



The Road Record

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

March 2006

Multiple Winners Claim Prizes at Falmouth Track Club's Hangover Classic

Braving leaden, but dry skies, fifty-one hardy runners awaited the cannon's call New Year's Day morning at 11 a.m. for the first event of the Falmouth Track Club's season, the annual Hangover Classic. Maps advertising the course indicated an official route of 7.38 miles from Sippewissett Place to Quissett Harbor and Carey Lane and return, but many of the participants demonstrated their creative (or lazy) sides in forging new, more scenic, and sometimes shorter versions.



Clyde the Coyote Flees in Terror at Cannon Blast

Manning the finishing line, but clueless as to what route each person had run, Russ Pelletier, FTC President, and Courtney Bird, the Hangover Classic host, greeted each finisher with a winner's tape, honoring their bravery in participating at whatever level they may have chosen.



Dave McPherson Unknowingly Winning the Hangover Trophy

Race champion, a much anticipated announcement, was Dave McPherson, whose lucky number was drawn from a hat, and had nothing to do with his time or order of finish. A repeat winner (he never realized what luck he had), his name will grace the race trophy along with past winners.

The trophy itself is a large, golden assemblage of run-

ning memories, and, with the exception of this special day each year, it occupies a suitable site, a dusty corner of the Birds' garage.



After the race, runners shared tales of the holiday season past and running goals for the future at the Birds' home over a feast prepared by Carolyn Bird, supplemented with contributed dishes. The lucky few left before additional prizes were awarded, again by a draw. Prizes, and everyone won, included recycled running gear, classic mugs and glasses, and vintage champagne that previous years' recipients had conveniently left under the table for further aging after past Hangover Classics.

The Falmouth Track Club (www.falmouthtrackclub.org)



welcomes runners of all abilities (and non-runners, too, if you'd like to help out with Club events). Proceeds from the official Club races (Cape Cod

Marathon, Main Street Mile and Seagull Six) are dedicated to supporting charities and other Town organizations including Falmouth High athletic teams and athletes. There is an ambitious schedule of winter fun runs scheduled for Sunday mornings. It is never too early to begin training for the 2007 Hangover Classic.



Pontifications from the Prez

Members of the Falmouth Track Club volunteer countless hours volunteering for our events; the Cape Cod Marathon, The Seagull 6, The Main St. Mile, The Wednesday Night Workouts, and The Coffee O' Friday Night Five.

Over the past month, Court Bird and I have had the pleasure of distributing some of the donations from the Cape Cod Marathon. My first reaction was, OK, we'll have a couple photo ops, give them the checks and we're done.

Let me tell you how wrong I was.



Russ and Court Presenting a Check to Around The Table

First stop was Around the Table. When we arrived, several of their volunteers were waiting for us. They provide meals for homeless folks, as well as those who have a severe need. Court, Anne Jennings and I took a few photos. We listened as they briefly told us about the numbers of people that they serve and how thankful they were that the good people of St. Barnabas allow them to utilize their facilities. I believe that our \$1,500.00 donation is the largest donation they receive all year. They really appreciate what we do.

Next stop was Fairwinds Clubhouse. Believe it or not, we had to stop at John's Package Store on Main Street to meet with Noah Totten. He is a director of the Friends of Fairwinds, located next to Brooks on Main Street. The center provides its clients with job training and teaches the skills needed to maintain full-time employment.

Several clients immediately came over to introduce themselves. After the picture taking, we were given a tour of the facilities. Impressive. Pictures of all their clients

line the stairway walls. I recognized several whom I have encountered at a variety of retail locations in Falmouth. On the way out, again several clients went out of their way to come over and say good-bye.



Presenting a check to Fairwinds

In Mashpee, we met with Karen Bissonette of the Cape Cod Free Clinic. As Court was 20 minutes late, (some things never change) Anne and I had the opportunity to chat with Karen. She used to be Anne's running mate. The role of the Free Clinic has increased significantly. For one thing, it's not Free. Patients have to contribute based on a scale and need. Operations have grown significantly in size and scope and so has the need. Our donation, although small in relation to their need, was greatly appreciated.

Last stop was the Falmouth Service Center located on Gifford St. Again we were given a tour of the facility. We were captivated by the role the Center plays in Falmouth. In years past, clients were mostly renters, folks in need of assistance. Now, their services are needed by a far greater audience. Some of their most challenging clients now include people who just a few years ago, could never see themselves in the position in which they are currently. If you haven't been to the Center, it's worth the stop.

One thing that impressed us in all of our visits was the passion that all of these people have for what they do. With everything else that is happening in the world, it is rewarding to see good people doing good things for others.

