



The Road Record

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

June 2007

Our Excellent Journey to the Boston Marathon Expo & Related Exploits

(Being an Account of Our Two-day Excursion to Boston for a Race Directors' Conference, to Man a Booth at the Boston Marathon Expo & to Engage in Other Adventures.)

By Danielle Brown and Nicole Depferd

Desirous of learning the ways of the big city, wanting to learn more about the intricacies of directing road races, and hoping to publicize the Cape Cod Marathon at a place it had never been promoted before, we decided to take Courtney Bird up on his offer of an adventure in Boston on Marathon Weekend. One of us, Danielle, was partly initiated into the Marathon Experience when she accepted an invitation to attend the BAA reception at "Cheers" on the Thursday evening before the marathon where she mingled with such luminaries as Joan Benoit Samuelson and Bill Rodgers. But sadly she was mistaken for Russ Pelletier's daughter by



Nicole Depferd & Danielle Brown selling the CCM at the BAA Expo former marathon world record holder Steve Jones. As the evening wore on, Jones declared with ever increasing certainty that she was in fact Russ's granddaughter — strike that — great granddaughter!

Friday was recovery and journey preparation day. We went to Court's garage to pick up a thousand race brochures, oval promotional bumper stickers that had "26.2" overlaid on an outline map of Cape Cod, t-shirts, Falmouth Enterprise Marathon Supplements, a huge marathon promotional poster that had the slogan "Wake up and Smell the Coffee!" and other trinkets.

Our early Saturday morning start off left us feeling less than enthusiastic about the weekend events that included the Race Directors' conference on Saturday and the Expo on Sunday. Rounding the city on 93-North and seeing the skyline, our anticipation increased. We found parking easier than expected, and upon walking through the Copley Center Mall to the Hynes Convention Center, the excitement of all the runners filled the air with contagious positive energy. Not even the weather forecast of horrible conditions on Marathon Monday seemed to dampen the spirit of the runners.

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Another Quest for the Jacket ...

Four Going for the Gusto!

By Sheryl Briggs

Last year, there were two -- Pete Landry and Jack Whitehead. But they were an inspiration, and now there are four! Glen Rogers, Paul DiAngelis, Karen Howes, and I (Sheryl Briggs) decided to give it a go.

I decided to run the USTF-NE Grand Prix series this year because it was a challenge that presented itself during a track club meeting and one that I had not done. The idea of getting a really cool jacket if I successfully completed all the races was also very appealing. And the jacket was the reward for meeting the challenge. Moreover, I knew that the only way to guarantee success for me was to sign up for the races ahead of time, or at least the first four.

There are seven races in the series ranging in distance from a 5K to the marathon. The series is known to draw the top New England runners; however, they only make up a small portion of the individuals toeing the starting line of the races in the series.

The first race in the series was the New Bedford Half Marathon on March 18, 2007. After a few winter months on the couch, I knew I was not 100 % ready for a 13-mile race

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President Carroll attended a workshop for New England Running Club Presidents. Carroll noted that he learned much in the 2-week, business-only conference in Acapulco. Shown here presiding over a meeting of the Fitness & Health Committee.

More Noteworthy Utterances From Prez Jack Carroll

Greetings!

As we emerge from winter hibernation to enjoy milder weather and better running conditions let's hail those who braved the elements to train and ultimately run the 2007 Boston Marathon. Your effort to complete the race this year in some of the worst conditions on record is commendable. Congratulations to all those Falmouth Track Club members who join a long tradition of club members who have participated in the world's most prestigious foot race. You deserved the warmth and comfort of the Lenox hotel after your ordeal. On behalf of the members of the FTC I salute you.



Ed Pas (left) and Jurek Blusztajn (right) volunteer their time to help make the Mullen Hall Playground a reality

The summer months bring great running and walking weather to Falmouth. Those members who live in town enjoy the magnificent scenery our little slice of paradise affords. Those members who live out of town hopefully your travel will bring you to our seaside haven.

Join us for the Coffee O Five which is celebrating ten years of Friday night fun runs along one of the most scenic stretches of ocean

front in New England. The club plans to commemorate that milestone with some type of event this summer. The annual FTC cookout is planned for July at the Pelletier's and as always the after road race parties at the Pokraka's and Bird's are on tap. The New Black Eagle Jazz Band will blast their horns again this year at Courtney and Carolyn's. Hope to see you there.

The Falmouth Track Club Youth Running program will begin a second season. Ann Preisig has a full schedule of running and



Bob Crowley (left) explains patiently to Mike Garry (right) that it is not a hammer that Mike holds in his hand. What ever it is, Mike used it to help construct the Mullen Hall playground.

stretching planned for the young people. Spread the word, information for the youth program is available at the Falmouth Recreation Department or by contacting Ann.

Make it a point this spring and summer to get outside and get your hearts pumping. Take a walk, a run, a trek to the gym, a spin on a bike or maybe a swim. Whatever your mode of exercise is- just do it!!

See you out there and keep moving.

Jack

Late Flash!

Bob Richards, Exalted Cannoneer & Vice-President, is hosting an *industrial-strength* celebration of 10 years of Coffee-O's at the World Headquarters of Richards Design in the Falmouth Tech Park Friday, June 22 immediately following the run. Hambergers, Hotdogs and other delights on the MONSTER Grille/Barbque pit, draft beer and other liquid refreshments will be served. All are asked to bring other food items. Call Bob or Hindi at 508-564-5289 for suggestions. **DIRECTIONS:** Go in main entrance of Tech Park off T. Landers Rd., take first left, go 1/4 mile and Richards Design is right in front of you.

Newsletter Contributors

Peter Landry*
Courtney Bird
Patricia Sylvia Burke
Glenn Pokraka*
Janet Folger
Danielle Brown

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Sheryl Briggs
Bob Yates*
Carolyn Bird
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*Photography

520 Coffee O's!

Mark Your Calendar for June 22 in Falmouth

Editor's Note: The following article appeared in the Falmouth Enterprise on Tuesday, July 1, 1997. On Friday, June 22, the 521st race in the series will be run.

The First Edition of the Quarterdeck Fives Friday Night Races Held on June 27 Ken Gartner and Heather Pola led the Field

On last Friday night at 5:30, Town Hall Square was the site of the start of a weekly series of 5-mile races organized by the Falmouth Track Club and hosted by the Quarterdeck Restaurant. There were no helicopters whirring overhead, no press truck (or press except for Joanne Briana from the Enterprise), no police to hold the crowd of spectators back or to lead the runners around the course, no waterstops along the route, no race management company timing the event or compiling results, no entry fee or prize money, no t-shirts, no nervous race officials fretting about the details, no cannon to start the race — just 13 runners looking to test their mettle on the scenic, flat, wheel measured, course.

Cape Cod Marathon Director, Courtney Bird, laid out the ground rules: keep track of your own times, watch for traffic, and upon finishing record your name and time with the bartender at the Quarterdeck.

Tommy Leonard, one of the founders of the Falmouth Road Race and currently a host and bartender at the Quarterdeck, said "Bang!" With that the field of 13 was off. The runners left the square on Chancery Lane, followed Walker Street to Beebe Acres Road, back to Walker Street, along Surf Drive, up Mill Road to Locust Street, down Elm Road to Quonset Road, back onto Elm Road to Surf Drive, east on Surf Drive to Walker Street, and straight back to Town Hall Square by way of Chancery Street.

27 minutes and 54 seconds after Leonard's epic utterance, Ken Gartner, whose brainchild the race series was and who had laid out the course with Courtney Bird, stormed across the finish line the winner - not surprisingly setting a course record in the process. Gartner was followed by Dan Frye of Mashpee in 30:44 and Heather Pola (32:29). Ms Pola was the first woman and like Gartner, set a course record.

Rich Sherman, Co-Director of the Falmouth Road Race, also competed. Don Delinks of North Falmouth, who ran the inaugural Falmouth Road Race, ran Friday night with his son, Joe.

