



The Wingfoot Express

July 2009

Newsletter of the Greater Boston Track Club

www.gbtc.org

"New England's National Representative"

From the President

By Bruce Davie

As I write this column (rather belatedly, thanks to the forbearance of the Wingfoot editor) I have just seen the news from USATF club nationals. GBTC women: first place; GBTC men: fourth place; combined score: second place. Our best result since 2006, and all the more impressive given the historically strong competition that we face whenever the meet is held in New York. What I find most satisfying about our results, however, is the way in which they reflect the team-oriented nature of GBTC.



With the difference between first and second on the women's side decided in the final relay, we needed every point, and that depended on a lot of people doing a little bit extra for the club. In many cases, that meant taking time off work, paying travel expenses out of pocket, and competing in extra events beyond one's specialty. And on the financial side, dozens of club members have contributed time, services, and money to enable us to provide at least a modest amount of support to members of our club nationals team. I particularly want to recognize the fund-raising committees of recent years — more than any other single factor, they have turned around the finances of the club. We now spend roughly twice as much each year on athlete travel as we did four years ago. *(Brief commercial interruption: please help out with this year's fund-raising by attending the GBTC date and service auction on Aug. 1.)*

Speaking of the team-oriented nature of GBTC, I think we generally do very well functioning as one club, in a sport that is often viewed as

one focused on the individual. I do worry a little, however, about any signs of fragmentation along track/distance lines, and I have heard this concern from a few other club members. It was good to see some solid representation from the distance side of the house at Club T&F Nationals, although we can certainly aspire to greater distance runner participation in the future. Earlier in the summer, it was also gratifying to see a few folks pursuing their track goals on a Saturday night at Bentley, then showing up at the (not very appealing) Rhody 5k to help the road racing teams the following morning. On the organizational front, our fundraising committee has good representation from the various "camps", and I very much hope that we will also maintain good balance when we elect a new board of directors in October. Since we will be losing long-time board member Josh Seeherman to graduate school and California in a few weeks (good luck, Josh!), we definitely need some sprinters/throwers/jumpers or mid-distance folks to consider running for the board this year. It's also worth repeating that our board meetings are open to all club members, so feel free to show up and advise the board on any matters affecting your experience at GBTC. Certainly it is the aim of the board to represent the interests of all our members, and we really need to hear from our members to do that job effectively.

So, congratulations again to everyone who contributed to our success at club nationals this weekend. An exciting cross-country season is just around the corner (something that seems easier to imagine in this very wet summer) and I hope to see at least a few track specialists mixing it up in the mud come September. Good luck also to our road racing teams, which are well positioned for Grand Prix success at this point in the season. And I hope to see the majority of you doing your bit for the club on Aug. 1.

A Conversation with TJ Record Holder Sherita Williams

Sherita Williams, holder of the GBTC triple jump record at 13.52m (44' 4.25"), competed at the USATF National championships in Eugene last month. With a first jump of 13.33m (43' 9") she qualified for the final; that ended up as her best jump, good for 8th place. The Wingfoot caught up with her a few days later.

Wingfoot: You placed 8th at Nationals and jumped a season's best...how did that measure up against your goals going in?

Sherita Williams: I was actually very disappointed with my performance. I went in anticipating that I would jump at least 13.50+ based on how I was training leading up to the competition. I had a lot of hurdles this season.

WF: Can you say more about those?

SW: I had some nagging hamstring tightness that was an old hindrance from last year. I also twisted my ankle one and a half months before Nationals at the outdoor meet at Icahn Stadium in NY.

WF: It was very windy out there. Did the wind affect your jumping? I would think it must be hard to get the run-up right.

SW: It really did. I was already a bit off with my run up and the wind only added another factor into a not so good performance.



WF: Well, of course, to most of us at GBTC it's amazing to get into the finals at Nationals. Can you tell us something about the experience of being out there with all the elite athletes?

SW: Yes, you are right. In hindsight, even though I didn't compete up to my standards, I was pleased with myself just making it to Nationals after a long, tough season. The experience of being with elite athletes is like no other. It's almost like we all speak some sort of strange language that only we can understand. There is a high level of respect for everyone competing. Everyone there understands the sacrifices and turmoil of just making it to Nationals. The feeling is like no other...being in the elite athlete atmosphere is like seeing distant family that you only see once or twice a year; the entire time you are together is priceless.

WF: Will you be jumping this weekend at Club Nationals?

SW: Yes, I am looking forward to finishing up my season at Club Nationals. I will be taking a year away from track so it is going to be sort of a bittersweet goodbye for a season.

WF: Ah, well maybe this will be your chance to get off some bigger jumps before season's end. What's on the agenda for next year?

SW: I hope Club Nationals will bring some great jumps. Next year I am going to finally give my body the much-needed rest it needs to heal some nagging injuries. I will still be training but at a more leisurely level. I will most likely start going to physical therapy, a chiropractor, a stretch-ologist and a nutritionist to ensure that I am in tip-top shape the next couple of years for 2012. Also, personally, I just bought a house so this will give me some time to do some home projects that are needed.

WF: That sounds like a great plan. I think we often neglect the importance of recovery time. Any other words of wisdom you'd like to share with the rest of us at GBTC?

SW: I am just so thankful for my friends at GBTC and everywhere else that continue to support me and to be a positive factor in my life. I would also like to add that it was GBTC that gave me a great foundation to come back to track and I am so thankful for that.

Editor's note: Sherita Williams finished up the track season at Club Nationals with a second place finish in the long jump at 6.12m and a second place finish in the triple jump, with a 13.19m jump.

