



The Road Record

Falmouth Track Club
Box 699, W. Falmouth, MA 02574

December 2006

Despite a Scare, 29th CCM Was a Huge Success

Courtney Bird thought he had seen it all in the 24 years he's directed the CCM — a 12" snowfall three days before the race in 1987, 40 mph headwinds along Surf Drive that sandblasted the runners in the last two miles of the course in



Don Swire's DPW Equipment Salutes the Runners after an All-Nighter to Clear the Roads

'88, a course that was obliterated on Surf Drive as a result of Hurricane Bob in '91, a driving rain and 38-degree temperatures in '92, several times when torrential rains and high winds on the Saturday before the race gave way to cloudless skies and ideal running conditions on Sunday. But this year was the first in the CCM's 29-year history that there was the possibility the race would have to be cancelled or the course somehow rerouted.

CCM: continued on page 4

In Memoriam - Marja Bakker

Long-time Falmouth Track Club member Marja Bakker passed away on October 14th after a long bout with cancer. She was 59.

Despite living in the Boston area and leading a very busy life, she always found the time to volunteer at club events, in particular the marathon. Until the marathon adopted use of the chip for scoring the race, she and her close friend and colleague Gloria Ratti were key people in Carolyn Bird's finish line crew. Marja read a stop watch or recorded runners' bib numbers without a break from start to finish. It did not matter how cold or rainy the weather, she cheerily did her

BAKKER: continued on page 16

FTC Annual Meeting

Monday January 22 at 7:30 p.m.,
at the Quarterdeck

Please mark your calendars for the FTC Annual Meeting.

First and foremost, the main item on the agenda is the election of officers and directors for 2007. See the Nominating Committee's slate of Officers and Directors on page 4. Come and see the many activities that your club has to offer for the coming year. More importantly, come and take part in the future of "your" organization.

We've had a great 2006, and next year promises to be one of the best ever.

All club members are encouraged to attend.

The Almost Nearly 27th Annual Hangover Classic

The Almost Nearly 27th Annual Hangover Classic will be held on New Year's Day, Monday, January 1, 2007. The race, for lack of a better word, will begin more or less promptly at 11:00 a.m. at Courtney and Carolyn Bird's, 43 Sippewissett Road, Falmouth. Again this year the Official Cannon of the FTC will be fired by Bob Richards, Falmouth Track Club Exalted Cannoneer, or someone else who is hard of hearing.

The out and back course with a loop starts and ends in Sippewissett Place behind Bird's, follows Sippewissett Road south to Quissett Harbor Road, skirts Quissett Harbor, follows the Carey Lane loop, and returns back along Sippewissett Road to Sippewissett Place.

The Official Certified Distance is 7.34 miles as measured many moons ago by the Falmouth Track Club Chief Certifier, Ron Pokraka.

As those of you who have attended this gala gathering and race know, a trophy, distinguished by its size and tastlessness, is awarded to the winner. Fashioned from trash picked up along the roads, one of Courtney's old running shoes, a toilet flange and drain, and a gold plated galvanized mop bucket,

HANGOVER: continued on page 13

Want a Boston Marathon Waiver?

See Page 6



Pontifications from the Prez

Looking Back and Moving Forward...

2006 has been a very good year for the Falmouth Track Club. Our active membership has increased as more members are getting involved. This has allowed us to grow in significant ways.

Anne Preisig had a great first year with the new FTC Youth Program. The program ran for four weeks in July and four weeks in August. Participants in the twice-a-week sessions included residents as well as summer visitors. A small entry fee left the program with a surplus that the FTC board of directors generously voted to donate to Anne's high school running teams. The Youth Program will continue in the summer of 2007.

The Main St. Mile had two new directors this year. Dana Delorme and Patti O'Brien took the reins and learned a lot about how to put a race together. Most runners don't really understand how much work goes into putting together an event like this. Our hats are off to Dana and Patti, as they did a great job. Already, they are organizing for next year. With one year under their belt they are looking for volunteers to assist in some small capacity. If you can help, Dana can be reached at ddelorme06@comcast.net and Patti at ob606@adelphia.net.

Pete Landry is looking for help with the newsletter. You can reach him at pblptr@netscape.net.

Thank you to Joanne Corsano (joanne@picturelake.com) and John Evans (johnevans@acm.org). Joanne takes care of the Events page on the web site, and John enters race results of FTC members, who may run anywhere and sign in as an FTC member. Having Joanne and John on the web team has made things easier. I am redesigning the "look & feel" of the web page and will have more time to work on it shortly.

As you know the elections for 2007 are right around the corner. Terri McKee (tmckee@whoi.edu) with the assistance of Ann Tarrant, Doris Beatty, Nicole Depferd (formerly Fox), and Laurie Fife form the Nominations Committee. If you are interested in any of the positions, get in touch with one of the NC members. The positions can be found on the web site at www.falmouthtrackclub.org,

and click on the "About Us" link.

If you haven't attended a meeting of the Cape Cod Marathon Committee, it may be worth a visit. The first meeting for this year was held in September, and it was one of the largest meetings that I've seen. Lots of new faces. And a truly amazing fact is that Court actually held the meeting to just one hour. I know that many of you think that this is impossible, but he did it again at the second meeting.

Could it be that he has a professional organizer on board? Maybe he wants to get upstairs for a beer quicker? Or maybe as he approaches his senile days, he simply forgets the second half of the meeting? One thing that we do know is that after all these years, Court and Carolyn run one of the most professional and successful road races in New England.

Elections will be held at the first meeting of January, with the new board taking over on that night. Again,



meetings will only last one hour and hopefully you can stay and network after the meeting.

As this will be my last newsletter as President of the Falmouth Track Club I want to thank everyone who has helped us grow as an organization over the past two years. Although we have grown with new programs and our donations have had an impact in the Town of Falmouth, I think that our greatest success has been the increased involvement by the members of the FTC.

It's your club. Continue to make it grow.

Russ

Newsletter Contributors

Peter Landry
Courtney Bird
Arthur Gaines*
Bob Yates*
Carolyn Bird
Janet Folger

John Evans
Bob Richards
Stace Beaulieu
Russ Pelletier*
Ann Preisig
Betsy Gladfelter*

*Photography

Road Trip! *Talking Turkey Road Race*

Holyoke, MA

by Russ Pelletier

For years, Tommy Leonard has been after me to go out to the Talking Turkey Road Race, held over the Thanksgiving weekend, in Holyoke, Ma. Finally, I said yes. A big part of the draw for me was that I would be staying at the home of Race Director Bill Harbilas and his lovely wife, Sally.

Also staying here were Tommy and our good friend Billy Neller from Litchfield, CT. Steve Jones, former world record holder in the marathon and winner of Chicago, New York and London, was also going to join us from Bolder CO, but the flu had left him a mere mortal, and he whimped out.



Tommy, Billy and Bill must be responsible for over 100 years of road races.

The late Joe Concannon, Billy Neller and Tommy started the Litchfield Hills Road Race in 1977. To this day it is one of New England's premier races.

Tommy, Michael Tierney and some friends started the Holyoke St. Patrick's Day Road Race two years earlier in 1975. In 1976, Tommy started the Nantucket 10-Miler, and in 1993, the Westfield Road Race. And of course, TL started the Falmouth Road Race in 1973.

And that brings us to the Talking Turkey. It was all and more than I was told. Most of you know, (having read Kathleen Cleary's "If This Is Heaven, I Am Going to Be a Good Boy- The Tommy Leonard Story") that the first Talking Turkey was held in Westfield in 1978, starting and finishing at TL's adoptive brother's house. Problem

was, he never told his brother. (Read the book to learn the rest of THIS story.)