The Coffee O All-Time Gluttons for Punishment

Name & # of Races	Name & # of Races	Name & # of Races
Ken Gartner 461	Fred Keller 163	Stace Beaulieu 126
Carolyn Bird 430	Jack Carroll 162	Linda Dalton 124
Bob Richards 259	Laurie Fife 155	Rich Sherman 124
Mike Garry 252	Jeff List 152	Doris Beatty 122
Jurek Blusztajn 229	Courtney Bird 148	David Farrell 113
Paul Hartel 222	Mike Norton 142	Steve Faluotico 111
Peter Landry 214	Madeleine Marken 139	Paul Farrell 108
Judi Keller 197	Wally Ballou 133	Tom Bunker 103
Dan Webb 182	Maggi Yates 132	Mary Olenick 102
Kris Tholke 170	Wendy Carroll 128	Tim Jones 101
Ed Giordano 168	Steve Hamel 126	Jessica Baker 98
Sandro Segalini 163		

After the race, most of the field gathered in the Quarterdeck to socialize and re-hydrate. According to Tommy Leonard, if the series, which will be held every Friday night, rain or shine, grows in popularity, the restaurant will make its downstairs function room available to the runners for their post-race gathering.

The next running of the series will be Friday, July 4 at 5:30 pm in Town Hall Square.

Results of the First Quarterdeck Five

Friday, June 27, 5:30 pm at Town Hall Square, Falmouth

Weather: Sunny, dry, 78 degrees

1. Ken Gartner	Falmouth	27:54*
2. Dan Frye	Mashpee	30:44
3. Heather Pola	Falmouth	32:29 (1st Woman)*
4. John Evans	Geysers, MT	33:58
5. Brian Dale	E. Falmouth	34:16
6. Peter Golato	Falmouth	36:38
7. Rich Sherman	Falmouth	37:20
8. Sarah Correia	Falmouth	41:48
9. Marla Spallone	E. Falmouth	41:48
10. Joe Delinks	N. Falmouth	45:00
11. Don Delinks	N. Falmouth	45:00
12. Courtney Bird	Falmouth	46:20
13. Carolyn Bird	Falmouth	55:10

* Course Record

FTC FUN RUNS & SPECIAL EVENTS:

July 4(Wed) Sandro's Fourth of July Fun Run:

Sandro Segalini is again hosting his annual Fourth of July Fun Run and Breakfast from his home at 32 Clowes Drive in Sippewissett Highlands, off Sippewissett Road. Run from Sandro's and then at 9:00 am enjoy "breakfast of mimosas, bubbly, coffee, crumpets and fruit salad" out on his deck. Track club members, their families and houseguests are all welcome. Those who want to shower after their run should bring their own towels. Sandro has done this for a number of years, and it is always a great way to start off the July 4th festivities. Come even if you decide not to run or walk. More information and directions to Sandro's will be e-mailed as the date gets closer. Let Sandro know if you are coming (508-540-2173).

July 14(Sat) Falmouth Commodores Game:

Can't get Red Sox tickets?? Can't afford Red Sox tickets, even if you can get them?? Don't want to fight the traffic to and from Fenway?? How about supporting our local Commodores and the Cape Cod Baseball League. You can watch good baseball, it's cheap and there's not much in the way of traffic! The Track Club is planning an Evening at the Commodores on Sat., July 14. The Commodores will be playing the Chatham Athletics at Fuller Field, behind the Rec Center on Main St., at 5:30. Rain date will be Sat. July 21 at 5:30 against the Orleans Cardinals. There is a concession stand at the field or you can bring your own picnic supper. We'll all meet in front of the Rec Center at 5:00. As the date gets closer, we'll send out an e-mail with more details. If you would like more info about the Commodores and the Cape Cod Baseball League, check out their website www.capecodbaseball.org. This should be a lot of fun and perhaps we can attend more games in the future. If you have questions or ideas, call or e-mail Carolyn Bird at 508-548-0348 or sippewissett.bird@verizon.net.

July 20(Fri) Russ and Joan's FTC Picnic:

Russ and Joan Pelletier are having their annual summer pot luck picnic at their home at 137 King St., Falmouth after the Coffee-O run. For those not running the Coffee-O, come around 6:30 p.m. Track club members and their families are all welcome. Hamburgers, hot dogs, soft drinks, wine and beer will be provided. Plan to bring a side dish, salad, dessert or hors d'oeuvre. Call Joan at 508-540-4641 to let her know what you plan to bring or for ideas. Russ and Joan have a pool in the back yard, which will be filled with water, so bring your bathing suit and a towel if you want to go for a swim. Always a great time, so mark your calendars. A follow-up e-mail, including directions, will be sent out closer to the event.

“DODGING A BULLET” - THE (ALMOST) PERFECT STORM MY 2007 B.A.A. BOSTON MARATHON EXPERIENCE

By Dave McGillivray, Boston Marathon Race Director

I looked at the long-range weather forecast on the internet ten days out from the race. I couldn't believe my eyes — rain, rain, rain and more rain — for the entire week AND for race day! I copied it and sent it to the entire Organizing Committee saying, “okay, everyone, get ready.” I began feeling like the folks in Florida before a predicted hurricane is about to hit — batten down the hatches. I just hoped we didn't have to “evacuate”, too.

Then came the dagger — about 5-6 days out, a local meteorologist reported that a Nor'easter was on the way and it “could be” a storm of “epic proportions!” Nice. He then went on to say that if the storm develops to its full potential that, “I don't see how they could run the marathon. If this storm hits, it seems that they would have to cancel the race.” That alone pretty much put everyone in a state of hysteria. The power of the media!

Calls and emails began pouring in, “I heard the race is being cancelled!” I received a call from WBZ radio asking me what our position was — I clearly stated that we were concerned and we would be monitoring the weather but that the race was still a go. Talk about doing damage control. The number one topic in Boston became whether “they” would ever cancel the marathon.

The forecast called for a bad day on Thursday (which it was), okay days on Friday and Saturday (which they were) and then we'd really get whacked on Sunday and Monday again (which we did).

All the focus and I mean ALL the focus now became the weather. Even though we had changed the starting time from 12 noon to 10 am, a historic change, the weather was the story and the time change was buried. The list of questions began to grow... what can we do to protect the runners? How can we better plan and prepare for this type of weather? What if the temperature drops and we actually have snow? Plans already started to quickly change — we decided to hold off setting up the large tents in the Athletes' Village from Wednesday and Thursday to Saturday. We sent out an email blast to all the participants making them aware of the predicted conditions and advised them to plan accordingly. We also produced a flyer to be given out to every runner at race registration which detailed our concerns for hypothermia along with information as to how best to prevent it. And, we even purchased over 5,000 “ponchos” for our volunteers.

We had our regularly scheduled MEMA (Massachusetts Emer-

gency Management Agency) meeting on Thursday morning at 10 am. I've never seen this meeting so jam packed. Over 150 representatives from all the federal, state and local public safety agencies were present. With this level of attendance, I really sensed that something big was about to happen... the Undersecretary of Public Safety, FBI, State Police, National Guard, city and town police and fire, EMS, Civil Air Patrol, FAA, MBTA, DPWs from each town, Department of Public Health... they all were there, like me, looking for information.

I recalled all the meetings we had already had with all these folks during the past 3-4 months. One session in particular that we always conducted was our “table top” exercise where we introduce “hypothetical” scenarios and attempt to work through them as if they were actually going to happen, for example, bomb scares, fires along the course, and of course weather-related concerns like lightning and other severe weather conditions. Well, here we are and it is no longer hypothetical, it is now real... no more playing around.

I spoke first at the meeting and detailed just “some” of my operational concerns. It was a long list, involving dealing with the new start time, the effects of wind, cold, rain and even sleet and snow, transport and shelter along the route if necessary, the impact of the weather on volunteers as well as competitors, possible effects on the wheelchair group, getting more shelter in Hopkinton, and on and on.

Of course, many of the things we were thinking about and worried about most others (runners) weren't even considering — why would they? Runners just needed to be concerned about themselves... we needed to be concerned about everything and everyone. Similarly, many things that others were bringing up at the meeting even I never gave much thought to. As prepared and as experienced as we all were, this was the first time in my 20 years involved in this race that I truly began to “worry” about how we were going to get through this. For the first time since I've been involved, the concept of a potential cancellation was real and no longer a hypothetical exercise. My thoughts immediately wandering back to September of last year when I was faced with a similar challenge with another race I was directing, the Boston Triathlon, an event that I actually decided to cancel because of similar weather, mainly due to the impact on the swim and bike disciplines. This was the first time in my career that I had ever cancelled an event. However, the stakes were much higher this time around with the Boston Marathon.

The MEMA meeting lasted about 2 hours. Immediately following





the meeting about 10 of us stayed behind and convened a smaller meeting to decide our action steps from here and to discuss decision making policy — who would make the call, how and when would it be made? Even while at this meeting we got a report that one or more of the VMB (Variable Message Boards) out along the course were mistakenly programmed and displaying that the race was on April 17th, not April 16th, giving people the impression we had ALREADY postponed the race to the next day!! Go figure!