USATF Club Nationals: Women Place First, Men Finish Fourth

Classic track and field drama brings the meet score down to the last event, the relay. So it went in NYC Icahn Stadium on Randall's Island on Saturday July 11th between the host Central Park Track Club and the Greater Boston women's team. The score would play out to CPTC's favor only if they won the 4x4 relay and GBTC placed last or not at all. In a relay anyone can drop a baton or run out of a zone and be disqualified. The GBTC team of Jessica Klett, Sara O'Brien, Ronnesia Gaskins and Allissa Nelson stayed in the zone, only one place behind CPTC, producing a winning final score of 159 to 154! The men's team placed fourth, and in the combined team score (men and women), GBTC was the national runner-up.

Among Greater Boston's many impressive performances were Club National first place victories on the women's team by Jennifer Harlow in high jump and Joeane Jadotte in shot put and discus throw. Ayanna Alexander also won the triple jump, setting a meet record in the process. And on the men's team, Samyr Laine set a meet record and finished first in the triple jump as well.



Boston Marathon: GBTC Men and Women Place Fourth

GBTC Women

Finishing place among women

48, Tara Vance, 2:57:12
93, Mary "Sloan" Palmore 3:03:35
106, Kate Klim, 3:05:32
184, Christy Bonstelle, 3:10:48
239, Kyle MacQueen, 3:13:22
251, Marian Bihle, 3:13:50
491, Katie Fobert, 3:20:57
645, Amanda Watters, 3:23:56

Team time (top three) 4th place 9:13:32

GBTC Men

Finishing place among men

36. David Bedoya, 2:27:13
79. Junyong Pak, 2:33:38
98. Ioannis Papadopoulos, 2:35:21

152. Ryan Aschbrenner, 2:39:14
254, Tomoaki Uchiki, 2:44:37
376. Ryan Kerrigan, 2:48:36
466. Chris Stager, 2:50:50
890. Dan Hall, 2:56:48
1964, Pete Warrington, 3:06:08
2069. Matthew L. Lyons, 3:06:49
4805, Alexander Sewell, 3:24:13

Team time (top three) 4th place 7:36:12

GBTC Masters

Division places

111, Ken Ross, 3:01:52
547, Scott Bosworth, 3:13:58
1375. Norm Robbie, 3:36:02

GBTC 50+

670 Tom Whitney, 3:58.41

The Other 90%

Get SMART

By Laura Hayden



We all know that old adage “sport performance is 10% physical, 90% mental”, but have we really thought about the implications of such a statement? I don’t know the actual ratio of physical to mental preparation for peak performance. I’m sure the ratio is different depending on your sport, genetics, disposition, and style of competition. What I do know is the power the mind has over performance, regardless of who you are and what you do.

You’ve covered hundreds of miles, clocked repeated intervals, and spent many early mornings in the weight room. Your feet are blistered, quads are stacked, and time is drawing near. Whether you’re training for the next Grand Prix event, the upcoming cross country season, or Indoor Track, chances are you’re experiencing a bundle of feelings: excitement, nervousness, anxiety. Regardless of your event, you all know that feeling when you think about performing – palms begin to sweat and heart rate accelerates like my husband’s did when Kara Goucher flew past at mile 24 of the Boston Marathon.

If we know we’re prepared, why are we so nervous? We spend so much time physically training for an event and so little time mentally training for an event that the realization we might underperform hits us as we anticipate performing to the standard we set for ourselves. This realization is scary – we haven’t prepared for such a thought. Here, you’ll find one very simple way to minimize these thoughts and set yourself up for success.

The concept of goal setting is familiar to us as competitors. But this simple act, when done deliberately, can radically alter both our control over our performances and how we feel about our performances.

One approach to goal setting is setting SMART goals - clearly, we hope we are always setting goals that are smart, but this definition is not what I mean. I mean goals that are specific, measurable, adjustable, realistic, and time sensitive.

Rather than hold yourself to lofty, uninformed standards, set 2 types of SMART goals that realistically represent your current fitness and ability level:

1. Process Goals. Used to identify what part of your performance you’d like to focus on during practice or competition and what steps you must take to focus on your identified goal.

One non-SMART process goal might be, “I’m going to focus on lifting my knees when racing.” As a SMART process goal, that statement will look a little different: “I’m going to focus on lifting my knees for the last 100 yards of the 400 at Club Nationals but, if I’m tired, I’ll drop down to 75 yards of high knees. I know this is possible because I tried it in practice.” You’ll notice the goal is specific, measurable (last 100 yards), adjustable (allows for modification if tired), realistic (you’ve practiced high knees), and time sensitive (at Club Nationals).

2. Outcome Goals. Used to identify an end goal. We athletes are quick to choose outcome goals.

One non-SMART outcome goal might be “I’m going to break 5 minutes in the mile.” While this goal is better than “I’m going to run really fast today”, its not good enough to produce tangible results that accurately reflect our ability levels and allow for game-day circumstances to rear their ugly heads. As a SMART outcome goal, the above goal might look like this: “Since I’ve run 5:04, I’m going to try to break 5 minutes in the mile at Club Nationals if all the conditions come together for me but I’m going to reassess during the race and allow myself to speed up or slow down by 2-5 second at the 1k mark if I feel particularly good or bad.” You’ll notice the goal is specific, measurable (5 minutes), adjustable (builds in 2-5 seconds of variation), realistic (you’ve run close to this time in the past), and time sensitive (at Club Nationals).

Why set SMART goals? By setting SMART process goals, you’ll find yourself focusing on process throughout your competition, which is often an overlooked part of competing. Runners often try to zone out to pass the time when racing, hoping that the race will unfold without too much drama until the last 50 meters. Focusing on process centers your mind on the task at hand, the present goal, and allows you to make adjustments to your technique during performance. Setting SMART outcome goals allows you to feel you have control over your performance. By setting goals that are specific to you, you place less emphasis on your competitors’ performances and more emphasis on your own abilities. You build into your performance the possibility of needing to readjust your expectations and, therefore, reduce the disappointment you experience if your race doesn’t unfold according to plan (which is often the case).