Three years later, Billy Harbilas was recruited by TL to be the race director. The course is spectacular, circling the Ashley Reservoir in Holyoke. What is really unique are the causeways the crisscross the reservoir. At times, the runners form an "S" shape crossing these causeways, their reflection doubling the number of runners.

This year saw the best ever for the Talking Turkey. With weather of early fall rather than the end of November, 1300 runners signed up for the event. Two New Hampshire residents took the honors. Casey Moulton took the lead early and from the first mile, it was a race for second place. Casey set a new course record of 29:40, wiping more than a minute of the old mark. Moulton ran a 2:15:26 marathon in February.

Heidi Westerling placed second last year, but this year she won the women's division by more than a minute at 33:04. FTC members will recognize Heidi as the 2005 and 2006 winner of our Dunkin' Donuts Cape Cod Marathon as well.

It's the time of year where many of us will be buying our 2007 appointment books, and some will be programming their "Blackberries". Make sure that you put the Saturday of Thanksgiving weekend in your book. Send in your application early, and no, I'm not giving up my room at Bill & Sally's.



No, these folks did not talk turkey, They just tested the waters at Bar Harbor

CCM: continued from page 1

A furious Sou'easter began building in intensity during the late morning and early afternoon on the Saturday before the race. By 3:00 p.m., the rain was falling at the rate of an inch an hour, and the winds were blowing from the southeast at 35 to 40 mph and increasing. The worst of the storm was forecast to hit Falmouth around 6:00 p.m., right at high tide. Bird decided to check things out along the course. The corner of Clinton and Scranton avenues was flooded with two feet of water (just past the one-mile mark on the race course). He managed to get his four-wheel drive truck through the pond and headed toward Surf Drive. But when he got to Shore Street, his way was blocked by a police cruiser. Surf Drive was closed and flooded. He turned around to check the shore roads from Falmouth Heights on east. Once again, his way



was blocked by a police cruiser. It was the same story.

What to do? The forecast called for the rain to stop around 8:00 p.m. and for the wind to shift to the west but continue to blow hard (50 mph gusts were called for) all night long and all day Sunday. But what shape would the roads be in? Would the high seas coupled with the wind and tides wash out the roads along the shore as had happened with Hurricane Bob? Would the traditional low spots on Grand Avenue, Menauhant Road and Surf Drive (remember the deep puddles on Surf Drive the year it rained so hard in the '99 Falmouth Road

Elections 2007

The Nominating Committee has proposed the following slate of Officers and Directors for 2007. Additional nominations will be taken from the floor at the annual meeting.

The slate is:

<i>President</i>	Jack Carroll
<i>Vice-President</i>	Mike Mullo
<i>Secretary</i>	Wendy Carroll
<i>Treasurer</i>	Joan Pelletier
<i>Membership</i>	Doris Beatty
<i>Seagull 6 Director</i>	Mike Norton
<i>CCM Director</i>	Courtney Bird
<i>Main St. Mile Director</i>	Dana Delorme & Patti O'Brien
<i>Friday Night 5 Director</i>	Ken Gartner
<i>Special Events Coordinator</i>	Carolyn Bird
<i>Coaching</i>	Jim Preisig
<i>Member At Large</i>	Bob Richards

Race?) make it impassible for the runners to get through? What about downed power lines? In the interests of public safety, would the Falmouth Police and the DPW even allow the race to go over those stretches of road? And if not, what was "Plan B"?

"Let's go to the Quarterdeck and consult with the Grand Guru of Running, Tommy Leonard!" was one suggestion. In fact, Bird called a strategy meeting of key members of the marathon committee to be held at the QD, which was the site of a pre-race reception. Bird called Falmouth Police Chief, David Cusilito, around 4:00 to get his take on the situation. Chief Cusilito's question to Bird was, "You don't really want to cancel the race, do you?" Terry McKee Encourages a Marathoner at 18 miles



Bird's reply. It was agreed that the two men would tour the critical areas of the course at 8:00 p.m. to assess the situation.

In the meantime, retiring Start/Finish Area Director Ed Giordano had been in touch with Don Swire of the DPW and gotten his assurances that if the weather permitted and the roads weren't too badly damaged, the the DPW would go to work on them after midnight. But all that left a big question mark. What if the roads were impassable? If only Surf Drive was out of commission, there was an alternate certified last two miles that was last used after Hurricane Bob. The route would be detoured up Elm Road, around Quonset Road, then up Locust Street, and onto Main, with a finish near the entrance to Town Hall Square. But what if Menauhant Road was washed out? Reports filtering back to the Quarterdeck, where key members of the Marathon Committee were gathering to decide on "Plan B," indicated that Menauhant Road

continued on next page

508-495-4085
FREE DELIVERY

CATERING AVAILABLE



281 MAIN STREET
FALMOUTH, CAPE COD MASSACHUSETTS

CCM: continued from previous page

was taking a real pounding. The committee huddled over maps of Falmouth. If the loop course was maintained, there was no way the race could avoid being routed for a time on busy Route 28. That idea was discarded because of traffic concerns and because it would be nearly impossible to accurately measure the distance. The next alternative discussed was to run the race on an out-and-back course that would take the runners in the reverse direction on the marathon route to the 13.1-mile point where they would turn around and retrace their steps to the finish. The route had the advantage of being accurately measured and being relatively traffic-free. The disadvantages were many, most centering around last minute logistics.

In the midst of that discussion, Chief Cusilito arrived around 8:00 p.m., and he and Bird went for a tour. By that time,



the rain had stopped and the wind had shifted into the west, bringing relief to the battered south-facing shoreline. The real question was had the roads been washed out. During their tour, Bird pointed out to the Chief that as long as the roads were intact — even if sections of pavement were missing — and the runners could get through, we should not try to change the course. The first stop on the tour was Menauhant Road. Beach sand had washed across the road from the Heights ballfield all the way to the Bridge at the mouth of Great Pond, and in many places the sand had piled into two- to three-foot drifts. At several points along that stretch, there were 18"-deep puddles extending fully across the road and a half a football field in length. But the road had not washed out. However, just east of the bridge, a power line was down across the road. Chief Cusilito made it abundantly clear that he could not permit the race to go down a road where there were downed power lines. But he followed that comment up with a call to the NSTAR supervisor for the area. So with some luck, there was a reasonable chance that Menauhant Road could be made passable. Chief Cusilito and Bird now headed to Surf Drive. What they encountered was a moonscape of sand and boulders the

CCM: continued on page 7

2007 DUES! DUES! DUES!

FTC membership runs from January 1st to December 31st of each year.

It is time to renew for 2007!

If you are uncertain when your dues expire, please check the label on your newsletter. You can also get in touch with Doris Beatty (Membership) at FalmouthTCinfo@aol.com or Deebeatty@aol.com.

To keep your dues current, please fill out the membership form found at the back of this newsletter or on the FTC website and mail it to us along with a check, payable to the Falmouth Track Club, to *Membership, Falmouth Track Club, Box 699, West Falmouth, MA 02574.*

Please include your E-mail address so that we can communicate with you quickly.