We all agreed to continue to plan and to continue to monitor the weather forecast and to continue to meet via conference call with the next one being the very next day, Friday, at 9:30 am.

On the call, we had the National Weather Service on giving us the weather update. They were predicting temperatures in the mid-30's, winds out of the E/NE (headwinds) steady at 20-30 mph with gusts up to 50-60 mph and wind chill in the 20's. It really didn't look too promising. They did say, however, that all this "could" taper off mid-morning on Monday and that Sunday we would be getting the brunt of it. We decided to have another conference call on Sunday at 2:30 pm.

On Saturday and Sunday I was part of the Runner's World clinics at the race expo. With me was Josh Nemzer, course coordinator. Each session was jammed with runners and we knew why... they wanted answers about the weather. We certainly answered all their questions and reassured them that we were all in this thing together and that all of us take the hit together. I asked for a show of hands as to who thought we should cancel the event... not one raised their hand.

Meanwhile we continued to make adjustments and plans for protecting the runners. We increased the amount of buses along the course for both shelter and transportation back to Boston for those dropping out which we predicted could be at an all time high. The cities/towns along the course identified facilities on the course which would open their doors and become shelters for the runners to get warm. We worked out a plan with the bus company to retain about 130 buses and keep them longer so runners could stay on them longer in Hopkinton to keep out of the cold, rainy, windy conditions. Of course, all our medical personnel were preparing for an onslaught of hypothermia cases. We added heat to many of our tents. We were doing everything we could do to prepare to keep runners warm and dry.

Sunday came and we thought the weather was going to come in early and possibly impact our 2½ mile Freedom Run event which had about 3,000 participants. However, it really didn't start to rain until later in the morning so we got that event in. Then the skies opened up and the winds began howling. The show was on.

After conducting an elite athlete meeting at 9:30 am on Sunday, I drove out to Hopkinton at about 1:30 pm to assess the set up and the damage that had already been done. Needless to say, not many runners were visiting the start in Hopkinton, as is typically the case.

At 2:30 pm, we had our FINAL public safety conference call. About 30 folks were on the call. Of course, the focus was on the all important weather forecast from the National Weather Service. Bottom line, the forecast seemed more encouraging, but, again, it was a "forecast" and here in NE forecasts are known to change on a dime. However, this was it... if there was ever a time to decide to "cancel" the race, this was the time to do it as everyone was on the call and a cancellation could have easily been executed and communicated. As everyone started to leave the call and I heard all those hang up tones, I took a deep breath and said, "well, that's it, full steam ahead." I knew it would be difficult if not impossible to cancel once everyone hung up from this call. Although I felt relieved given the current forecast, I still wasn't honestly sure. I so wanted to call everyone back.

And wouldn't you know it, after the call, the wind really started picking up and the rain was really coming down now. Earlier in the morning it was actually snowing out in Hopkinton. Evidence of this were small piles of snow around the tents from where it had slid off the top of the tents. Major puddles were forming around the upper field tent as well as in and UNDER the lower field tent from the run off of the upper field. And, they were predicting at least 3-4 more inches of rain throughout the evening. I walked the fields by myself around 5 pm, looked up at the sky and a deep concern overcame me as to where we were going to be able to stage 20,000+ runners in conditions like this. If the conditions didn't improve, we could be in serious trouble.

On the drive back to Boston, I kept getting phone calls from the media... local TV and newspapers, The Weather Channel and many others. They wanted to know what we were going to do. They knew the conditions were bad. I wasn't about to call them back until I felt more convinced that we were making the right decision. I called Guy Morse (Executive Director), Jack Fleming (Director of Communications) and Amy Dominici (Executive Office of Public Safety) and suggested that we all meet in the hotel at 6:30 pm to discuss my concerns and what our actions steps should be. Also joining us were Ed Jacobs (Technical Producer), Barbara Sicuso (Director of Registration), Chris Troyanos (Medical Services Coordinator), Rich Havens (Finish Area Coordinator) and Josh Nemzer (Course Coordinator) and my son, Ryan. While at the meeting, I called Chief Tom Irvin of the Hopkinton Police Department expressing all my concerns. Lt. Ken Clark from the Hopkinton Fire Department happened to be in the hotel and also joined us. Guy called Jack Phelan, Superintendent of Hopkinton Schools requesting use of the High School and Middle Schools as well as the football field which was up until then off limits. Ed Jacobs called a few tent companies to determine if we could get more tenting even at the last minute (even though we didn't really have much space to put them). Jack called the media updating them. We concluded that the best we could do at this time was to continue to

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We checked in for the Race Directors' workshop and sat down to hear Joan Benoit Samuelson speak about her Beach to Beacon Race.

Listening to the questions of other race directors left us feeling that the Falmouth Track Club really has their stuff together when it comes to race organization. The organization, the volunteers, and the level of commitment we have in the club and the community is exceptional. The next speaker was the marketing director of Puma, and he gave us some great tips on getting sponsors. We were rightly scolded for drinking Starbucks Coffee while wearing our Dunkin' Donuts Cape Cod Marathon shirts. What were we thinking you might ask? We weren't! *Lesson #1*: "Ask not what your sponsor can do for you, but what you can do for your sponsor."

Then the moment we were all waiting for, Dave McGillivray. Before he began he had us all stand up and introduce ourselves. While we were interested in the who our fellow attendees were, we really wanted to know how he was going to deal with the ultimate crisis management. (see Dave McGillivray's article elsewhere in this newsletter.) We found it amazing that with all the talk of Marathon cancellation and press conferences that he still had time to come and speak to us. *Lesson #2*: Always have a contingency plan, and plan C, and possibly plan D, and first and foremost a great Committee behind you.

The Expo: On Sunday morning we drove into Boston from a friend's house just south of the city where we'd spent the night. We quickly found our table and set up our brochures, stickers and all the other marathon paraphernalia from Court's garage. The table looked great, and thanks to Bob Yates, our poster was fantastic. It was a great asset to have when people asked if they get to run by the beach, and many people asked that question. We omitted the complimentary sandblasting that comes with the beach view. In six hours we handed out approximately 700 applications, talked with countless

runners, and met some really fantastic people. Still we were perplexed about why someone would take 10 bumper stickers — hopefully they planned on sharing them, or more optimistically, maybe they plan on running Cape Cod 26.2 ten times. *Lesson #3*: Races benefit from good exposure. The number of entries for the CCM this



Networking???

year are well up from last year (There is no actual proof that we can take credit for this, yet we would like to believe that we made an impact.).

On to the most important aspect of the weekend..... free beer and goodie bags. We were invited to attend the *New England Runner* Race Directors' Reception, held on Saturday afternoon after the Race Director's Conference. We got the opportunity to meet the race directors of some of the world's major marathons, but Steve Jones was still convinced that Danielle was Russ Pelletier's grand daughter! If we had known ahead of time that Abe and Louie's (the venue of the reception) was going to have such great appetizers, we would not have made dinner plans in the city. Next year we plan on attending not only the race directors' party, but the *Runners World* party on Sunday evening, and hopefully securing invitations to other parties as well. *Lesson #4*: Networking, not only to increase race exposure, but to find out where the good parties are for the weekend.

Yes, it was a great adventure and one we are looking forward to in 2008!

Falmouth Track Club Youth Running Program Summer 2007

Head Coach: Anne Preisig

Ages: boys and girls who have completed 5th - 12th grades

Sessions: (3 nights/week for 2 weeks each)
Mondays, Tuesdays & Thursdays
5:30pm -6:30pm
Session 1: July 16th - July 26
Session 2: July 30th - August 9th

Cost: per child \$40/session or \$70 for both sessions (\$5 discount for 2nd child in program), which includes t-shirt

Location: Falmouth High School Track (please park in the lot on Brick Kiln Road near the intersection with Gifford Street)

The Falmouth Track Club 2nd annual summer youth running program will focus on building conditioning and developing proper technique for children interested in improving their running either for cross-country/track, as a supplement to another sport, or for fun. Coach Preisig, FHS girls' varsity cross-country head coach, will provide personalized running instruction for all abilities, with customized groups from beginner to advanced. In addition to running, she will include stretching and strengthening exercises from yoga and pilates to improve running technique and avoid injury. Email acpreisig@hotmail.com for more information or see www.falmouthtrackclub.org. An Application is on inside back page of this newsletter.