This very simple step can help you jump to success, hurl into the winner’s circle, get on the right track, or perhaps, expedite the road to recovery. Allow your mental strength to guide your physical strength as you reach toward peak performance. In the words of Victor Hugo, “People do not lack strength, they lack will.”

The Wingfoot will feature a regular column, called The Other 90%, by Laura Hayden in each issue, focused on sport psychology, mental preparation and peak performance. Hayden is a doctoral candidate in Sport Psychology at Boston University, business owner of Hayden Performance Consulting (haydenperformanceconsulting.blogspot.com) and middle distance runner with GBTC.

The Athlete’s Kitchen

Copyright: Nancy Clark MS RD CSSD, July 2009

Sports Nutrition News from the American College of Sports Medicine

The American College of Sports Medicine (ACSM) is the world’s largest sports medicine and exercise science organization. At ACSM’s annual meeting in Seattle, May 27-30, 2009, over 5,000 exercise scientists, sports dietitians, physicians and health professionals gathered to share their research. Here are a few of the nutrition highlights. More highlights are available at www.acsm.org (click on “news releases”).

Supplements

- Many athletes believe protein supplements are needed for building muscle. Yet, a study with college football players indicated no performance or muscle-building advantages from taking recovery protein in the form of a commercial supplement instead of standard food.
- Fruits and berries, including tart cherries, have anti-oxidant and anti-inflammatory properties. Runners who drank two 10.5 ounce bottles of tart cherry juice for one week before the 192 mile Mt. Hood to Oregon Coast relay race reported less post-race muscle pain than the placebo group.
- Black currants may also help reduce oxidative stress. Cyclists who consumed a pre-hard ride dose of black currant extract (the equivalent of about 1.2 cups of currants), experienced less oxidative stress.
- Research suggests food tends to be more health-protective than supplements. Taking high doses of C (2000 mg), E (800 IU), A (3000 IU), and selenium (200 micro-g) for six weeks offered no benefits to trained cyclists in terms of antioxidant effects and suppressing oxidative damage.
- Almonds (and all nuts, for that matter) are a positive addition to a sports diet. For four weeks, elite cyclists enjoyed about 60 almonds a day (~450 calories) prior to meals. They increased their anti-oxidant capacity 43 percent after a time trial as compared to the group who ate an equal number of calories from cookies. They also improved their time trial distance by 5 percent compared to the cookie group.
- Just rinsing your mouth with a sports drink may help you run faster! After an overnight fast (13-15 hours without food) and before and during a one hour time trial, 10 trained runners rinsed their mouth for five seconds with a sports drink or a placebo, and then spit it out. With the sports drink mouth rinse, they were able to run 365 meters longer in the time trial.
- An effective sports drink needs to be rapidly absorbed. Adding sodium (40-165 mg) to the beverage does not significantly slow absorption. (1973)
- Athletes who exercise in the heat might wonder if they can “hyper-hydrate.” Yes; more fluid is retained when a sports drink has a higher sodium content. Drinking a sports drink with double and triple the standard amount of sodium contributed to retaining 25 percent and 35 percent more water (12 and 17 ounces; 340 and 480 ml) than the standard sports drink.
- About 25 percent of athletic trainers use pickle juice to treat muscle cramps. Some report 1 to 2 ounces of pickle juice relieves cramps within 35 seconds. The mechanism is illusive because rapid relief must mean that pickle juice empties from the stomach very quickly. Yet, research indicates pickle juice empties very slowly from the stomach.
- “LactAway” is a sports supplement that claims to reduce blood lactate. A study with highly trained kayakers does not support that manufacture’s claim.
- Chocolate milk is a good recovery choice. Cyclists did an exhaustive bike ride, recovered with equal amounts of carbs in chocolate milk or a commercial recovery drink, and then the next day did a time trial. The commercial drink offered no additional benefits. Save your money!
- Glutamine is reported to enhance recovery by reducing post-exercise inflammatory responses. A study that compared a carbohydrate+essential amino acids beverage with or without glutamine taken during and after exercise offered no additional recovery benefits.

- Of 153 female soldiers starting basic training, 37 percent were iron deficient (serum ferritin <12 ng/mL). The women who took an iron supplement (100 mg ferrous sulfate) improved their two-mile run-times by 86 seconds as compared to the iron deficient women who were given no iron pills. Low ferritin is associated with feelings of depression and fatigue.
- During endurance exercise, consuming carbs in the form of an energy bar, a gel or a sports drink are all equally effective. That is, they all get used for energy at a similar rate.

Training

- Many youth swimmers spend hours training for relatively short competitive events. A six-week study with 9 to 12 year olds suggests high intensity/low volume training offers the same benefits as lower intensity/high volume training (27 vs. 57 km/six weeks)—but in far less training time.

Calories

- How many calories are burned when lifting weights? Female subjects burned ~100 calories and the males ~ 210 in the half-hour session with two sets of 10 reps and 8 different exercises. But, if you subtract the calories for the resting metabolic rate that they would have burned just sitting quietly, they burned only ~70 (females) and ~160 (males) additional calories.
- Participants in the Western States 100 Mile Run burned about 15,850 calories in about 27 hours. This averaged about 600 calories/hour. That's a lot of food!
- Severely obese people may need about 1800 calories just to be alive, and about 3,200 total calories a day. They don't gain weight just smelling cookies...

