



The Road Record

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

December 2007

Thirty Years for the CCM

Rich Sherman had a dream. In 1977 he ran the New York City Marathon and thought to himself, "How exciting would it be to stage a marathon on Cape Cod that started in Buzzards Bay, crossed the Bourne Bridge, much like the start of the NYC Marathon, followed the back roads from the bridge to Woods Hole [the current Bridge Run 20 mile course], and then up the Falmouth Road Race course to finish in Falmouth Heights." During the next year, he recruited Jeff Burton, Jack Oser, Phyllis Evenden and some others to make the dream a reality. While the idea of a point-to-point race was discarded as being too ambitious, the race was born in December 1978 on Otis. It was 21 degrees at the start and so cold that the water froze in the cups at the water stations. 320 runners signed up and 188 finished. But organizers pronounced the race a success, and began planning for a second edition.



A record field takes off for the 30th CCM

For the next 5 years, the race was run at Otis. 1982 was a nearly disasterous year because the race director quit abruptly one month before the race, having not secured sponsorship, having not put out applications, or done much else in the way of preparation. The pieces were hastily thrown together by FTC President Kit Wise, VP Courtney Bird and Coach Ron Lafreniere. It was a very bare-bones operation — even to the extent that FTC member Jack Carroll donated his collection of trophies that he'd previously won and toilet paper was used as the finish line tape! It was 85 degrees at the start. Only 83 runners started and 56 finished. The race was won by Carroll because he couldn't bear to part with all his trophies. Within hours of the conclusion of the race, the organizers decided that the marathon should be moved off the base and into Falmouth if it was to survive. Courtney Bird agreed to direct the race for the next year or until the transition onto a new course in Falmouth could be completed. Twenty-five years later, he and his wife Carolyn are still at it.

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FTC Annual Meeting

*Monday January 21 at 7:30 p.m.,
at Richards Design*

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 2008. The Nominating Committee is putting together a slate of officers and directors. If you are interested in serving in any capacity, contact Jack Carroll. 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 2007, and next year promises to be one of the best ever.

All club members are encouraged to attend.

The Nearly 28th Annual Hangover Classic To Get 2008 Off With a Bang

The Nearly 28th Annual Hangover Classic Road Race will be held on New Year's Day, Monday, January 1, 2008. While the term "race" is somewhat loosely applied in this case and/or is a complete misnomer, whatever it is 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 eons ago by the Falmouth Track Club Chief Certifier, Ron Pokraka.

HANGOVER: continued on page 8

Want a Boston Marathon Waiver?

See Page 6



President Carroll relaxes after his epic run in the 2007 Cape Cod Marathon. While he was unable to repeat his 1982 victory, he was thrilled to finish ahead of 417 runners, which was considerably more than the 55 behind him in '82! (See Jack's account elsewhere in this newsletter)

Even More Noteworthy Utterances From Prez Jack Carroll

Greetings!

Much has happened since our last edition. Summer running has given way to the cool dry days of autumn. Purple, amber and magenta skies have made for brilliant sunsets along the Coffee-O race course this fall. The weather Gods shined on the Falmouth Track Club and brought spectacular conditions for the annual Main Street Mile and the Cape Cod Marathon. Those events certainly highlighted the fall running season. Many thanks to Ken Gartner for his ten year stewardship of the Coffee-O, Dana Delorme and Patti O'Brien for another great Main Street Mile and certainly much thanks to Courtney and Carolyn Bird for their unwavering twenty-five year commitment to the Cape Cod Marathon, one of the premiere New England marathons.



The Main St. Mile is a September highlight for many families

As we draw close to the end of the year and look toward the winter, the Falmouth Track Club continues to offer the membership a variety of activities. The Winter Fun Runs, a time to get out in the colder months run and socialize at a time

when we just want to hibernate; the Coffee-O is always there on Friday nights to challenge yourself or run to socialize, truly a low key atmosphere and a purist event, the Hangover Classic New Year's Day kicks off the New Year with a run and few laughs at the Birds. If you are in need of some new running apparel that's the event to attend, prizes for all. The bridge run will be on the schedule for those training for Boston or just looking for a good long run with friends. Weekly track workouts will continue under the lights at Falmouth High School track, so if you are not busy on



Members of Anne Preisig's Summer youth running program at the FHS track

Wednesday nights at 5:30, shake out the cobwebs and pick up the pace. Don't let the winter doldrums keep you in, keep moving and stay active.

The Falmouth Track Club is fortunate to have a strong base of support from many active members who volunteer to make this club a success. The club could not exist without the generosity of all those who give up their time to help out at the clubs events.

Thank you!

Next year we will need more individuals to serve in positions of leadership. The nominating committee will be seeking individuals to serve as officers and board of directors members, please consider serving your club.

Take care, keep moving and stay healthy.

Happy Holidays.

Jack

Newsletter Contributors

Peter Landry*
Courtney Bird
Jim Preisig
Jack Carroll

John Evans
Bob Yates*
Betsy Gladfelter*
Ann Tarrant

*Photography

1982 and 2007: Jack Carroll's Reflections on the Cape Cod Marathon Then and Now

In 1982 running the Cape Cod Marathon was truly a different experience from my run in the 2007 event. Certainly running in front of the pack all though small in 1982 was exhilarating, crossing the finish line first with Courtney Bird yelling my time from his stopwatch is still ringing in my



ear. Well, he was just about the only one there. Jump ahead to the 2007 Cape Cod Marathon, starting near the back of the pack and taking off very slowly affords a totally different perspective. The jovial banter that permeates the runners is refreshing and encouraging.

Running slowly allows time to enjoy the spectacular scenery of the Falmouth coastline, from Falmouth Heights unsurpassed views of the ocean and Martha's Vineyard. As the race traverses by Green Pond and the straight road of Davisville, water stops and volunteers get noticed more and



appreciated. Crossing Route 28 brings to mind the many hours of coordination of all the race details like traffic control and safety, not really a major concern in 1982. Old Meeting-house Road passing the cranberry bogs reminds one of the roots of Falmouth and our agricultural heritage, also the hills begin a topographical feature that didn't exist on Otis back in '82. Tony Andrews Farm is next on the tour and the large crowds

at relay exchange two. Good to see so many Falmouth Track Club members working and cheering on the runners. In '82 there were a group of "weekend warriors" doing drills on the base, and no one noticed the race.

Running through Hatchville transforms you to another place in New England, the awesome foliage with leaves and

pine needles covering the roadway spark visions of Vermont. The landscape is so beautiful you can forget your have sixteen miles to go. Holding those thoughts helps to power you through Thomas Landers Rd, the wind, a little boredom, then on to West Falmouth. Great down hill and the flats of 28A lull you into a false sense of invincibility as you meander through West Falmouth admiring a quintessential Cape Cod village. After the enthusiastic crowds at relay three you venture on. However, gone is the earlier marathon banter, you are alone, just like "back in the day".



The marathon really begins in Sippewissett, the hills, the turns, the hills, the, trying to enjoy the scenery has given way to introspection, the mind games, why am I doing this?? Fortunately getting to Woods Hole is uplifting and the distance is shrinking. How can you not feel elated when you approach Nobska Lighthouse and once again experience that breathtaking view, a little different than the dilapidated old barracks on Otis.