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inform the runners of the conditions they were about to face and to encourage them and tell them to individually prepare for these conditions. They needed to help themselves... that was the only way this would work. Jack arranged for WBZ TV to come and interview me at 9:30 pm so as to help get that word out to everyone as best we could. The more prepared the runners were, the greater chance of all of us surviving this.

The B.A.A. Board of Governors were all assembled in one of the function rooms in the hotel so Guy and I went in and explained to all of them the situation and our concerns but also assured them that we were doing all we could do to address all the weather concerns and that we were confident in our planning.

I went back to my room with my son Ryan for the evening. The rain was really coming down now and the wind was really picking up. I called Mike Thompson a number of times as he was staying in a motor home at the Village. He did confirm the conditions, but he didn't seem overly concerned just yet which helped put my mind at ease... just a bit.

I was not able to sleep a wink due to a wandering mind and the pelting of the rain on my hotel window. I was thinking all the worst thoughts. I got up from bed about 10 times just to look out the window. Sleeping was useless. Finally, I jumped out of bed at about 3 am and said "this is nonsense", I need information. What good am I in bed? I desperately need more information. What was happening at the Village? Was there flooding along the course? Were there power outages or tree limbs down? Were all our structures still standing? Not having this information was nerve racking. For the first time in my race management career I can honestly say I was worried, nervous, afraid and anxious all at the same time, mainly due to the unknown. My phone hadn't rung once throughout the night so I took this as a good sign... no news is good news... so I thought.

I then called Amy Dominici from the Executive Office of Public Safety. I asked her if she would contact MEMA and see if she could get me any information regarding the current forecast and the course conditions. I then called Tom Griik, President of the BAA, at 4 am and expressed to him my concerns. The thought of cancellation was not far from my mind but time was running out. It was becoming a catch 22... it seemed that the conditions were worsening but the time to do anything was slipping away. If we were to even remotely consider cancellation, it really needed to be done BEFORE runners started to board our buses in Boston for Hopkinton, which began around 5:45 am. John Tommaney of MEMA then called me at about 5 am with his assessment of things. He believed that the wind and rain would taper off and that conditions would improve. He also indicated that he had not heard of any major course concerns, at least not yet. That's all I needed to hear... all systems

go, no looking back now, I'm outta here.

At 5:15 am, Josh, Barbara, Ryan and I headed out to Hopkinton in a Boston Police cruiser. It was really coming down still. I really didn't know what to expect from this point forwarded but what I did know is

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2007 DUES! DUES! DUES!

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

It is time to renew for 2007!

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

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

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

Thanks to everyone who helped to make this year's Jones Road Cleanup a huge success.

Bob Crowley

New Members

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

SUSAN & ANDREW LANGLOIS
East Falmouth

KEN GAYNOR
Falmouth

SCOTT WILLIAMSON & MARGIE MITCHELL
East Falmouth

PAUL & ANNA GANNETT
East Sandwich

ROBERT AND LAUREN FINN JESUS
Falmouth



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but I also knew if I didn't fight my way through it then the entire series was out. The course is challenging not only for the 2 major hills but also for the wind that runners encounter in miles 8-10 when running along the beach. This year the wind had a bitter bite, and one couldn't run fast enough. The two major hills come right after mile 3 and at the beginning



Joanne Laschi, Sheryl Briggs, Paul DiAngelis and Glen Rogers before the Groton 10K

of mile 12. The race itself is very well run and is a local favorite. There is a big feast after the race with chowder, fish sandwiches, yogurt and fruit, and the YMCA allows runners in to shower and change before heading over the feast.

The second race in the series was the Groton 10K which

was held on April 29th. The start time for the race was at 1:00 pm, which I found to be a good thing considering how far a drive it was to get there. The Groton Road Race has been in existence for 16 years and has become a well-regarded race in New England with an overwhelming amount of community involvement. The Groton Road Race is a family-oriented event, and the festivities are kicked off with a Tot Trot, followed by 2k, 5K and the 10K road races in that order. The race has beautiful t-shirts that are newly designed each year. They are always a big hit.

The starting line for the races was on the track behind the school. The infield of the track was filled with spectators and vendors' tents and four local students kicked off the start of the 10K by singing the National Anthem. I stood at the starting line with fellow Falmouth Track Club members Paul DiAngelis, Glen Rogers, and Joanne Laschi. Karen Howes, who is also looking to run the whole series, trekked to the race from Mashpee. The course was beautiful but very challenging. The race covered six miles of rolling hills throughout picturesque Groton. Runners were able to hear local musicians when running through town in the first mile and up on a lush green hillside in mile 3 stood a bag pipe player. There were two water stops on the course and despite its vast open area there were several spectators. The day was a success with all four of us finishing the extremely challenging course. Glen finished in 48:46, followed by Joanne in 52:05, Karen Howes in 52:10, Paul in 52:45 and myself in a time of 54:00.

On May 6th the series continued with the Westford 5K. Ironically, the race was only a short drive from the Groton Road Race and had very similar characteristics. The festivi-

continued on next page

Falmouth Track Club

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<i>FTC Clothing:</i>	Terry McKee & Janet Folger;	jsfolger@verizon.net



Karen Howes powers to the finish at the Groton 10K

Quest: Continued from previous page

ties kicked off with a Family Fun Run, followed by the 5K and a 10K. The race, like Groton, started in the afternoon which allowed for enough driving time to get from the Cape to the northern Massachusetts race. Once again, Glen, Paul and I stood at the starting line ready to take on another race. Both Paul and I were apprehensive since neither one of us had music to run with, which I usually never run without. My Ipod had the misfortune of falling into the toilet about 30 minutes before the race, a trauma from which it did not recover! So deprived of music, I let mother nature provide the tunes!

Despite the lack of music, the three of us took off running at 2:20 pm. The course ran up to the town square where there was a DJ and plenty of crowd support. Then the runners ran through wooded areas where the air was filled with a spring-time aroma. Despite the cold temperatures on the Cape that day, Westford was lucky to have warm afternoon. The course seemed rather fast in the beginning, but quickly changed around the 2-mile mark. I had heard that there was a hill at the end, but the hill turned out to be a steady climb for the entire final leg of the race. The race finished at the town square where there was plenty of food and water for the runners. Glen finished in a great time of 22:21, followed by Paul in 24:56, Karen Howes in 25:31, and I finished in time of 25:54.

After 2 weeks off, the series went to Bedford, New Hampshire for the Bedford Rotary Memorial 12K. It was rainy and cold for the start; however, the heavy downpours from the night before had finished, and we had to deal with only a sprinkling of rain in our faces. The start of the race was about 3/4 of a mile from registration which allowed for a memorable procession of bag pipe music as we were guided by

local Marines. Once again I found myself at the starting line with Glen, Paul and Joanne as we eagerly awaited the start. We conversed about the idea of putting together a Reach the Beach Relay team for the September event. The race itself ran through the neighborhoods of Bedford for the first loop which brought us back by the registration area around mile 2.5 and led us up a series of rolling hills for the following miles. A change of pace was felt when we stepped off the pavement and onto a dirt road for a few miles. Despite the weather Paul and Karen both had an amazing races finishing in a time of 1:01, followed by Glenn and Joanne in a time of 1:04 and myself in a time of 1:07.

The series takes a break now until the Ollie Five Miler in East Boston on September 8th. That race is followed by the Apple Harvest Ramble 10 Miler in Harvard, MA on September 23rd. Finishing the series will be the Cape Cod Marathon on October 28, 2007. I think the only challenge I see in the fall is running a marathon after an annual Halloween party. It is going to be tough not seeing the FTC Grand Prix gang laced up at the starting line ready to tackle another difficult course.

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.