Russ

Newsletter Contributors

Peter Landry

Courtney Bird

Ann Tarrant

Madeleine Marken

Patti O'Brien

John Evans

Bob Richards

Lauren Lavender

Russ Pelletier

Crossing the Bridge -- Going for the Grand Prix

By Bob Richards

This year the Falmouth Track Club has decided to compete in the USATF-NE Grand Prix Series. The series consists of 7 races, beginning with The New Bedford Half Marathon on March 19th at 11:00AM. A complete list of the series races is below.

In order to compete in the team scoring, we will need a minimum number of club members at each race, depending on the distance and the age group. For more details on team scoring, see the box on the following page.

Teams do not have to made up of the same individuals for each race, so don't get discouraged if your schedule conflicts with a given event. We expect to have a good turnout for New Bedford, and we hope that will be a spur to compete in the other races. There are several club members who are going to try to complete all seven races in the series, and earn the highly coveted Ironrunner prize from USATF-NE.

Our goal is to promote the sport of running, and have some fun by getting FTC runners across the bridges to other parts of New England. Perhaps we could do some carpooling, or if we had enough people, arrange for some other group transportation.

At the January meeting, the FTC board voted to fully reimburse the the entry fees of all members *who compete*

for the club and complete all 7 races and half the entry fees of members who complete between 4 and 6 races. There are club discounts from Grand Prix races if we were to sign up multiple entrants with one check.

In the event that a team scores well enough to earn team prize money in a given race, the board voted award that money, which is paid directly to the club, to the individuals on that team.

To compete and score in the series, you must be a USATF member, which can be accomplished easily online or by completing the form below and sending it to USATF with a check for \$20.00. You will also have to state your club affiliation on the race application, which is FTC or club # 13.

We urge all club members to come out and run some of these races regardless of your ability. Courtney Bird, who is among other things USATF-NE Masters Long Distance Running Chair, has assured me that we can get some Grand Prix points the way the scoring system is structured if we show up and enter teams.

For information about this series, visit the USATF-NE website, www.usatfne.org. If you are interested in organizing or being on a team, call Bob at 508-564-5289 or email him at Richardsdesign@adelphia.net.

THE 2006 USATF NEW ENGLAND GRAND PRIX SERIES

Half Marathon	<i>New Bedford Half Marathon (29th Annual)</i>	3/19	11:00 AM	New Bedford, MA
5 Kilometer	<i>Rhody 5K (7th Annual)</i>	6/4	9:30 AM	Lincoln, RI
10 Kilometer	<i>Whirlaway 10K (10th Annual)</i>	6/25	9:00 AM	Methuen, MA
8 Mile	<i>Stowe 8 Miler (26th Annual)</i>	7/16	9:00 AM	Stowe, VT
5 Mile	<i>The Ollie 5 / McCourt Classic (66th Running)</i>	9/17	9:00 AM	South Boston, MA
10 Mile	<i>Apple Harvest Ramble (15th Annual)</i>	10/1	11:00 AM	Harvard, MA
Marathon	<i>Cape Cod Marathon (29th Annual)</i>	10/29	8:30 AM	Falmouth, MA

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

BERMUDA MARATHON, HALF MARATHON AND 10K WEEKEND JANUARY 13TH - 16TH, 2006.

By Patti O'Brien

There is a belief that if you must go over the bridge to participate in a race, it had better be good! Well, Bermuda was good, and Dana Delorme and I can attest to that. So good, in fact, that the first thing we did upon returning home is e-mail the travel agent to book for next year. The flight is short, about 1 hour 40 minutes. Upon arrival you get an extra hour time zone advantage. We were unpacked and exploring Hamilton, Bermuda by early afternoon Friday.

We booked a Friday to Monday trip and planned to run 3 miles the first day to acclimate. That did not work out because we were too excited about exploring the island, shopping, and eating great food. Friday night there was a competitive one-mile race, divided by age groups, on Hamilton's main street. We had a great time watching the local and professional runners compete.

Saturday there was a 10K race, which we did not run but will do next year. We spent the day exploring the island, shopping and eating great food (cranberry white choco-

late scones in St. George!). We did manage to do our 3 mile run and work out in hotel gym. Saturday night was the spaghetti dinner. The food was just ok. Great tortellini but no dessert (what's up with that?). They had a local native dance troop come for entertainment.

Sunday morning we were ready to RUN. This is a half marathon/double loop full marathon. The locals were along the course to enthusiastically cheer us on. Your name is printed on your race number so that they can call to you. Dress code is important in Bermuda...you must not run shirtless. I was worried Dana would get arrested for running in her sports bra. She did not, to her disappointment.

