attleboro MA

Marathon October 26 8:15 Cape Cod Marathon, Falmouth MA

USA TRACK & FIELD - NEW ENGLAND 2003 GRAND PRIX

TEAM STANDINGS AFTER 2 EVENTS

SUBJECT TO REVIEW

	13.1M	5K	20K	8M	10K	5M	26.2M	PTS
MEN'S OPEN								
BOSTON ATHLETIC ASSOCIATION	23	18						41
WHIRLAWAY RACING TEAM	22	16						38
GREATER LOWELL ROADRUNNERS	20	17						37
GREATER BOSTON TRACK CLUB	19	15						34
CENTRAL MASS STRIDERS	21	12						33
WOMEN'S OPEN	13.1M	5K	20K	8M	10K	5M	26.2M	PTS
MERRIMACK VALLEY STRIDERS	19	9						28
BOSTON ATHLETIC ASSOCIATION	15	10						25
WHIRLAWAY RACING TEAM	18	6						24
GREATER BOSTON TRACK CLUB	17	7						24
CENTRAL MASS STRIDERS	16	5						21

Mix-up your training with these weekly running opportunities

Tempo Runs

- ◆ The Fresh Pond CSU Thursday night races start on June 12 at 6:30 PM and alternate 2.5 and 5 mile distances through the end of August. Enter pond via Huron Ave bridge.
- ◆ The Fresh Pond weekly 2.5 and 5 miler occurs every Saturday morning, rain or shine, at 10 am. Just show up and run.

Trail/Cross Country Runs

- ◆ Walden Woods Sunday morning long runs begin at 8:15 a.m. Contact Bruce Bond for more info. Don't forget to bring your bathing suit (or not) for a dip in the pond to cool off after the run.
- ◆ Lynn Woods weekly Wednesday night cross country race series. Races are held on Wednesdays during June, July, and August and start at 6:30 PM. Each week are 2 races - a short one of 2-3 miles and a longer one somewhere between 4 and 8 miles. Every week there are also 1/4 mile and 1/2 mile races for children. For more information, go to <http://www.lwrun.org/>

Long Runs

- ◆ For anyone interested, progression runs occur on Thursday's from MIT at 7:00 pm. Meet at the bleachers. 14 miles starting easy and finishing less than easy. Contact Brent Popadich for more info.

WHO WE ARE

WHAT WE DO

WHY YOU SHOULD BE A PART OF US

The Greater Boston Track Club provides a friendly, competitive, team-oriented environment to those who compete at the national, regional, and local levels. Financial support may be provided to teams and individuals to compete at major events. The club promotes events in track and field, road racing, trail running, and cross-country. A structured training program is provided in the form of team practices under the guidance of experienced coaches.

Weekly Track Workouts

During the summer, coaches Tom Derderian and Ron Glennon hold workouts every Tuesday evening at 7:30 pm at **Danehy Park** in Cambridge, and Coach David Callum holds workouts for sprinters every Monday and Thursday at 7:00 pm at the **Harvard** outdoor track. During the winter, practice moves indoors at various locations.

Danehy Park

The Danehy track is a beautifully surfaced 400 meter oval located behind the Fresh Pond Cinema in Cambridge, approximately 1/2-mile from the Alewife T-stop. If you are coming from downtown Boston, take Storrow or Memorial Drive to the Fresh Pond Parkway. Go through the traffic light at Huron Ave. and you will see the Fresh Pond Reservoir on the left. At the rotary, take the second right turn (New Street) and proceed to the parking area. The track is located at the top of the hill. From Route 2 or points north, proceed to the Fresh Pond Parkway at Alewife. After passing the cinema on your left, go to the first rotary and take the second right. At the second rotary, take the third right (New Street) and proceed to the parking area. The

track is located at the top of the hill.

Harvard Track

The Harvard outdoor track is next to the football coliseum on North Harvard Street on the Allston/Boston side of the river.

Questions about workouts? Call the Coaches. They will be happy to answer your questions.

