



The Road Record

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

July 2006

Post-Race Chilling Out at the Pokrakas & the New Black Eagle Jazz Band at the Birds Highlight Road Race Weekend Festivities for FTCers

Two fixtures of Road Race Weekend for the FTC are the parties thrown by the Pokrakas' and the Bird's on Sunday after the road race. All members of the FTC, their families and guests are welcome. The Pokrakas and the Birds have been staging their gala events since Nike was a Greek goddess and New Balance was a line item on one's bank statement. In fact, when Claire and Carolyn began the traditions, their children were barely out of diapers. Now there are hordes of grandchildren. One of the characteristics of both parties is that all ages are welcome and present. Whether playing in the kiddie park at the Pokrakas or dancing to Dixieland music at the Birds, kids of all ages are part and parcel of the proceedings.

Unwinding & Socializing at the Pokrakas

Claire and Ron Pokraka, who have been hosting their party since 1974, begin their festivities at around 2:00 at their home at 16 Cachalot Lane, Falmouth. Ron Pokraka, along with fellow FTCers Brian Salzberg, Don Delinks, and Mike Bennett, are 4 of the 5 folks who have run all Falmouth Road Races, and they stage an annual reunion at

that party to marvel at how they manage to notch up another one. A sumptuous buffet, barrels of liquid refreshments of every sort, a big deck on which to relax, a variety of kiddie entertainment facilities, and the legendary warm hospitality of the Pokrakas characterize this event. Claire has been cooking for months in advance and every bit of food is a gourmet's dream. The atmosphere is relaxed and congenial. It is a wonderful way to unwind after the rigors of running Falmouth.

The FTC Presents a Concert of Dixieland Jazz at the Birds'

It is the 30th anniversary of the Birds' bash at their house at 43 Sippewissett Road, and the Falmouth Track Club will present a concert by the internationally acclaimed *New Black Eagle Jazz Band* from 6:30 pm to 9:30 pm during the party.

Over the years, there have been a number of memorable highlights, including Courtney almost being kidnapped by a group of wild Russian women, nearly blown up by

Road Race Parties: continued on page 13

About the New Black Eagle Jazz Band



Founded in 1971, the New Black Eagle Jazz Band plays traditional jazz. This style covers a wide range from the early New Orleans style, Chicago of the 1920's, 1930's small band jazz, the revival of the 1940's and 1950's, and original pieces written by a number of band members. Their repertoire of more than 600 numbers includes Rags by such as Scott Joplin, arranged for the band, spirituals and gospel music, old pop tunes from the start of the 20th century to the 1960's, and blues.

The internationally acclaimed 7-piece band has performed on the Cape numerous times over the years as well as at jazz festivals throughout the US, including the New Orleans Jazz and Heritage Festival, St. Louis Ragtime Festival and at Tanglewood. They have performed on television on WGBH and on Morning Pro-Musica on WGBH-FM and have recently returned from a concert tour in Great Britain. In addition, the Black Eagles have performed with The Boston Symphony, The Scottish National Orchestra, and The Baltimore Symphony. And besides all that, they perform at J.P. O'Hanlon's Pub in Ayer, MA on the second Thursday of each month.

For more information about the NBEJB, check out their website at <http://www.black eagles.com/>. They will have a selection of their numerous CD's available to buy at the Birds' party.



The New Black Eagle Jazz Band



Pontifications from the Prez

It's hard to believe that half of the year 2006 has already passed. Many of the FTC members have been busy.

Mike Norton and Pete Sampson once again organized a very successful Seagull Six race in April. As a matter of fact, they even arranged for the weather to be absolutely perfect for the spring classic.

New Main St. Mile Directors Patty O'Brien and Dana Delorme are well underway with their first Main St. Mile. This event is held the first Sunday after Labor day in September and has proven to be a real hit with many



Coffee at CC Bagel after the annual Jones Road Cleanup
Falmouth families.

A record turnout was achieved by Bob Crowley for the Annual Jones Road cleanup in April. Jones Road was quickly turned trash-less by the army of volunteers. Many drivers going by, perhaps stunned by the number of folks picking up trash, actually stopped to ask what was going on. Afterward, bagels, coffee and camaraderie were shared at Cape Cod Bagel. (Now, if we can only get rid of all the smokers and the cigarette butts it would take half the time)

Due to the success of many of our events, we have been able to purchase a new clock, which will be used at all of our events. It has even been known to show up at the Coffee O Five mile run on Friday nights. The Board of Directors has also decided to pay the entry fees of FTC members who run the New England Grand Prix events.

Janet Folger and Terry McKee have had great success with the FTC singlets. As a matter of fact, Janet sold over \$500 worth of FTC running gear at the Seagull Six, necessitating a second and third order. The clothing, in men's and women's cuts, can be purchased at Coffee Obsession. Check them out.

A new playground is going to be constructed at the Mullen Hall School. Members of the Playground Committee and FTC members Bob & Maggi Yates approached the FTC Board of Directors at our May meeting and proposed a donation from the club. A unanimous vote approved a donation of \$2500. Ok, now the hard part. When the time comes, volunteers will be needed to help with the construction.....get out those tools.

Membership Director Doris Beatty tells us that we currently have 194 paid member of the Falmouth Track Club. Meanwhile, Coaches Anne & Jim Preisig continue their Wednesday night work out. If you are new to running, trying to better your 10k time or getting ready for your first marathon, give the Wednesday workouts a try.

I'm still looking for some help with the FTC website. All you need is a little working knowledge of web design or if you merely want to collect pictures, events for the calendar etc., let me know at russpelletier@yahoo.com.

I would like to invite each of you to attend our FTC meetings. They are held at the Quarterdeck Restaurant at 7:30. Every meeting lasts only 1 hour. We get the work done and we are out. Many members stay to network and socialize upstairs at the QD. Meeting dates are posted at www.falmouthtrackclub.org/events.

And finally, a huge thank-you to the many Falmouth Track Club members who attended the benefit for Jules Sabatinelli. Jules is the son of one of our agents here at Prudential Real Estate. He is undergoing treatment for Hodgkins Lymphoma. His goal is to finish his last year of college. Our goal at the benefit was to raise \$16,000 to pay for his last year at UMass and maybe have a little left over to help with his medical bills. Thanks to your help, we kicked some serious butt and we are currently have more than \$33,000. Thanks again to many of you who also volunteered your time that night and had to put up with me bouncing off the walls.

I hope that you all are having a safe and happy summer.