Dana and I have developed a running style and pattern over the past couple of years. She starts out strong, dies early and then moans a lot. I start slow but finish strong so that I don't have to listen to Dana moan. Now in Bermuda, Dana starts out in her usual strong pace. But once we start hitting hills and I am expecting her to lighten up the pace, she kicks into a new gear....I was behind her about 3 paces right up to the last mile. My only hope for catching her was on one of the last downhills. I could not even get close

continued on next page

USATF-NE Grand Prix Team Scoring:

In races of 10 km and under scoring is based on the aggregate times of:

- * Men's open - top 5 finishers (may include men over 40)
- * Men's master (40-over) - top 5 finishers (may include men over 50)
- * Men's veterans (50-over) - top 5 finishers (may include men over 60)
- * Men's seniors (60-over) - top 3 finishers
- * Women's open - top 5 finishers (may include women over 40)
- * Women's master (40-over) - top 3 finishers (may include women over 50)
- * Women's veterans (50-over) - top 3 finishers (may include women over 60)
- * Women's seniors (60-over) - top 3 finishers

In races over 10 km and under 30 km scoring is based on the aggregate times of:

- * Men's open - top 5 finishers (may include men over 40)
- * Men's master (40-over) - top 5 finishers (may include men over 50)
- * Men's veterans (50-over) - top 3 finishers (may include men over 60)
- * Men's seniors (60-over) - top 3 finishers
- * Women's open - top 3 finishers (may include women over 40)
- * Women's master (40-over) - top 3 finishers (may include women over 50)
- * Women's veterans (50-over) - top 3 finishers (may include women over 60)
- * Women's seniors (60-over) - top 3 finishers

In races of 30 km and over scoring is based on the aggregate times of the top three finishers in all divisions.

Notes:

- *Only one team per division per member club will be allowed to score.
- * Athletes 40 and over may score for an team in a lower age group and remain eligible for scoring on a team in their own age division.



**Bob Richards Rehearses his
Finishing Kick for the Grand Prix**

Bermuda Marathon Weekend

continued from previous page

enough to find out what the #@*% was going on here! It was so irritating! When I finally caught her, (quite breathless) the finish line was ahead. But surprise! The course takes a little detour up and back down a side street to make the course distance correct (which is another story all



O'Brien -- Not Finishing Bermuda --
Just Warming up at the Hangover Classic

together). This little detour is of course UP hill. I mean, just plain mean. Finally, with the finish line in sight, Dana and I were side by side (a first!), and I kiddingly challenged her to a sprint which she eagerly accepted (more shock here)....we crossed in a tie.

All and all, a very fun and challenging race. The weather was good. A bit of rain. More like spring, but not beach weather.

Comments about the island:

- * This is was not a large race -- about 600 runners.
- * Very Beautiful, Clean and Safe
- * Friendliest most helpful people
- * Crazy drivers -- forget renting mopeds
- * Very hilly, challenging course
- * Great food



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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*.

E-mail addresses are very important so that we can communicate with you quickly.

- * Very polite and proper etiquette (do not appreciate girls fooling with statues in the lobby)

Recommendations:

- * Start travel plans early to get the cheapest direct flights
- * Leave Cape Cod bracelets at home (serious security issue)-unless you haven't been frisked in awhile and a stranger will do...
- * Don't take *Aleve* before you run
- * Do lots of hill training (run the Depot Ave/Sports Center hill over and over...and over..)
- * Get a passport
- * Bring motion sickness meds for bus rides
- * Plan to dress appropriately -- no shirtless runners
- * Bring ear plugs if roommate snores
- * Bring air freshener if roommate takes *Aleve* before run
- * Low cost airport parking at Thrifty Park & Fly (free if anything like your cell phone charger is missing when you return)
- * There is a weight limit for suitcases. If you overpack you will have to bring your dirty smelly sweaty laundry on the plane.
- * Try to remember what your suitcase looks like (after everyone is gone and it is one of the few remaining at your feet....you will feel foolish still claiming it is missing)

OK, so the entire trip was not perfect. Our flight back was a little rough...stuffed in back of plane with 3 screaming babies, someone's dirty laundry and a barf bag.

I did say we had a great time! I will be organizing a group to go next year. Should be mid-January again. E-mail me if you have questions or interest in going. We will need 10 people for group rate.

Kyle Conlon Memorial Benefit Road Race

Kyle Conlon was a loving father and devoted husband who lost his battle with Melanoma cancer at the young age of 36. This race was organized in loving memory of Kyle in an attempt to fulfill Kyle's goal of "giving back" by raising monies for the American Cancer Society. Kyle was the son-in-law of Betsey Adams and Mike Mullo, long-time members of the Falmouth Track Club.

The 5k run will be held on Saturday May 20th at 9 a.m. in Berkley, MA, which is just south of Taunton. There is also a 2-mile walk on the same day.

For more information, directions, on line registration, etc., google Kyle Conlon Road Race. There will be T-shirts available to the first 200 entrants. There will be registration forms at the Coffee-O start, and from Mike or Betsey.

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.

Marshfield 20K

Looking for a friendly supported run at a great value? For \$8 the Marshfield 20K offers lots of local charm, great raffle prizes, and all the water and hot dogs you can handle. FTC member Pete Landry ran the race in 2004 and was underwhelmed by the food...He brought his own cookies this year!