New Members

The Falmouth Track Club welcomes the following new members and their families to the club:

SUSAN & ANDREW LANGLOIS

East Falmouth

FREDERICK LOWE

Falmouth

STACY DERUITER & BRIAN DRAKE

Woods Hole

JOHN & MARJORIE HURLEY

Falmouth

JAN FELT

Sandwich

ANNE PRIOR

Falmouth

BOB PRITCHARD

Franklin

JENNIFER L. MCKAY

Mashpee

JAY & DONNA KANE

Franklin

TOM DAVIS

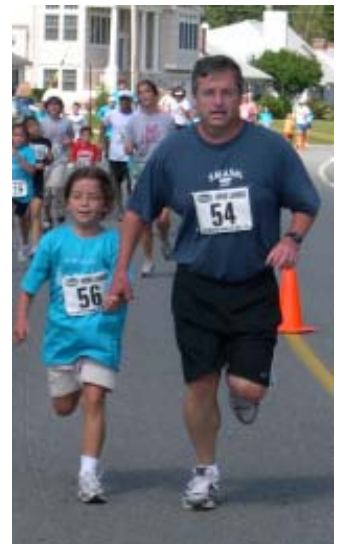
Forestdale

KAREN M. HOWES

Mashpee

SHELLY MILANO

Centerville



Boston Marathon Waivers

Each year, the BAA makes available to the New England running clubs a limited number of entries for which the age group time qualifications are waived. This year, as in the past, 10 entries of this type will be given to the Falmouth Track Club. The entry fee for these qualification-waived entries is \$200.00.

The BAA sets forth their requirements as follows:

“The invitational applications will have the qualification requirement waived. They are to be used solely by official members of your club and should be considered for those runners who have not met the qualifying standard for their age division, [and who] often volunteer at races or have supported fellow club members at various levels.”

The Falmouth Track Club Board of Directors will decide on the eligibility of members of the FTC who are interested in having one of these qualification-waived entries. In order to be fair, the following procedure will be used.

1. Any interested member should download a Boston Marathon Waiver Form from the FTC website, www.falmouthtrackclub.org. The completed form should be mailed to *FTC President, Box 699, West Falmouth, MA 02574*. The envelope should be marked “*Boston Waiver*”

on the lower left hand corner. Note, anyone who has simply spoken to someone on the board expressing an interest in running should make sure they fill out the waiver application form.

2. The waiver form asks for information on primarily two areas: (1) what the applicant has done to support club activities in the past year (volunteering, participating in club races or fun runs, etc.) and (2) a description of the applicant’s current training (weekly mileage, number of times a week you run, longest and shortest average run in a week, number races a month, track workouts, Friday night runs, etc, etc.)

3. The deadline for the club to be in receipt of the waiver form is Monday, January 29, 2007.

4. The person MUST be a current 2006 dues paying member and have paid his or her 2007 club dues.

The board will meet shortly after the 29th. If there are more than 10 applicants who the Board determines meet the above criteria, the board will draw straws or employ some other random selection process to select 10 runners from that qualified group.

The deadline for waiver entries to be received by the BAA for Boston is February 15, 2007! That means the entry forms should be in the mail by Monday, February 5 at the absolute latest.

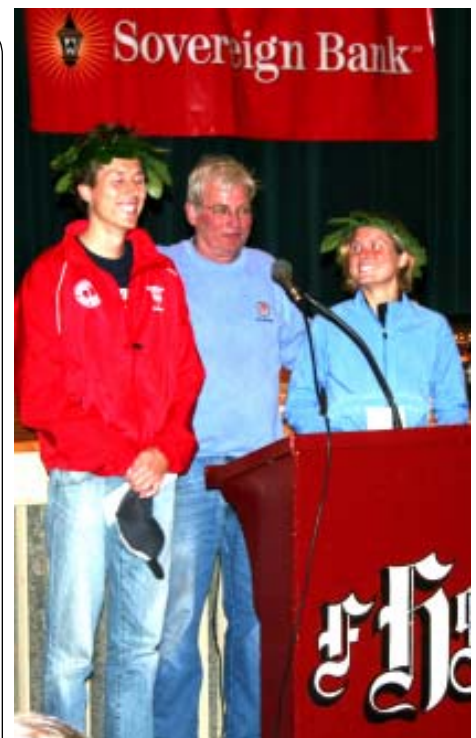
Falmouth Track Club

Board of Directors

<i>President:</i>	Russ Pelletier	russpj@aol.com
<i>Vice President:</i>	Jack Carroll	jackrun@adelphia.net
<i>Secretary:</i>	Kris Tholke	kris_tholke@hotmail.com
<i>Treasurer:</i>	Joan Pelletier	joan47@aol.com
<i>Membership:</i>	Doris Beatty	deebatty@aol.com
<i>Seagull Six Director:</i>	Mike Norton	mbnorton@adelphia.net
<i>Cape Cod Marathon Director:</i>	Courtney Bird	marathon@cape.com
<i>Friday Night Five Director:</i>	Ken Gartner	kjgartner@adelphia.net
<i>Special Events:</i>	Carolyn Bird	sippewissett.bird@verizon.net
<i>Main Street Mile Director:</i>	Dana Delorme	ddelorme06@comcast.net
<i>Coaching:</i>	Jim Presig	jpresig@whoi.edu
<i>Member At Large:</i>	Wendy Carroll	wendyfcarrroll@adelphia.net
<i>Past President:</i>	Steve Hamel	steve_hamel10@hotmail.com

Other Significant People

<i>Newsletter:</i>	Pete Landry	pblptr@netscape.net
<i>Seagull Six Co-Director:</i>	Pete Sampson	pstrack@webtv.net
<i>Youth Events Director:</i>	Helen Kennedy	hken77@msn.com
<i>Membership Assistant:</i>	Don Frederickson	
<i>Main St. Mile Co-Director:</i>	Patty O'Brien	pobrien@sherwoodmortgage.com
<i>Web Site Administrator:</i>	Russ Pelletier	russpj@aol.com
<i>Race Results:</i>	John Evans	johnevens@acm.org
<i>Fun Run Organizer:</i>	Lauren Lavender	lauren_johnson_lavender@hotmail.com
<i>FTC Clothing:</i>	Terry McKee & Janet Folger;	jsfolger@verizon.net



You'd grin too if you'd just gotten a check for \$1,500.00! Actually, Bird just announced that they have to wear the wreaths for a week!

CCM: Continued from page 5

size of basketballs littering the road from Surf Drive bath house to Oyster Pond Road. But, as was the case with Menauhant Road, the road surface was intact. Though there were no wash outs, two HUGE puddles effectively blocked the road. One was more than two feet deep and extended the full width of Surf Drive for more than 100 yards. The road was officially closed and police cruisers blocked access to Surf Drive from Mill Road west to Elm Road.

Around 8:30 p.m., Don Swire of the DPW called to say



that he was going to have his crew out on Menauhant Road and Surf Drive beginning at 1:00 a.m. to clear the sand and make the roads passable again. He said his crew would work through the night if necessary. About the same time, the Chief got a call that NSTAR was clearing the downed power

line on Menauhant Road. Things were looking up, and Bird returned to the Quarterdeck to update the committee.

By 1:00 a.m., Don Swire turned out his troops armed with road graders, bulldozers, front-end loaders, street sweepers and pumps, and they worked through the night to ensure that the roads would be safe and passable for the runners and for the townspeople. NSTAR crews arrived to clear downed power lines and re-store electricity. By 5:00 a.m.

the roads were open; and by



Maggi Yates checking the course

CCM: continued on page 14

Advertise in this newsletter!