The finish isn't far away and the will is too strong to stop. The final stretch, last hill on Oyster Pond Rd, familiar ground of Surf Drive, Walker St. and the adrenaline surge down Main St. to the Finish Line.



Much has changed since that race in 1982, now a spectacular course, dedicated volunteers 750 strong, more than 2,000 runners, enthusiastic spectators and a fine tuned marathon organization. But one thing remains the same, Courtney Bird yelling my name as I cross the finish line..... the feeling is still exhilarating!!

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But the 2007 edition was a far different production than 1982. A few examples draw the contrast. **1982** - Budget - \$1,200; sponsorship - \$300; runners - 83; finishers - 56; volunteers - 70; race committee - 3; water stops - 3; cups used - 500; police - 0; spectators - 80; t-shirts - 0; volunteer t-s - 0; advertizing - 0; post-race meal - clam chowder; donations - 0; prize purse - 0; music on the course - 1 car radio at 10 miles; finish line tape (1 roll toilet paper) - \$.50; portajohns - 0. **2007** - Budget - \$158,000.00; sponsorship - \$36,000; runners - 2280 (relay & marathon); finishers - 1008 marathoners and 184 relay teams; volunteers - 750; race committee - 30; water stops - 11; cups used - 18,000; police 24; spectators 5,000 - 6,000; t-shirts; 2,300; volunteer jackets - 750; advertizing - \$14,000; post-race meal - clam chowder, pasta, salad; donations - \$21,000; prize purse - \$15,000; music on the course - 8 bands and dj's; finish line tapes (2) - \$150; portajohns - 42.



This year dawned an ideal mid-fall day with the cape's fall foliage on full display. Unlike last year with its very windy conditions, the day

was relatively calm and temperatures hovered in the upper fifties for much of the race. The ideal weather brought out large crowds of spectators all along the course and who lined both sides of Main Street from Walker Street to the finish at the Village Green.

A record field of 1328 marathoners and 192 relay teams with 949 members totalling 2277 participants registered for the event, and 1008 marathoners and 184 relay teams finished — likewise a record. Runners came largely from New England, but 36 states and 3 provinces of Canada were represented as well as 4 runners from England (including Falmouth!) and 1 each from Germany, Ireland and Australia. The race served again as the USATF-NE marathon championship ensuring that there was a competitive field of the best New England runners.

The men's race proved to be very competitive with a pack of 8 runners battling for the lead until 21 miles. Then Titus Mutinda and 2006 champion Shad Miller broke away from the pack in the Nobska hills. Between miles 21 and 25 1/2 Mutinda held a 20 - 30 yard lead over Miller. Then on Walker Street with a half mile to go, Miller reached down for something extra, threw in a surge, passed Mutinda and by the time Miller crossed the finish line in 2:28:39, it was he who held the 30 yard lead!

In the women's race, 2005 and 2006 champion Heidi Westerling returned to try to make it 3 wins in a row. She was never really challenged from the start and finished in 2:45:51 — her best time on the course.

In the relay, there was considerable boasting and numerous jeering challenges thrown down by some self-proclaimed

pre-race favorites the night before at the pre-race reception at the Quarterdeck. New England Runner magazine had assembled two teams — the NER All-stars and Fitzies Friskie Felines. Each team included previous CCM marathon Champions. 1987 champion Jimmy Fallon and the winner of the very first CCM in 1978, Larry Olsen — now running record-setting times in his 60's — fleshed out the All-stars while the Friskie Felines, a team of Women seniors, were anchored by Marge Bellisle, Women's winner of the



NER Publishers Lebrun & Fitzgerald refuse to be intimidated by a gang of ringers from the "Eliot Loungers including "the Hawk", Bob Hodge & Steve Jones

1999 CCM. Not to be outdone, friends of Tommy Leonard assembled two teams of "Friends of Tommy" from the Eliot Lounge Days. Russ Pelletier spearheaded the effort and nearly hooked in Bill Rodgers and Joan Samuelson. They wisely decided to back away but Steve Jones, former marathon world record holder, was brought in as a ringer along with Bob Hodge who had won the Mount Washington Road Race a few times and was slated to run the hills. But tragedy struck the Eliot Loungers as Jones pulled up lame with a pulled muscle.



Gartner and Norton were hijacked by the HFC, but to no avail. HFC came in second to the NER All-stars.

It wasn't even close... The NER All-star and the Friski Felines both beat the Eliot Loungers 1 and 2. The All-stars even led the whole race for a while. The final results were NER All-stars - 2:32:01 (1st overall); Felines - 3:09:28 (17th overall); Eliot Loungers 1 - 3:25:43 (34th overall); Eliot Loungers 2 - 3:35:40 (61st overall & 2nd Men's Master). Meanwhile the HFC Striders quietly recruited a couple of ringers from the FTC — Mike Norton and Ken Gartner, stayed away from the reception at the Quarterdeck on Saturday night, and nearly caught the All-stars but had to settle for second place with a

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2:34:44. While all that foolishness was going on, a group of women from the Greater Boston Track Club, running in memory of Margaret Bradley, who besides being a member of GBTC was a former member of the FTC, and a Falmouth High School standout, captured the top honors for all women's teams for the 3rd year in a row with a time of 3:03:18.

The Falmouth Track Club was well represented in the marathon with 13 finishers.

Ann Tarrant ran a PR 3:42:07 which qualified her for Boston. Chris Risko finished with a respectable 3:41:38. Club President and Commissioner of Sanitation for the Marathon, Jack



Sharon Grace finishing her 1st marathon

Carroll, fresh from the exhilaration of putting 42 portajhons out on the course, tested the distance again as he had in 1982 when he won (see Jack's article elsewhere in this newsletter) but decided to enjoy the scenery finishing in 4:16:17 behind his wife Wendy (4:00:45). Four FTC finishers ran all 7 races in the USATF-NE Grand Prix Series - Paul DiAngelis, Karen Howes, Glen Rogers, and Sheryl



Joanne Laschi & Glen Rogers are happy finishers

Briggs and earned themselves an Iron Runner jacket. Sharon

Grace completed her first marathon in 4:07:46. Julie Waite ran her second consecutive CCM and finished in 4:24:42. Joanne Laschi finished the marathon with the same time as Glen Rogers—4:28:12, and Jack Whilehead turned in a very creditable performance of 4:49:39. Bob Eckerson, who also runs for CCAC finished in 3:40:44, which earned him a trip to Boston.



Wendy Carroll is all smiles as she finishes

All in all, it was a great day. Perhaps this e-mail from Amy Flanagan captures the essence of what the CCM is about.

Thank you again for another great race. This year was my 10th marathon, and 5th Cape Cod. This race is still by far my favorite and an automatic no brainer when I am planning my race season. I ran Lowell a couple of weeks earlier and what a difference. As I am sure you know that

is a smaller marathon as well, but the difference there is that you feel the size, you feel alone at times, no other runners in site, no spectators cheering runners on. Even though Cape Cod is a smaller race, you never feel alone. The support on the sidelines is incredible, even more impressive though, is the support of other runners. If I stopped to stretch, inevitably a runner (as well as the tired runner van driver and cops would make sure I was OK; I saw a man struggling, looking a bit unstable and another runner slowed his pace and jogged with him, encouraging him and making sure he was ok. I cannot say enough about this race. Keep up the great work and thank you again. See you next October...