Tom Derderian, 617 846-2902
Ron Glennon, 617 479-2995
Dave Callum 978 749-6623

Interested in joining GBTC?

Then come join us for a workout on Tuesday where you can meet the coaches and run with the club. Should you decide to join, the annual dues are an affordable \$40 a year.

Vistit our web site
www.gbtc.org

Upcoming Events

Start planning ahead for some great events coming up this summer and into the fall

Road Racing

Bedford Lions 20K, Bedford NH is the next USATFNE Road Race Series event on June 29th.

Track

USATF Eastern Regional Championships July 6th New Haven CT

Bay State Games Finals July 12th

USATF National Club Track & Field Championships on July 19th, in Bloomington, Indiana. Greater Boston TC won the Triple Crown victory in 2002 capturing the men's national team title, the women's national team title, and the overall national combined-team championship title.

National Masters

T&F Championships, Aug 7-10 Univ. of Oregon, Eugene OR (Age 30+). Tom Jordan/Barbara Kousky **Website** nem@nwevent.com 541-687-1989

Relays

Lynn Woods Relays August 20th at 6:00. 4x2.5 miles.

Lake Winnepesaukee Relay Saturday, September 20th Wiers Beach, NH.

If you are interested in being a captain or co-captain, contact Mike Olivo for more information.

(continued from page 1)

in many years -- surprise she won. Ulrike Gradhand ran wire-to-wire in the 800. And yes, it was no misprint, we now have a summertime female pole vaulter. Catherine "Cat" Tweedie of MIT, who just can't get enough of the pole vault, is representing us between seasons and is a tremendous addition to our club. The other Catherine, Catherine Regan, scored in the 400 right behind Jana and led off our winning 4x400. The list goes on with scoring help from many different folks, including tireless efforts from the distance crew, and there were even some points from a Derderian, not coach Tom but his daughter Jane.

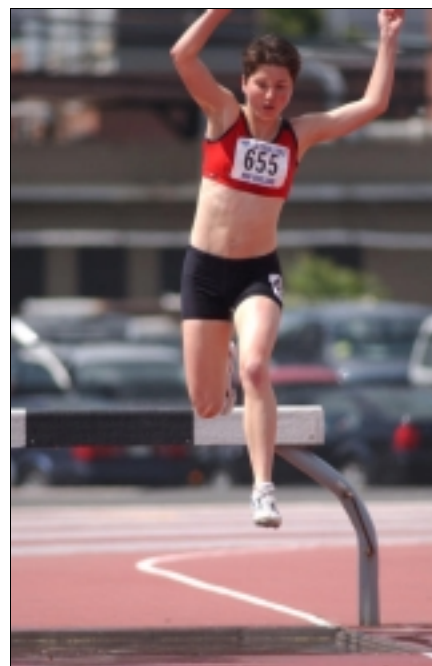
The men were involved in a closer team battle but still won in decisive fashion. Stan Egbor led the men with victories in the 100 and 200, with an absolutely ridiculous wind-aided 20.70 in the 200 that pretty much left the whole place in shock. He also anchored our winning 4x100 and provided support in the 4x400. Very quietly, our number two scorer was none other than Chris Ferrara, a great all-around thrower who won both the shotput and the discus, nearly becoming the first GBTCer in the shotput over 50 feet since Bill Clark in 1978. There were many additional event club wins, including Sean Earle in the high jump (the second year in a row), and Eric Abel in the pole vault.

Anyway, on to the club records. The new women's records centered on the 400 meters. Both Jana Bromell and Catherine Regan ducked under the old record held by heptathlete Shaina Damm with Jana establishing a new record