Russ

Newsletter Contributors

Peter Landry
Courtney Bird
Maggi Yates
Mike Norton
Patti O'Brien
Ann Preisig

John Evans
Bob Richards
Stace Beaulieu
Russ Pelletier
Ken Gartner
Janet Folger

Road Trip! Litchfield Hills Road Race

Why We Make This Trip

by Russ Pelletier

"The Litchfield Hills Road Race is more than a race. It is a homecoming, a reunion, a wedding of all people fast and slow, rich and poor, black and white. It was just a pipe dream of Litchfield-born, Boston Globe sportswriter Joe Concannon. He wanted to have a race in his beloved hometown of Litchfield, Connecticut, in order for his world-renowned marathoning friends in Boston to meet his life-long friends at home."

So starts "The History of the Litchfield Hills Road Race", written by former running great, current connoiseur of the "sticks" at the Village Pub, and MC extraordinaire, Brett "The Hawk" Hawkins. (by the way I did not get his permission to copy his work. I simply stole it. Ok, so I owe him a beer!) (Come to think of it, Kathleen Cleary reprinted the Hawks article in "If This Is Heaven I Am Going to Be a Good Boy...The Tommy Leonard Story" I didn't get Kathleen's permission either....geez....I owe her a drink too!)



Race Impresario "Hawk" & Tommy

Really. I've never lied to you before. This is the truth as seen by my bride, Joan, Jack & Wendy Carroll, TL and a few thousand folks. On Gallows Lane you can always count on two things. Number one is that there will be an ambulance located at the top of the hill.(no lie).

The second thing is that you can count on the gentleman who passes out cigars about half way up the hill...(ok, I can hear a few doubtful Thomas's here, but it's true)

Right about now, you are asking yourself, why is Russ writing this story.....Our involvement started about 5 years ago. I was sitting at the Quarterdeck, minding my own business.....downing a few Sam Adams's when TL says..."you have room for a couple more the weekend of Falmouth, don't you???

Ok, here is the question. "Who, in the last 70 years has ever said no to Tommy Leonard?" If your answer is the blond, age 32, then you are right. No one, and I repeat, no one else has ever said no.

Anyhow, to get this event off the ground, Joe recruited Billy Neller of Litchfield and Tommy Leonard himself. Tommy and his buddy Eddie Dolye, Beverage Engineer at "Cheers" in Boston, had recently founded the Falmouth Road Race. As the story goes, they wanted Litchfield to emulate the FRR as much as possible.

They even included an uphill challenge near the finish and a downhill sprint to the finish. Ah, but that hill. The name of the street is actually Gallows Lane.

Really. I've never lied to

So of course I replied, "Tommy, any friend of yours, is a friend of ours".

TL jumped on that and said, "Let me tell you about Billy and Allie Neller. You'll love them". So, that first year, they stayed at our house. No idea who they were....were they ex-cons, exhibitionist??? If they were friends of Tommy, they were friends of ours.

Of course, they stayed...wicked good people and a friendship blossomed.

The next year, Joan and I and a caravan of FTC folks made the trek to the hills of Connecticut. Litchfield is an interesting place to hold a road race that caps out at 1300 runners. There are no hotels/motels, just a few Bed & Breakfasts. So, everyone's home becomes a B&B for the weekend. We stayed at Bill and Allie's. I think every race directors home must be the same as we felt as if we were walking into Court and Carolyn's. Race paraphernalia everywhere.

Our first stop was the local watering hole, "The Village." We soon realized that the Litchfield Hills Road Race is just an excuse to have a party....a long party...

Before we could settle into the second beer, it was time for the graveyard tour. Wait! Drive 3 hours to Litchfield, CT to walk around a graveyard in 90 degree heat? But this tour is decidedly different. Like Falmouth and Cape Cod, the Litchfield Hills Road Race has been going on for a long time. This year was the



A former Race Committee member (left) is celebrated; Billy Neller (right) rehearses for the Big Day.

30th. So the tour is a celebration of those who worked on the race and who have passed on, including the founder, Joe Concannon. Billy Neller leads the assembled multitude through the maze of tombstones and makes stops at the graves of the race-affiliated departed to tell a story or two and to offer a toast (adult beverages flow freely throughout the tour).

The race itself has a long heritage. Rodgers, Benoit, Jones have all run here. The Kenyans have discovered this classic event as well and have done well over the past few years.

While watching the race a few years ago, we noticed that they needed some help in the finish chute. Not enough race experience to handle the problems that come up, so of course the FTC members offered to help.

continued on next page

Litchfield Hills: continued from previous page

It has matured to the point where the FTC members are now the finish line team. This year it was Joan & myself, Doris, Carolyn and Court Bird guiding the runners, including Don Fredrickson, thru the finish line and getting many of them to the medical tent.

The runners finish coming down the slight decline, the road splits the village green on one side and the Village Pub on the other. Seated in a place of honor, right in the road, is his royalship



The 2006 "Road Crew"

himself TL. He sits next to the stage where the "Hawk" does his MC thing. Many runners, instead of sprinting to the finish line will stop and shake Tommy's hand.

Afterwards it's let's see how many bodies we can squeeze into the "Village". While we were there, we were told that we were going to "Pams" house for dinner. OK, who's Pam? She hosted Richard and Anne Prior and Doris Beatty and she decided to do steaks for the Falmouth crew. Wow, what a cookout she held.

So thanks to Tommy, a warm tradition has started. We stay with them in Litchfield and they stay with FTC folks when they come to Falmouth. If you haven't experienced the LHRR, put it on your calendar for 2007. Be prepared for a party with a road race somehow squeezed into the weekend.

Elections 2007

It's not too early to be thinking about the Falmouth Track Club elections for 2007. The 2007 Board of Directors will be elected in January at the Annual Meeting.

Positions include:

President	Vice-President
Secretary	Treasurer
Membership	Seagull 6 Director
CCM Director	Main St. Mile Director
Friday Night 5 Director	Special Events Coordinator
Coaching	Member At Large

If you have any questions about the duties of any position or would like to become more involved with the club, get in touch with FTC President Russ Pelletier at 508-540-3810 or russpelletier@yahoo.com

Running Away

By Maggi Yates

I have always said that running is one of the cheapest and easiest forms of exercise, requiring basic equipment, needing no reservations and only a little (sometimes) discipline. This is particularly true when one is traveling. Most running gear will fit in the corner of your suitcase and most places are running friendly.

If you are training for a marathon and need to have a set program of miles to run, you need to look ahead at your destination's terrain, etc. But if you are between big events, a run through a non-everyday place can bring another view, some surprises and a true feeling of enjoyment.