The biggest keys to the success of the marathon each year are the dedication and hard work by the marathon committee, the 750 volunteers who turn out on race weekend give of their time and enthusiasm and the support of the community. Without those key elements there would be no marathon.

One of the unsung heroines in the success of this year's CCM was Danielle Brown, the race administrator. In addition to dealing very competently with the day to day details that require attention year round, she took the initiative to find ways to improve the event and increase revenue. She worked very well with the community, with the runners, volunteers and committee members. Her sense of humor, her even temper, her willingness to work hard and to go the extra mile when the situation required it made the event better. Unfortunately, she will be stepping down this month because she needs more time for her family and her nursing job. According to



Why is Danielle Brown smiling? She just put the last entry into the computer...

Race director Courtney Bird, "Danielle did an outstanding job this year! She learned fast, took initiative, and left the event better than she found it. You can't ask for more than that. I thank her for all she did and wish her all the best going forward. She will be missed." Candidates for her replacement have been interviewed by members of the FTC board and marathon committee and a decision on a new administrator who will begin work in the beginning of January is expected soon.

Not only was this year's CCM very successful from the standpoint of the event itself, it was also very successful financially. While expenses were up, the increase in income far outpaced the additional costs to stage the event. The result was that the Marathon Committee and the FTC Board voted to make contributions to various community organizations totalling \$21,000.00, which is a \$7,000.00 increase over the \$14,000.00 in contributions made last year. When the books are closed at the end of the year, the marathon will generate about \$13,000.00 (after contributions) for the club

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 fill out a Boston Marathon Waiver Form found on page 19 in this newsletter. 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, those who have 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 one runs, 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 21, 2008*.

4. The person **MUST** be a current 2007 dues paying member and have paid his or her 2008 club dues.

The board will meet shortly after the 21st. If there are more than 10 applicants who the Board determines meet the above criteria, the board will select 10 runners randomly from that qualified group.

The deadline for waived entries being received by the BAA for Boston is February 1, 2008! That means the entry forms should be in the mail by Friday, January 25 at the absolute latest.

Four FTC Runners Bring Home Iron

FTC members Paul DiAngelis, Karen Howes, Glen Rogers and Sheryl Briggs were among the 81 “Ironrunners” who



Iron Runners Sheryl Briggs, Paul DiAngelis and Glen Rogers

completed all seven races in the 2007 USATF New England Racing Series Grand Prix.

The FTC particularly encouraged runners to register with USATF and compete in series races again this year, in part because the Cape Cod Marathon has been the final “crown jewel” in the series for several years. While a number of FTC runners completed the first race of the series, the New Bedford Half Marathon, only the “final four” went on to complete all the races. The rest of the series provided opportunities to try new races and struggle through some tough conditions.

Congratulations all four runners on their accomplishments! They wear their new jackets proudly.

Interested in participating in the series in 2008? You don’t have to be a fast runner or run all 7 races...although it’s cool if you do! The first step is the join USA Track and Field. Sign up at www.usatf.org. The club will reimburse the entry fees of runners who complete all the races in the series.

The 2008 USATF-NE Grand Prix series will have five

Ironrunners: continued next page

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new events and two repeaters. The seven Road Race Championships composing the Grand Prix series for next year were selected on Monday, November 12 by nearly 100 USATF-NE member voters at Brandeis University.



Karen Howes finishes the Groton 10K

Twelve races submitted bids for next year's series. Two selections came down to a margin of four or fewer votes and three races were uncontested. The series breaks down to one race in any month, and covers three of the association's four states. For the complete schedule USATF-NE Grand Prix schedule, go to page 12 in this newsletter. The Cape Cod Marathon took a break from hosting the marathon championship since it had hosted the event 21 times out of the last 22 years.



Kris Tholke and Maggi Yates await the last runner with space blanket and medal in hand at the CCM

2008 DUES! DUES! DUES!

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

It is time to renew for 2008!

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:

LAUREN McCABE
North Falmouth

JAYNE DESMOND
North Falmouth

KELLY GARRETT
Nantucket

SEAN GREENWOOD
Osterville

KAREN S. ROHAN
North Falmouth

MILTON OLIVER
Trumbull, CT

LIZZIE DELINKS
East Falmouth

SUSAN L. GARDNER
Manomet

Hangover: continued from page 1

As those of you who have attended this gala gathering and race know, the Hangover Classic Trophy, distinguished by its size and utter tastlessness, is awarded to the winner. It was painstakingly fashioned in 1980 from trash picked up along the roads, one of Courtney's old running shoes, a copper toilet flange and drain, a chrome hub cap and a gold



2007 Hangover Classic Champions Linda Dalton and Maggi Yates celebrate with the coveted trophy

plated galvanized mop bucket, on which is inscribed the name of every past recipient. Last year, the trophy was hijacked by persons still unknown, but it was thankfully returned and has been under 24/7 guard at an undisclosed location ever since.

There is a recurring problem that never seems to go away — unauthorized alteration of the course. Folks have been known to run a three-mile loop around Gunning Point and have even gone to the extreme of only running from the start to the Birds driveway (.38 mile). Despite positioning hundreds of course marshalls, barricades manned by scores of police, and units of the National Guard, the problem persists. Accordingly, the organizers have altered the usual criteria for awarding the trophy. Given the uncertainty about the times (and distances) the participants run, 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.

But only one wins the trophy. In order to spare people the unbearable trauma of not winning the treasured trinket, no one will go away empty handed. Bottles of delicious non-vintage champagne, a variety of leftover 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 the the Lawrence School will be awarded. These goodies were given to Good Will after the marathon, but just last week were returned to Courtney Bird by that organization because they were unusable! These treasures of wearing apparel are carefully packaged so that each award winner receives a variety of valuable items. In the past participants in the Hangover Classic have traded with each other for desired items and have even been spotted later

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Falmouth Track Club

Board of Directors

<i>President:</i>	Jack Carroll	jackrunfalmouth@comcast.net
<i>Vice President:</i>	Bob Richards	richardsdesign@comcast.net
<i>Secretary:</i>	Wendy Carroll	wendyfcarrroll1@comcast.net
<i>Treasurer:</i>	Joan Pelletier	joan47@aol.com
<i>Membership:</i>	Doris Beatty	deebatty@aol.com
<i>Seagull Six Director:</i>	Mike Norton	mnorton@lawrencelynch.com
<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	jpreisig@whoi.edu
<i>Member At Large & Newsletter:</i>	Pete Landry	pblptr@netscape.net
<i>Past President:</i>	Russ Pelletier	russpj@comcast.net

Other Significant People

<i>Youth Program Director:</i>	Ann Presig	acpreisig@hotmail.com
<i>Membership Assistant:</i>	Don Frederickson	donfredrikson@yahoo.com
<i>Main St. Mile Co-Director:</i>	Patty O'Brien	pobrien@sherwoodmortgage.com
<i>Web Site Administrator:</i>	Joanne Corsano	joanne@picturelake.com
<i>Race Results:</i>	John Evans	johnevans@acm.org
<i>Fun Run Organizer:</i>	Doris Beatty	deebatty@aol.com
<i>FTC Clothing:</i>	Terry McKee & Janet Folger;	jsfolger@verizon.net



Kris Tholke (top) and Karen Smith-Rohrburg examine their loot at the Hangover Classic

wearing their prizes on training runs! Sadly, this year, perhaps because of economic uncertainty, the amount of discarded items left by runners in the CCM was down by 50%! So the Birds are pleading for contributions. If you have something you'd like to contribute, please bring it. You will be publically acknowledged for your generosity. While there is a rule that a prize recipient must take their winnings home (or at least off-premises), in the recent past some recipients of awards have generously donated their prizes back — frequently anonomously. When the Birds go to take down their Christmas Tree in preparation for the Super Bowl, some of the gorgeous gewgaws magically resurface. Accordingly



Bob Richards is still smiling because he hasn't looked inside the bag yet...