On September 25, Stace Beaulieu, Ann Tarrant, and Marshfield native Laurie Fife headed over the bridge for the race. After taking advantage of the pre-race massage, we headed to the start line to listen to the race director belt out the Star Spangled Banner (an excellent alternative for a track club that doesn't have their own cannon).

During the race, the weather was crisp and cool. The looping course had continuous rolling hills. S.B. and Mike Norton claim they are much tougher than the Sippewissett hills. A.T. was helped along by the Galloway method...the hills aren't so hard if you end up walking up most of them. L.F. (2:08:48) was inspired by her race performance to get back into longer runs. A.T. (1:45:35) and S.B. (1:34:24) took advantage of the favorable conditions (not likely a result of better training) to improve about 5 minutes from last year. S.B. again cracked the top five in the women's race to get a Marathon Sports gift certificate. Unfortunately someone had already taken the beer this year. Be sure to put this race on your calendar for September 2006!

Falmouth Track Club

Board of Directors

<i>President:</i>	Russ Pelletier	russpjk@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	deebeatty@aol.com
<i>Seagull 6 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 6 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	russpjk@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 and Janet Folger	



Lucy Young PR's at the
Hangover Classic

First Annual Winter Solstice Mile

The First Annual Winter Solstice Mile was held on December 21st under the lights at the Gus Canty cinder track. Nine runners toed the line on the brisk 25 degree night, surprisingly five of the die hards were wearing shorts. The stands were "packed" with seven fans and two dogs, plus an official race photographer. The men's and women's titles were both up for grabs, as last summer's Solstice Mile winners, Ali Smircina and Mike Stone, were not entered.

A staggered start was used where the runners went off in waves, with the slower runners setting off first. The stagger and seed times worked almost to perfection as the entire field magically came together in one large group with about 400 yards to go.

Mike Norton, stormed around the 3 laps and 450 extra feet in machine like fashion to take the win with a time of 5:15...the new Winter Solstice Mile record. The race for third was a barn burner as P. J. Petrone bested Ben Hassey by just three seconds for the bronze. Tor Clark nabbed fifth, right on Hassey's heels.

Ann Tarrant dashed around the track in just under seven minutes to take the women's crown. She ran neck and neck with Bob Richards, the North Falmouth cannon man.

This was the second event of the Celestial Mile running series. The Vernal Equinox Mile will be held on Monday, March 20th and the second Annual Summer Solstice Mile will be held on June 21st. The events are open to the public and runners and non-runners of all abilities are welcome to participate.

Results

Pl	Name	Age	Time
1	Mike Norton	35	5:07
2	Ken Gartner	45	5:15
3	P.J. Petrone	28	5:38
4	Ben Hassey	16	5:41
5	Tor Clark	51	5:43
6	Kevin Kavanagh	14	6:25
7	Ann Tarrant	27	6:53
8	Bob Richards	52	6:56
9	Mike Mulligan	55	7:01

Boston Marathon Room For FTC Runners & Guests at the Lenox

The FTC again has a corner suite at the Lenox Hotel overlooking the Boston Marathon finish line on Marathon Day (Monday, April 17). The room is in Courtney Bird's name, but it is also listed under the Falmouth Track Club. Officially, the room will be available after 3:00 p.m. -- or earlier if the hotel has it cleaned. Marathon-weary FTCers, FTC marathon volunteers, spectators and their guests are welcome to unwind. This suite comes with a shower, but it is strongly suggested that you bring your own towel! As always, refreshments are strictly "bring your own," but if anyone is interested in co-ordinating getting goodies to the room earlier that day, please call Courtney at 508-548-0348. The first person to show up may have to leave a credit card impression to get the key, but Courtney will take care of signing out.

The Cape Cod AC will have a room next door or down the hall.

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Race Results

26th Annual Cape Cod Road Runners' Winter Fun Run

Bourne, MA, January 8, 2006

Name	Place	Time
Ken Gartner	1	27:00
Mike Norton	2	27:06
Sharon Grace	35	36:58
Bob Richards	40	38:05
Matt Patrick	42	38:10
Kimberly Wiggin	52	40:04
Kate Devine	54	40:18
Steve Conroy	65	41:32
Laurie Fife	71	42:35
Judi Keller	73	42:38
Michael Garry	76	43:11
Joanne Corsano	82	44:10
Rich Waldman	86	46:05
Mary Peterson	95	53:42
Doris Beatty	96	54:54
Maggi Yates	102	65:54
Bob Yates	103	65:55

Disney Marathon

Orlando, Florida, January 8, 2006

Name	Place	Time
Kris Tholke	4542	4:51:48
Betsy Gladfelter	4774	4:55:04
Ed Giordano	5746	5:12:27
Susan Jolie	7408	5:42:19

6Th Annual 15K Frostbite Invitational Midwinter Classic Race

Raynham, MA, January 15, 2006

Name	Place	Time
Mike Norton	6	55:16

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.