New York City is great for runners. A recent Thanksgiving morning run allowed us to pre-burn calories we would later eat, and also afforded us views of the Charlie Brown and Chicken Little balloons from the Macy's parade. While we were warm because we were running, those standing watching the parade had the shivers. The grid of the numbered streets laid out in the early 19th century, makes mileage easy and keeps one from getting lost.

This is not always true of other cities. In Tokyo, two Yates set out to run on a very warm August morning. In Japan, there are very few street signs and those that exist are not readable to the Yateses. Well the first Yates just counted streets in a straight path and returned an hour later to the hotel. The second Yates, not being held to any strict rules, made a few lefts and a few rights and proceeded to lose himself. He was getting concerned but because he knew the hotel's name, figured he would take a taxi. Cabs in Tokyo are known for their impeccably clean interior, complete with doilies on the seats. The cabbie, seeing the sweaty Yates approaching, in an effort to protect his cab, somehow managed to communicate in gestures how he could get to the hotel on foot. This friendly international exchange would not have happened had that particular Yates not exercised by running.

One of the most beautiful ways to start a morning in Paris is to run from the hotel next-door to the Gare de Lyon, along the Seine, crossing over to the Ile St. Louis. This is one of the oldest and chicest quarters of the city. In the morning, the little vans are delivering, the boulangeries are sending out the

continued on next page

508-495-4085
FREE DELIVERY

CATERING AVAILABLE



281 MAIN STREET
FALMOUTH, CAPE COD MASSACHUSETTS

Running Away: continued from previous page

first whiffs of pain and croissants and one is transported. Only a little farther, crossing the Seine a second time, onto the Ile de la Cite, you arrive at the square in front of Notre Dame Cathedral. A few worshipers are there along with the pigeons just as the doors are opening. Even though dressed in Asics and Moving Comfort, you will still be filled with a sense of how many centuries people have begun their day in this spot.

Transplanted New Yorkers, we are constantly in awe of the faith of the believers in the Church of the Holy Red Sox. On another trip to France, we decided to see which kind of hats were more popular, the ones with the white NY or the red B. Well, our unofficial survey was leaning strongly in the direction of Yogi and his teammates until one early morning a run in Aix en Provence, totally skewed the results. Coming along, on an ancient bicycle, somewhere in the downtown area, was an elderly gentleman with one of those red B's on his cap. But, sacre bleu, what was he wearing, but a shirt maybe as old as he, with "RED SOX" emblazoned across the front. Even though it was completely faded, the print was bold enough for our unbelieving eyes to read. We knew our survey had to account for depth of feeling and not just numbers.

One sees the most and the best while running in another place. Very soon we are going to Berlin. You know that my running shoes are the first thing to be packed. I can hardly wait to see sights that are not necessarily included in Lonely Planet guidebooks, sights that can only be seen while running. Rest easy, the second Yates has a good command of German. I am not worried. But just in case, is there someone who speaks German, who can tell me how to say to the police: "My husband is missing. I last saw him zigzagging through the streets in an effort to lose the weight he gained from all that schnitzel and beer."



The Official FTC Cannon, known in military annals as the "Richards Gun," starts the 2006 Mt. Washington Road Race. It's next appearances will be at the Falmouth Walk and at the Bird's to kick off the New Black Eagle Jazz Band

Sunday Morning Runs

Sunday morning runs from Cape Cod Bagel Shop; faster runners at 7:00 a.m., regular runners at 7:30 a.m. during the summer months. Park at TD Banknorth across the street, as there is limited parking at the bagel shop. All are welcome.

DUES! DUES! DUES!

FTC membership runs from January 1st to December 31st of each year. If you have not renewed for 2006, please do so. If you are uncertain when your membership expires, please check the label on your newsletter.

You can also get in touch with Doris Beatty, who is the Membership Guru, at FalmouthTCinfo@aol.com.

To keep your dues current, please fill out a 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 Note: If the date on your newsletter label is December 31, 2005, this will be your **LAST NEWSLETTER** unless you update your dues.

E-mail addresses are very important 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:

- NANCY DORN
Plymouth
- DENNIS RICHARDS
Falmouth
- ROBERT MORTENSEN
Pocasset
- JULIANNE E. WAITE
North Falmouth
- DOUG SCHUMANN
Cotuit
- SHERYL L. BRIGGS
Bourne
- JESSICA DEVONIS
East Falmouth

**2006 Seagull Six Spring Classic Road Race**

This year's Seagull Six produced a better turnout than last year. It had approximately 30 more entries than the previous year. Next year, the 2007 Seagull Six Road Race is included in the "Hockomock Swamp Rat" Grand Prix series, meaning that it is included as 1 of 21 challenging road races run throughout the year in New England.

Pete Sampson and I would like to thank all the volunteers for their help on race day and the sponsors for their contributions.

Mike Norton
Race Director

Quick-and-Dirty Book Review

by *Stace Beaulieu*

“Sub 4:00: Alan Webb and the Quest for the Fastest Mile”

By Chris Lear, 2003, published by Rodale.

You may have heard of Alan Webb, the running phenom who broke Jim Ryun’s long-standing high-school record in 2001 with 3:53.43 for the mile. Have you ever wondered what it takes to run that hard? And how did Alan cope with being a track star at such a young age? You have a chance to read an insider’s view of Alan’s training, as well as other 4-minute milers training with the University of Michigan in the new book by Chris Lear titled “Sub 4:00: Alan Webb and the Quest for the Fastest Mile.”

To write the book, Chris Lear lived in Michigan, shadowing Alan in his freshman year of college, his teammates, and coach Ron Warhurst. Chris details the workouts, the injuries, and personal interactions as Alan and his accomplished teammates prepare for and race the Penn Relays and the Big Ten and NCAA Championships. Chris leads us through the ups and downs of winning and losing some key races. I was enthralled with the carefully-written details of each race, feeling the runners as they turned each 200m of the track. Although I felt as a whole

the book was not a “page-turner,” definitely the race descriptions and even some of the team practices were exciting to read and made me want to keep reading on to the next event.

The book ends with Alan leaving the team for a professional contract, and I wondered what happened afterward. I remember seeing Alan win the 1500m at the Olympic Trials in 2004, yet he did not qualify for the finals at the Olympics. I looked him up on the Internet and found that Alan has been quite busy and successful in his professional career, earning the title of “America’s Next Great Miler” with a personal best of 3:48.92 last year.

By the way, if you missed it, author Chris Lear’s first book “Running with the Buffalos” was a very well-written and engaging look into the University of Colorado Boulder’s Cross Country Team. I highly recommend that book as well.