Students

- Exercise improves learning. Movement and physical activity in third graders has been linked with higher scores on tests involving problem solving. Among college students, those who spend more than three hours/day studying or have a grade point average of at least 3.5 are more likely to be physically active than students who study less and get lower grades.
- While American college students tend to exercise for weight control, fitness and physical attractiveness, Chinese college students tend to exercise for health and enjoyment—sustainable reasons to exercise!

Women

- The Female Athlete Triad refers to the common problem of inadequate calorie intake, loss of menses, and stress fractures. The first line of treatment is to increase calorie intake or reduce expenditure by exercising a little less. Strength training can help reduce the risk of stress fractures. Athletes with more muscle mass tend to have higher bone density. Dense bones are healthy bones!
- Fitness is more important than fatness. Unfortunately, only about 9% of Americans are “fit but fat” as compared to 30% who are “fit and not fat”.

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Recent Performances

Outdoor Track and Field 2009

This is a list of track and field performances by athletes representing the club in meets for the season to date. The name of each event is followed by the club record for that event on the same line, and then the club performances on following lines. The list is maintained by Josh Seeherman. Please email any corrections to jseeher@yahoo.com. Apologies in advance. (*indicates under existing record.)

Dudes

100m (Stan Egbor, 10.31, 2003)

Hafiz Greigre, 10.94, Brown Springtime Invite 4/26/09
 Hafiz Greigre, 11.05, USATF New England 6/21/09
 Joe Brennan, 11.75, Jim Sheehan Invite 4/04/09
 Dan Kelly, 13.20, Bay State Games 7/11/09 (masters)
 Dan Kelly, 13.49, Tufts Snowflake 3/28/09 (masters)
 Michael Servizio, 13.69, USATF New England 6/21/09 (masters)

200m (Stan Egbor, 20.66, 2003)

Hafiz Greigre, 21.36, Brown Springtime Invite 4/26/09
 Hafiz Greigre, 21.40, New Balance Twilight II 6/6/09
 Roudy Monroe, 21.46, USATF Club Nationals 7/11/09
 Hafiz Greigre, 22.06, Jim Sheehan Invite 4/04/09
 Hafiz Greigre, 22.18, USATF New England 6/21/09
 Joe Brennan, 22.70, New Balance Twilight II 6/6/09
 Andre Alleyne, 22.95, USATF Club Nationals 7/11/09
 Christian Tirella, 23.26, USATF New England 6/21/09

Lucjan Zaborowski, 23.37, New Balance Twilight II 6/6/09
 Joe Brennan, 23.41, Jim Sheehan Invite 4/04/09
 Andrew Guida, 23.47, New Balance Twilight II 6/6/09
 Joe Brennan, 23.77, USATF New England 6/21/09
 Derek Hebert, 23.85, Fitchburg Spring Invite 4/18/09
 Andrew Guida, 23.91, Brown Springtime Invite 4/26/09
 Andrew Guida, 23.96, USATF East/Adirondack 7/5/09
 Francis Shen, 24.12, New Balance Twilight II 6/6/09
 Bryant Wang, 24.74, USATF New England 6/21/09
 Dan Kelly, 27.64, Tufts Snowflake 3/28/09 (masters)

400m (Hafiz Greigre, 47.55, 2008)

*Hafiz Greigre, 47.07, NYC Qualifying Challenge 5/8/09
 *Hafiz Greigre, 47.38, New Balance Twilight III 6/13/09
 Hafiz Greigre, 47.94, New Balance Twilight I 5/23/09
 Hafiz Greigre, 48.53, Jim Sheehan Invite 4/04/09
 Hafiz Greigre, 48.56, USATF Club Nationals 7/11/09
 Christian Tirella, 48.56, New Balance Twilight I 5/23/09
 Christian Tirella, 48.66, Fitchburg Spring Invite 4/18/09

Christian Tirella, 48.82, USATF Club Nationals 7/11/09
Christian Tirella, 49.46, USATF New England 6/21/09
Alex Engel, 50.01, USATF Club Nationals 7/11/09
Lucjan Zaborowski, 50.13, USATF New England 6/21/09
Lucjan Zaborowski, 50.17, New Balance Twilight I 5/23/09
Lucjan Zaborowski, 50.44, Fitchburg Spring Invite 4/18/09
Joe Brennan, 50.51, New Balance Twilight III 6/13/09
Alex Engel, 50.58, USATF New England 6/21/09
Joe Brennan, 50.85, USATF New England 6/21/09
Derek Hebert, 51.35, Fitchburg Spring Invite 4/18/09
Dave Cahill, 51.41, New Balance Twilight III 6/13/09
Dave Cahill, 51.86, New Balance Twilight I 5/23/09
Andrew Guida, 52.35, New Balance Twilight I 5/23/09
Derek Hebert, 52.53, Jim Sheehan Invite 4/04/09
Dave Cahill, 52.58, USATF New England 6/21/09
Dave Cahill, 52.61, Jim Sheehan Invite 4/04/09
Andrew Guida, 53.06, USATF East/Adirondack 7/5/09
Andrew Guida, 53.11, Brown Springtime Invite 4/26/09
Andrew Guida, 53.70, USATF New England 6/21/09
Andrew Guida, 55.98, Fitchburg Spring Invite 4/18/09

800m (Keith Francis, 1:50.2, 1980)