The FTC newsletter will accept paid advertisements from any local business or organization who would like to reach our 250 members. If you are interested in placing an ad, call Peter Landry at 508-540-2799 for sizes and rates.

pobrien@sherwoodmortgage.com



Patti **O'BRIEN**

Mortgage Specialist



cell 508.274.1817 office 508.539.1010 ext.213 fax 508.539.1212

400 Nathan Ellis Hwy | Mashpee, MA 02649 | Est^d 1981

Race Results

27th Annual Osterville Library Road Race Osterville, MA, July 15, 2006

Matt Patrick	69	32:32
Bill Masterson	74	32:58
James Hines	110	35:31
Louise Patrick	151	38:25
Judy Terry	171	40:20

Fishermen's Tribute 5k New Bedford, MA, July 16, 2006

Anne Preisig	10	19:05
--------------	----	-------

19th Annual Jim Kane Sugar Bowl 5 Miler S Boston, MA, July 20, 2006

Tom Scott	356	39:01
Sharon Napier	670	43:14
Rebecca Babcock	910	46:48

Newburyport Triathlon Newburyport, MA, July 22, 2006

Glen Rogers	225	1:31:51
-------------	-----	---------

26th The Great Hyannis Johnny Kelley Road Race 10K Hyannis, MA, July 23, 2006

Glenn Pokraka	58	48:08
Matt Auger	62	48:18
Matt Patrick	118	52:04
Bill Masterson	127	52:26
Nancy Dorn	148	53:33
James Hines	191	56:08
Louise Patrick	283	1:03:10
Sheryl Briggs	289	1:03:53
Doug Schumann	295	1:04:45
Laurie Fife	318	1:07:59

26th The Great Hyannis Johnny Kelley Road Race 5K

Laura Hutchinson	10	19:39
Kathleen Thomas	38	23:36
Dwight Pfundstein	114	28:08
John McPherson	172	31:17

Feeling Left Out?

by John Evans

These race results were compiled using a computer program that extracts races for Massachusetts and Rhode Island from the CoolRunning web site and compares it to the FTC membership list. Additional races from surrounding races can be added in as well. While it does a pretty good job, some names may still get left out of a race result, particularly if your name is spelled differently on a race application than on our membership list. If you got left out of a race result, please tell us and we'll try, but won't guarantee, to get it right next time.

Jerry Garcia Memorial River Run Cambridge, MA, July 27, 2006

Elizabeth Peterson	100	29:43
--------------------	-----	-------

S. Dennis 5 Miler S. Dennis, MA, July 29, 2006

Tom Nally	46	40:09
Pat Nally	66	43:07
Joanne Creel	132	77:24

Old Home Week Centerville 3 Mile Centerville, MA, August 10, 2006

Kathleen Thomas	37	21:45
-----------------	----	-------

Brew Run 5.2 Mile Brewster, MA, August 12, 2006

Geof Newton	4	28:31
Richard Dalton	394	43:39
Steve Conroy	410	43:53
Judy Terry	866	53:31
Mary Peterson	940	55:58
Brian Miller	980	58:48
Wes Chadbourne	1045	67:42

The Chilmark Roadrace 5K Chilmark, MA, August 12, 2006

Paul Hartel	1281	41:41
-------------	------	-------

Rochester Road Race 5K Rochester, MA, August 12, 2006

Mike Norton	1	16:39
-------------	---	-------

Irish Pub Road Race Harwich, MA, August 5, 2006

Donald Frederikson	12	
Matt Stone	84	
Tom Nally	109	
Kathleen Thomas	131	
Robin Stone	157	
Tom Scott	255	
Richard Dalton	322	
Pat Nally	375	
Joanne Corsano	503	
Judy Terry	715	

Where's Waldo 100K Ultramarathon 100K Sunday, August 20, 2006

Jeff List	29	16:07:08
-----------	----	----------

RESULTS: continued next page

**State Street United Way Fun Run 5K
Quincy, MA, August 24, 2006**

Bob Moore	29	21:39
-----------	----	-------

**10th Annual Citizen's Bank Women Running Wild 5K
Osterville, MA, August 27, 2006**

Anne Preisig	4	18:34
Kathleen Thomas	30	22:39
Pat Nally	79	25:35
Louise Patrick	97	26:26
Joanne Corsano	145	28:10
Judy Terry	185	29:50
Doris Beatty	241	32:59

**5th Cranberry Country Triathlon
Lakeville, MA, August 27, 2006**

Glen Rogers	369	2:55:48
-------------	-----	---------



Ken Gartner coaches his son Henry on the finer points of road racing in the MSM. Henry's snoozing, tho'

**LSJCC 7th Annual Triathlon
Newton, MA, August 27, 2006**

Tom Scott	50	1:28:03
Wes Chadbourne	113	2:08:41

**26th Acushnet Road Race 4.1 Mile
Acushnet, MA, September 4, 2006**

Sheryl Briggs	160	36:52
---------------	-----	-------

**33rd Annual Walpole Road Race 10K
Walpole, MA, September 4, 2006**

Joanne Corsano	223	58:33
----------------	-----	-------

**Dennis Festival Days 5K Road Race
Dennis, MA, September 4, 2006**

Geof Newton	1	17:29
Kathleen Thomas	28	23:20
James Hines	73	27:12
Dwight Pfundstein	82	28:11

**Marshfield Hills 5K Run/Walk
Marshfield, MA, September 4, 2006**

Tom Scott	67	24:00
Wes Chadbourne	259	38:17

**31st Run Around The Block 15K
Block Island, RI, September 9, 2006**

Pat Nally	238	1:25:20
-----------	-----	---------

**NETT - Hyannis Sprint II Triathlon
Hyannis, MA, September 9, 2006**

Kathleen Thomas	132	1:12:16
Rebecca McCormick	219	1:16:18
Nicole Fox	309	1:20:24

**Ollie Road Race 5 Mile (USATF-NE Grand Prix Race)
Boston, MA, September 9, 2006**

Peter Landry	323	35:36
Jack Whitehead	700	46:14

**Run to the Rock Half Marathon
Plymouth, MA, September 9, 2006**

Sheryl Briggs	111	2:15:28
---------------	-----	---------

Run to the Rock 10K

Nancy Dorn	27	50:25
------------	----	-------

**14th Annual Marshal Degan 10k Road Race
Quincy, MA, September 10, 2006**

James White	15	41:15
-------------	----	-------

**Fort Phoenix 5K Road Race
Fairhaven, MA, September 10, 2006**

Anne Preisig	6	18:17
--------------	---	-------

**Komen Boston Race for the Cure 5K
Boston, MA, September 10, 2006**

Susan O'Connor	215	24:18
----------------	-----	-------

**Stowe Marathon
Stowe, VT, September 10, 2006**

John Evans	7	3:24:38
------------	---	---------

**Main Street Mile
Falmouth, MA, September 10, 2006**

Steve Faluotico	2	4:57.1
Tor Clark	4	5:13.4
Tyler Singer-Clark	8	5:53.3
Matthew Pickart	10	6:00.3
Thomas Bunker	11	6:02.6
Stace Beaulieu	12	6:03.1
Rachel Horwitz	15	6:04.9
Bruce Buff	18	6:08.8
Kristine Bunker	25	6:23.7
Ann Tarrant	28	6:28.6
Doug Stafford	32	6:33.3
Gregory Pickart	36	6:35.1