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Race Results

Stu's 30K Clinton, MA. March 4, 2007

Farrell, David	234	2:56:53
Leavitt, Martha	240	2:57:37

17th Annual RAYNHAM KNIGHTS OF COLUMBUS 5M Raynham, MA. March 11, 2007

Farrell David	36	34:51
Hurley John	53	36:32
Corsano Joanne	172	47:35

30th New Bedford Half Marathon USATF-NE Grand Prix New Bedford, MA, March 18, 2007

David McPherson	450	1:35:59
Richard Connor	471	1:36:29
Mike McKenna	485	1:37:03
Chris Risko	645	1:42:51
Nancy Dorn	793	1:46:51
Bob Richards	841	1:48:25
Michael Sbrocco	981	1:52:00
David Farrell	993	1:52:24
Susan O'Connor	1035	1:53:42
Tom Davis	1085	1:55:26
Glen Rogers	1226	1:59:33
Paul DiAngelis	1353	2:03:42
Julianne Waite	1374	2:04:38
Jay Kane	1400	2:05:42
Karen Howes	1506	2:10:04
Raymond Rogers	1527	2:11:32
Sue McKenna	1540	2:12:33
Joanne Corsano	1616	2:16:05
Sheryl Briggs	1728	2:26:10

13th Annual Officer Thomas J. Giunta Memorial Run Fall River, MA, April 1, 2007

Nancy Dorn	99	22:30
Michael McKenney	267	26:21

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.

Cohasset Road Race By The Sea 10K Cohasset, MA, April 1, 2007

Bob Moore	126	45:40
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Seagull Six Spring Classic 575 Mile Road Race Woods Hole, MA, April 1, 2007

Steve Faluotico	3	32:56
Ken Gartner	9	35:39
Stace Beaulieu	36	41:42
Thomas Bunker	66	44:43
Chris Sherwood	67	44:43
Paul DiAngelis	83	46:36
David Lavender	86	47:22
Delia M. Ives	87	47:30
Jurek Blusztajn	93	48:18
Tom Scott	94	48:24
Martha Leavitt	100	49:18
Fred Keller	104	49:38
Sharon Napier	108	50:05
Judi Keller	122	51:09



Runners at Nobska Light in '07 Seagull 6

Michael Garry	126	51:27
Sheryl Briggs	137	52:37
Stephen Costello	138	52:58
Jack Whitehead	150	54:11
Joanne Corsano	159	55:49
Stan Hart	185	1:01:55
Lauren Lavender	194	1:08:19
Doris Beatty	197	1:14:20
Maggi Yates	198	1:19:43
Frances Buehler	199	1:25:39

RESULTS: continued next page

**NYRR Brooklyn Half Marathon
Brooklyn, N.Y. April 14, 2007**

Maggi Yates	4829	3:00:17
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**Boston Marathon
April 16, 2007**

John Evans	3278	3:19:14
Richard Connor	10176	3:48:42
Glenn Pokraka	15029	4:12:46
Paul DiAngelis	19125	5:04:08
Susan Maddigan	19204	5:06:29
Ed Giordano	19532	5:16:33

**Run for Sight 5K
Quincy, MA, April 21, 2007**

Susan O'Connor	21	23:40
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**Shawn Paterson 5K & 10k Road Race
Scituate, MA, April 22, 2007**

Kathleen Thomas	24	23:45
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**2007 Brewster In Bloom 5k
Brewster, MA, April 28, 2007**

Kathleen Thomas	42	23:10
Sharyn Greenleaf	101	27:05
Steve Conroy	102	27:07
James Hines	116	28:05

**Groton Road Race 10K
USATF-NE Grand Prix
Groton, MA, April 29, 2007**

John Evans	215	41:29
Glen Rogers	461	48:46
Joanne Laschi	593	52:05
Karen Howes	597	52:10
Paul DiAngelis	623	52:45
Sheryl Briggs	657	54:00

**Wareham Y 5K Road Race
Onset Beach, Wareham, MA, May 5, 2007**

Anne C Preisig	6	18:05
Mark Buguey	52	25:34
Steve Conroy	71	26:25

**8th Westford 5K Road Race
USATF-NE Grand Prix
Westford, MA, May 6, 2007**

Glen Rogers	305	22:21
Paul DiAngelis	390	24:56
Karen Howes	411	25:31
Sheryl Briggs	419	25:54

**Capabilities
Hyannis, MA, May 6, 2007**

Geof Newton	2	16:17
Kathleen Thomas	25	22:06
James Hines	67	26:05

**Cape Cod Irish Village 5 Miler Road Race
W Yarmouth, MA, May 12, 2007**

Tom Nally	40	36:44
David Farrell	44	37:07
Steve Conroy	108	44:19
James Hines	134	46:35

**WFA 4th Annual "Run for the Water" 8k
Westport, MA, May 12, 2007**

David Farrell	31	35:45
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**Cape Cod Highland Lighthouse Ocean to the Bay 5 M
Truro, Ma. 19 May 2007**

Peter Landry	12	36:22
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**20th Annual Plympton Strawberry Shortcake 10k
Plympton, MA, May 19, 2007**

Bill Riley	26	42:05
Tom Nally	70	46:29
Ann Tarrant	79	47:15
Stacy Deruiter	102	50:06
Jerry Morris	128	52:24
Pat Nally	139	53:33
Joanne Corsano	183	58:52

**33rd Annual Bedford Rotary Memorial 12K Road Race
USATF-NE Grand Prix
Bedford, NH. May 19, 2007**

Paul Diangelis	361	1:01:49
Karen Howes	355	1:02:23
Glen Rogers	384	1:04:29
Joanne Laschi	385	1:04:29
Sheryl Briggs	411	1:07:32

**Barnstable Firefighters 5 Miler
Barnstable, MA, May 20, 2007**

David Farrell	18	37:36
Bill Masterson	35	40:43
Steve Conroy	49	45:38

**Wachusett Mountain Road Race
Princeton, MA, May 26, 2007**

Mike McKenna	121	38:20
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RESULTS: continued on page 16

Upcoming Races, Fun Runs, Etc.

RACES:

- 16 Jun (Sat) Run/Walk For the Arts**
S. Yarmouth, MA 9:00AM 307 Old Main St., Box 118 (A scenic, flat 5K walk or run through beautiful Bass River Village.) Contact: JoAnna Watson (Cultural Center of Cape Cod), 688 Willow St, Bass River, MA, USA, 02664. 1-508-685-6561 joanna96@alumni.vanderbilt.edu
- 17 Jun (Sun) Fairhaven Fathers Day Road Race**
Fairhaven, MA 9:00AM Hastings Middle School, 1 School St (Prize money, no post entries day of race) Contact: Carol Ann Days Merrill (Fairhaven Road Race Committee), 86 Huttleston Ave., Fairhaven, MA, USA, 02719. 1-508-997-9460 info@jbrace.com
- 23 Jun (Sat) McCourt 5K Road Race and Walk for MS & Alzheimers**
Harwich Port, MA 10:00AM Harwich Port (Municipal Parking Lot), One Schoolhouse Rd, Rte. 28 (Fun, flat, 3 miles race. All awards are three deep.) Contact: Denise Arrondo (Mccourt Foundation), 300 Congress Street, Suite 302, Quincy, MA, USA, 02169. 1-781-444-2544 darrondo@verizon.net
- 23 Jun (Sat) 11th Annual Marion Village 5K**
Marion, MA 9:00 AM Tabor Academy, Front St (Flat Fast Certified Course). Contact: Chris Adams (Marion Youth Recreation), PO Box 609, Marion, MA, USA, 02738. 1-508-748-9905 cadams@taboracademy.org
- 24 Jun (Sun) 29th Annual Chatham Harbor Run/Walk 10K/5K**
Chatham Jr. Sr. High School, Chatham, MA Larry Belliveau 508-945-3028; ccac@cape.com
- 30 Jun (Sat) Murdick's Fudge Run The Chop 5M**
9:00 am Vineyard Haven, MA MVBBBS, PO Box 1275, Edgartown, MA 02539 888-553-8343 race@murdicks.net
- 1 Jul (Sun) 33rd Annual Wellfleet Road Race 5M**
Mayo Beach, Wellfleet, MA 8:30 AM Recreation Department, 300 Main St., Wellfleet, MA 02667 508-349-0330 x 116
- 1 Jul (Sun) Patriot Half Triathlon**
Freetown, MA 7:00AM Cathedral Camp Freetown MA, 167 Middleboro Rd. (Massachusetts only 1/2 Iron Triathlon) Contact: Eric Averill (Sun Multisport Events), 154 East St., East Bridgewater, MA, USA, 02333. 1-508-378-7608 eric.averill@verizon.net
- 4 Jul (Wed) Spirit of Sandwich 4th of July Road Race 3M**
[unconfirmed] Wing School, Sandwich, MA 8:30 AM. Sandwich Recreation Department, 270 Quaker Meetinghouse Road, E. Sandwich, MA 02537 508-888-4361; recreation@townofsandwich.net
- Mattapoisett Road Race 5-Mile**
Mattapoisett, MA 9:00AM Shipyard Park, PO Box291 (5 miles along Buzzards Bay and around Mattapoisett lighthouse). Contact: Dan White (Mattapoisett Road race), PO Box291, Mattapoisett, MA, USA, 02739. 1-508-758-3121 whizzah@verizon.net