*Live in each season as it passes;
breathe the air, drink the drink, taste the fruit,
and resign yourself to the influences of each...*

Henry David Thoreau

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



Janet Folger models the new FTC uniforms for Boston Marathon Spectators

Second Annual Summer Solstice Mile

by Ken Gartner

Fifteen runners celebrated the longest day of the year by running in the Second Annual Summer Solstice Mile. The field was loaded with previous celestial all stars.

Defending Summer Solstice Mile winner, Mike Stone, made it two in a row as he used his patented late race surge to take the win in 4:50. Steve Faluotico, winner of the 2006 Vernal Equinox Mile, settled for second.

Mr. Faluotico set the pace through the first half of the race. Mike Norton, defending Winter Solstice Mile champ, edged out Jared Wilcox for third by a second or two in 4:59.7.

The first heat was a neck and neck battle between Brady Signs and Stace Beaulieu. The goal of both runners was to break the six minute mark and they both succeeded. Mr. Signs took the lead with a half a lap to go and won the heat with a time of 5:55. Ms. Bealieu took first over-all in the women's race as she cracked six minutes, with just seven tenths of a second to spare. Wendy Carroll took second for the women and Ann Tarrant, the defending women's Winter Solstice Mile winner, was third in the summer event.

Pl	Name	Time
1	Mike Stone	4:50.7
2	Steve Faluotico	4:57.5
3	Mike Norton	4:59.3
4	Jared Wilcox	5:01.1
5	Ken Gartner	5:09.4
6	P.J. Petrone	5:18.2
7	Brady Signs	5:55.2
8	Stace Beaulieu	5:59.3
9	Jack Carroll	6:24.1
10	Paul Hartel	6:35.3
11	Wendy Carroll	6:37.2
12	Ann Tarrant	6:42.2
13	Bob Richards	6:42.2
14	Joanne Corsano	8:11.1
15	Lucy Brown	8:15.3



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

31st St. Patrick's Day 10K Holyoke, MA, March 18, 2006

=====

Brian Miller	1666	59:48
--------------	------	-------

RJ Crowleys 3 Mile Run for Dana Farber West Newton, MA, March 18, 2006

=====

Rebecca Hunnewell	71	22:05.7
-------------------	----	---------

Run for Humanity & Walk Attleboro, MA, March 18, 2006

=====

Susan Jolie	76	29:18
-------------	----	-------

29th New Bedford 1/2 Marathon, USATF Grand Prix Race New Bedford, MA, March 19, 2006

=====

Mike Norton	48	1:22:23
Richard Connor	395	1:34:36
David McPherson	423	1:35:28
Mike McKenna	425	1:35:28
Chris Risko	528	1:39:30
James Barry	581	1:41:43
Ann Tarrant	763	1:47:46
Stace Beaulieu	765	1:47:47
Peter Landry	809	1:48:56
Paul DiAngelis	860	1:50:41
Paul Hartel	899	1:51:46
Jack Whitehead	1205	2:04:55
Elizabeth Waldman	1245	2:06:44
Nicole Fox	1290	2:09:03
Glen Rogers	1291	2:09:03
oanne Corsano	1420	2:17:14
John McPherson	1546	2:40:12

Ras na hEireann U.S.A. Somerville, MA, March 19, 2006

=====

Brian McDevitt	1347	30:40
----------------	------	-------

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.

Loco Moose Brockton (Almost Free) Running Shoes 6K Brockton, MA, March 25, 2006

=====

Kathleen Thomas	21	26:42
Dwight Pfundstein	63	32:15

29th Annual Seagull Six Spring Classic Woods Hole, MA, April 2, 2006

=====

Ken Gartner	1	32:10
Steve Faluotico	2	33:40
Tor Clark	6	36:48
Scott Keene	7	37:35
David McPherson	10	38:49
James Barry	11	38:57
Dana Miskell	13	39:22
tace Beaulieu	20	41:04
Matt Stone	21	41:10
Kathleen Thomas	24	42:28
Glenn Pokraka	25	42:30
Peter B. Landry	28	42:47
Richie Williams	32	43:16
Robin Stone	36	44:51
Ann Tarrant	39	45:10
Matt Auger	42	45:42
Steve Waxman	52	47:09
Tom Scott	57	47:27
Jurek Blusztajn	59	47:30
Eileen Miskell	67	48:22
Delia M. Ives	73	49:38
Judi Keller	87	51:47
Stephen Costello	89	51:50
Joanne Corsano	104	54:25
Jack Whitehead	107	54:40
Heather Farrell	110	55:21
Sue McKenna	120	57:06
Mary Peterson	135	1:02:25
Doris Beatty	146	1:08:19
Wes Chadbourne	150	1:18:46

30th Cohasset Rotary Road Race by the Sea Cohasset, MA, April 2, 2006

=====

John Hasson	399	53:15
-------------	-----	-------

Bull Run Run 50 Miler, 4/8/06

=====

Jeff List	70	9:50:40
-----------	----	---------

Opening Night 5K (Women) Lowell, MA, April 4, 2006

=====

Elizabeth Waldman	99	24:47
-------------------	----	-------

Results: continued next page

Opening Night 5K (Men)
Lowell, MA, April 4, 2006

Rich Waldman 451 26:46

Beacon Dash 5k
Boston, MA, April 5, 2006

Susan O'Connor 12 23:24

Robert Stone Memorial 5K Road Race
W. Dennis, MA, April 8, 2006

Tom Nally 14 22:34
 Pat Nally 36 26:44

10th Annual Doyle's Emerald Necklace 5 Mile Road Race
W. Roxbury, MA, April 9, 2006

James White 101 33:02
 James Barry 190 36:01
 Tom Scott 378 39:20
 James White 581 42:19
 Steve Conroy 628 42:54
 Sharon Napier 705 43:54
 Don O'Malley 1005 47:33
 Wes Chadbourne 1493 64:17

110th Boston Marathon
Boston, MA

John Evans 2290 3:10:42
 Richard Connor 4312 3:25:27
 David McPherson 7169 3:34:16
 James Barry 9880 3:44:57
 Matt Stone 12151 3:54:51



Betsy Gladfelter Rehydrating after Boston

Danielle Brown 14827 4:10:10
 Jackie Weaver 15808 4:18:09
 Paul DiAngelis 16462 4:24:52
 Glen Rogers 16632 4:26:44
 Paul Hartel 17487 4:37:35
 Sharon Napier 18546 4:56:26
 Efstathios Gregoriadis 18756 5:01:28