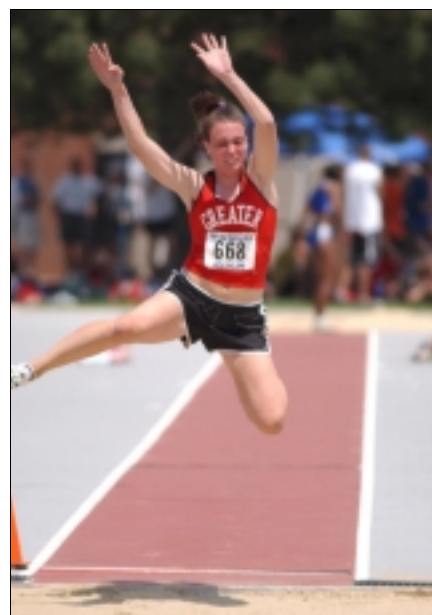
in 56.32. These two, plus Kourtney Trainor and Ulrike Gradhand combined to break the 4:00 barrier and run a new record in 3:57.29, with splits of 58.1-62.5-61.4-55.3. Cat Tweedie established a "first-try" record in the pole vault, and Kristen Brennand also set a new record in the steeple in the same manner (she's only the 2nd GBTCer female to compete in the steeple). This is not an insignificant milestone, as we now have club records in every event. On the men's side, we had just one, Stan's 20.70 in the 200, which as a reference, would place him in the Top 50 nationally if that wind gauge hadn't shown the +3.3 meters/second, which is above the IAAF limit. Over in GBTC stat world we have no problem with wind. There were many other additions to the top 10 lists. Our top 3 scorers for the women were Kourtney Trainor, Jana Bromell, and Sarah Lawson, and for the men Stan Egbor, Chris Ferrara, and Jeff Soderquist (who scored in 3 events, the 100, LJ, and the 4x100).

Again, a fine job well done. I'll caution though that the journey to the national championship is just beginning. At the meet we saw a little taste of the LeMans women's club from New Jersey, they have an excellent crew including nationally ranked long jumper / sprinter Nolle Graham - and their coach wasn't too quiet that he wants that Eastern regional title. It will take a true team effort, like the one we saw today, to defeat them down in Connecticut at the regional meet.

—Written by Josh Seeherman



Kristen Brennand hovers above the steeplechase water pit en route to setting a club record (Photo credit: Stan Hu)



Kourtney Trainor, who scored over a quarter of the club's points, soars in the long jump (Photo credit: Stan Hu)

For complete results of the USATF New England Outdoor Track Championships, go to page 8.

The American College of Sports Medicine (ACSM) is the nation's largest group of exercise scientists, sports medicine doctors and sports nutritionists. The members meet each year to present their research. Below are some tidbits of nutrition and exercise news that were presented at the May 2003 meeting in San Francisco.

PERFORMANCE

Intramuscular fat, that is, fat that is stored within muscles--can provide up to 25% of the energy used during endurance exercise. Athletes may need two days to replenish intramuscular fat if they eat a high fat (40%) diet and even longer with a lower fat diet (24% of calories; at least 60 to 80 grams of fat). Endurance athletes can and should appropriately include nuts, peanut butter, olive oil and other healthful fats into their daily meals. Fat-free diets are not conducive to optimal fueling.

If you exercise twice a day, your morning coffee can still enhance your afternoon effort. Cyclists (who were accustomed to drinking coffee) consumed the equivalent of two mugs of coffee before a morning ride to exhaustion. When they took more caffeine before the afternoon exercise test, they performed similarly to when they only had the morning dose. Morning brew is enough!

If you are tempted to buy oxygenated water, think again. It does not supersaturate the blood with oxygen (and thereby enhance performance). Yet, you do want to drink enough fluids on a daily basis—unlike a college hockey team of which 14 of the 16 players starting the practice dehydrated. During the 90 minute practice, not one player drank enough to match

fluid losses. Be sure to know your sweat rates and replace fluid accordingly!

HYDRATION

For years, athletes have been told to drink as much water as they can tolerate. That's no longer the case. Endurance athletes who exercise for more than four hours and overhydrate with fluids that contain little or no sodium can experience hyponatremia (low blood sodium; associated with malaise and confusion at least, and death at worst). A survey of marathon runners who experienced hyponatremia indicates they: 1) drank more fluid during the marathon and 2) had saltier sweat compared to others who maintain normal sodium levels.

Hyponatremia occurs more often in women than in men. This might be because women are more diligent than men about drinking water or it might be related to menstrual cycle hormones.