16th Annual Firecracker 5K

Nantucket Health Club, Nantucket, MA, 8:00 AM Nantucket Health Club, Bob Laundry, 10 Young's Way, Nantucket, MA 508-228-4750

7 Jul (Sat) Sandwich Run to Read Challenge 5M

Sandwich High School, Sandwich, MA 9:00 AM. Friends of the Sandwich Public Library, 142 Main Street, Sandwich, MA 02563 508-888-0625 x 304 Richard Connor

Paul E. White Memorial Road Race 4.81M Nye Park, N. Falmouth, MA 10:00 AM. North Falmouth Village Association, Mary Anne Smith, PO Box 1365, N. Falmouth, MA, 02556-1365 508-564-4605; msmith5484@aol.com

14 Jul (Sat) Mashpee 5K Woodland Run

Mashpee, MA 8:30AM Quashnet Valley School, 150 Old Barnstabel Rd. (3.1 mile run through the woods of Mashpee. Point to Point race.) Contact: Heidi McLaughlin (Mashpee Leisure Services), 16 Great Neck Rd. North, Mashpee, MA, USA, 02649. 1-508-539-1400 x546; hlm@ci.mashpee.ma.us. Volunteers wanted to help with the race. Contact Heidi if you are interested in helping.



Mike Norton finishes the 31st Litchfield Hills 7-mile Road Race on June 10th. His time was 43:20 placing him 35th of 1272 finishers

15 Jul (Sun) Falmouth Sprint Triathlon

Falmouth, MA 7:30AM Surf Drive Beach, Surf Drive (Cape Cod, Atlantic Ocean course in its 13th season. 2nd event of a 3 part series). Contact: Rich Havens (Time Out Productions), 48 Great Kame, Plymouth, MA, USA, 02360. 1-508-224-3601 rich@timeoutproductions.com

21 Jul (Sat) 28th Annual Osterville Library Road Race

4.12 Miles Osterville, MA 8:00AM Osterville Bay Elementary School, West Bay Road, Osterville MA, P.O. Box 501 (Mostly flat course through beautiful Osterville, Ocean Views, Prize Money). Contact: Sean Doherty (Cape Cod Athletic Club), 70 Waterfield Road, Osterville, MA, USA, 02655. 1-508-771-4590, sdoherty@capecod.net

Upcoming Races: continued next page

21 Jul (Sat) 6th Race for Open Space - 5K Race/Walk
Nantucket, MA 8:00AM Westmoor Club, Cliff Road, PO Box 13 (5K Race/Walk with prizes in age categories). Contact: Gage Dobbins (Nantucket Conservation Foundation), PO Box 13, Nantucket, MA 02554. 1-508-228-2884 gdobbins@nantucketconservation.org

28 Jul (Sat) 30th Annual Dennis Road Race 5M
Wixon Middle School, S. Dennis, MA 11:00 AM Friends of Dennis Recreation, PO Box 568, S. Dennis, MA 02660 Ken Johnson 508-862-1195. Sponsored by the Friends of Dennis Recreation, also a 3-mile walk and a children's fun run.

4 Aug (Sat) 8th Annual Feast of the Blessed Sacrament 5K Road Race
New Bedford, MA 11:00AM Madeira Field, 50 Madeira Ave (Run then enjoy one of America's largest Portuguese feasts. Prize Money). Contact: Tim Rod-riques (Feast of the Blessed Sacrament Road Race), 50 Madeira Ave, New Bedford, MA, 02743. 1-508-992-6911. rodsquad4@verizon.net

5 Aug (Sun) 15th Vineyard Scoops 5K Tour of Edgartown
Edgartown, Ma., 5K/1/2K/5K walk, 9 a.m./8:45 a.m., Katama Farm, Flat loop, fast course, walkers welcome. MV Multisport, Inc., Kathy O'Sullivan, 508-627-7111, Fax: 508-627-7851, scoops@mvmultisport.com

11 Aug (Sat) Brew Run
Brewster, MA 4:00PM Woodshed, Rt 6A (5.2 Mile Run. Beer and lots of prizes). Contact: Karen Antunes (Spitler), 30 Orms St, Pawtucket, RI, 02861. 1-401-724-5944 rspitler@cox.net

Rochester Road Race

Rochester, MA 9:00AM Rochester Town Green, Route 105 (scenic rural roads Rochester, MA. A unique 1st time race.) Contact: Scott Muller (Rochester Road Race Committee), 160 Pierce St, Rochester, MA 02770. 1-508-295-7805 rochesterroadrace@comcast.net

12 Aug (Sun) 35th Annual CIGNA Falmouth Road Race
Falmouth, MA., 7.05M Cert, 10 a.m, Woods Hole to Falmouth Heights. Entries Closed.

18 Aug (Sat) Against the Tide Swim/Kayak/Walk
Brewster, MA , 8:30 AM Nickerson State Park, Flax Pond Road (Help prevent breast cancer. Participate in one, two or all three events). Contact: Tarryn Prosper (MA Breast Cancer Coalition), Nickerson St. Pk, Brewster, MA 02631. 1-800-649-6222 tprosper@bu.edu

18 Aug (Sat) 4th Annual Louie's 5K Run Walk
New Bedford, MA 10:00AM Buttonwood Park Sr. Ctr., Brownell Ave. (Fun Run for Kids-must be pre-registered- Prize money, huge raffle and food.) Contact: Louie's Run (Massachusetts General Hospital Parkinson), 1000 Fisher Rd, Dartmouth, MA 02747. 1-508-636-3718 info@louiesrun.com

25 Aug (Sat) 19th Ann. Sullivan Run/Walk for Health & Fitness 5K
Benefit for Martha's Vineyard Hospital, Oak Bluffs, MA, 9:00AM, Washington Park, East Chop Drive (Includes a timed run/walk, kids fun run, small prizes, fruit and liquids.) Contact: Erin Rathmell (Charity), One Hospital Road, PO Box 1477, Oak Bluffs, MA, 02557. 1-508-693-4645 x11 erathmell@mvhospital.org

26 Aug (Sun) Cranberry Country Triathlon
Lakeville, MA, 8:00AM The Cranberry is based at the Ted Williams Camp on Rte. 18 in Lakeville, Precinct St. (Intermediate Distance Triathlon thru lakes & Cranberry Bogs). Contact: Eric Averill (Sun Multisport Events), 154 East St., East Bridgewater, MA 02333. 508-378-7608 eric.averill@verizon.net

Marshfield Roadrunners 20K

Marshfield, MA 9:00AM Marshfield High School, Forest Street (challenging, prize money for 1st male & female finishers. Contact: Marianne Withington (Marshfield Roadrunners), 124 Old Sandwich Rd, Plymouth, MA 02360. 1-508-747-2491 binglw3@comcast.net

3 Sep (Mon) 2nd Annual Dennis Chamber 5K Road Race
South Dennis, MA 10:00AM Johnny Kelley Field, Corner Of Bob Crowell Rd. & Old Bass River Rd. (5K race, hilly course. Part of Dennis Festival Days events.) Contact: Spyro Mitrokostas (Dennis Chamber of Commerce), PO Box 1001, 242 Swan River Road, West Dennis, MA 02670. 1-508-398-3568 info@dennischamber.com

8 Sep (Sat) Hyannis Sprint 2 Triathlon
Centerville, MA 7:00AM Craigville Beach, Craigville Beach Rd. (Cape Cod, Atlantic Ocean course in its 15th season. 3rd event of a 3-part series). Contact: Rich Havens (Time Out Productions), 48 Great Kame, Plymouth, MA, USA, 02360. 1-508-224-3601 rich@timeoutproductions.com

Ollie Road Race 5 Miles - USATF Grand Prix

Boston, MA 10:00AM Bank of America Pavilion, 290 Northern Avenue (A 5-Mile Course along the Boston Waterfront.) Contact: Bryan Van Dorpe (S. Boston Neighborhood House), 521 E. Seventh St., S. Boston, MA 02127. 1-617-268-1619 x12 info@ollieroadrace.org

Plymouth's Run To the Rock

Plymouth, MA 10:00AM Cordage Park(5K), Designing Women(10K), BBC (1/2M), Corage Park, Rte. 3A State Rd. (5K, 10K, 1/2 M for beginners & advanced runners alike.) Contact: Marissa Gardner (Boys & Girls Club), 9 Resnik Rd, Plymouth, MA 02360. 1-508-746-6935 mkmg@aol.com

9 Sep (Sun) Ft. Phoenix 5K Road Race
Fairhaven, MA 10:00AM Fort Phoenix State Beach, Green St. (Prize money to top 3 male & female finishers.) Contact: Kathy Lopes, 100 Cedar St, Fairhaven, MA 02719. 508-991-2194 lopeska@aol.com

Main Street Mile

Falmouth MA 1:00 pm Contact Patti O'Brien (ob606@comcast.net) or Dana Delorme (ddelorme06@comcast.net). Applications at www.falmouthtrackclub.org.