Glenn Pokraka 11591 5:02:09
 Madelein Marken 19026 5:10:21
 Ed Giordano 19126 5:13:57
 Betsy Gladfelter 19164 5:15:03
 John McPherson 19472 5:31:27

5th Shawn D. Patterson 10k Memorial Road Race
Scituate, MA, April 23, 2006

Joanne Corsano 82 57:18

Irish Village 5 Mile Road Race
Yarmouth, MA, May 13, 2006

Geof Newton 8 28:04
 Tom Nally 60 36:24
 Steve Conroy 134 42:44
 Pat Nally 147 43:39
 Joanne Corsano 167 44:57
 John McPherson 201 47:21

CapeAbilities 5K Road Race
Hyannis, MA, May 7, 2006

Geof Newton 1 16:13
 Kathleen Thomas 25 21:35



Maggi & Bob Yates sprint to finish at Kyle Conlon 5k

Kyle Conlon Memorial 5k
Berkley, MA, May 20, 2006

Michael Norton 1 17:09
 Donald Fredrikson 2 19:26

Results: continued next page

Mike Mullo	16	24:02
Jurek Blusztajn	19	24:16
Bob Richards	21	24:26
James Hines	31	26:15
Rachel Richards	54	29:16
Josh Hoch	55	29:16
Susan Jolie	68	31:32
Maggi Yates	88	38:49
Bob Yates	89	38:50

19th Annual Strawberry ShortCake 10k Road Race Plympton, MA, May 20, 2006

Laura Hutchinson	7	39:27
Joanne Corsano	88	57:33

6th Evans Run Norwell, MA, May 21, 2006

Tom Scott	49	24:03
Wes Chadbourne	308	43:34

Catch the Buzz! Buzzards Bay Village Association 5k Buzzards Bay, MA, May 21, 2006

Matt Patrick	12	23:25
Steve Conroy	21	25:08

Eastern Bank / Lookout Farm 5k South Natick, MA, May 21, 2006

Clifford Scott	255	28:03
----------------	-----	-------

Middleboro YMCA 10K Middleboro, MA, June 3, 2006

Laura Hutchinson	4	39:53
------------------	---	-------

10th Annual Hollis School 5k Run Braintree, MA, June 4, 2006

James White	5	19:08
Sharon Napier	64	26:04

Schofield School 5k Wellesley, MA, June 4, 2006

Jeanne Cerulle	90	27:15
----------------	----	-------

Chip's House 4.8 & 8.5 Miler Barnstable, MA, May 28, 2006

Kathleen Thomas	16	35:48
James Hines	48	42:16

Oak Bluffs Memorial Day 5K Road Race Oak Bluffs, MA, May 28, 2006

Paul Hartel	42	23:29
Stephen Costello	86	26:02

Laurie Fife	14	29:07
Doris Beatty	209	36:11
Carolyn Bird	218	37:23
Maggi Yates	220	37:40
Bob Yates	221	37:41

7th Annual Rhody 5K, USATF Championship Lincoln, RI, June 4, 2006

James Barry	146	20:05
Peter Landry	163	20:33
Bob Richards	213	23:21
Jack Whitehead	288	26:36