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, 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 2007 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.

Past Winners of the Hangover Classic Trophy

- 1981 Don't Remember
- 1982 Doug Poole
- 1983 Phyllis Laking Hunt
- 1984 Dennis Lyonnaise
- 1985 Jim McGuire
- 1986 Anne Ford
- 1987 Gary Miller
- 1988 Paul "88" Phinney
- 1989 Gloria Ratti
- 1990 Judy Saunders

- 1991 Greg Taylor
- 1992 Melissa Burke
- 1993 Phyllis Laking Hunt
- 1994 Barbara Sellars
- 1995 Barbara Nickerson
- 1996 Wes Chadbourne
- 1997 Fred Keller
- 1998 Dave McPherson
- 1999 Bye Year
- 2000 Wally Ballou
- 2001 Susan Jolie
- 2002 Neila Bennett
- 2003 Doris Beatty
- 2004 Betsy Gladfelter
- 2005 Bye Year
- 2006 Dave McPherson
- 2007 Linda Dalton & Maggi Yates

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.



Race Results

Cut and Run Morrain Trail Race Falmouth, MA June 10, 2007

Ken Gartner	1	17:35
Steve Faluotico	2	17:51
Philip Petrone	4	19:09
Stace Beaulieu	9	22:08
Pete Landry	13	23:00
Chris Legault	14	23:04
Chris Sherwood	21	23:54
Ann Tarrant	24	25:07
Jurek Blusztajn	34	27:15

Run for the Arts Race Yarmouth, MA, June 16, 2007

Kathleen Thomas	34	23:33
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3rd Falmouth Solstice Mile Falmouth, MA June 21, 2007

Mike Stone	1	4:44
Steve Faluotico	2	4:59
Teddy Farley	3	4:59.5
Mike Norton	4	5:06
Ken Gartner	5	5:14
Jared Wilcox	6	5:15
Michael Irving	7	5:20
Tor Clark	8	5:22
Ali Smircina	9	5:29 women's record
Tyler Singer Clark	10	5:37
Josh Fisbein	11	5:46
Ian Downing	12	6:00
Pete Landry	13	6:01
Kristine Bunker	14	6:08
Tom Bunker	15	6:12
Stace Beaulieu	16	6:13
Bob Richards	17	6:15
Ann Tarrant	18	6:22
Fred Keller	19	6:23
Doug Ivory	20	6:31
Rachel Horwitz	21	6:34
Bill Wilcox	22	6:51
Jackson Ryther	23	7:17
Mary Ryther	24	7:18
Nate Rodgers	25	7:27
Jeanne Cerulle	26	7:50

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.

Sarah Bunker	27	8:20
Annie Stimson	28	8:21
Robbie Cerulle	29	8:30
Lizzie Stimson	30	9:00

Hanover 5K Race Hanover, Ma. June 23, 2007

Tom Scott	39	24:25
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Eastern Bank Marion Village 5k Marion, Ma. June 23, 2007

John Hurley	83	23:08
Sheryl Briggs	251	30:06

McCourt 3 Mile Run/Walk Hawrichport, MA. June 23, 2007

Tom Davis	56	21:55
Bill Masterson	121	24:51

29th Annual Chatham Harbor 10K Run Chatham, MA. June 24, 2007

Clarence Eckerson	44	45:59
David Farrell	66	48:20
Kathleen Thomas	75	49:20
Steve Conroy	141	55:22

Reggae Ramble & Caribbean Music Festival Race Cambridge, MA, June 28, 2007

Elizabeth Peterson	166	32:08
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33rd Annual Wellfleet Five Mile Road Race Wellfleet, Ma. July 1, 2007 Timing and Scoring by the Falmouth Track Club

David Farrell	79	37:18
Bill Masterson	135	41:21
Steve Conroy	187	45:05

RESULTS: continued next page

37th Mattapoissett 5-Mile Road Race Mattapoissett, MA, July 4, 2007

David Farrell	139	37:48
Robin Stone	199	39:16
John Hurley	233	39:54
Sheryl Briggs	505	45:59



Elizabeth Waldman	526	46:30
Clifford Scott	528	46:32
Rich Waldman	628	48:35

Duxbury 4th of July 4.25 Mile Road Race Duxbury, MA, July 4, 2007

Mike Norton	8	23:28
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Hingham Fourth of July Race Race Hingham, MA, July 4, 2007

James White	44	39:34
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13th Paul White Memorial Road Race North Falmouth, MA, July 7, 2007

Ken Gartner	3	26:47
Mike Norton	5	27:15
David McPherson	26	32:37
Matt Auger	37	33:27
Jack Carroll	51	34:44
Chris Sherwood	65	35:24
Wendy Carroll	69	35:48
Thomas Bunker	80	36:20
Glenn Pokraka	92	36:42
Heidi Ingram	93	36:43
J Peter Noonan	103	37:33

Bob Burt	123	38:34
Matt Patrick	156	40:11
John Hasson	169	40:45
Steve Brocklebank	175	40:58
Rachel Richards	177	41:11
Bob Richards	178	41:12
Sheryl Briggs	220	42:49
Fred Keller	223	42:55
Susan Maddigan	230	43:18
Steve Conroy	232	43:22
Michael Garry	239	43:30
Louise Patrick	249	43:48
Joanne Corsano	323	47:56
John Hurley	372	51:25
Anne Hasson	380	52:10

Sandwich Run to Read Challenge 5 Mile Road Race Sandwich, MA, July 7, 2007

Tom Davis	35	38:56
David Farrell	38	38:31
Bill Masterson	63	42:04

Cohasset Tri at Sandy Beach Race Cohasset, MA, July 8, 2007

Kathleen Thomas	169	1:19:15
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Take the Lake 5K Race Wakefield, MA, July 8, 2007

Ann Tarrant	67	22:41
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Run for the Library Race Osterville, MA, July 21, 2007

Tom Nally	47	29:57
David Farrell	62	30:53

2nd Annual Fishermen's Tribute Charity 5k New Bedford, MA, July 22, 2007

Preisig Anne	10	19:25
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30th Annual Dennis Road Race 5 Mile Run Dennis, MA, July 28, 2007

Bill Masterson	94	40:18
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RESULTS: continued on page 14

Upcoming Races, Fun Runs, Etc.