Results: continued next page

MSM Results: continued from previous page

Bob Pickart	37	6:35.4
David Pickart	42	7:01.6
Margaret Buff	48	7:18.4
Bret Folger	54	7:29.5
Sarah Bunker	56	7:30.6
Lian Folger	61	7:44.1
Susanna Buff	92	8:51.1
Jack Whitehead	106	8:59.7
Julien Legault	118	9:28.0
Chris Legault	119	9:28.3
Sarah Sherwood	123	9:30.7
Abby Pokraka	124	9:31.3
Doris Beatty	125	9:31.8
Monique Legault	128	9:58.1
Leann Pokraka	133	10:14.9
Glenn Pokraka	134	10:15.1
Paul Hartel	136	10:18.0
Kelly Guay	148	10:47.8
Robert Guay	149	10:48.2
Robby Cerulle	152	10:52.9
Timothy Buff	160	11:03.1
Rita Sherwood	161	11:06.2
Patty White	162	11:06.5
Katherine Cerulle	169	11:32.1
Susan Cerulle	170	11:32.3
Jeanne Cerulle	171	11:32.6
Patrick Buff	178	12:53.4
Claire Buff	179	12:53.6
Caleb Gartner	188	13:23.9
Ken Gartner	189	13:24.8

**Duxbury Beach Triathlon
Duxbury, MA, September 16, 2006**

Glen Rogers	150	1:25:50
-------------	-----	---------

**3rd Annual Run for B 5K Race/Walk
Plymouth, MA, September 16, 2006**

Sarah Kelsey	69	32:37
--------------	----	-------

**3rd Annual Flaherty School 5k Run
Braintree, MA, September 17, 2006**

James White	3	19:27
Sharon Napier	39	24:21

**5th Annual Captain Gerald F. DeConte 5K Run/Walk
Sandwich, MA, September 17, 2006**

Mike Norton	4	16:34
-------------	---	-------

**Truro Treasures 2006 Pamet River 5K Run/Walk
Truro, MA, September 17, 2006**

Tom Nally	7	21:05
Pat Nally	32	25:03
Steve Conroy	38	25:56
Elizabeth Peterson	64	31:33

**Remy Wells Crowther Red Bandana 5K
Chestnut Hill, MA, September 23, 2006**

Glen Rogers	47	22:31
-------------	----	-------

**1st Annual Plymouth Police & Fire 5K Road Race/Walk
Plymouth, MA, September 24, 2006**

Mike Norton	2	17:25
David McPherson	16	20:44
Tom Scott	60	24:43
John McPherson	144	28:19

**Boston Marine Corps Honor Run 10K
Milton, MA, September 24, 2006**

Peter Noonan	129	52:06
Bob Richards	146	53:17
Michael Garry	219	56:34

**Boston Marine Corps Honor Run 5k**

Paul Farrell	109	28:32
--------------	-----	-------

**Libbey Brakeley 5K
North Andover, MA, September 24, 2006**

Tom Scott	142	30:46
-----------	-----	-------

**Devine Spirt 10K Road Race
Milton, MA, September 30, 2006**

Peter Noonan	22	49:13
--------------	----	-------

**Apple Harvest Ramble 10 Mile
(USATF-NE Grand Prix Race)
Harvard, MA, October 1, 2006**

Peter Landry	299	1:16:42
Jack Whitehead	542	1:53:11

RESULTS: continued on page 12

Upcoming Races & Winter Fun Runs

RACES:

- Jan 7 (Sun) 27th Cape Cod Road Runners Winter Fun Run**
4.9M, Monument Beach, MA., 10:30 a.m.,
Weary's Travellers Club, Bob Burt, (508)759-8364, Web: www.capecodroadrunners.com,
Email: bobburt@verizon.net
- Jan 14 (Sun) 7th Annual Frostbite 15K Midwinter Classic**
Raynham, MA 9:20 a.m. Raynham Middle School,
470 Titicut Street (Moderately challenging course
on mostly country and suburban roads)
Contact: Jim DuPont (Colonial Road Runners),
115 North Main Street, Raynham, MA, USA,
02767.
1-508-822-0376 jdupont01@comcast.net
- Feb 4 (Sun) 18th Annual Kevin's 10 Miler**
Hanlon's Shoes, Hyannis, MA, 11:00 a.m.
For more information, contact Kevin Petrovek at
508.775.8877.
- Feb 17 (Sat) The Martha's Vineyard 20 Miler**
Vineyard Haven, MA, 11:00 a.m.
Contact: Martha's Vineyard Multisport Inc., PO
Box 1932, Vineyard Haven, MA 02568;
508-696-6203 x300
e-mail: 20miler@mvmultisport.com;
<http://www.mvmultisport.com/20miler/>
- Feb 18 (Sun) Old Fashion 10 Mile & 5K**
Foxboro, MA 11:00 am
Contact: Dave Donnelly, PO Box 2526, Attleboro
Falls, MA, USA, 02760.
508-222-9991, beach_buggy@msn.com
- Feb 25 (Sun) Four Points by Sheraton Hyannis Marathon, Half Marathon, 10K & Marathon Team Relay**
Hyannis, MA, 10:00a.m. Four Points by
Sheraton Hyannis Resort Hotel, 35 Scudder Ave
Contact: B.A. Event Promotions, P.O. Box 2184,
Hyannis, MA, USA, 02601. (617-625-2140)
BAEvents@aol.com
- Mar 11 (Sun) 17th Raynham K. of C. Charity 5 Miler**
Raynham, MA 11:00AM, Raynham American
Legion Hall, Mill Street
Contact: John Donahue, 195 Hickory Dr,
Raynham, MA, 02767.
508-822-6015, johnmdonahue@comcast.net
- Mar 19 (Sun) New Bedford Half Marathon (USATF-NE GP Race)**
New Bedford, MA ,11:00 a.m. Sgt Caney Acad-
emy, Elm St. Contact: New Bedford Half Marathon
Committee, USA, 30127; 508-993-1774,
info@newbedfordhalfmarathon.com

- April 1 (Sun) 30th Annual Seagull Six Road Race 5.74M**
Woods Hole, MA, 11:00 am
Contact: Mike Norton 508-457-4808

FTC WINTER FUN RUNS:

All FTC Winter Fun Runs begin at 8:00 am unless otherwise noted. Folks planning to run should contact the host to see what, if anything, they can bring as a pot luck item. Watch your e-mail for updated info, directions, and reminders.

- Jan 14 (Sun) Dave & Trish McPherson**
17 Pryer Drive, Pocasset, 508 564-4938
- Jan 21 (Sun) Don & Barbara Lunn**
34 Overlook Circle, Waquoit, 508 540-4893
- Jan 28 (Sun) Doris Beatty**
26 Young Road, Falmouth Heights, 508 540-6221
- Feb 4 (Sun) Bob & Maggi Yates**
11 Mullen Way, Falmouth; 508-457-7768
- Feb 11 (Sun) Laurie Fife**
46 Paola Drive, East Falmouth, 508 457-1518.
- Feb 18 (Sun) Nicole Fox Depferd**
2 Leeshore Drive, Mashpee, 508-246-5075
- Mar 4 (Sun) Fred & Judi Keller**
44 Benjamin Nye Road, N. Falmouth, 508-563-5738
- Mar 11 (Sun) Lauren & Dave Lavender**
23 Redwood Circle, Mashpee, 508-477-9655
- Mar 25 (Sun) Bridge Run**
Carolyn & Courtney Bird, 508-548-0348

2007 USATF-NE GRAND PRIX SERIES:

- Mar 18 (Sun) New Bedford Half-Marathon**
New Bedford MA
- Apr 29 (Sun) Groton 10K**
Groton MA
- May 6 (Sun) Westford 5K**
Westford MA
- May 19 (Sat) Bedford 12K**
Bedford NH (Wild Card)
- Sep 8 (Sat) Ollie 5 Mile**
South Boston MA
- Sep 23 (Sun) Apple Harvest 10-Miler**
Harvard MA
- Oct 28 (Sun) Dunkin' Donuts Cape Cod Marathon**
Falmouth MA