15th Annual Covered Bridges Half Marathon June 4, 2006, Woodstock to Quechee, VT

Steve Faluotico	16	1:18:53
Stace Beaulieu	227	1:39:52
Rachel Horwitz	448	1:48:19

Milton 10k Road Race, June 13, 2006

Susan O'Connor	102	49:21
John Hasson	157	52:29

2006 Litchfield Hills 7 Mile Road Race Town Green in Litchfield, CT, June 11, 2006

Donald Fredrikson	62	46:32
-------------------	----	-------

32nd Fairhaven Father's Day 10k Road Race Sunday June 18, 2006

Peter Landry	51	44:10
--------------	----	-------

Affirmation Run 5K Lowell, MA, June 20, 2006

Steven Murphy	130	19:32
Rich Waldman	522	26:46

Eastern Bank Marion Village 5k Marion, MA, June 24, 2006

Anne Curi Preisig	8	18:25
-------------------	---	-------

28th Annual Chatham Harbor 10k Run Chatham, MA, June 25, 2006

Tom Nally	69	47:22
Steve Conroy	167	56:31

Whirlaway 10K, USATF Championship Methuen, MA, June 25, 2006

James Barry	224	42:23
Peter Landry	263	44:01
Jack Whitehead	412	56:21

Results: continued on page 12

Upcoming Races

- July 29 (Sat) 28th Annual Carver Cranberry 5-Mile Road Race**
Carver, MA 9:00AM Governor John Carver Elementary School, Route 58 in Carver, MA, P.O. Box 522 (5 Mile race and 2K Childrens road race for ages 9 and under). Contact: Denise Brown Crusader Athletic Booster (Crusader Athletic Booster Club), P.O. Box 522, Carver, MA, USA, 02330. 1-508-866-3146 dbrown1364@aol.com
- Aug 5 (Sat) Vineyard Scoops 5k Tour of Edgartown**
Edgartown, MA 9:00AM The Farm Institute, Aero Dr (5k run/walk flat scenic course/ tots fun run precedes). Contact: Kathy (MV Multisport Inc), PO Box 1932, Vineyard Haven, MA, USA, 02568. 1-508-627-7111 roadraces@yahoo.com
- Aug 12 (Sat) Chilmark Road Race**
Chilmark, MA 10:30AM Chilmark Community Center, Beetlebung Corner. Contact: Hugh Weisman, Box 22, Chilmark, MA, USA, 02535. 1-508-645-2840 chilmark.5k@verizon.net
- Rochester Road Race**
Rochester, MA 9:00AM Rochester Town Green, Route 105 (Run the scenic rural roads of Rochester, MA. A unique 1st time race.). Contact: Scott Muller (Rochester Road Race Committee), 160 Pierce St, Rochester, MA, USA, 02770. 1-508-295-7805 rochesterroadrace@comcast.net
- Aug 13 34th Annual Falmouth Road Race**
Falmouth, Ma., 7.05M, 10 a.m. Woods Hole to Falmouth Heights, entries closed, Website: www.Falmouthroadrace.com
- Aug 19 (Sat) Against the Tide**
Brewster, MA 7:30AM, Nickerson Park (one mile swim, 2 mile kayak, 3 mile walk). Contact: Cheryl Osimo, 1419 Hancock Street Suite 202, Quincy, MA, USA, 02169. 1-800-649-6222 info@mbcc.org
- Aug 26 (Sat) 18th Annual Sullivan 5K Run/Walk for Health & Fitness**
Oak Bluffs, MA 8:30AM Washington Park, Oak Bluffs (opposite Our Market), P.O. Box 1477 (5K Run/Walk and Kids Fun Run). Contact: Erin Rathmell (Marthas Vineyard Hospital), P.O. Box 1477, Oak Bluffs, MA, USA, 02557. 1-508-693-4645 ssonneborn@mvhospital.org
- Aug 27 Marshfield Roadrunners 20K**
Marshfield, MA 9:00AM Marshfield High School, Forest Street (challenging). Contact: Marianne Withington (Marshfield Roadrunners), 124 Old Sandwich Rd, Plymouth, MA, USA, 02360. 1-508-747-2491 lw3@msn.com
- Sept 4 (Mon) 26th Acushnet Road Race**
Acushnet, MA 10:00AM Ford Middle School, 800 Middle Road (Cash Awards to Teams and Individuals). Contact: John Braun, 652 Middle Road, Acushnet, MA, USA, 02743. 1-508-998-2408 info@jbrace.com
- Sept 9 (Sat) Ollie Road Race**
Boston, MA 10:00AM Bank of America Pavilion, 290 Northern Avenue (A 5 Mile Course along the Boston Waterfront. USATF-NE Grand Prix Championship). Contact: Bryan Van Dorpe (South Boston Neighborhood House), 521 East Seventh Street, South Boston, MA, USA, 02127. 1-617-268-1619 x12 info@ollieroadrace.org
- Sept 10 Main Street Mile**
Falmouth, MA, 1:00 pm, Village Green. Hosted by the FTC. Contact Patti O'Brien, 508-274-1817 or e-mail - pobrien@sherwoodmortgage.com. Entry forms available after Aug 13 on FTC web site and at Rec Center.
- Marstons Mills Village Day 4 Mile Road Race**
Marstons Mills, MA 11:00AM Marstons Mills Elementary School, Main Street (Lunch, shirts, 22 awards). Contact: Robert Swanson (Marstons Mills Village Association), Box 905, Marstons Mills, MA, USA, 02648. 1-508-775-5020 robpriscilla@hotmail.com
- Sept 17 Capt. Gerald F. DeConto Memorial 5K**
Sandwich, MA 9:00AM Russells Corner, 132 Rt. 6A (5K Run - Walk, scenic course, Cape Cod). Contact: David DeConto (Capt. Gerald F. DeConto Scholarship Fund), P.O. Box 824, Sandwich, MA, USA, 02563. 1-508-888-8571 ccu21clam@aol.com
- Sept 24 Plymouth Police/Fire 5K Run/Walk**
Plymouth, MA 11:00AM East Bay Grille Rest., 173 Water St. (scenic course through Plymouth waterfront/downtown post race party). Contact: Brian Stas (Liam Macomber Memorial Fund Inc.), 385 Court St., Plymouth, MA, USA, 02360 info@plymouthpolice5k.com
- Sept 30 (Sat) Break a Leg Trail Race**
Stoneham, MA 11:00AM Middlesex Fells - Sheepfold, Rt. 28. Contact: Somerville Striders Athletic Club, 224 1/2 Chandler Street #2, Worcester, MA, USA, 01609. 1-617-625-2140 BAEvents@aol.com
- Oct 1 The 15th Annual Apple Harvest Ramble**
Harvard, MA 10:00AM Fruitlands Museum, 102 Prospect Hill Rd. (USATF-NE Grand Prix Championship Race, prize money, raffle). Contact: Chris Burns (Harvard Road Race Association), 50 Ayer Rd., Harvard, MA, USA, 01451. 1-978-456-8349 jcgburns@att.net
- Oct 7 (Sat) 5th Annual Drew Drifmeyer Memorial 5K for the Jimmy Fund**
Hyannis, MA 10:00AM Hyannis Town Green, Main St. Behind Post Office (includes 5K run, 5K walk and kids races). Contact: Eric W. Drifmeyer, 310 Race Lane, Marstons Mills, MA, USA, 02648. 1-508-428-6035 ddmrr@comcast.net
- Oct 29 29th Annual Dunkin' Donuts Cape Cod Marathon & Sovereign Bank Marathon Relay.**
8:30 am, Main Street, Falmouth. Field Capped at 1,200 marathoners and 180 relay teams. Both events usually fill by end of September. Entry forms available at www.capecodmarathon.com

Results: continued from page 10

**Myles O'Smiles 5K Classic
Lowell, MA, June 27, 2006**

Elizabeth Waldman	65	26:56.9
Rich Waldman	74	28:31.9

**6th Annual Squantum 5 Miler
Squantum, MA, June 29, 2006**

Donald Fredrikson	10	32:13
-------------------	----	-------

**Reggae Ramble and Caribbean Musical Festival
Cambridge, MA, June 29, 2006**

Elizabeth Peterson	90	29:48
--------------------	----	-------

**32nd Wellfleet Road Race
Wellfleet, MA, July 2, 2006**

Tom Nally	68	36:36
Pat Nally	193	43:38

**36th Mattapoisett Road Race
Mattapoisett, MA, July 4, 2006**

David McPherson	55	34:34
Matt Stone	96	36:24
Robin Stone	194	40:01
Bill Masterson	254	41:47
James White	415	46:12

**Duxbury 4th of July Road Race
Duxbury, MA, July 4, 2006**

Mike Norton	6	23:44
-------------	---	-------

**48th Annual Hingham 4.6 Mile Road race
Hingham, MA, July 4, 2006**

James White	32	29:33
Brian Miller	568	40:15

**Paul White Memorial Road Race
North Falmouth, MA, July 8, 2006**

Ken Gartner	3	26:40
Mike Norton	4	27:08
David McPherson	16	32:00
Chris Risko	38	34:32
Matt Stone	43	34:50
Bob Burt	53	35:32
Jack Carroll	54	35:36
Glenn Pokraka	58	35:53
Richie Williams	65	36:25
Peter Noonan	76	36:57
Robin Stone	81	37:07
John Hasson	96	38:12
Matt Patrick	105	38:48

Jurek Blusztajn	106	38:49
Paul DiAngelis	152	41:10
Eileen Miskell	167	41:56
Stephen Brocklebank	174	42:15
Michael Garry	177	42:27
Kate Devine	187	42:56
Judi Keller	189	43:00
Joanne Corsano	240	45:32
Louise Patrick	242	45:36
Suzanne Burkhard	255	46:33
Judy Terry	259	46:59
Laurie Fife	296	48:53
Mary Peterson	302	49:29

**RYKA Iron Girl 10k/5k
Quincy, MA, July 9, 2006
10K**

Sharon Napier	184	55:32
---------------	-----	-------

Susan O'Connor	38	24:39
----------------	----	-------

**The Equalizer 5k
Lowell, MA, July 11, 2006**

Rich Waldman	93	30:45.7
--------------	----	---------

**31th Marathon Sports 5 Miler
Weston, MA, July 13, 2006**

Bob Crowley	201	36:26
Scott Clifford	526	44:56

**Stowe 8-Miler - USATF Grand Prix
Stowe, VT, July 16, 2006**

Peter Landry	311	1:03:42
Jack Whitehead	554	1:18:18



USATF Ironrunners-in-the-making, Pete Landry and Jack Whitehead, finishing the the Stowe 8 Miler in 90 degree heat.