11th Boston Prep 16 Miler

Derry, NH, January 22, 2006

Name	Place	Time
John Evans	42	1:48:26



Just before the start of this year's MV-20, Kris Tholke (left) asks RaceDirector Kathy O'Sullivan for a tip on how to place in her age group. She got good advice (see below). Carolyn Bird (center) takes notes for next year.

Martha's Vineyard 20-Miler

Martha's Vineyard, MA, February 18, 2006

Name	Place	Time
John Evans	19	2:15:12
David McPherson	111	2:39:00
Matt Stone	131	2:43:16
Chris Risko	137	2:44:10
Glenn Pokraka	238	2:58:40
Robin Stone	279	3:07:45
Dana Delorme	320	3:17:10
Kris Tholke	352	3:26:13 (3rd Senior)
Joanne Corsano	370	3:38:38
Madeleine Marken	374	3:40:09 (1st Veteran)



John Evans cruising at 10 miles in the MV-20

Poet's Corner:

Marathon Fever

by Madeleine Marken

I hear the alarm and its incessant ringing.
My eyes, glued shut, are barely blinking.

Out the window the sky's still gloomy black.
It's so cozy in the sack.

Gotta get back my motovation.
This tortuous run may be my salvation.

Up and at it, hit the street.
I'm going to pound those sneaker-clad feet.

Is this the day for the 20-mile training?
Darn, I think it is going to start raining.

My shins are splint, hams are singing, aching quads and knees,
I can't help obsessing about all of these.

Does anyone know how to ease the ache and pain?
Cuz I'll try any quackery to ease the strain.

Why oh why am I swallowing this bitter pill?
Because I hope to stay alive going up Heartbreak Hill.

If I do get to the finish line,
Please god let it be before the street lights shine.

I promise I'll never do another race,
If you let me get through this and save face.

Editor's Note: If you have something to contribute to the Literary (or is it literate) section of this newsletter, please submit your piece to Peter Landry

New Members

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

KIMBERLY DALPE
East Falmouth, MA

LYNNE GAROFALO
Sterling, MA

EVANS & CINDY NEWELL
Fort Mill, SC

BILL & ALI NELLER
Litchfield, CT

PATRICK ROSSETTI
Milton, MA

PHILIP "PJ" PETRONE
North Falmouth, MA

MARY JO & KEITH BRADLEY
Falmouth, MA

DANIELLE M. BROWN
Falmouth, MA

YES, I AM A RUNNER....

"Yes, I am a runner. Yes, I run marathons.....yes the ones that are 26.2 miles long.....every marathon is 26.2 miles". I would like a dollar for every time that I have said this in the past 4 years. I know, to look at me, you don't immediately think of a runner. I am not tall, lanky and fiery. As a matter of fact, I am average height (I actually fit into petite slacks, and not due to the size, but the length). My weight varies, depending what day it is, and I think I am the only person on the planet that gains 10 pounds with every marathon. As a matter of fact, some of you might question my statement that I run marathons, since it takes me between 5 and 5.5 hours to complete the event. But for those of you that know me, I am like the Everready Bunny.....I keep going, and going....

I train like everyone else. As a matter of fact, I actually put in more hours on the pavement, considering a nine minute mile is a good day for me. So why do I do it? Lots of reasons.

Four years ago, I was making deals with God just to walk the dog around the block. Since then, I have completed 4 marathons: Disney, Chicago, New York and Mystic. I have my sights set on Boston in the future. My goal for that race is to come across the line while the clock is still ticking.....I wear the label of Clydesdale with pride (women over 140 pounds). I cherish every medal I have received. Running has introduced me to a group of people that I am proud to call my friends. It has allowed me to give back to my community through group events and opportunities. Running helps me keep my head clear and my bones intact. Running allows me to give other people like me; the slightly overweight, regular Joe, the ability to see that they, too, could be runners.

You see, it isn't about how fast you get there, just that you make the journey. So, the next time you see me; the ball-capped, slow runner out there, remember that my lack of speed allows me to notice the new flowers that have bloomed, see the red-winged blackbirds along the bikepath, carry on a conversation with my running buddies and not be tortured by the watch on my wrist or the clock at the finish line. For me, just being able to run is a gift in itself.

So, if you are reading this and have thought that you might like to run a marathon but couldn't possibly do so, think again. Not all marathon runners are fast, long and lean. And you don't have to look very far to see that.....

Lauren Johnson-Lavender

Rent-a-Club Timing Services

The Falmouth Track Club has long scored its own races. Over the years the club has acquired *Runscore*™ scoring and timing software, a *Time Machine*™ that prints times and places and interfaces with a computer and the Runscore software, a brass civil war replica cannon to start races, hundreds of cones, boxes of safety vests, and now a digital clock. In addition the Falmouth Track Club's Exalted Grand Cannoneer and Metallurgist, Bob Richards, is in the

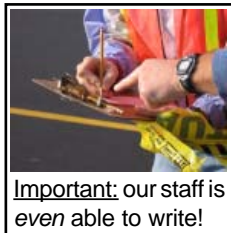


The Cannon. That's Bob Richards coaching the Presidents of Sovereign Bank on proper firing technique at the start of the CCM

process of fabricating stanchions to be used at race finish lines.