Matt Schiller, 1:57.82, New Balance Twilight III 6/13/09
Matt Schiller, 1:58.93, USATF Club Nationals 7/11/09
Josh Seeherman, 1:59.31, USATF Club Nationals 7/11/09
Josh Seeherman, 1:59.72, New Balance Twilight III 6/13/09
Lucjan Zaborowski, 2:00.00, New Balance Twilight II 6/6/09
Max MacKinnon, 2:01.74, New Balance Twilight III 6/13/09
Josh Seeherman, 2:02.04, USATF New England 6/21/09
Matt Schiller, 2:02.04, USATF New England 6/21/09
Josh Seeherman, 2:02.45, New Balance Twilight I 5/23/09
Max MacKinnon, 2:03.25, USATF New England 6/21/09
Matt Haringa, 2:03.45, New Balance Twilight II 6/6/09
Max MacKinnon, 2:04.15, New Balance Twilight I 5/23/09
Jim Watts, 2:06.24, New Balance Twilight II 6/6/09 (masters)
Jim Watts, 2:09.14, New Balance Twilight I 5/23/09 (masters)
Bill Newsham, 2:22.74, New Balance Twilight I 5/23/09 (masters)

1500m (Ethan Crain, 3:49.01, 1999)

Andrew Wommack, 4:00.08, New Balance Twilight III 6/13/09
Andrew Wommack, 4:05.05, USATF Club Nationals 7/11/09
Andrew Wommack, 4:05.31, New Balance Twilight II 6/6/09
Andrew Wommack, 4:05.39, USATF New England 6/21/09
Dan Smith, 4:05.55, USATF New England 6/21/09
Dan Smith, 4:05.96, New Balance Twilight II 6/6/09
Ted Breen, 4:09.36, New Balance Twilight III 6/13/09
Ted Breen, 4:10.62, New Balance Twilight I 5/23/09
Ryan Eckel, 4:11.52, New Balance Twilight III 6/13/09
Max MacKinnon, 4:14.00, New Balance Twilight II 6/6/09
Rob Espinosa, 4:16.57, New Balance Twilight III 6/13/09
Michael Panas, 4:18.84, New Balance Twilight III 6/13/09
Giannis Papadopoulos, 4:20.95, New Balance Twilight II 6/6/09
Rob Espinosa, 4:21.79, New Balance Twilight II 6/6/09
Chris Lowe, 4:29.51, New Balance Twilight I 5/23/09
Chris Lowe, 4:37.13, USATF New England 6/21/09
Bill Newsham, 4:38.51, New Balance Twilight III 6/13/09 (masters)

3000m (Bruce Bickford, 8:04.0, 1980)

Matt Haringa, 9:03.72, USATF New England 6/21/09
Dan Smith, 9:36.04, USATF New England 6/21/09
Bill Newsham, 10:33.70, New Balance Twilight II 6/6/09 (masters)

5000m (Alberto Salazar, 13:37.3, 1978)

Dan Smith, 14:51.48, New Balance Twilight I 5/23/09

Dan Smith, 15:05.53, USATF Club Nationals 7/11/09
Dan Smith, 15:13.59, New Balance Twilight III 6/13/09
Matt Haringa, 15:36.43, New Balance Twilight I 5/23/09
Matt Haringa, 15:37.52, New Balance Twilight III 6/13/09
Dan Smith, 15:47.65, USATF New England 6/21/09
Giannis Papadopoulos, 15:50.30, USATF New England 6/21/09
Giannis Papadopoulos, 15:51.71, New Balance Twilight III 6/13/09

10000m (Bill Rodgers, 28:04, 1976)

Dan Smith, 32:08.46, Tufts Snowflake 3/28/09
Giannis Papadopoulos, 32:21.46, Husky Spring Open 3/21/09
Giannis Papadopoulos, 32:27.81, Tufts Snowflake 3/28/09
Giannis Papadopoulos, 32:47.14, USATF Club Nationals 7/11/09
Junyong Pak, 32:56.65, Husky Spring Open 3/21/09
Matt Haringa, 33:20.13, Tufts Snowflake 3/28/09

110 Hurdles (Hector Cotto, 13.83, 2008)

*Hector Cotto, 13.76, USATF Club Nationals 7/11/09
Francis Shen, 15.85, Fitchburg Spring Invite 4/18/09
Francis Shen, 15.91, Brown Springtime Invite 4/26/09

400 Hurdles (Francis Shen & Bob McGlennon, 53.93 & 53.8, 2008 & 1974)

Ricardo Jaquite, 56.26, USATF Club Nationals 7/11/09
Francis Shen, 56.81, Fitchburg Spring Invite 4/18/09
Francis Shen, 58.66, Jim Sheehan Invite 4/04/09

3000 Steeplechase (Greg Meyer, 8:28.34, 1980)

Ted Breen, 10:15.00, USATF New England 6/21/09
Ted Breen, 10:40.69, USATF Club Nationals 7/11/09
Matt Lyons, 11:21.06, Husky Spring Open 3/21/09
Jason Hewitt, 11:30.30, USATF New England 6/21/09

4x100 Relay (Jack, Soderquist, Saunders, Noble, 41.59, 2001)

Engel, Smith, Tirella, Greigre, 42.59, USATF Club Nationals 7/11/09

4x400 Relay (Colon, Dilday, Shen, Fuller, 3:12.81, 2003)

Tirella, Cahill, Engel, Greigre, 3:18.90, USATF Club Nationals 7/11/09
(49.6, 51.3, 49.2, 48.8)
3:27.88, Fitchburg Spring Invite 4/18/09
Cahill, Shen, Callum, Tirella, 3:28.99, The Penn Relays 4/25/09

4x800 Relay (Nichols, Demers, Francis, Puckerin, 7:26.59, 1980)

Cahill, Seeherman, Wommack, Schiller, 8:20.57, USATF Club Nationals 7/11/09

Sprint Medley (?)