2007 USATF-NE GRAND PRIX SERIES:

With the New Bedford Half-Marathon, Groton 10K, Westford 5K, and the Bedford 12K already run, the remaining races are:

- Sep 8 (Sat) Ollie 5 Mile**
South Boston MA
- Sep 23 (Sun) Apple Harvest 10-Miler**
Harvard MA
- Oct 28 (Sun) Dunkin' Donuts Cape Cod Marathon**
Falmouth MA

Falmouth Road Race Weekend Frolics: The Pokrakas and Birds Are At It Again, New Black Eagle Jazz Band to Play a Return Engagement at the Birds

Even though it is only June, the Falmouth Road Race is just around the corner. 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 for so long now that they can't remember when the first time they actually began hosting these affairs! But a constant from the beginning for 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's, kids of all ages are part and parcel of the proceedings.

Unwinding and socializing at the Pokrakas'

Claire and Ron Pokraka begin their festivities at around 2:00 at their home at 16 Cachalot Lane, Falmouth. A sumptuous buffet, barrels of liquid refreshments of every sort, the shrinking number of runners who have completed all Falmouth Road Races, 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.

New Black Eagle Jazz Band at the Birds'



Last year the Birds and the Falmouth Track Club brought New Black Eagle Jazz Band to Sippewissett and the band

was a stupendous hit. An estimated 250 people attended including a couple from Maine who upon hearing that they were going to play drove for 5 hours just to hear them play! And many members of the band later reported that they had had great fun performing. So how does one top that?? Answer. Bring them back for an encore!!

The New Black Eagle Jazz Band is one of the foremost practitioners of traditional Dixieland jazz in the US. 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 over 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 last year had a 2 week 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

continued on next page

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

The FTC Board of Directors agreed to underwrite the cost of the band again this year, and the Birds will supply their



traditional turkey stew, salad, Portuguese bread, juices, soda, and, on tap — freshly brewed Offshore Amber Ale from the brew pub in Oak Bluffs. A professional bartender will dispense the adult beverages for liability reasons (underage drinking and overage exuberant tipping). It has been traditional that folks bring food or beverage as a contribution. As was the case last year, a free-will donation

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.

is also 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. Parking will be on one side of Sippewissett Road only — the north side (Bird's side) and in Sippewissett Place where you can access the Birds' via the path from Loop Road. Please be courteous and not block driveways. You may be lucky and find a spot in the Birds' yard, but don't bank on it. Additional overflow parking may be available at Wood Neck beach.

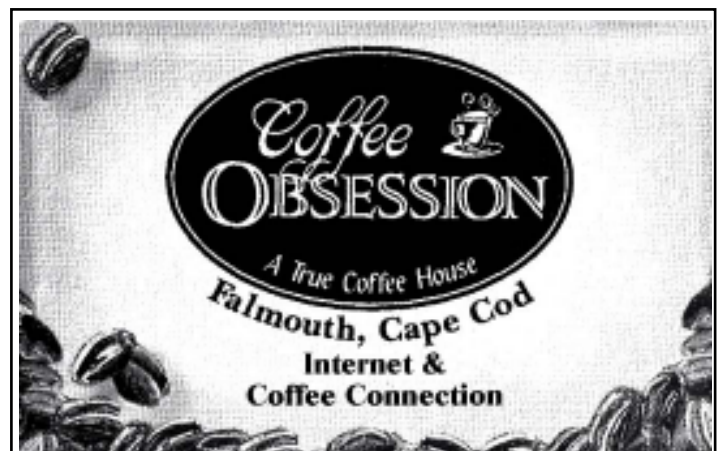
The festivities at the Birds are a continuation of a weekend long marathon open house that has anywhere from 30 to 40 people of all ages, including the Pittsfield High School girls' cross-country team, camping out on their lawn.

Hopefully the Weather Gods will again smile on the goings on at the Pokrakas and the Birds.

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.

Weekly Track Workouts

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



Poet's Corner:

A Place

by
Patricia Sylvia Burke

I run
And sometimes, when I am running, I go off to a special place
For some runners, it's being "in the zone."
For some, it's being "on cloud nine," or "on another planet."
For me, it's being in a special place, all my own.

My legs and my feet moving. They know what to do.
My arms keep pumping. They know, too.
My body is earthbound. But I am transported to somewhere else.
It is peaceful there.
No one tells me what to do.
No one tells me I am wrong.

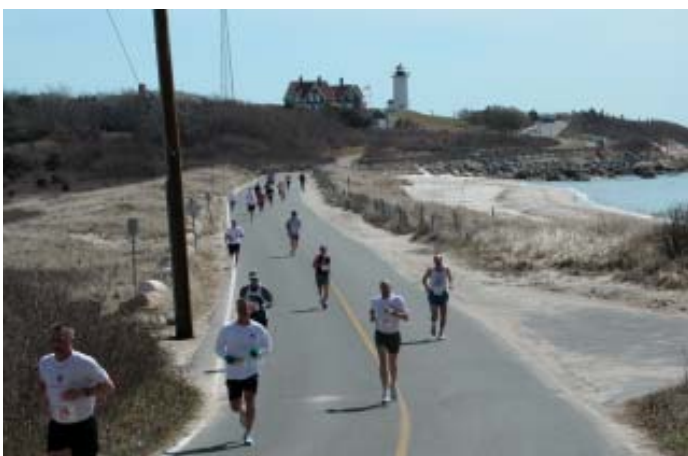
Now I have a friend and
Sometimes, when I run, he comes with me to that special place
(By invitation only.)

And when I race, he races with me, in that place.
He helps me up hills, he coasts wit me down hills.
"You can do it. You can do it," he says.
But near the end of the race, I send him on ahead.
He goes to the finish line but he does not cross it.
He waits for me.

I want to reach him because he cares for me and he is waiting.
He wants me to run fast, he wants me to do well.
So when I see him waiting there, I sprint.
I pass two other runners, I pass five, I pass eight.

Then I reach him
And we cross the finish line together.

While we walk to cool down, we talk.
We know we'll run again—in that special place.
Another time.



RESULTS: continued from page 11

Race to Remember Boston, MA, May 27, 2007

Martha Leavitt	1421	1:59:56
Sharon Napier	1597	2:02:27
Matt Stone	1740	2:04:15

Oak Bluffs Memorial Day Road Race Oak Bluffs, MA, May 27, 2007

David Farrell	43	22:19
Bob Yates	304	34:50
Doris Beatty	311	35:47
Maggi Yates	317	37:13
Carolyn Bird	320	37:25

The Great Hyannis Johnny Kelly 1/2 Marathon Hyannis, MA, May 27, 2007

Nancy Dorn	62	1:44:56
Glenn Pokraka	83	1:48:48
Sheryl Briggs	152	2:02:47

The Great Hyannis Johnny Kelly 5K Hyannis, MA, May 27, 2007

Bill Masterson	52	24:51
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"Who Do You Know" who may be looking to buy or
sell real estate on Cape Cod?

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

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

Russ Pelletier
Vincent Associates Real Estate
russpelletier@yahoo.com
508-274-4703

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

STORM: continued from page 7

that we were going to have a race, and I focused all my attention on how best to manage the damage that already had been done as well as the current conditions. Mike and his team seemed to have the Village somewhat under control given the circumstances (this was a huge help). So I headed downtown to meet up with Andy Deschenes (Start Line Coordinator), Jay Arthur (Start Line Technical Coordinator) and Bob Barnaby (Start Area Coordinator) at the start.