Football players with a history of severe muscle cramping during two-a-day summer practices drank less fluid than cramp-free players. They became more dehydrated and experienced more muscle cramps. They also had higher sweat rates and simultaneously higher sodium losses. Consuming sports drinks is a convenient way to boost sodium intake. Pretzels and broth work, too. The bottom line: If you do extensive exercise in the heat, you should know your sweat rate as determined by weighing yourself naked before and after one hour of hard exercise with

no fluid intake (1 lb weight loss = 16 ounces sweat) You can then replace fluids appropriately, preferably with sodium-containing fluids and foods that replace sodium sweat losses. If your stomach is sloshing, stop drinking.

BODY IMAGE

When 700 young adults (average age, 24 years) were asked how they perceived themselves on the spectrum from very underweight to very overweight, the women were more likely to see themselves as more overweight than their actual weight; the men saw themselves as being more underweight. High school and collegiate runners hold similar perceptions. When questioned, the women reported wanting to be lighter than their current weight. The male runners, in comparison, wanted to be a little larger.

The male desire to be bigger is based on perception, not the actual preferences of women. A survey of about 200 collegiate men and women indicates 1) men believe the male figure most attractive to women is more muscular than the figure the women actually chose; 2) women prefer men with standard muscle, not hulks!

Weight lifting is associated with not just improved strength but also improved perception of self-esteem, sports competence, coordination and health. (continued on p. 7)

WOMEN

Rat studies suggest the loss of regular menstrual periods that commonly occurs in active females may be related to inadequate calories, not excessive exercise. Rats that did lots of exercise but ate enough calories to support the exercise program maintained regular reproductive cycles. Rat studies also suggest the bone loss associated with amenorrhea (loss of menses) is likely related to reduced muscle mass as opposed to hormone imbalances. Women need to eat enough to support exercise, muscles and menses.

If you are a female athlete who has stopped having menstrual periods, be aware that many members of the medical community lack knowledge about the health problems associated with amenorrhea. A survey suggest only 53% of family doctors recognized all three parts of the female athlete triad (amenorrhea, eating disorders, stress fractures) as did 36% of pediatricians and 17% of gynecologists. If you are told it's normal for athletic women to stop menstruating, find another MD!

MUSCLE

Consuming inadequate calories and protein reduces the body's ability to build muscles. Hence, dieting athletes should be sure to have a strong protein intake (at least 0.5 gm pro/lb). Yet, if you are severely undereating (such as an athlete "making weight"), choosing a protein-rich diet will not protect your muscles. Soldiers who did exhaustive military operations while eating inadequate calories lost the same amount of muscle regardless if they ate a high (0.5 gm/lb) protein or lower

protein diet.

SUPPLEMENTS

Should you take vitamins C and E to decrease the inflammatory response associated with muscle damage caused by exercise? No. A study with healthy athletes who did muscle-damaging exercise suggests 400 mg. C and 800 mg. E generated no protective benefits. Ultramarathoners who took 1,000 mg. C and 400 mg. E also experienced no benefits in terms of severity of muscle damage and recovery rates. Eating wisely works.

Nancy Clark, MS, RD offers personalized nutrition consultations at SportsMedicine Associates in Brookline MA (617-739-2003). Her best-selling Sports Nutrition Guidebook (\$23) and Food Guide for Marathoners: Tips for Everyday Champions (\$20) are available via www.nancyclarkrd.com or by sending a check to Sports Nutrition Services, 830 Boylston Street #205, Brookline MA 02467.



Message Board

Email From Finbar Kirwan:

As some of you know, I will be heading back to Ireland this Wednesday. I have been offered the job of a lifetime with the Irish Sports Council, working with John Treacy (Olympic Marathon Silver Medalist '84 and the guy who inspired me to put on some running shoes).

I also wanted to wish everybody the very best in their running endeavors. Being a member of GBTC has been one of the highlights of my time here and I'll bring some wonderful memories back with me. I expect to register with a new club in Dublin quickly and Tom is already pushing for a dual meet. Going forward I will still keep this email address, so if you're ever across the pond don't be shy to contact me.