Guida, Monroe, Jaquite, Seeherman, 3:43.41, USATF Club Nationals 7/11/09

Distance Medley (Ricciato, O'Brien, Rivera, MacDonald, 9:51, 1975)

Wommack, Brennan, Schiller, Smith, 10:56.41, USATF Club Nationals 7/11/09

Long Jump (Rob Tyson, 7.49, 2005)

Kevin Coyle, 7.10 (23-3.5), USATF Club Nationals 7/11/09
Ray Smith, 7.00 (22-11.75), NYC Qualifying Challenge 5/8/09
Ray Smith, 6.93, USATF New England 6/21/09
Ricardo Jaquite, 6.76, USATF Club Nationals 7/11/09

Triple Jump (Samyr Laine, 16.38, 2008)

*Samyr Laine, 16.72 (54-10.25 !), USATF Club Nationals 7/11/09
Ricardo Jaquite, 15.26, USATF Club Nationals 7/11/09
Jeff Sejour, 14.47, USATF Club Nationals 7/11/09

Kevin Coyle, 14.28, USATF Club Nationals 7/11/09

Shotput (Richard Harrison, 17.81, 2009)

Richard Harrison, 17.81, Bay State Game Finals 7/11/09
Richard Harrison, 17.78, Twilight Throwers Meet 5/28/09
Richard Harrison, 17.77, Fitchburg State Invite 4/18/09
Richard Harrison, 17.75, Constitution Classic 6/6/09
Richard Harrison, 17.62, Patriots Invitational 5/23/09
Richard Harrison, 17.51, Brown Invitational 4/26/09
Richard Harrison, 17.38, Twilight Throwers Meet 6/23/09
Richard Harrison, 17.28, Bay State Games Northeast Qualifier 6/27/09
Richard Harrison, 17.20, New England Championships 6/21/09
Richard Harrison, 17.18, USATF Club Nationals 7/10/09
Richard Harrison, 16.81, Solomon Husky Invitational, 4/11/09

Discus (Wayne Lynch, 55.73, 1980)

James Lemieux, 37.85 (124-2), Tufts Snowflake 3/28/09
James Lemieux, 37.50, Husky Spring Open 3/21/09
James Lemieux, 36.83 (120-10), Brown Springtime Invite 4/26/09

Hammer (Joe Welch, 59.02, 1999)

Bamidele Faboyede, 54.23, USATF Club Nationals 7/11/09

Javelin (Sean Furey, 74.10, 2007)

Drew Soltysiak, 65.71 (215-7), NYC Qualifying Challenge 5/8/09
Drew Soltysiak, 65.00 (213-3), The Penn Relays 4/24/09
Drew Soltysiak, 60.36, USATF New England 6/21/09
Drew Soltysiak, 58.97, Tufts Snowflake 3/28/09
Drew Soltysiak, 58.51, USATF Club Nationals 7/11/09

Dames

100m (Dacia Taylor, 11.98, 2007)

Josette Pierre-Louis, 12.64, Brown Springtime Invite 4/26/09
Sarah Lawson, 14.18, Brown Springtime Invite 4/26/09 (masters)
Sarah Lawson, 14.44, USATF New England 6/21/09 (masters)

200m (Dacia Taylor, 24.41, 2008)

Josette Pierre-Louis, 25.30, Brown Springtime Invite 4/26/09
Josette Pierre-Louis, 25.47, NYC Qualifying Challenge 5/8/09
Josette Pierre-Louis, 26.66, Jim Sheehan Invite 4/04/09
Sara O'Brien, 27.50, USATF New England 6/21/09
Jessica Klett, 27.59, New Balance Twilight II 6/6/09
Christine Kloiber, 27.77, New Balance Twilight II 6/6/09
Sarah Lawson, 28.77, New Balance Twilight II 6/6/09 (masters)
Sarah Lawson, 28.80, Brown Springtime Invite 4/26/09 (masters)
Deanna Clark, 28.98, New Balance Twilight II 6/6/09
Sarah Lawson, 29.44, USATF New England 6/21/09 (masters)
Indu Conley, 31.39, USATF New England 6/21/09

400m (Jana Bromell, 56.32, 2004)

Sara O'Brien, 59.32, New Balance Twilight I 5/23/09
Sara O'Brien, 59.77, New Balance Twilight III 6/13/09
Sara O'Brien, 59.88, USATF New England 6/21/09
Sara O'Brien, 60.37, USATF Club Nationals 7/11/09
Christine Kloiber, 61.03, New Balance Twilight I 5/23/09
Christine Kloiber, 61.04, USATF East/Adirondack 7/5/09
Christine Kloiber, 61.74, New Balance Twilight III 6/13/09
Jessica Klett, 61.90, New Balance Twilight I 5/23/09
Christine Kloiber, 62.69, USATF New England 6/21/09
Deanna Clark, 64.14, New Balance Twilight I 5/23/09
Deanna Clark, 64.43, Brown Springtime Invite 4/26/09
Indu Conley, 65.97, New Balance Twilight III 6/13/09

800m (Anna Willard, 2:08.72, 2006)

Ronnesia Gaskins, 2:14.38, USATF Club Nationals 7/11/09
Ronnesia Gaskins, 2:15.58, USATF New England 6/21/09
Ronnesia Gaskins, 2:16.61, New Balance Twilight III 6/13/09
Alissa Nelson, 2:16.63, USATF New England 6/21/09
Alissa Nelson, 2:18.09, New Balance Twilight I 5/23/09
Alissa Nelson, 2:18.68, USATF Club Nationals 7/11/09
Alissa Nelson, 2:18.82, New Balance Twilight II 6/6/09
Jen Lee, 2:21.24, USATF New England 6/21/09
Deanna Clark, 2:24.81, New Balance Twilight II 6/6/09
Deanna Clark, 2:32.79, Jim Sheehan Invite 4/04/09