Road Race Parties: continued from page 1

fireworks, made hysterical by an overflowing septic system that was brought under control by plunger-wielding Rod Dixon, and raided by the morals squad for unlicensed public displays of lascivious sex acts (his pet turtles chose the party as an appropriate time to copulate on the living room floor). For several years in the late 80's and early 90's, the Birds had a pick-up dixieland band from Providence, RI perform. The band played outside on a covered bandstand. They were a huge hit, with as many as 200 people in attendance. Folks of all ages danced on the lawn and everywhere else. But after the lead sax player, an 85-year-old jazz musician from New Orleans, died, the band broke up. The Birds tried a blues band. But it was not the same, so entertainment languished. Since then the folks who attend have been the entertainment.

So it was logical that since this year is the 30th anniversary of all this feathered foolishness, the idea occurred to the Birds that bringing back dixieland jazz was the right thing to do... But where to find the right band. The answer was the New Black Eagle Jazz Band, one of the foremost practitioners of traditional Dixieland jazz in the US.

One of the members of the band lives in Falmouth, and Courtney did some renovations to his house. Out of conversations between the two, a deal was struck. The band will perform at the Birds' post-race party from 6:30 to 9:30 Sunday night. The FTC Board of Directors agreed to underwrite the cost of the band, and the Birds will supply their traditional turkey stew, salad, French bread, juices, soda, and, on tap — freshly brewed Offshore Amber Ale from the brew pub in Oak Bluffs. Because of the large numbers of folks expected to attend, the Birds are also hiring a bartender for liability reasons (underage

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.

drinking and overage exuberant tipling). When the Birds had bands perform in the past, they collected donations as people arrived to defray the expenses. The FTC Board and the Birds did not want to do this this year. However, it has been traditional that folks bring food or beverage as a contribution. This year, a free-will donation will be added as an option. A donation bucket will be placed conspicuously at the bar. That way folks can contribute by bringing a food item or money or nothing at all as is their pleasure.

The Birds' party will begin at around 5:00 or earlier on Sunday afternoon, and food will be served beginning at 5:30. People are encouraged to arrive early to park, eat and get situated.

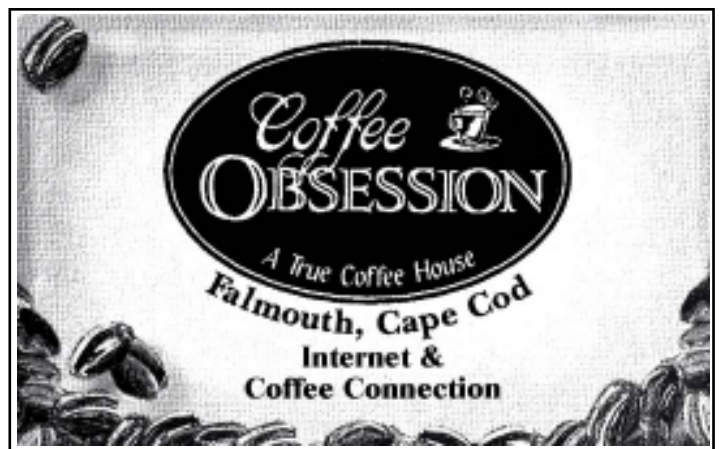
Park at Wood Neck Beach

Everyone is asked to park in the parking lot at Wood Neck Beach. The town has given permission to use it for this event, and it will be available after 5:00 pm and until 10:30. It is an easy 1/2 mile walk. Sippewissett Road and Loop Road in Sippewissett Place are congested and impose on the neighbors' good will. Parking on the west side of Sippewissett Road and in Sippewissett Place is not prohibited, but it is not suggested. If you must park in those areas, please be courteous and not block driveways.

Actually, what goes on at the Birds is a continuation of a week-end long marathon open house that has anywhere from 30 to 40 people of all ages, including the Pittsfield High School girls' cross-country team, camping out on their lawn, expeditions to Wood Neck Beach for sun and surf, a pre-race spaghetti feed for whoever shows up on Saturday night after the Falmouth Mile, and a wake-up blast from the FTC cannon on Sunday morning, so their guests don't sleep through the road race.

The Pokrakas and the Birds have already begun the annual process of offering incantations and sacrifices to the Gods of Rain to ensure good weather on Road Race Sunday

As noted above, people are strongly encouraged to bring food or other goodies to the parties. Call Claire Pokraka at 508-548-7230 and Carolyn Bird at 508-548-0348 for suggestions.



The Story of the Falmouth Walk

by Russ Pelletier, who plagiarized this word for word from Eddie Doyle

The history of the Falmouth Walk dates back to 1991, the year that the infamous "Hurricane Bob" plowed through Falmouth. Two old friends, Tommy Leonard, a bartender at the Quarterdeck Restaurant in Falmouth and Eddie Doyle, bartender at the "Cheers" bar in Boston, came up with the idea for the Falmouth Walk to benefit the Babe Ruth Baseball World Series, being played at Guv Fuller Field.

The Friday night sign-up was held at Lawrence's Restaurant and attracted about 50 walkers. This first annual "Falmouth Walk" began at the Heights by the Casino and followed the route of the Falmouth Road Race in reverse. They picked up the Bike Path at Surf Drive to avoid the roads and finished at the Library at Woods Hole. Tommy had arranged for a bus to take everyone back. However, it showed up almost 2 hours late! But, as usual, a good time was had by all. Only a two days later, "Bob" obliterated the Bike Path and Surf Drive.



The Gathering Crowd for the '05 Walk

TL's & ED's previous experience organizing small fund raising runs in Boston included raising money for the Jimmy Fund and Halcyon Place, a home for families of loved ones being treated at Shriners Burns Center at MGH. This event was called "the Bull to the Eliot" (Bar to Bar), a one-mile jaunt up the beautiful Commonwealth Avenue Mall. Their last Boston event raised money for a young BU Hockey player, who was hit by a car while riding his bike. The run attracted NHL stars, media, police and restaurant staff, as well as the young man's family, who came all the way from Madison, Wisconsin, BU Coach Parker and the entire squad. That was a special night!