A Cone



Important: our staff is even able to write!



Mile Marker



Our Supervisory staff (above) closely monitors personnel and details during the race.

With all that paraphernalia, the club is prepared to step out and offer its equipment and services (for a reasonable fee, of course) to local race organizers. We will come to a race with an experienced staff, who between them have close to 300 races under their belts. And they

have *even* learned how to use the stuff the club has acquired!

Imagine how your road race will be enhanced by the ear-splitting blast from the FTC cannon!

That starting instrument's fame has spread so wide, that this year it will travel to New Hampshire to start the Mount Washington Road Race!

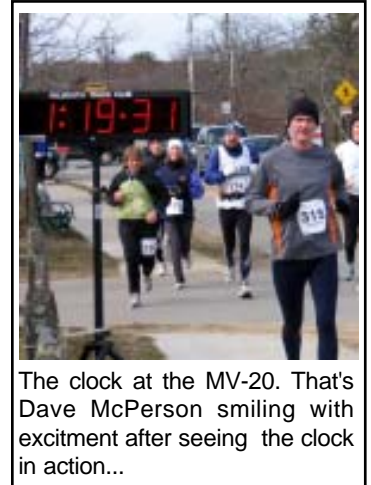
Of course, in addition to the reasonable fee mentioned above, the experienced staff also requires that the event organizers supply post-race libation at a local watering hole to help them wind down after the exertion of scoring and timing a race.

If you are involved with a local road race and want to learn more about what *Rent-a-Club Timing Service* will do with and for your money, please contact Courtney or Carolyn Bird at 508-548-0348 or e-mail at marathon@cape.com.

Remember, the FTC scoring and timing experts who will work your event are volunteers. All fees go to support club activities.



Experienced staff hard at work



The clock at the MV-20. That's Dave McPerson smiling with excitement after seeing the clock in action...



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.



Upcoming Races

- March 19** ***New Bedford Half Marathon***
New Bedford, MA 11:00AM Sgt Caney Academy, Elm Street. Contact: New Bedford Half Marathon Committee, USA, 30127. 1-508-993-1774 info@newbedfordhalfmarathon.com
- April 2** ***Seagull Six Spring Classic***
Woods Hole, MA 11:00AM Woods Hole Community Hall, 77 Water Street (Also, 2.5 mile walk). Contact: Pete Sampson, 53 East Harbor Drive, East Falmouth, MA, USA, 02536. 781-899-0704, PSTRACK@webtv.net. [Entry form](#) in this newsletter or online at www.falmouthtrackclub.org/Seagull6/seagull6.htm
- April 8** ***Robert Stone Memorial Road Race 5K Walk/Run***
West Dennis, MA 1:00PM West Dennis Beach Parking Lot, 1 Davis Beach Road (tee shirt to first 100 preregistered, chili after event Lost Dog Restaurant). Contact: Gene Cormier, 1 Davis Beach Road, West Dennis, MA, USA, 02670 gene@capecodalarm.com
- April 9** ***Doyles 10th Annual Emerald Necklace Road Race***
Jamaica Plain, MA 11:00AM Doyles Cafe, 3484 Washington St. (5 mile fairly flat USATF certified course. Prizes and awards). Contact: , 3484 Washington St, Jamaica Plain, MA, USA, 02130. 1-617-524-2345
- April 29** ***Cushman Road Race 5K***
South Dartmouth, MA, 10:00AM Cushman School, 746 Dartmouth St. (Race includes 5K Walk with discount fee for age 17 and under entries). Contact: Tracey Andrade, 224 Rock O Dundee Rd., South Dartmouth, MA, USA, 02748. 1-508-990-7158 ronandrade21@msn.com
- April 30** ***23rd Unabridged Edition James Joyce Ramble 10K***
Dedham, MA 11:00AM Endicott Estate, 686 East Street (10K race with kids run and 6K walk). Contact: Martin Hanley, P.O. Box 2, Dedham, MA, USA, 02026. 781-686-1500. mhanley@ramble.org
- May 7** ***4th Annual Wareham YMCA 5K Road Race***
Wareham, MA 10:00AM Onset Village Pier, Onset Village (Scenic Seaside Run Prize Money to top 3 Males and Females overall.). Contact: Tom Gelson, PO Box 466, Wareham, MA, USA, 02571. 1-508-748-3818 tgelson@moregroupinc.com
- CAPE COD 5K Run/Walk 2006 by capeAbilities***
Hyannis, MA 10:00AM Hyannis Village Green, 367 Main St. (Flat, scenic, and wheel-measured course) Contact: Dorine Regan, 895 Mary Dunn Rd., Hyannis, MA, USA, 02601. 508-778-5040, dregan@capeabilities.org
- May 13** ***6th Annual Cape Cod Irish Village Road Race***
West Yarmouth, MA 11:00AM Cape Cod Irish Village, 512 Main Street Rte28 (5 Miles/Cash prizes 1st Place M/F). Contact: Kevin Enright, 96 Old Main Street, South Yarmouth, MA, USA, 02664. 1-508-958-8110 www.racedirector@yarmouthfire.com
- 4 Mile Herring Run and Fish Fry Festival***
Plymouth, MA 10:30AM Jenney Grist Mill, 6 Spring Lane (Bib number ticket to Fish Fry Festival). Contact: Dan Gorman, 81 Old Bog Road, Plymouth, MA, USA, 02360. 508-341-9499 dkgorman@yahoo.com
- May 20** ***Strawberry Shortcake Road Race***
Plympton, MA 10:00AM Upland Sportsman Club, Upland Road. (10K race, 2-mile fun run, 10K walk) Contact: Wes Chadbourne, P.O. Box 157, Plympton, MA, USA, 02367. 781-585-4410, weschadbourne@hotmail.com.
- 2nd Annual Track & Field Event***
Hyannis, MA 9:00AM Barnstable High School, 744 West Main Street. Contact: Deanna Arnold, 230 North Main Street, South Yarmouth, MA, USA, 02664. 1-508-398-5473 deanna1292@verizon.net
- Kyle Conlon Memorial Benefit Road Race***
See article on page 6 of this newsletter.
- May 27** ***14th Wachusett Mountain Road Race***
Princeton, MA 9:30AM Wachusett Mountain Ski Area, 499 Mountain Road (A 4.3-mile point-to-point, mostly uphill race on paved roads ascending 1095 ft.). Contact: Kevin Fallon, PO Box 60002, Worcester, MA, USA, 01606-0002. 1-508-835-4262 nollafnivek@yahoo.com