1500m (Anna Willard, 4:25.36, 2006)

Allison McCabe, 4:37.38, USATF Club Nationals 7/11/09
Allison McCabe, 4:37.98, New Balance Twilight II 6/6/09
Allison McCabe, 4:38.07, New Balance Twilight III 6/13/09
Jennifer Lee, 4:41.70, USATF Club Nationals 7/11/09
Allison McCabe, 4:42.54, New Balance Twilight I 5/23/09
Allison McCabe, 4:45.41, USATF New England 6/21/09
Ronnesia Gaskins, 4:45.50, New Balance Twilight II 6/6/09
Jennifer Lee, 4:45.64, New Balance Twilight I 5/23/09
Allison McCabe, 4:47.43, NYC Qualifying Challenge 5/8/09
Ronnesia Gaskins, 4:48.53, New Balance Twilight I 5/23/09
Hannah Hastings, 4:54.87, New Balance Twilight I 5/23/09
Ronnesia Gaskins, 4:56.30, Brown Springtime Invite 4/26/09
Hannah Hastings, 4:56.44, New Balance Twilight III 6/13/09
Alissa Nelson, 4:57.21, Brown Springtime Invite 4/26/09
Anna Shih, 5:16.48, Tufts Snowflake 3/28/09

5000m (Julie Spolidoro, 16:29, 1999)

Gretchen Chick, 17:40.07, USATF New England 6/21/09
Meghan Lynch, 17:40.78, USATF Club Nationals 7/11/09
Jane Marie Ovanin, 17:44.63, USATF New England 6/21/09
Meghan Lynch, 17:53.19, New Balance Twilight III 6/13/09
Gretchen Chick, 17:58.26, USATF Club Nationals 7/11/09
Tara Vance, 18:19.34, USATF New England 6/21/09
Tara Vance, 18:33.46, USATF Club Nationals 7/11/09

10000m (Emily Raymond, 34:58.60, 2007)

Tara Vance, 37:45.52, Tufts Snowflake 3/28/09
Tara Vance, 37:57.35, USATF Club Nationals 7/11/09
Kate Klim, 38:47.47, Husky Spring Open 3/21/09
Katie Fobert, 40:56.05, Husky Spring Open 3/21/09
Kristen Schleicher, 41:28.27, Husky Spring Open 3/21/09

100 Hurdles (Sherita Williams, 14.31, 2006)

Tiana Riel, 14.40, USATF Club Nationals 7/11/09
Tiana Riel, 14.44, Brown Springtime Invite 4/26/09
Sydney Harrington, 17.84, Fitchburg Spring Invite 4/18/09
Sydney Harrington, 18.37, Brown Springtime Invite 4/26/09
Sydney Harrington, 19.66, Jim Sheehan Invite 4/04/09

400 Hurdles (Kourtney Trainor, 64.33, 2002)

Jessica Klett, 65.38, USATF New England 6/21/09
Jessica Klett, 66.38, Brown Springtime Invite 4/26/09
Jessica Klett, 66.41, USATF Club Nationals 7/11/09
Jessica Klett, 68.40, Tufts Snowflake 3/28/09
Christa Hutchinson, 68.47, Brown Springtime Invite 4/26/09
Christa Hutchinson, 68.81, Tufts Snowflake 3/28/09
Jessica Klett, 69.24, Husky Spring Open 3/21/09
Christa Hutchinson, 70.49, Husky Spring Open 3/21/09
Deanna Clark, 71.66, USATF Club Nationals 7/11/09
Deanna Clark, 72.78, USATF East/Adirondack 7/5/09
Deanna Clark, 73.74, USATF New England 6/21/09

Deanna Clark, 74.94, Brown Springtime Invite 4/26/09

Steeplechase (Victoria Barnaby, 11:22.93, 2008)

Victoria Barnaby, 11:52.37, USATF Club Nationals 7/11/09
Victoria Barnaby, 11:54.30, USATF New England 6/21/09
Victoria Barnaby, 12:07.60, New Balance Twilight II 6/6/09
Deanna Clark, 12:26.31, USATF New England 6/21/09
Allison Curran, 14:29.38, USATF New England 6/21/09

Long Jump (Sherita Williams, 6.36, 2008)

Sherita Williams, 6.18 (20-3.5), NYC Qualifying Challenge 5/8/09
Sherita Williams, 6.12, USATF Club Nationals 7/11/09
Sherita Williams, 6.03, Brown Springtime Invite 4/26/09
Sherita Williams, 5.76, USATF New England 6/21/09
Toni-Marie Henry, 5.30, Brown Springtime Invite 4/26/09

Triple Jump (Sherita Williams, 13.52, 2008)

*Ayanna Alexander, 13.92 (45-8), USATF Club Nationals 7/11/09
Sherita Williams, 13.19, USATF Club Nationals 7/11/09
Sherita Williams, 12.65 (41-6), USATF New England 6/21/09
Toni-Marie Henry, 11.79 (38-8.25), Brown Springtime Invite 4/26/09

High Jump (Jennifer Hawkes, 1.75, 2007)

Jennifer Harlow, 1.75 (5-8.75), USATF Club Nationals 7/11/09 (ties record)
Jennifer Hawkes, 1.70, USATF Club Nationals 7/11/09
Tiana Riel, 1.65, USATF Club Nationals 7/11/09
Jennifer Hawkes, 1.62 (5-4), USATF New England 6/21/09
Tiana Riel, 1.60 (5-3), Brown Springtime Invite 4/26/09

Shotput (Shaina Damm, 12.93, 2003)