Results: continued from page 10

**Lynn Police Classic 5 Miler
Lynn, MA, October 7, 2006**

James White 4 31:39

**B.A.A. Half Marathon
Boston Ma, October 8, 2006**

Elizabeth Peterson 2295 2:03:47
Julianne Waite 2685 2:09:30

**Oak Bluffs Columbus Day 5K
Oak Bluffs, MA, October 8, 2006**

David Farrell 29 21:53
Bob Yates 144 32:06
Doris Beatty 147 32:44
Maggi Yates 164 36:43

**Sarah Lynne Hughes Memorial 5K
Acton, MA, October 14, 2006**

Janet Newell 248 52:17

**24th Annual Boston Firefighter 10K Road Race
Dorchester, MA, October 15, 2006**

Glen Rogers 115 47:26
Brian Miller 391 56:12

**John Correiro Memorial 5K Road Race
Fall River, MA, October 15, 2006**

Mike Norton 1 15:49
Anne Preisig 6 17:38

**11th Ann. Reflections Columbus Day 5K Road Race.
New Bedford, MA, October 9, 2006**

Anne Preisig 5 18:52
Joanne Corsano 37 28:14

**Tufts Health Plan 10K For Women
Boston, MA, October 9, 2006**

Delia Ives 1174 55:43
Rachel Richards 1359 56:43
Madeline Marken 2470 1:01:44
Laurie Fife 3078 1:04:29
Janet Newell 5588 1:33:40

**7th Annual RebHayim Romp
Newton, MA, October 22, 2006**

Brian Miller 36 57:08

**Readers Become Leaders 5K Run/Walk
Wareham, MA, October 22, 2006**

Anne Preisig 5 18:03
Joanne Corsanno 46 26:42

**Dunkin' Donuts Cape Cod Marathon
(USATF-NE Grand Prix Race)
Falmouth, MA, October 29, 2006**

Robert Pritchard 158 3:26:20
Peter Landry 284 3:45:27
Chris Risko 300 3:48:13
Evans Newell 561 4:16:28
Jack Whitehead 796 4:52:04
Julianne Waite 828 4:56:04
Maggi Yates 959 6:20:42

**18th Annual Canton Fall Classic
Canton, MA, October 29, 2006**

John Hurley 20 23:27
Nancy Dorn 25 24:13

**Falmouth in the Fall 7.1 Miles
Falmouth November 5, 2006**

Steve Faluotico 1 39:36
Ken Gartner 2 40:35
Glenn Pokraka 54 51:33
David Farrell 64 52:43
Tom Nally 69 53:00
Ann Tarrant 74 53:17
Sharon Grace 80 53:43
Brady Signs 105 55:07
Matthew Patrick 109 55:26
Jurek Blusztajn 115 55:40
Glen Rogers 116 55:41
Bob Richards 159 58:03
Delia Ivas 174 58:56
Michael Garry 208 1:00:48
Pat Nally 211 1:00:57
Cyndee Carvalho 236 1:02:27
Steve Conroy 246 1:02:52
Louise Patrick 270 1:04:31
Athleen Ellington 302 1:06:40
Linda Dalton 323 1:08:03
Joe Ginty 337 1:09:08
Kris Ginty 387 1:16:26
James White 395 1:17:56
Bret Folger 429 1:29:51
Janet Folger 430 1:29:51

**6th Annual Edaville Rail 2 & 5 Mile Run
Carver, MA, November 11, 2006**

Martha Leavitt 114 42:09
Glen Rogers 128 42:38
Jan Felt 132 42:43
Peter Meyer 216 47:48
Susan Jolie 274 53:19

**Veterans Memorial Road Race
Stoneham, MA, November 11, 2006**

John Hasson 110 57:33

Editor's Note: Falmouth Road Race results were not included because of the large number of club members who ran and because the results are posted on the FRR website in a searchable database.

Hangover: continued from page 1

on which is inscribed the name of every past recipient, the trophy was rejected out of hand several years ago as absolutely unworthy by the *National Academy of Trophy Manufacturers and Artisans*.

In the past years there has been a problem that never seems to go away — course cutting. Because folks have been known to run a three-mile loop around Gunning Point and even have gone to the extreme of only running from the start to the Birds' driveway (.38 mile), the organizers decided to go a different route when awarding the trophy. Given the uncertainty about the times the participants run and because, unlike the CCM, there are no course checkers to catch miscreants, the first person to cross the finish line, while not disqualified from receiving the trophy, will not automatically win it, unlike other races. Rather, the winner will be selected by lot.

In order to spare people the trauma of not winning the prized bauble, no one will go away empty handed. Delicious non-vintage champagne, a variety of left over FTC road race prizes, and numerous tasteless bits and pieces are also handed out by lot. Here's where the lost-and-found treasure chest from the CCM comes into play. Valuable and, more often than not, non-valuable items left by the runners at the start, along the course, and at the Lawrence School will be awarded. These goodies have been offered to and rejected by Good Will. These treasures of wearing apparel are carefully packaged so that each award winner receives a variety of valuable items. As previous recipients will attest, there are often some real gems hidden among the detritus. Also, if you have something you'd like to contribute, please bring it. You will be publically acknowledged for your generosity. In the recent past some recipients of awards have generously donated their prizes back — frequently anonymously. As a

FTC UNIFORMS ARE AVAILABLE

Show off your club colors! The FTC has singlets, and shorts (both split leg and long) by Asics. There's a good



selection of both men's and women's sizes available. The singlets are maroon with white lettering and white with maroon lettering. Buy one of each for home and away contests!! The uniforms are on display at the "Coffee O" and can be tried on in their bathroom and paid for at their counter -- the FTC has a purse there. Checks are to be made out to *Falmouth Track Club*. Cash also works.

Janet Folger is coordinating the the FTC Uniform Division and can be reached at 508-540-7284 or by e-mail at jsfolger@verizon.net. That's Janet pedaling her wares at the Seagull Six.

result some bottles of champagne have been awarded 10 times, thus making their quality rare indeed!

After the run, the traditional brunch is served, consisting of scrambled eggs, ham, sausage, baked Fench toast, breads, fruits, juices, a variety of soda, bottled water, coffee and a keg of one of the Offshore Ale Company's finest brews, the official beer supplier of the 2006 Dunkin' Donuts Cape Cod Marathon. Participants and their families of all ages are encouraged to attend. Please bring a brunch item. Call Carolyn at 508-548-0348 for suggestions.

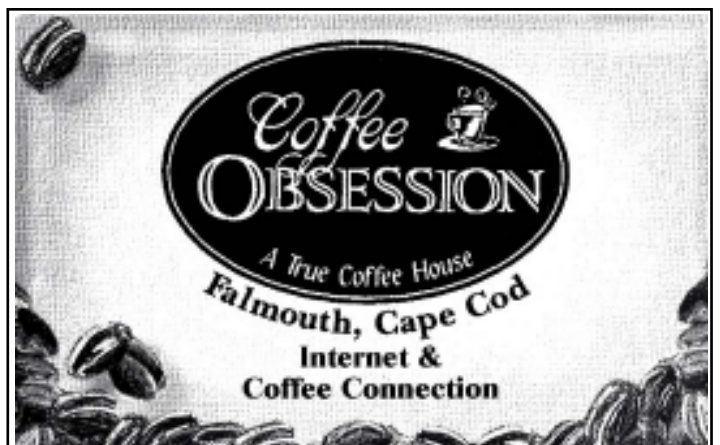
A NOTE ON PARKING: Please park only on west (same side as Bird's) side of Sippewissett Road or in Sippewissett Place.