Anyway thanks for sharing the miles and take care

Fin

Track Results

USATF New England Outdoor Championships 6/15/2003 MIT - Steinbrenner Track, Cambridge, MA Results

TEAM SCORING MEN:

1. Gr. Boston TC 69;
2. Reebok Boston 34;
3. Athletics East 30;
4. Worcester TC 21;
5. Providence Cobras, 15;
6. Merrimack Valley Striders 8;
7. NEWalkers 6;
8. BAA, Boston International, Cambridge Sports Union 3;
11. Masters Racewalking & TF Club, 2;
12. Moose Milers Marathoners 1

WOMEN:

1. Gr. Boston TC 84;
2. BAA 14;
3. Athletics East 13;
4. Merrimack Valley Striders 6;
5. Cambridge Sports Union 3;
6. Reebok Boston and Central MA Striders 2;
8. Cambridge RC 1.

Event 1 Women 100 Meter Dash

- 2 Lawson, Sarah 13.68
- 3 Carman, Kisha 37 13.77

Event 2 Men 100 Meter Dash

- 1 Egbor, Stanley 10.45
- 6 Soderquist, Jeff 11.49
- 7 Manosh, Jon 11.50

Event 3 Women 200 Meter Dash

- 6 Trainor, Kourtney 27.45
- 7 Lawson, Sarah 27.65
- 11 Derderian, Jane 30.89

Event 4 Men 200 Meter Dash

- 1 Egbor, Stanley 20.70
- 3 Fuller, Kobie 21.51
- 8 Manosh, Jon 22.79
- 11 Callum, David Greater Boston T 23.25

Event 5 Women 400 Meter Dash

- 1 Bromell, Jana 56.32
- 2 Regan, Catherine 57.57

Event 6 Men 400 Meter Dash

- 2 Dilday, Sekou 49.71
- 6 Cahill, Dave 51.37
- 7 Colon, Andie 51.72
- 12 Jones, Ed 54.85

Event 7 Women 800 Meter Run

- 1 Gradhand, Ulrike 2:17.73
- 4 Subin, Keely 2:21.13

Event 8 Men 800 Meter Run

- 9 Bayliss, Trevor 1:57.73
- 15 Buggia, Adam 2:08.50

Event 9 Women 1500 Meter Run

- 10 Siegrist, Sloan 4:47.11
- 11 Leier, Melissa 4:47.98
- 15 Wasilenko, Katie Greater Boston T 5:14.15

Event 10 Men 1500 Meter Run

- 8 Slovik, Jay 4:03.97
- 9 Tomlinson, Sarad 4:13.05
- 11 Merkhofer, Evan 4:20.80
- 16 McArdle, Colin 4:37.56

Event 11 Women 3000 Meter Run

- 2 Leier, Melissa 10:34.20
- 4 Bradley, Margaret 10:55.71
- 5 Bonstelle, Christy 11:35.51

Event 12 Men 3000 Meter Run

- 3 Voliva, Rich 9:12.79
- 4 Wells, Kit 10:06.53

Event 13 Women 5000 Meter Run

- 3 Bradley, Margaret 18:24.74
- 4 Guzman, Alison 19:15.19
- Famous, Katie DNF

Event 14 Men 5000 Meter Run

- 10 Davie, Bruce 16:37.81
- 15 Nolan, Matthew 17:12.88

Event 19 Women 400 Meter Hurdles

- 2 Trainor, Kourtney 1:06.30

Event 21 Women 3000 Meter Steeplechase

- 2 Brennand, Kristen 11:27.30

Event 22 Men 3000 Meter Steeplechase

- 4 Newsham, Bill 11:04.85

Event 24 Women High Jump

- 1 Dorrel, Sarah 4-08.25 1.42m
- 2 Trainor, Kourtney 4-08.25 1.42m

Event 25 Men High Jump

- 2 Earle, Sean 6-08.00 2.03m
- 4 Sobel, Richard 54 Greater Boston T 5-03.00 1.60m