*Ann Tarrant and Paul Hartel look great at 10 miles at the MV-20!
But they ran only 11...*

Cape Cod Marathon Donates \$16,400.00 to Falmouth Community Organizations

The Falmouth Track Club has recently donated a record \$16,400.00 to local charities and organizations. These funds came from the proceeds of the 2005 Cape Cod Marathon and Dunkin' Donuts Relay held last October 30 which are organized by the Falmouth Track Club. Club president Russ Pelletier and Cape Cod Marathon Director Courtney Bird personally delivered most of the checks, and in the process learned even more about the important work these groups do for the Falmouth community.

Charities and organizations that received support this year include the Cape Cod Free Clinic, Penikese Island School, Around the Table, Falmouth Service Center, Enterprise Community Fund, Police Athletic League, Civil Air Patrol, Fairwinds Clubhouse, Falmouth Chorale, Falmouth Bikeways Committee, Falmouth Fireworks, Mashpee Booster Club, and the Falmouth High School Cross Country, Track and Soccer teams.

According to Bird, "The goal of our donations each year is to support a variety of community non-profit and charitable organizations. While the Falmouth Track Club does not stage the marathon as a fundraiser, it is committed to giving back to the community, which has supported the event over the years. Our donations cover a broad spectrum including school programs and education, recreation, special social support services, and cultural and civic programs. This year our income was up due to a record field and generous the support of our sponsors. So we are in the fortunate position of being able to increase our donations."

Cape Cod Marathon Committee members are often committed to serving the Falmouth community in many other volunteer activities, and they are involved in the process of selecting the recipients of these donations.

The continued success of the Cape Cod Marathon depends upon the hard work, enthusiasm and organizational skills of over 700 volunteers and organizations, mostly from the local community. The Falmouth Track Club and the marathon have partnered with a number of businesses as well, which is a key component in the success of the event. Sovereign Bank, host sponsor of the marathon and Dunkin' Donuts, title sponsor of the marathon relay, are the major sponsors of the event. Other marathon sponsors include the Falmouth Enterprise, which prints and distributes the souvenir marathon supplement, Colony Insulation, Ideal Floor Covering, George Botelho Excavation, the Quarterdeck Restaurant, The Off-shore Ale Company, Crane Appliance, the Captain Kidd, Falmouth Lumber, Saturn of Hyannis, Hallsmith-Sysco, New England Runner Magazine, John Neill Building and Remodeling, WMVY, the Radio Host of the marathon, CapeCom Internet Services, and the Falmouth Inn.