RACES:

- 31 Dec (Mon) First Night Chatham Fun Run**
Chatham, MA. 3:00 p.m. Carnival Caper Costumed Road Race Sponsored by The Chatham Squire.
- 1 Jan (Tue) FTC Annual Hangover Classic**
Location: 43 Sippewisset Road, Falmouth, home of Carolyn and Courtney Bird. 11:00 am. "Official" course is a little over 7 miles, but you can run any distance. Winner selected by random chance. It is helpful if you bring a dish to share. Park on the west side of Sippewisset Road. Abundant raffle prizes (not all of which you really want).
2nd Annual Old Silver Beach Run and Dunk
North Falmouth, MA NOON Old Silver Beach North Falmouth, Old Silver Beach Resident Parking Lot, 350 Quaker Road (New Years Day up to 6 mile fun run followed by dive in ocean.)
Contact: Greg Parkinson (Cape Cod Center for Women), C/o 2 Bramblebush Park, Falmouth, MA, USA, 02540. 1-508-540-1801
gparkinson@massmed.org
- 6 Jan (Sun) Cape Cod Roadrunners Winter Fun Run.** Weary Travelers Lodge, Valley Bars Road, Bourne. 10:30 am. 4.9 miles. \$12 pre/\$15 post. Website. Info: Bob Burt - (508) 759-8364 (evenings or weekends) or Steve Ballentine - (508) 563-2800 (weekdays).
- 20 Jan (Sun) Frostbite 15K Mid- Winter Classic Road Race**
Raynham, MA 9:20AM Raynham Middle School, 470 Titicut Road (Loop on paved mostly country roads, showers & breakfast, 1st place age awards). Contact: Jim DuPont (Colonial Road Runners), 115 North Main Street, Raynham, MA, USA, 02767. 1-508-822-0376 jdupont01@comcast.net
- 10 Feb (Sun) 27th Annual Paddy Kelly Road Race**
Brockton, MA 11:00AM Harrys Westgate Pub and Grill, 65 Westgate Lane (A 5 mile course run through DW Field Park.) Contact: Susan and Tom Yellope (Colonial Road Runners), USA, 30127. 1-774-240-4622 paddykelly@colonialrunners.org
- 16 Feb (Sat) Marthas Vineyard 20 Miler**
Vineyard Haven, MA 11:00AM Ferry Terminal, Union St (Point to Point scenic course, great post race meal). Contact: Kathy O'Sullivan (MV Multisport Inc), Box 1932, Vineyard Haven, MA, USA, 02568. 1-508-627-7111 x1805 roadraces@yahoo.com
- 24 Feb (Sun) Four Points by Sheraton Hyannis Marathon, Half Marathon, 10Km & Marathon Team Relay**
Hyannis, MA 10:00AM Four Points by Sheraton Hyannis Resort Hotel, 35 Scudder Avenue (Special Guest Frank Shorter). Contact: B.A. Event Promotions, P.O. Box 2184, Hyannis, MA, USA, 02601. 1-617-625-2140 BAEvents@aol.com
- 9 Mar (Sun) 18th Annual Raynham K. of C. Charity 5 Miler**
Raynham, MA 11:00AM Raynham American Legion Hall, Mill Street (Flat, fast, residential course. Great Prize money and top post race in area). Contact: John Donahue, 195 Hickory Dr, Raynham, MA, USA, 02767. 1-508-822-6015 johnmdonahue@comcast.net
- Mar 15 (Sun) New Bedford Half Marathon (USATF-NE GP Race)**
New Bedford, MA, 11:00 a.m. Sgt Caney Academy, Elm St. Contact: New Bedford Half Marathon Committee, USA, 30127; 508-993-1774, info@newbedfordhalfmarathon.com
- 6 Apr (Sun) 31st Annual Seagull Six (5.74 Miles)**
Woods Hole, MA, 11:00 am
Contact: Mike Norton 508-457-4808
- 20 Apr (Sun) 5th Ann. Louies Run 5k Run/Walk For Parkinsons**
New Bedford, MA 10:00AM Buttonwood Park, 1 Oneida St. (Prize Money For Run/Walk, Cool Max Tees To First 100 Entrants, Kids Fun Run). Contact: Paul Correia (Committee For Louies Run), 1000 Fisher Rd., Dartmouth, MA, USA, 02747. 1-508-636-3718 piccorr@msn.com
- 4 May (Sun) Cape Abilities 5k Run/Walk and Half Mile Stroll**
Hyannis, MA 9:30AM Hyannis Village Green, 367 Main St. (For all abilities to enjoy, the course is Flat and Fast, Traffic-Free, Scenic. Contact: Dorine Regan (Cape Abilities), 895 Mary Dunn Rd., Hyannis, MA, USA, 02601. 1-508-778-5040 x245 dregan@capeabilities.org

FTC WINTER FUN RUNS:

The FTC Winter Fun Runs are generally held on Sunday mornings during the winter and start and end at the homes of host members of the club. The actual schedule is being finalized at presstime. If you are interested in hosting a run from your house, please contact Doris Beatty (508-540-6221; deebeatty@aol.com) or Carolyn Bird (508-548-0348; sippewissett.bird@verizon.net). The run schedule will be sent out by e-mail blast after the new year. So watch your e-mail, for the schedule.

2008 USATF-NE GRAND PRIX SERIES:

- Mar 15 (Sun) New Bedford Half-Marathon**
New Bedford MA
- May 11 (Sun) Medical Center 6K**
Nashua NH (wild card)
- June 1 (Sun) Rhody 5K**
Lincoln RI
- July 29 (Tue) Newburyport 10 Mile**
Newburyport MA
- Aug 9 (Sat) Bridge of Flowers 10K**
Shelburne Falls MA
- Sep 6 (Sat) Ollie 5 Mile**
South Boston MA
- Oct 19 (Sun) Bay State Marathon**
Lowell MA

Ann Tarrant's Musings on Running the CCM

Last year, I ran a leg in the Cape Cod Marathon Relay. As I pulled out my gear and drove over to meet my team, I thought, "I'm so glad I'm not running a full marathon on a day like this." The wind was whipping, and runners were sandblasted on some of the coastal stretches...but it's not that hard to tough it out for a few miles. For a full marathon, after all the months of training, you really want everything to be perfect.

I decided to run the full marathon this year — I wanted to do the hometown race at least once. I'm not very good at hills, so I didn't expect a fast time. Ken Gartner kept telling me the hills weren't that bad as long as I "ran smart." I remained skeptical...after all I would be out there a heck of a lot longer than Ken would have been! Stace Beaulieu, Rachel Horwitz and a lot of other FTC friends helped me through all the workouts. We ran loops and loops around Long Pond, incorporating crazy threshold intervals. And we ran lots and lots of intervals around Trotting Park. A couple times, I ran loops around Long Pond, then ran the last ten miles of the marathon course (excellent but tortuous workout). I started to hate Long Pond (a little). During my taper, I discussed all my hypochondriac potential injuries with anyone who would listen and worried that I had tapered too much. I soaked up pearls of CCM wisdom from Pete Landry, Bob Richards and anyone who seemed in the know.



Ann Tarrant heading for a PR!

Marathon morning turned out to be clear, crisp and perfect. I started out well ahead of pace. I felt good but nervous. I kept thinking, "This could go very badly!" I ran through the first couple of relay stations. This is a very special race to run for a Falmouth resident — it felt like everyone I knew was out there cheering for me.