Event 26 Women Pole Vault

- 1 Tweedie, Cat 10-06.00 3.20m

Event 27 Men Pole Vault

- Abel, Eric Greater Boston T 14-00.00 4.26m

Event 28 Women Long Jump

- 5 Trainor, Kourtney 4.68m 15-04.25
- 7 Derderian, Jane 3.81m 12-06.00

Event 29 Men Long Jump

- 3 Soderquist, Jeff 6.86m 22-06.25
- 7 Luong, Kien 5.76m 18-10.75

Event 31 Men Triple Jump

- 4 Ouarraioui, Amine 12.57m 41-03.00

5 Colon, Andie 12.44m 40-09.75

Event 33 Men Discus Throw

- 4 Ferrara, Chris 41.42m 135-11
- 5 Sawler, Jaime 40.27m 132-01
- 7 Lemieux, James 38.85m 127-05

Event 38 Women Shot Put

- 1 Bromell, Jana 11.82m 38-09.50
- 5 Trainor, Kourtney 10.10m 33-01.75

Event 39 Men Shot Put

- 2 Ferrara, Chris 15.09m 49-06.25

Event 40 Women 4x100 Meter Relay

- 1 Greater Boston Track Club 'A' 52.89

Event 41 Men 4x100 Meter Relay

- 1 Greater Boston Track Club 'A' 41.70
- 2 Northeastern TC 'A' 42.91
- 3 Worcester Track Club 'A' 46.53

Event 42 Women 4x400 Meter Relay

- 1 Lemans 'A' 3:55.25
- 2 GBTC 'A' 3:57.39
- 3 Athletics East 'A' 4:36.52

Event 43 Men 4x400 Meter Relay

- 2 Greater Boston Track Club 'A' 3:17.82
- 4 Greater Boston Track Club 'B' 3:41.05

HELP WANTED!!

Looking for a volunteer to help
keep track of race results

I need a volunteer to keep track of club race results—from road races to track to cross country. The results you see in the newsletter are copied and pasted from a variety of sources, predominately from club email. It's a long, tedious process. Maybe it's several people who can split up the task between different running events. Please let me know if you can help the club keep track of results so they can more easily appear in our newsletter.

Please contact me at
ecullinane@yahoo.com

Race Results

May

6K Breakheart Classic Wakefield, MA, May 3, 2003

23 23:04 6:12 Kristen Brennard
36 24:58 6:43 Amanda Labelle
45 26:13 7:03 Sarah Zanardi
49 26:44 7:11 Beth Sanderson
53 26:52 7:13 Sona Banker Greater

Trollheim 5K, Essex VT May 3 17:06 4th Bill Newsham GBTC dirt roads, hilly, beautiful day.

Big Lake Half Marathon, Alton Bay, NH, May 3, 2003

5 3/83 :01 1:18:49 Jon Chesto, 32 M

Pittsburgh Marathon

8. Lynn Johnson, 29, 2:59:57 250

Merrimack River Trail 10 Mile Run Andover, MA, May 3, 2003

2 BEN NEPHEW, 27 M 2/15 57:42
5:47
6 BRODIE MILES, 29 M 3/15
1:05:50 6:35

John L. O'Brien Memorial Road Race Woburn, MA, May 4, 2003

5 BRAD STAYTON 266 2/69 M4049 WA-
TERTOWN 32:43 6:33

3rd Annual Evan's Run 10K Norwell, MA, May 4, 2003

1 FINBAR KIRWAN 1/25 M3039
34:11 5:31

Officer Savage 5 km in Wellesley, May 4

18 Thomas Whitney 19:59 6:27 3 50-59

Freihofer's Run for Women USA Track & Field 5k National Cham- pionship & 5k Fitness Run USAT&F Certified

Empire State Plaza Albany, New York
By a mere 12 seconds our team beat
Syracuse! What a great day! Terrific
race by Melissa who ran much of the
race with Olympic Gold Medalist Joan
Benoit Samuelson before out kicking
her by ten seconds over the last half

mile. The slightest faltering of our
top three would have pushed us to
3rd. Merrimack Valley came with a
strong team but of only 3 runners.
One failed to finish so they had no
score at all.