The Falmouth Track Club has a tradition of supporting local charities. Each year, race directors and the membership of the FTC help secure sponsorship of club races. After race expenses are deducted from sponsorship money and entry fees, some of proceeds are donated to the community. In April, FTC stages the Seagull Six, and the donations from it

Winter/Spring Fun Runs

Sunday, March 12

The O'Lavender Run: 8:00 a.m. at David and Lauren Lavender's, 23 Redwood Circle, Mashpee, MA 508-477-9655. Call for brunch suggestions. *Redwood Circle is off Route 130 in Mashpee.*

Sunday, March 26

28th ?? Annual (or more often) Bridge Run: 8:00 a.m. Twenty-mile run from the Bourne Bridge (nearby anyway) to Woods Hole. The run starts at the Peeble School on Trowbridge Road in Bourne and ends in front of the Fishmonger Cafe in Woods Hole. The rolling course is very scenic and is on back roads almost the entire way. This is a great way to tune up for Boston or any other marathon or long race for which you may be training. A number of runners do portions of the course, too, so don't be intimidated by the full 20 miles. Generally, either people car-pool from Woods Hole leaving no later than 7:30, or drive to the start and hope to get a ride back from Woods Hole after the run. A map of the course will be posted on the FTC website in early March, and there will be maps at the start. Water and cups will be at the side of the road approximately every five miles. If you have questions, call Carolyn Bird at 508-548-0348.

After the run, plan to stop at the Birds' for coffee, juices and goodies and unwinding. The Birds are at 43 Sippewissett Road, which is at the 15-mile point on the course.

Sunday Morning Runs

Sunday morning runs from Cape Cod Bagel Shop; faster runners at 7:30 a.m., regular runners at 8:00 a.m. Park at TD Banknorth across the street, as there is limited parking at the bagel shop. All are welcome.

Marathon (continued):

have gone toward equipping some of the Falmouth High School teams with new uniforms. The Main Street Mile, held in September, produces funding for scholarships for Falmouth High School seniors, who have participated on the track and field or cross-country teams. All told and including the marathon, the club donated more than \$25,000.00 to the community in 2005.

This year, the FTC will use an additional portion of the proceeds from the 2005 marathon to begin two youth running programs in Falmouth. One program will be geared toward younger children, ages 7 to 12, and will be designed to acquaint children with track and field. The other program will be for junior high and high school age children and will have an emphasis on distance running. Both programs will be run during the summer vacation period.



Richard A. Armstrong, D.P.M.
 Ethel R. Boykot, D.P.M.
"Your Foot Health Care Team"
Falmouth Podiatry



CONTRACTORS
Present



FALMOUTH PHYSICAL THERAPY
 LISA M. CRAGO-ADAMS, P.T.
Registered Physical Therapist



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The Twenty-Ninth Annual Seagull Six Spring Classic

Hosted by Falmouth Track Club U. S. A. T. F. Sanctioned

Sunday, April 2, 2006

11:00 a.m. E.D.S.T., Woods Hole, MA

The race will start and finish at Woods Hole Community Hall, Woods Hole, Massachusetts. The 5.74-mile course is moderately hilly and goes over part of the scenic Falmouth Road Race course. Seagull Six glass mugs will be given to the first 200 applicants.

Course record: Jerry Kiernan, Dublin Ireland, 27:51 in 1987
 Lynn Jennings, Harvard, MA 31:53 in 1979

A 2.5 MILE WALK THROUGH WOODS HOLE VILLAGE HAS BEEN ADDED TO HELP SUPPORT WOMEN'S HEALTH PROGRAMS IN FALMOUTH

REGISTRATION INFORMATION

FEES: Post-entry \$15.
 Pre-entry \$13.
 Pre-entry Falmouth T.C. Members \$12.
PRE-ENTRY DEADLINE: March 31, 2006
NUMBER PICK-UP: Race morning,
 Beginning at 9 a.m.
 Woods Hole Community Hall
RACE TIME: 11:00 a.m. EDST

AGE DIVISIONS
MALE - FEMALE

Junior	18 and under
Open	19 - 39
Master	40 - 49
Senior Master	50 - 59
Grand Master	60 and over

I consider myself adequately trained for this race. I absolve the Falmouth Track Club and the Town of Falmouth and anyone involved in this race from any liability for injury or illness suffered by me in connection with this race.

_____ Run _____ Walk

NAME _____ Age on Race Day _____ Male _____ Female _____

MAILING ADDRESS _____

CITY _____ STATE _____ ZIP _____

(Optional)

SIGNATURE _____ PHONE NO. _____ TRACK CLUB _____

PARENT'S SIGNATURE (if applicant is under 18) _____

Mail entry form with check payable to: FALMOUTH TRACK CLUB, Box 699, West Falmouth, MA 02574.
 Xerox copies of entry form will be accepted.

Falmouth Track Club

P.O. Box 699
West Falmouth, MA 02574



Falmouth Track Club 2006 Membership Application

Name: _____

Mailing address: _____

Town: _____

State & Zip: _____

Home phone: _____

Business phone: _____

E-mail: _____

Date of birth: _____ Occupation: _____

Other track club affiliations: _____

Name of club or team
you race for, if not FTC: _____

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