Around mile 10, Steve Faluotico met me on his bike (absolutely not an unauthorized support crew,

just a friend who happened to be on a ride in the general area...perhaps with a spare pair of shoes in a backpack). At mile 12, it occurred to me that I had done lots of 15-17 mile training runs and would probably crash out pretty soon after that. But I kept seeing Steve every mile, and miles went by. As I continued along the rolling hills of Sippewissett, I met up with David Wilton from Falmouth, England (cool, huh?). I got to the Golf Course hill and took a bit of a walking break. I asked Steve to ride ahead to the Woods Hole relay exchange to tell Stace that I was coming. Stace ran an earlier relay leg

and planned to run a few miles with me from Woods Hole (uh, I mean doing her own personal cool down). Unfortunately, traffic was detoured heading into Woods Hole, and Steve couldn't get to Stace right away. And the Woods Hole relay exchange was packed with runners and cheering fans, so Stace and I didn't see each other. I was sad to miss Stace, but needed to stay within the "zone" and just finish the race. I was still on a great pace but starting to slow down. I ran around the lighthouse and through Quissett (well, walked a couple hills). Saw Elvis Presley (strangely reminded me of Helen Kennedy) dancing to "YMCA" at an aid station! I might have cursed Ken G. a little as I went up one last hill. Then lo and behold, waiting for me at Oyster Pond Road was Stace!! A huge thanks to her "Becquerels" teammate Bernhard Peucker-Ehrenbrink for driving her all over Falmouth. Stace is used to all my weird running moods...she was a great cheerful presence and helped me plod along for the last couple miles.

I finished with a 12 minute personal best and no energy to spare! I live only a block from the finish line, but had to get a ride home (thanks to Liz Braun and the "Environmints")! Thanks again to all the organizers, volunteers, training partners and friends for a perfect race day.

The 2nd Annual FTC Youth Summer Running Program Was a Big Success.

The second annual Falmouth Track Club Youth Summer Running Program was a big success. With kids ranging from 3rd to 12th grade, coach Anne Preisig, assisted by her husband, Jim, devised creative workouts to meet the runner's needs. Thanks to volunteer assistant Stacy Dereuter, who shared her knowledge of stretching and worked on drills with the group.

After its first year at Trotting Park, the Program moved to the Falmouth High School Track where the kids had access to not only the track, but also the fields and the trails on the cross-country course at Long Pond. The Preisigs were impressed with the attitude of the kids, particularly on some of the hottest summer nights. The goal was improvement: the kids worked on conditioning, improved their technique, and learned pace.

A noticeable success was FTC member Dave McPherson's daughter, Erin, who with two of her 6th grade friends from Bourne were trying running for the first time. Erin worked hard in the program. Her training paid off: at the end of August she completed her first 5k at the Osterville Women Run Wild race on a hot and humid day. The Preisigs look forward to having the program next year.



RESULTS: continued from page 11

**29th Annual Irish Pub Road Race
W. Harwich, MA. August 4, 2007**

Erik Fowler	151	40:52
Tom Nally	177	41:38
Bill Masterson	221	43:20
Pat Nally	453	49:12
Steve Conroy	597	53:30

**Old Home Week 3 Mile Run
Centerville, MA. August 9, 2007**

David Farrell	32	20:38
Kathleen Thomas	60	22:52

**2nd Rochester Road Race
Rochester, MA August 11, 2007**

Joanne Corsano	129	27:49
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**The 29th Annual Brew Run
Brewster, MA. August 11, 2007**

Mike Norton	4	29:42
Tom Nally	219	38:32
John Evans	251	39:23
David Farrell	265	39:36
Tom Scott	406	42:21
Steve Conroy	649	45:55

**35th Falmouth Road Race
Falmouth, Ma. August 12, 2007**

95 FTC members finished Falmouth. Because of the large number, space considerations preclude publishing everyone's name and time. You may find your official results, by going to the Falmouth Road Race results page, <http://www.falmouthroadrace.com/raceresults/>

**Brie Burger in Paradise Run & Tailgate Party
Cambridge, MA, August 23, 2007**

James White	61	27:43
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**11th Annual Citizens Bank 5k Women Running Wild
Osterville, MA. August 26, 2007**

Anne Preisig	4	19:24
Kathleen Thomas	23	22:59

Patricia McPherson	241	40:24
Joanne Creel	254	51:31

**Cranberry Country Triathlon Race Results
Lakeville, MA. August 26, 2007**

Elizabeth Kennedy	189	2:38:16
Glen Rogers	268	2:46:25

**9th Annual Clancy Darling 5K Road Race
Pembroke, MA. September 1 2007**

Tom Scott	31	23:01.21
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**27th Annual Acushnet Road Race
Acushnet, MA September 3rd Labor Day 2007**

Mike Norton	7	23:04
Sheryl Briggs	142	36:50

**2nd Ann. Dennis Chamber of Commerce Labor Day 5k
Dennis, MA. September 3, 2007**

Bill Masterson	48	25:09
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**Sprint II Triathlon
Hyannis, MA. September 8, 2007**

Ken Gaynor	129	1:05:49
Elizabeth Kennedy	147	1:07:22
Kathleen Thomas	175	1:08:51
Frederick Lowe	248	1:11:32
Anna Gannett	306	1:13:52
Chris Risko	311	1:14:04
Paul David Gannett	378	1:16:50

**6th Annual Progeria Research 5K
Peabody, MA. September 8, 2007**

Bob Pritchard	117	37:52
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**Ollie 5 Mile Classic Race Results
Boston, MA. September 8 2007**

Karen Howes	419	39:27
Paul DiAngelis	572	42:59
Sheryl Briggs	694	46:02
Glen Rogers	746	47:01
Elizabeth Waldman	895	50:16

**Fort Phoenix 5K Road Race
Fairhaven, MA. September 9, 2007**

Anne Preisig	6	19:12
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**Susan McDaniel Run for Love 5k Road Race
Weston, MA. September 15, 2007**

David Farrell	11	22:02
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**6th Annual Captain Gerald F. DeConto 5K
Sandwich, MA. 16 September 16 2007**

Paul Gannett Sr	24	21:21
Anna Gannett	72	23:56
Paul Gannett	145	28:07

continued on next page

**Suffolk University 5K Race
Boston, MA. September 16 2007**

John Hurley	34	22:04
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**30th Annual Bar Harbor Half Marathon
Bar Harbor, ME. September 15, 2007**

Peter Landry	81	1:45:13
Jack Carroll	86	1:45:28
Wendy Carroll	89	1:45:57
Bob Richards	125	1:51:23

**3rd Annual Suddy 5 Miler Road Race
Boston, MA. 22 September 2007**

John Hurley	47	37:38
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**2nd Annual Plymouth Police & Fire 5k
Plymouth, MA. September 23 2007**

Mike Norton	3	16:57
Tom Nally	29	21:54
Bill Masterson	92	24:52
Pat Nally	126	26:54
John McPherson	144	27:24
Kelle List	149	27:36

**Apple Harvest Ramble 10 Mile Race
Harvard, MA. September 23 2007**

Karen Howes	340	1:24:21
Paul DiAngelis	394	1:29:16
Julianne Waite	422	1:33:48
Glen Rogers	441	1:35:31
Sheryl Briggs	521	1:51:28

**Marshall William Degan 5k
Quincy, Ma. September 23 2007**

James White	155	28:51
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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.