*Joeane Jadotte, 13.36 (43-10), USATF Club Nationals 7/11/09
Lisa Wilson, 12.90, USATF Club Nationals 7/11/09

Discus (Stacey Connor, 44.05, 2008)

Stacey Connor, 43.55 (142-10), Brown Springtime Invite 4/26/09
Joeane Jadotte, 43.18, USATF Club Nationals 7/11/09

Lisa Wilson, 42.82, USATF Club Nationals 7/11/09
Stacey Connor, 40.76, Husky Spring Open 3/21/09
Stacey Connor, 39.21, USATF Club Nationals 7/11/09
Deirdre Murphy, 38.98, Husky Spring Open 3/21/09
Stacey Connor, 38.80, Jim Sheehan Invite 4/04/09
Deirdre Murphy, 37.62, Brown Springtime Invite 4/26/09
Deirdre Murphy, 37.45, Tufts Snowflake 3/28/09
Deirdre Murphy, 36.10, Jim Sheehan Invite 4/04/09

Hammer (Natalie Grant, 55.89, 2005)

Lisa Wilson, 49.18, USATF Club Nationals 7/11/09
Joeane Jadotte, 45.24, USATF Club Nationals 7/11/09

Javelin (Kateema Riettie, 54.91, 2005)

Tiana Riel, 33.11 (108-7), USATF Club Nationals 7/11/09
Tiana Riel, 32.65 (107-1), Brown Springtime Invite 4/26/09

4x100 Relay (48.76, Pierre-Louis, Fletcher, Taylor, O'Brien, 2008)

Riel, Williams, Kloiber, Klett, 51.31, USATF Club Nationals 7/11/09

4x400 Relay (3:52.69, Damm, Bohlke, Regan, Bromell, 2003)

Klett, O'Brien, Gaskins, Nelson, 4:05.35, USATF Club Nationals 7/11/09

4x800 Relay (8:51.80, Powell, Lee, O'Ceann, Willard, 2006)

Nelson, McCabe, Lee, Gaskins, 9:20.58, USATF Club Nationals 7/11/09

Sprint Medley 2-2-4-8 (4:10.76, O'Brien, Finlay, Shams, O'Ceann, 2005)

Riel, Williams, Kloiber, McCabe, 4:13.45, USATF Club Nationals 7/11/09

Distance Medley (11:41.91, Lee, O'Brien, O'Ceann, McCabe, 2008)

Chick, Lee, Clark, Lynch, 12:42.58, USATF Club Nationals 7/11/09

GBTC Date and Service Auction

GBTC will host a date and service auction as a fundraiser for the club. If you or a friend are single, sign up. If you're not single but have a special skill (e.g., tax prep, organizing, cleaning, cooking, golf lessons) sign up. Please note that auctionees are not limited to club members. Invite your friends, brothers, sisters, or co-workers. The more people in attendance, the more money we raise for the club.

Date: Saturday, Aug. 1

Time: 6:00pm - 10:00pm

Location: McFadden's Bar, 148 State St., Boston, MA

Entry Ticket: \$10

2009 USATF New England Grand Prix Road Race Schedule

2/22	Jones Town & Country 10 Mile, Amherst, MA
3/15	New Bedford Half Marathon, New Bedford, MA
5/16	Bedford Rotary 12K, Bedford, NH
6/7	Rhody 5K, Lincoln, RI
9/5	Ollie Road Race 5 Miler, South Boston, MA
9/20	Lone Gull 10K, Gloucester, MA
10/18	Bay State Marathon, Lowell, MA

Team standings as of June 8, 2009, after the first four New England Grand Prix events:

Men:

1. GBTC Men 59 pts
2. Central Mass Striders 57 pts
3. Whirlaway Racing Team 53 pts

Women:

1. GBTC 47 pts
2. Central Mass Striders 45 pts
3. Whirlaway Racing Team 45 pts

2009 Fall Cross Country Schedule

8/23/09	GMAA Scholarship 5K X-C Run, South Burlington, VT
8/29/09	Thomas Chamberas 6K, Carlisle, MA
10/4/09	Topsfield X-C Festival, Topsfield, MA
10/11/08	Wayland X-C Challenge 5K, Wayland, MA
10/25/09	Boston Mayor's Cup, Boston, MA
11/8/09	USATFNE X-C Championships, Boston, MA
12/12/09	USATF National Club Cross Country Championships, Lexington, KY

Other Notable 2009 Road Races

7/28/09	Yankee Homecoming 10M/5K Race, Newburyport, MA
8/8/09	Bridge of Flowers 10K Classic Road Race, Shelburne Falls, MA
8/9/09	Falmouth Road Race, Falmouth, MA
10/11/09	B.A.A. Half Marathon, Boston, MA

GREATER BOSTON TRACK CLUB



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Board of Directors (2008-2009)

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- * Treasurer: Jenny Thomas, gbtctreasurer@gmail.com
- * Clerk: Ken Ross, kross61@juno.com

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- * Rod Hemingway, rod.hemingway@gmail.com
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- * Sprints, mid-distance and field events: Dave Callum, david_callum@yahoo.com

Race directors

- * GBTC Invitational: Josh Seeherman, jseeher@yahoo.com
- * Topsfield Cross-Country Festival: Tom Derderian, tderderi@ix.netcom.com

Membership director:

- * Christy Bonstelle, christy.bonstelle@gmail.com

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Please send articles, race results, and letters to the above address, or email them directly to the newsletter editor. To make sure you don't miss a single issue of The Wingfoot Express, please send any change of address to the membership director.

GBTC is a 501(c)(3) nonprofit corporation, and is governed by a board of directors elected each year by the general membership. Our creed, as stated in our bylaws, is: "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."

GBTC is registered as USATF-NE club # 016.



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