2006 Winner Dave MacPherson Eagerly Accepting the Trophy for the Second Time!

Past Winners of the Hangover Classic Trophy

1981	Don't Remember	1994	Barbara Sellars
1982	Doug Poole	1995	Barbara Nickerson
1983	Phyllis Laking Hunt	1996	Wes Chadbourne
1984	Dennis Lyonaise	1997	Fred Keller
1985	Jim McGuire	1998	Dave McPherson
1986	Anne Ford	1999	Bye Year
1987	Gary Miller	2000	Wally Ballou
1988	Paul "88" Phinney	2001	Susan Jolie
1989	Gloria Ratti	2002	Neila Bennett
1990	Judy Saunders	2003	Doris Beatty
1991	Greg Taylor	2004	Betsy Gladfelter
1992	Melissa Burke	2005	Bye Year
1993	Phyllis Laking Hunt	2006	Dave McPherson



CCM: Continued from page 7

Shad Miller Navigates the Remains of Surf Drive Lake on His Way to Victory

through several hours later, the lakes had been reduced to puddles. It was a wonderful example of a community coming together, of team work, and of “can do” spirit.

“A miracle!!” is the way Courtney Bird described it.

Race morning dawned clear, very windy and quite brisk. There was even a passing sleet shower at 6:30 a.m.. As the 1050 marathoners and 180 relay teams gathered for the start, it was still unclear whether the huge puddles across Surf Drive would be pumped down in time. As of 5:30 a.m., the larger of the two was still some 10" deep. The runners were forewarned that they could get their feet wet at 25 miles, but that otherwise the course was clear.

As usual, the 30-person marathon committee and 750 volunteers did an outstanding job. As one veteran runner who has competed in hundreds of races, including several



Cape Cods, under all sorts of conditions, commented, “It is easy to stage a good race on a good day, but the real test of a race organization is to stage a great race in adverse conditions — and you guys certainly proved yourselves!!”

The CCM was once again the USATF New England marathon championship. The race was won by Shad Miller of Providence, Rhode Island in 2:28:16, and Heidi Westerling topped the women's field for the second year in a row in 2:47:34. Of particular note is that Pete Landry (3:45:48) and

Jack Whitehead (4:52:43), with their CCM runs, completed all 7 races in the USATF-NE Grand Prix Series and earned themselves the coveted “Ironrunner” jackets. Congratulations to both of them!

A total of 972 marathoners and 168 relay teams completed the 26.2 mile journey on a blustery day that featured wind gusts that topped 60 mph — strong enough to, in one instance, blow over a porta john with a runner in it! Temperatures never climbed out of the low 50's. Yet despite the conditions, 28% of the finishers who had previously run a marathon set PR's.

To all who contributed their time, energy, and enthusiasm, be they members of the club or the larger community, thanks for making this year's CCM special.



CCM Race Packet Stuffing at the World Headquarters of the Marathon...



Weekly Track Workouts

Track workouts are held year-round at Falmouth High School during the Spring/Summer/Fall and at the Gus Canty track on Main Street during the Winter (FTC provides lighting). Ann & Jim Preisig organize these workouts. A small donation is involved. E-mail updates on place, time and planned workout are sent out weekly. If you are interested in participating, e-mail Jim at jpreisig@whoi.edu to get on their list. All are welcome.

Falmouth Runners Bring Home Iron

FTC members Pete Landry and Jack Whitehead were among the 44 "Ironrunners" who completed all seven races in the 2006 USATF New England Racing Series Grand Prix.

The FTC particularly encouraged runners to register with USATF and compete in series races this year, in part because the Cape Cod Marathon has been the final "crown jewel" in the series for many years. Fifteen FTC runners completed the first race of the series, the New Bedford Half Marathon. The rest of the series provided opportunities to try new races and struggle through some tough conditions.

In describing the next race, the Rhody 5K, Pete commented that he and training partner Bob Richards (coincidentally, "Iron Bob" to friends) drove more than three hours round trip to run 22 minutes! The Stowe 8-miler was particularly difficult for both runners due to the extremely hot and



"Who Do You Know" who may be looking to buy or sell real estate on Cape Cod?

Looking for a real team to help you or someone you know thru the process. Call us at:

Patti O'Brien
Sherwood Mortgage
pobrien@sherwoodmortgage.com
580-274-1817

Russ Pelletier
Prudential Premier Properties
russpelletier@yahoo.com
508-274-4703

Maura McCormick
Attorney At Law
508-540-4829
maura@mjmesq.com

humid weather.

In driving to the Harvard Harvest Ramble 10 miler, Jack planned for an 11 a.m. start and drove into the parking lot at 10:00 just as the gun went off. They let him run down the hill to the registration, pin on the number, lace on the chip, then run up the hill and across the starting line ten minutes late with no one in sight. Jack, not famous for his speed (but keeps trying), caught another runner around mile 7!

Pete and Jack both finished the series with strong showings at the Cape Cod Marathon. Jack was surprised that the wind didn't affect his running much and finished his 9th or 10th CCM. Pete struggled with his marathon training due to injuries and illness. The Monday before the race, he and Bob "crammed" in a 15-miler (!), but it all worked out.

Both Pete and Jack hope more runners will do series races in the future. Jack said that this was the first time he had strung together a series of events since his college swimming days. He said the series had a lot of good runners and he appreciated all the volunteers. Pete said the series would have been even more fun with more FTC participation.

Congratulations to both runners on their accomplishments! They wear their new jackets proudly.

Interested in participating in the series? You don't have to be a fast runner or run all seven races...although it's cool if you do! The first step is the join USA Track and Field. Sign up at www.usatf.org or with the form at the end of this newsletter.

The 2007 USATF-NE Grand Prix series will have three new events and four repeaters as the seven Road Race Championships comprising the Grand Prix series for next year. They were selected on Monday, November 6 by 80+ USATF-NE member voters at Brandeis University.

Fourteen races submitted bids for next year's series, and three selections came down to a margin of 1 or 2 votes. The series breaks down to three early races and three late races, with no events in June, July, or August (time for track, mountains, trails!). There were no runaway winners and only the marathon was uncontested.

See the Schedule on page 11 of this newsletter.



Before the CCM, Pete Landry tries on new shoes and Jack Whitehead picks up his stuff with help from a friend.

BAKKER: continued from page 1

job. In 1992, the weather was particularly nasty — steady rain, a brisk wind out of the northeast, and temperatures in the high thirties and low forties. And there was Marja, a smile on her face and a supportive good-natured banter with fellow crew members and runners alike, steadfastly refusing to turn over her duties — even for a few minutes — to go inside to warm up. And so by example she inspired everyone else on the crew to stay on their posts until the last runner crossed the line.

Why did she do it? Because she loved the sport and the camaraderie that came with it. In fact, she devoted her life to the sport and gave selflessly of her time, her energy and



Marja Bakker volunteering at the finish line of the 1992 CCM

enthusiasm, and her ability to make a difference. After moving to the US via Canada from her native Netherlands, she took up running and recorded times of 3:00:28 and 2:57:15 respectively in the '78 and '79 Boston Marathons. After observing as a participant what it took to stage a race, she began to become involved in the organizational and event management aspects of the sport, and she put a strong emphasis on the

participation of every runner. It was that interest that led her to become involved with the Boston Marathon.

She joined the Boston Athletic Association Running Club in 1978, and became its president in 1982, the only woman to hold that position in the club's 119-year history. She was elected to the BAA's Board of Governors in 1984 and served in that position through 1987 when she became Staff Administrator of the Boston Marathon — a job she held until her death.