**Pacific Beach 8K
San Diego, CA.**

Kris Tholke	2nd 55-59	55:20
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**12th Annual Somerville Homeless Coalition
Somerville MA. 6 October, 2007**

John Evans	74	21:27
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**25th Annual Applefest Half Marathon & Relay
Hollis, NH. Oct. 6, 2007**

Wendy Carroll	212	1:52:04
Jack Carroll	346	1:59:13

**Mashpee Oktoberfest 10k Road Race
Mashpee, MA. October 6, 2007
Timing by Falmouth Track Club**

Kathleen Thomas	23	48:45
Matt Patrick	34	51:33

**Newport Fed Half Marathon
Middletown, RI. October 7, 2007**

Betsy Gladfelter	209	2:10:40
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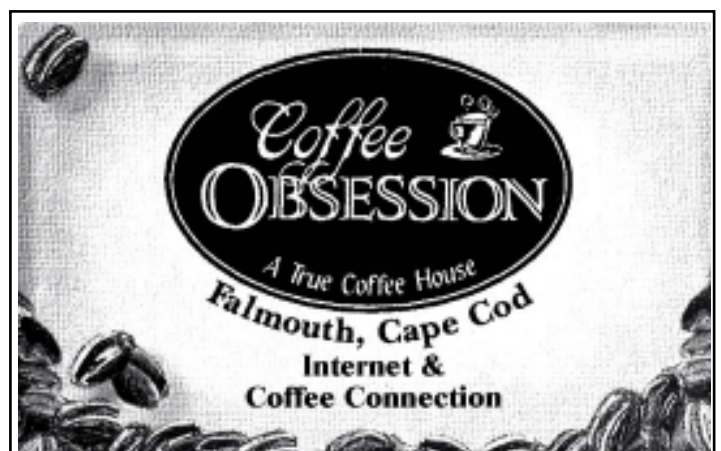
**Chicago Marathon
Chicago, Il. October 7, 2007**

Ed Giordano	24795	6:12:22
Fred Keller	24815	6:13:03

RESULTS: continued next page

Weekly Track Workouts

Track workouts are held year-round at Falmouth High School (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@whoj.edu to get on their list. All are welcome.



**TUFTS Health Plan 10K For Women
Boston, MA. October 8, 2007**

Elizabeth Peterson	727	52:08
Delia Ives	1296	55:36
Madeleine Marken	1732	57:47
Janet P. Newell	4443	1:36:28

**Sarah Lynn Hughes Memorial 5K
Acton, MA. October 13, 2007**

Janet Newell	231	49:29
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**7th Annual Shuck And Run Oyster Festival 5K
Wellfleet, MA. October 14, 2007
Timing by Falmouth Track Club**

Ken Gartner	3	17:37
Steve Conroy	126	28:18



Boogying to the DJ after the Main Street Mile

**19th Annual BayState Marathon & 1/2 Marathon
Lowell, MA. October 14, 2007**

John Evans	220	3:34:01
Susan Langlois	311	3:44:34

**3rd Ann. Frank Fanning Memorial Scholarship 3.5 Mile
Plymouth MA. October 14, 2007**

John McPherson	101	34:15
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**Horace Mann 5K Race
Newtonville, MA. October 14, 2007**

John Hurley	19	22:57
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**Sensata 5K Race
Attelboro, MA. October 14, 2007**

Bill Masterson	35	23:45
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**25th Annual Boston Firefighters 10k
Dorchester, MA. October 21, 2007**

Tom Scott	198	51:35
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**Caring for Kids 5K Road Race/Walk
Brockton, MA. October 21, 2007**

David Farrell	18	21:25
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**Paddy's Pub Shillelagh Shuffle 3 Mile Run & Walk
West Newton, MA. Oct. 21, 2007**

Michael Norton	12	16:18
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**Readers Become Leaders 5k Road Race
Wareham, MA. October 21, 2007**

Bill Masterson	26	25:09
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**Cape Cod Marathon
Falmouth, MA. October 28, 2007**

Clarence Eckerson	270	3:40:27
Chris Risko	276	3:41:29
Ann Tarrant	286	3:41:38
Wendy Carroll	464	4:00:36
Sharon Grace	518	4:07:23
Jack G. Carroll	591	4:15:50
Paul DiAngelis	624	4:19:44
Karen Howes	665	4:23:34
Julianne Waite	668	4:23:34
Glen Rogers	703	4:27:27
Joanne Laschi	704	4:47:27
Jack Whitehead	821	4:48:28
Sheryl Briggs	963	5:44:17

**Twenty-Ninth Annual Falmouth In The Fall
Falmouth, MA. November 4, 2007**

Ken Gartner	2	40:48
David McPherson	22	48:46
Stace Beaulieu	47	51:48
Tom Nally	71	54:27
Matt Auger	75	54:35
Kathleen Thomas	80	54:42
Jurek Bluzstajn	113	56:20
Rachael Horowitz	143	57:55
Delia Ives	144	57:56
Jay Kane	161	59:10
Mark Buguey	166	59:17
Pat Nally	234	1:03:02
Rachel Richards	236	1:03:10
Bob Richards	237	1:03:11
Michael Garry	241	1:03:29
Sue McKenna	323	1:09:21
Brian McDevitt	332	1:10:08
M.Judy Tarr	399	1:36:33

**Taunton YMCA Turkey Trot 5 Mile
Taunton, MA. November 4, 2007**

Mike Norton	1	27:26
Joanne Corsanno	123	48:33

**2007 MIAA Estn Mass Divisional X-C Championships
Franklin Park, Boston MA. November 10, 2007**

Ted Farley	15	16:23
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**7th Annual Edaville Rail 5 Miler
Carver, MA. November 10, 2007**

Mike McKenna	116	42:41
Sheryl Briggs	192	47:31

**19th Annual Thanksgiving Day Whitin 5-Mile
Whitinsville, MA. November 22, 2007**

Steve Rutman	399	48:37
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RESULTS: continued next page

Mike Norton Takes NER Pub Series by Storm

By Ann Tarrant

Congratulations to Mike "Machine" Norton for finishing second overall in the 2007 New England Runner Pub Series! 2007 marked the 10th season of the pub series, which consists of six races noted for exceptional post-race parties! The races ranged from 3 miles to 10 km (for a good description of the 2007 series see <http://www.coolrunning.com/engine/6/new-england-runner-pub-se.shtml>). The series began April 22 with Doyle's Emerald Necklace Five in Jamaica Plain and ended October 21 with Paddy's Shillelagh Shuffle in West Newton. Most of the races are in the Boston area, with one in Brewster (Brew Run on Road Race weekend) and one in Portland Maine (10 km trail run).



"Iron" Mike on his Way to a Pub

This year Mike ran the first couple races of the series with friends, and found himself in the top five overall. By the middle of the series, he was in third and eventually fought his way to an impressive second place finish. Mike says the hardest race for the Bobby Bell 5 mile in Haverhill, which is gradually uphill for 3.5 miles with

a fast finish (makes us appreciate the flat Coffee-O 5 course!). He really enjoyed the 10 km trail run in Portland...that reminds us all how fun it can be to cross the bridge for a new race! Ask him about the series next time you see him...he's earned the bragging rights, and maybe he'll mention his adventures in carpooling.