So with some positive experience to build on, Tommy and Eddie (TL & ED) wanted to make sure the Falmouth Walk would be a special one, as well. More volunteers jumped on board. They found beer companies to donate shirts and goodies and Poland Springs to provide water. Over the years they raised money for youth groups, senior citizens, and helped a small group that started the Cape Cod Free Clinic. At the same time, a committee of enthusiastic, local friends was formed. Reebok helped enormously by providing shirts for the participants. Others who have contributed to the event over the years are Jack-in-the-Beanstalk, Smitty's Ice

Cream, Sam Adams (the Boston Beer Company), SBLI, as well as Lauren's and the Quarterdeck.

In a small town such as Falmouth, it is difficult for the community to support every charity. TL & ED and the other volunteers decided to bring a few other struggling charities on board.--The Haven for Healing, The Ellen T. Mitchell Scholarship Fund, and in 2006, Around the Table. These are all worthwhile organizations trying to make a difference in Falmouth.

Let's just say that the "Falmouth Walk" is now part of the Falmouth summer landscape. Over the past few years, neither rain nor steam heat prevented 450 folks from stepping off for a good cause. The event, including the Friday night registration, the walk itself, and the post-walk raffle and picnic, officially qualifies as a family tradition...like a "Smitty's ice cream cone! Just ask Karen Mahoney and her family. She and her husband have documented the event every year with an album of photos and 15 years of T-shirts!

Oh yes, following the post-walk picnic, TL and ED can be found in the Quarterdeck raising a pint of Sam Adams and toasting everyone who helped to make the Falmouth Walk another "job well done"!

CHEERS!

A Note From Russ:

Thanks again to the 35 Falmouth Track Club members who last year lined the course, keeping the walkers safe and on the sidewalks. If you want to be part of the 2006 Falmouth Walk, call me at 508-274-4703 or email at russpelletier@yahoo.com. Folks who have participated in the walk have included New Zealand Olympian Rod Dixon and Boulder Colorado's Frank Shorter. The walk takes place the day before the Falmouth Road Race, starting at the Town Hall Parking lot at 10:00 am and finishing with a great post-walk party and raffle behind Lauren's.)

Weekly Track Workouts

Year-round track workouts are held 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.

FTC Youth Running Program is Underway

The Falmouth Track Club Youth Running Program gets underway Thursday June 22, at Trotting Park field and track off Gifford Street. This program is open to boys and girls who have completed grade 5 through 12 and is being held every Tuesday and Thursday from 5:30pm until 6:45pm. The program is under the direction of Ann Curi Preisig, Falmouth High School girls' varsity cross-country coach.



This new venture for the track club is designed to build conditioning, develop proper running techniques to improve running or for young people to just have fun in this healthy activity. Coach Preisig, provides personalized running instruction for all abilities, with customized groups from beginners to advanced runners. In addition, she includes stretching and strengthening exercises to improve running techniques and avoid injury.

The Falmouth Track Club Youth Running Program is being run in two sessions June 22- July 18 and July 25 - August 17. The cost is \$40.00 / session or \$70.00 for both sessions. Carroll announced that each child will get a tee shirt. Interested parents can obtain applications at www.falmouthtrackclub.org or calling 508-540-8181 or by attending any session Thursday or Tuesday to sign up their child.

The Falmouth Track Club is excited to sponsor this youth running program and looks forward in the future to offer more running and track programs for the youth of Falmouth.

Contributed by *Ann Preisig*

Beauteous Bucolic Berkley

It was a beautiful morning in bucolic Berkley (MA) as 15 FTCers arrived for the Kyle Conlon Memorial Benefit Road Race on May 21 and the first nice weather day of May in our area. Berkley is rural, quiet, with hills, moo cows, horses and lots of pretty, open space. The first time 5k Run and 2 Mile Fun Walk was very well-organized by

Race Director Kimberly Robidoux, Kyle Conlon's sister. Kyle Conlon was an accomplished, giving individual, husband and father who died in 2005 at age 36 of cancer. The race raised money for the American Cancer Society. Kyle was the son-in-law of FTC members Mike Mullo and Betsy Adams.

The 5k course is scenic, and runners enjoyed a stretch of dirt road. FTCers Mike Norton placed first and Don Fredrickson second. Lots of very nice prizes and foods. The FTC reimbursed our people for entry fees and car pooling. Our group also enjoyed breakfast at a local restaurant courtesy of Falmouth in the Fall Road Race. A most pleasant social and do good outing. Let's do this more often. Thanks to all who participated in and supported the fun.

The Mullen Hall Playground Project

Even though school is out, the buzz continues at Mullen-Hall. The reason is that the Village Science Playground is about to be built. Last March, a representative from Leathers & Associates met with students, teachers and staff to listen to their ideas for an ideal playground. A design was created and fund-raising was begun.

A miniature Alvin, an Island Queen, a climbing wall, a communicating funnel and a DNA slide are only some of the components which meet the Massachusetts Science standards. The playground, while on Mullen-Hall school grounds, is open to the entire community and will prove a real asset. More than 1/3 of the amount needed, \$125,000, has been raised from student efforts such as coin collecting for the 100th day, buy a board, a PTO auction and a night at the Commodores.

One of the most generous donations was \$2,500 from the Falmouth Track Club. Folks at Mullen-Hall are really appreciative of this kind gesture and say a big Thank You!

There is yet another very important way that you can get involved. This playground is to be built by volunteer labor. The committee is looking for as many people as possible to give some of their time during the week of Oct. 18 to actually put the playground together. Experts will be there to give directions. Menus to feed hungry workers, snack, lunch and dinner are already being planned. Many hands are needed to accomplish this feat in one week. Think of what you could learn and or teach another. Imagine your pride as you drive by or bring children to play on a wonderful structure that you helped build! Perhaps this could be a new form of pre-marathon cross training just before the CCM. With lots of builders, it will be ready in time for the Cape Cod Marathon and be one more Falmouth feature that make it such a great place to visit and run. To volunteer, email Alice Lamere, alandal@adelphia.net, or Adam Thomas, anthomas@hotmail.com. For more details and to volunteer on line, go to <http://www.science-playground.org>.

Contributed by *Maggi Yates*

Falmouth Track Club

P.O. Box 699
West Falmouth, MA 02574



Falmouth Track Club 2006 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