"Marja Bakker always gave the gift of making everything and everyone around her a little better than they thought they could be," said Thomas S. Grilk, B.A.A. President. "Tens of thousands of runners in the Boston Marathon and B.A.A. Half Marathon have been the beneficiaries of that quality, perhaps without knowing it. For those of us privileged to work with her, we have always known that Marja's relentless dedication to excellence would allow us to display no less. She elevated everything we did. But more than all of this she was our friend, in good moments and bad, and we are all the better for it."

Although her professional life was devoted to the sport of running, it was her volunteer efforts that she loved. Whether it was at the nuts and bolts level of race officiating or

exercising quiet and even-handed leadership as a member of the Board of Governors for USA Track & Field - New England from 1987 to her death and in her two terms as president of that organization (1990-94 and 2000-02), competence, hard work, and attention to detail characterized everything she did. As her obituary on the USATF national website notes, "When it came to athletics, it was the overall presentation - and the details - that mattered most to Marja."



Marja and the rest of Carolyn's Finish Line Crew waiting for the last finisher at the '92 CCM. Left to Right Claire Pokraka, Bakker, Gloria Ratti, and Lucia Carroll

The Falmouth Walk

A huge thank-you goes out to all the Falmouth Track Club members who once again volunteered for the 2007 Falmouth Walk. Thanks to your efforts, we set a new record. In 2004 and 2005, we raised \$12,000.00. This year we topped \$16,000.00.

Walk founders and bartenders extraordinaire, Tommy Leonard and Eddie Doyle, determine which Falmouth charities will be recipients.

Tommy recently sent us this letter.

Dear Falmouth Track Club:

As the years roll by, I sit steeped in reflection and realize how fortunate and honored I am to have your friendship and support.

I thank you for making the 16th Annual Falmouth Walk a success.

We exceeded our goal and were able to raise over \$16,000.00 for four Falmouth area charities and it's all because of people like yourselves who did such a magnificent job making it a safe and fun-filled day.

May God Bless America and The Falmouth Track Club.

Semper Fi,

Thomas Francis Leonard

Picture Scrapbook



MEMBERSHIP DOES HAVE ITS PRIVILEGES

USA TRACK & FIELD MEMBERSHIP 2007

USATF-NE is your local New England association of USA Track & Field. As one of USATF's 57 associations, USATF - New England administers programs in Massachusetts, New Hampshire, Rhode Island, and Vermont. With 3500 members, 100+ member clubs, and 400+ sanctioned events, the New England association is one of the most active and largest associations in the country.

The association has a staffed office, one of only a few full-time local offices in the country, and is overseen by a volunteer Board of Governors elected by the membership at the Annual Meeting. The board is composed of officers, sports committee chairmen, and athlete representatives, and meets monthly to discuss the sport in general and the direction of New England programs in particular.

Our Website is updated weekly – www.usatfne.org

We will again be hosting National events in 2007 and hope you will take part in some of them:

- National Indoor Track & Field Championships, February 24-25, Boston MA
- National Masters Indoor Track & Field Championships, March 23-25, Boston MA
- National 1 Hour Racewalk (track), October, Waltham MA
- National 5k (road) Champ's Men & Women, September, Providence RI
- National 10k (road) Champ's for Women, October 8, Boston MA

Why Join USA Track & Field Each Year?

- To help support the programs USA Track & Field - New England conducts at all levels of the sport
- To compete in local, regional, and national USATF track & field, road racing, cross country, and racewalking events.
- To score in the NE Road Race Grand Prix
- To receive the local *Exchange Zone* newsletter and national *Fast Forward* magazine updating you on programs and events
- To receive discounted subscriptions for *New England Runner*, and *Track & Field News* magazines
- To support your full service office, only a call or e-mail away - **website www.usatfne.org**
- To be part of the most dynamic association in the country
- To give your club voting rights at USATF-NE meetings

USATF-New England runs programs in all areas of the sport.

These programs include:

- The Road Race Grand Prix, now past 20 years old, which includes races at seven distances through the year. Teams and individuals score points through the series with team cash awards and individual prizes at the conclusion.
- Runners completing all seven GP races receive the Ironrunner title, and special recognition in the form of a commemorative jacket.
- An indoor and outdoor track & field schedule for all abilities of competitor from novice to Olympic class.
- A youth / Junior Olympic program with championships in cross country and track & field.
- A cross country schedule which includes the Boston Mayor's Cup and open and masters championships.

PLEASE COMPLETE ALL PARTS, DETACH BOTTOM, AND MAIL TO USATF NEW ENGLAND

USA TRACK & FIELD MEMBERSHIP APPLICATION

Membership Fees:

Athletes 19 & Over = \$30
Athletes 18 & Younger = \$20
Coaches/Officials/Fans = \$30

Mail to:
USATF-New England
PO BOX 1905
Brookline, MA 02446

**TRACK & FIELD
NEW ENGLAND**

Today's Date ___/___/___

Date of Birth ___/___/___

Sex _____

Last Name _____ First Name _____

Address _____

Sport: Track Field Road Running Cross Country
Mountain/Ultra/Trail Race Walking

City _____ State _____ Zip _____

Club: Falmouth Track Club (#013)

Email _____

I certify that in accordance with the rules of the IAAF & USATF, I'm eligible to compete in indicated sports. Category: Athlete / Coach / Official / Supporter

Ask The Raj

Editors' Notes: "Ask The Raj" is written, tongue-in-cheek, by two anonymous FTC members. They wish to remain anonymous. If you would like to ask The Raj anything, email the Newsletter editor, Pete Landry at pblptr@netscape.net. He will forward your note to "The Raj"

Dear Raj,

Lately, when I get to the 5-6 mile area on a run, I'm getting a slight pain in my right knee, on the right side. What do you recommend?

Thanks,
BN

Dear BN,

Obviously, you lean too far to the right. You must become less conservative. Become a moderate. But don't go getting liberal on me. You didn't tell me about your weight, but I'm guessing that it's up there. Not in the stratosphere mind you, but you're not exactly svelte either. Knock off those desserts. Instead of running 5 miles, try pushing yourself away from the dinner table. Bet you never thought of that, did you.

Good luck in your running,

The Raj

Dear Raj,

I know that this is a running column but I'm having a problem with my girlfriend. I'm not a runner, but she is. Lately, she's been doing some very long runs. Too long for my taste. Last night, she told me that she was going out for a five-mile run. Two hours and 45 minutes later she came home, and she hadn't even worked up a sweat. And another thing, this guy Tony seems to call quite often. When he does, she takes the phone in the other room. And what really bugs me, I saw her car parked next to the motel on Main St. I'm ready to talk to her about this. What Should I say?

Thanks,
MX

Dear MX

Say Goodbye

The Raj



Falmouth Track Club

P.O. Box 699
West Falmouth, MA 02574



Falmouth Track Club 2007 Membership Application

Name: _____

Mailing address: _____

Town: _____ State _____ Zip: _____

Homephone: _____ Business phone: _____

E-mail: _____

Date of birth: _____ Occupation: _____

Other track club affiliations: _____ Name of club or team _____

you race for, if not FTC: _____ Current USATF Member? Y/N: _____

May we contact you about volunteering to help at FTC events? Y/N : _____

Summer address: _____

Town: _____ State & Zip: _____

Summer phone: _____

Type of membership:

- New Renewal
- Individual - \$20
- Junior (18 and under) - \$10
- Family - \$25
- Track workouts: \$10 donation

For family membership:

Spouse's name, birthdate, and occupation: _____

Names and birthdates of children: _____

Please send to:

Membership, Falmouth Track Club
P.O. Box 699
West Falmouth, MA 02574