For completing the series, Mike will win a jacket and an invitation to the finisher's party (you earn an entry by completing 5 of the six races). He will win an additional award for his second place finish (cash...but he's reportedly keeping his day job). This is a great series for anyone looking to try some new races or find a new challenge. Keep running this winter, and keep your eyes open for the 2008 series announcement this spring!



DRS. SEAN AND TRACY GALLAGHER

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FALMOUTH, MA 02540 FAX: (508) 457-7150
WWW.GALLAGHERFAMILYCHIROPRACTIC.COM

8th Annual Braintree Thanksgiving 5K Braintree, MA. November 22, 2007

James White	13	20:00
John Hurley	34	27:30

Boston Volvo Village Thanksgiving Day 5k Brighton, MA. November 22, 2007

Tom Davis	90	21:58
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Wild Turkey 5 Mile Run Salem, MA. November 22, 2007

Robert Guay	283	42:38
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7th Andrea Holden 5K Road Race Dennis, MA. November 24, 2007

Melissa Henry	34	20:18
Tom Davis	51	21:06
Tom Nally	60	21:30
Tom Scott	133	24:25
Judy Tarr	393	38:12

Nantucket Winter 5 Mile Nantucket, MA. December 1, 2007

David Farrell	17	38:21
Paul Farrell	48	47:31



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USATF-New England Membership Information for 2007

Just what is USATF-NE?

USATF-NE is your local New England association of the USA Track & Field. As one of USATF's 57 associations, USATF - New England administers programs in the states of Massachusetts, New Hampshire, Rhode Island, and Vermont. With over 3500 members, 120 member clubs, and 400 sanctioned events, the New England association is one of the most active and largest associations in the country. The association is run by a staffed office, one of only several 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 generally meets on the first Monday of each month to discuss the sport in general and the direction of New England programs in particular.

Why join USATF?

- * To support all programs in the sport, from developmental to elite
- * To support your full service office, only a call or e-mail away
- * To receive the local Exchange Zone newsletter and national Fast Forward magazine
- * To receive a number of National benefits including discounted subscriptions and other offers
- * To score in the NE Road Race Grand Prix
- * To be part of the most dynamic association in the country
- * Local Clubs and Contacts
- * To be eligible for supplemental event and practice insurance

USATF-New England runs programs in all the areas of the sport. Some of these programs include:

- * A road race Grand Prix, now over twenty years old, includes races at seven distances through the year. Teams and individuals score points through the series with team cash awards and individual prizes given out at the conclusion. Runners completing all seven races receive special recognition with the award of a commemorative jacket.
- * An indoor and outdoor track & field schedule for all abilities of competitor from novice to Olympic class.
- * A Junior Olympic program with championships in cross country and track & field, and other youth events.
- * A cross country schedule which includes a team series the Boston Mayor's Cup, and open and masters championships.
- * A mountain, ultra and trail running program with its own series of championships
- * A small but growing racewalking calendar of races and clinics.



<p>Please direct my <i>additional</i> contribution to:</p> <p>Junior Olympics <input type="checkbox"/></p> <p>Track & Field <input type="checkbox"/></p> <p>Cross Country <input type="checkbox"/></p> <p>Road Racing <input type="checkbox"/></p> <p>Racewalking <input type="checkbox"/></p> <p>General fund <input type="checkbox"/></p> <p>Other, specify: <input type="text"/></p> <p>\$10 <input type="checkbox"/> \$20 <input type="checkbox"/> \$50 <input type="checkbox"/> Other: <input type="text"/></p>	<h3>USA TRACK & FIELD MEMBERSHIP APPLICATION</h3> <p><input type="checkbox"/> New Member <input type="checkbox"/> Renewal from last year <input type="checkbox"/> Previously member in 20__</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;"> Membership Fees: \$20.00 Athletes 19 and over \$15.00 Athletes 18 and under \$20.00 other categories </td> <td style="width: 50%; padding: 5px;"> Mail to: USATF - NEW ENGLAND P.O. BOX 1905 BROOKLINE, MA 02446 </td> </tr> </table> <p>Last Name <input type="text"/> First <input type="text"/> Initial <input type="text"/></p> <p>Address <input type="text"/></p> <p>City <input type="text"/> State <input type="text"/> ZIP <input type="text"/></p> <p>E-mail Address <input type="text"/></p> <p><small>By signature below, I, a prospective member of USA Track & Field, agree to abide by the applicable USATF Bylaws, Operating Regulations, and Rules of Competition for my level(s) and category(ies) of membership.</small></p> <p style="text-align: center;"><small>SIGNATURE (if athlete is under age 18, parent/guardian must sign instead of athlete)</small></p>	Membership Fees: \$20.00 Athletes 19 and over \$15.00 Athletes 18 and under \$20.00 other categories	Mail to: USATF - NEW ENGLAND P.O. BOX 1905 BROOKLINE, MA 02446	<p>Date of Application (M/D/Yr) <input type="text"/><input type="text"/><input type="text"/> <input type="text"/><input type="text"/><input type="text"/></p> <p>Date of Birth (M/D/Yr) <input type="text"/><input type="text"/><input type="text"/> <input type="text"/><input type="text"/><input type="text"/></p> <p>Age <input type="text"/><input type="text"/> Sex <input type="checkbox"/> M/F <input type="checkbox"/></p> <p>Citizenship <input type="text"/></p> <p>Check all applicable sport codes: R=road running T=track F=field W=racewalking M=mountain U=Ultra C=coach O=official A=administrator</p> <p><input type="checkbox"/> R <input type="checkbox"/> T <input type="checkbox"/> F <input type="checkbox"/> W <input type="checkbox"/> M <input type="checkbox"/> U <input type="checkbox"/> C <input type="checkbox"/> O <input type="checkbox"/> A</p> <p>Area Code <input type="text"/> Telephone# <input type="text"/></p> <p>Club # <input type="text"/> or Club Name <input type="text"/></p> <p style="text-align: center;">013 FTC</p>
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2008 FTC Boston Marathon Entry Waiver Application

Please fill out the following and send it to:
Falmouth Track Club President
P.O. Box 699
West Falmouth, Ma 02574

IMPORTANT: The BAA is charging \$200 for this waiver entry. Waivers will be awarded following this criteria and **ARE NOT TRANSFERABLE:**

First and most importantly, you must be sufficiently trained to finish the Marathon. Tell us about your training thus far and what you plan is leading up to the Marathon. *Include your most recent marathon time and when you ran it.*

1. Dues (2007 and 2008) must be current.
2. Active participation in club activities over the past year is a very important consideration.
3. All other things being equal, those who have not received a waiver in the past will be given priority.
4. If there are more waiver applicants who meet the above criteria than waivers available, the winners will be drawn at random.

Please Note: If you receive a waiver, it will be given to you with your name already on it. You must also have a check for \$200 payable to the BAA. Good luck to everyone!

Name: _____

Street: _____

City: _____ St. _____ Zip _____

E-Mail _____ Phone: _____

Have you received a waiver in the past? _____ If so, which years? _____

Describe what your participation in the club has been in the past year. This could be volunteering at the Cape Cod Marathon, Seagull Six, Main St. Mile, the annual cleanup of Jones Rd., etc., or any ongoing committee work. Participation can also mean running races, involvement in club activities, etc.

Falmouth Track Club

P.O. Box 699
West Falmouth, MA 02574



Falmouth Track Club 2008 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

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