Throughout the morning, the winds and rains kept coming and going. Mother Nature was playing an emotional game with all of us. Just when you thought it was clearing, the rain and wind would come back. Then all the bad news started coming in — port-o-johns at the Village were blowing over, buses were backed up on the highway and there was a power line down right across the road only 2-3 miles away in Ashland, with no guarantee when it would be removed. Reports of volunteer no shows and other town concerns (tree limbs down, flooding, etc.) made for a trying time. The biggest concern now was whether we would have to delay the start of any of the races — the problem being if you delay one, you have to delay them all.

But then, around 8 am, it seemed that things started to turn for the better. Things just started to come together. All reports were more positive. I was told the power line in Ashland would be removed no later than 9:15 am, 10 minutes before the start of the wheelchair race (a bit too close for comfort but at this stage I'll take anything I can get). However, we needed to get the four athletes off in the Mobility Impaired Division first at 9 am. Just when we were set to go, I get a report that we needed to delay for 2 minutes. For this division, that is not a big deal, however, was this a sign of things to come? In my 20 years of doing this at the Boston Marathon, I have never had to delay any start, not even for one second. But, it was certainly better to be safe than sorry. Two minutes later I gave the signal for them to start and the 2007 Boston Marathon was "officially" underway.

Incredibly, the temperatures weren't as bad as they had predicted. They were actually in the 40's, about 10-15 degrees higher than anticipated. Runners were arriving with plastic bags on them and on their feet.

The schools were opened and provided shelter for about 3,000 runners. The later buses provided needed shelter for the runners arriving closer to race time. The runners orderly left their shelters and headed for the corrals. The contingency plans implemented the few days before all seemed to be working well. Everything else just fell into place. Wheelchairs came out and lined up. Their "controlled" start was on time at 9:25 am.

No mishaps down the first 1/2 mile decline. The elite women then came out and their start was also on time at 9:35 am.

And then the elite men came out right on time and of course they and wave 1 got started right on time at 10:00 am as did wave 2 at 10:30 am.

When it was all said and done, go figure. It was one of our most successful marathons of all time... 98.6% finishing rate, very few medical problems, most areas reported a very successful day and the high no show rate, both runners and volunteers, never really materialized. It seemed that most wanted to be part of this epic day.

On a personal note, I thought my string of Boston Marathons was in serious jeopardy all weekend and all day. I hardly ever once gave it any serious thought though. My goal was 24,000 runners... not my individual run. No way did I think I would start the run, never mind finish. However, I had my easiest day in a long while finishing at 7:33 pm with Josh Nemzer, Doug Kaplan and Tom O'Brien. I have no clue how that happened. It just should not have. Family and friends were there at the finish to greet us, including Joan Samuelson, Guy Morse and Tom Grilk.

Lessons learned...

A final note... the most often asked question of the week by both the media and everyone else was... so, what would it take to cancel this event? I've learned that there is no formula. The most important factor is receiving "credible data" within which to base your decision on. For the most part, you are in more of a "no win" situation when the weather turns against you. If you cancel, many will be upset. If you don't and people get hurt, you are liable. It's not only the runners you have to consider — they are just responsible for one person, themselves. You are responsible for all of them, plus all the volunteers and all the workers and the media and a case can be made that you could even be responsible for the wellbeing of the spectators, too. The runners feel they can run through anything... and most probably can... but, can the race organizers deliver on the operational plan... that is more the question.

Additionally, you can't prematurely make critical decisions. You have to get close enough to almost touch it and feel it but not so close that it becomes too late. A few days out? The night before? The morning of? Time sensitivity is critical to carrying out the safest plan. It is tough to base decisions on forecasts and predictions. It is much easier to base it on damage already done.

I don't believe any mistakes of any significance were made. If anything, the area I would need to address more in the future is the timeframe between the night before (5 pm) and the early morning of (5 am). If the weather did not turn, what would we have done and how would this have been accomplished if all the decision makers are spread out over 26 miles?

STORM: continued on page 19

Scenes From the Litchfield Hills Road Race...



Clockwise from top left: Tommy advises Rod Dixon, The FTC finishline crew, "Hawk" announcing the race, NER's Bob Fitzgerald gets some pointers from Don Fredrikson at the "Open Bud Open", lodging a beaver from the 9th hole of the "OBO", the start of the kids race, and "Father" Tommy hears Billy Carolyn Bird tries dis-Neller's confession while Steve Jones listens in.



DRS. SEAN AND TRACY GALLAGHER

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MEMBERSHIP DOES HAVE ITS PRIVILEGES

USA TRACK & FIELD MEMBERSHIP 2007

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

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

Our Website is updated weekly – www.usatfne.org

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

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

Why Join USA Track & Field Each Year?

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

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

These programs include:

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

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

USA TRACK & FIELD MEMBERSHIP APPLICATION

**TRACK & FIELD
NEW ENGLAND**

Membership Fees:

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

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

Today's Date ___/___/___

Date of Birth ___/___/___

Last Name _____

First Name _____

Sex _____

Address _____

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

City _____

State _____

Zip _____

Club: Falmouth Track Club (#013)

Email _____

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

Falmouth Track Club Youth Running Program Summer 2007

Child's Name _____

Birthdate _____ Sex ____ Grade entering in September _____

T-Shirt Size (circle one) Adult: S M L

_____ Session 1: July 16th – July 26

_____ Session 2: July 30th – August 9th

Both Sessions held 3 nights/week for 2 weeks each at Falmouth High School track:
Mondays, Tuesdays and Thursdays, 5:30pm -6:30pm

Make check payable to Falmouth Track Club of \$40/session per child or \$70 for both sessions (\$5 discount for additional children in program) and mail to: attn: Youth Running Program, Falmouth Track Club, PO Box 699, West Falmouth, MA 02574.

Parents'/Guardians' Names _____

Home Phone _____

Cell/Other Phone _____

Home Address _____

Town _____ Zip _____

Email _____

Permission and Waiver: I hereby give my above-named child permission to participate in the Youth Running Program. I absolve the Town of Falmouth and the FALMOUTH TRACK CLUB and all coaches, officials, and other CLUB members from liability and will not hold them responsible for injury incurred to my children, myself, and/ or my spouse. This includes, but is not limited to collisions and interactions among children and adults, injuries due to contact with the facilities or equipment, or to weather conditions. I give approval to my family's participation in the Youth Running Program. All participants are in sound medical condition for running activities. I understand that medical insurance is not provided.

PARENT/GUARDIAN SIGNATURE

DATE

More Seagull Six 07 Pics...



STORM: continued from page 17

Our entire experience was a learning one. Even after so many years of doing this, we are still learning as it is an ever changing event. As a team, we were as prepared as anyone could have been. If this had to happen at a major race, it is probably good it happened here (in retrospect only!) given the level of preparedness of all those involved (winning is the science of being prepared). I also learned that in an event of this magnitude, it is generally best to stick with the original plan as much as possible due mainly to the fact that it is virtually impossible to communicate change to so many people so late in the game. Many times when trying to put out one fire you actually create many more.

In the aftermath of this occurrence, the word of the day for me is PERSPECTIVE, that is, making an objective assessment of what occurred while giving all the elements their comparative importance. We all need to keep this in perspective. We went from experiencing a

potential disaster to conducting one of our most successful marathons of all time. A little luck... perhaps. But, I believe an experienced and dedicated BAA TEAM along with runner's who truly cooperated and took care of themselves as well as a desire by everyone to persevere is what carried us through this ordeal of "epic proportions."

Editor's Note: I empathize with what Dave went through this year. It is every race director's nightmare. Last October, the weather created strikingly similar issues for the CCM. As of 8:00 pm the night before, we were uncertain if we would be able to hold the race and were even considering alternate courses. Luckily, the coastal roads were not damaged and the Town of Falmouth did an unbelievable job of making the roads passable and safe by race time on Sunday. But anyone on Surf Drive and Menauhant Road at 8:00 pm Saturday night — just 12½ hours before the start — would have had serious doubts about holding the race on those roads. *Courtney Bird*

Falmouth Track Club

P.O. Box 699
West Falmouth, MA 02574



Falmouth Track Club 2007 Membership Application

Name: _____

Mailing address: _____

Town: _____ State _____ Zip: _____

Homephone: _____ Business phone: _____

E-mail: _____

Date of birth: _____ Occupation: _____

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

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

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

Summer address: _____

Town: _____ State & Zip: _____

Summer phone: _____

Type of membership:

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

For family membership:

Spouse's name, birthdate, and occupation: _____

Names and birthdates of children: _____

Please send to:

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