GBTC women 2nd!

2. Greater Boston TC
17:27 18:09 18:27 (18:57) (19:19)
= 54:03
Melissa Leier, Margaret Bradley, Lynn
Johnson, Katie Famous, Alison
Guzman
27 17:26.1 5:37 Melissa Leier 27
45 18:08.1 5:51 Margaret Bradley
51 18:16.8 5:54 Kristen Brennand
53 18:26.5 5:57 Lynn Johnson
67 18:56.1 6:06 Katie Famous
79 19:19.0 6:14 Alison Guzman

100 19:43.6 6:21 Kate Wasilenko
3289 finishers

9TH ANNUAL MT. KEARSARGE HILL RUN 8.5 miles (2400 ft. climb) 6/2/9 57:07 6:44 Ben Nephew

June

Covered Bridges Half Marathon Quechee, VT, June 1, 2003

14 4/91 1:19:17 6:03 Brodie Miles

RHODY 5K ROAD RACE - USATF New England Grand Prix Championship June 8, 2003 5 Kilometers

FEMALE RESULTS

11 3/39 18:01 5:48 Melissa Leier
24 8/29 18:40 6:01 Margaret Bradley
27 9/29 18:49 6:04 Kristen Brennand
31 10/29 19:00 6:07 Mary Siegrist
34 7/39 19:08 6:10 Alison Guzman
36 12/29 19:10 6:11 Katie Famous
46 9/39 20:10 6:30 Katherine Wasil-
lenko
82 16/46 22:24 7:13 Kerry O'dono-
van
87 11/32 22:37 7:17 Erin Cullinane
287 finishers

Women Team Results

5. GBTC
18:01 18:40 19:00 19:08 19:10
(20:10) (21:11) = 1:33:59
MELISSA LEIER, MARGARET BRAD-
LEY, MARY SIEGRIST, ALISON
GUZMAN, KATIE FAMOUS, KATHE-

RINE WASILENKO, CHRISTY BON-
STELLE

MALE RESULTS

7 4/47 15:07 4:52 Marzuki Stevens
37 12/47 16:06 5:11 James Pawlicki
48 10/54 16:22 5:16 Finbarr Kirwan
55 15/47 16:31 5:19 Kit Wells
66 18/47 16:50 5:25 Bryan Doldt
72 12/25 17:08 5:31 Blair Schaefer
82 13/75 17:21 5:35 Bill Newsham
101 23/47 17:40 5:41 Noah Stuart
139 27/75 18:38 6:00 Michael
Urquiola
140 28/75 18:40 6:01 Brian Hare
165 16/71 M18:59 6:07 Bruce Bond
186 22/71 19:25 6:15 Tom Derderian
197 35/70 19:46 6:22 Ken Ross
198 26/71 19:50 6:23 Thomas Whit-
ney
200 28/71 19:52 6:24 Joel Barg-
mann
262 9/28 21:18 6:52 Harold Frost
282 45/75 21:57 7:04 Ken Agabian
498 finishers

Open men placed 4th, masters 10th,
seniors 6th

Louise Rossetti 5KBeverly, MA June 18

6 KIRSTEN BRENNAND 18:33 5:59
8 ALISON GUZMAN 18:41 6:02
15 CLAIRE MCMANUS 20:18 6:33

A Midsummer Lights Relay

Deer Island Boston/Winthrop MA
June 20-June 21 From Sunset to Sun-
rise
3 mile legs teams of up to 10 runners

Tiffany's Greater Boston Track Club Team: 21 laps of 3 miles 89

yards completed before the first rays
of sunlight broke over the Atlantic
Ocean.

Tiffany Thompson, Ericks Richters,
Erin Cullinane, Maria Sun, Cynthia
Hastings, Russ Miller, Tom Afrika,
Nicole Ribichaud, Paul Hampshire,
Ted Charette.

The Wingfoot Express

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

Inside: Good Things.