



The Road Record

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

March 2007

HIJACKED!

Hangover Trophy Stolen; Club Members in Shock; Department of Homeland Security Clueless; Trophy Whereabouts Still Unknown

The Hangover Classic Trophy has been hijacked!!! Little is known about its current whereabouts, but the perpetrator of this dastardly act has been sending photographic clues, albeit dated, by e-mail to the race director. The e-mailer is one Randy Sparks. Investigators with the Falmouth Police Department, the FBI and the Department of Homeland Security strongly suspect that "Randy Sparks" may be an alias, but to date they have little evidence to back up that suspicion. Anyone with concrete information, should contact the Race director or any of the above governmental organs.



Linda Dalton and Maggi Yates excitedly receive the Coveted Hangover Classic Trophy at this year's HC Classic. This picture was taken shortly before the trophy's kidnapping

Here are the known facts. The Hangover Classic was held as usual at 11:00 am on New Year's Day at the Birds' Sippewissett Road home. There was a good crowd of FTC members, families, and friends. The Hangover Classic trophy was awarded jointly to Maggi Yates and Linda

Hijacked!: continued on page 4

The MV 20 Miler Celebrates 10 Years

On Saturday, February 17th, the Martha's Vineyard 20 Miler celebrated its 10th running with a field of more than 500 hardy runners. This race has become of "must do" race for many FTC'ers, particularly those who are looking for a late winter tune up and reality check for Boston.



A smiling Kris Tholke is on the way to completing her tenth MV 20

The almost-loop course begins, very handily, at the ferry terminal in Vineyard Haven, winds through East Chop and Oak Bluffs, follows the bikepath along the shore to Edgartown and then takes assorted bikepaths through the interior of the island and ends at the Oak Bluffs School, some 2 or 3 miles from the start.

This year, 7 FTCer's completed the race including Robin Stone, Matt Stone and Kris Tholke who were among a very select group who have run all 10 MV 20's! In addition, Dave McPherson has run 9 of the 10 — the only one he didn't run was the year that the course was shortend to 18 miles because of the aftermath of a huge

MV 20: continued on page 6



At the Annual Meeting in January, outgoing FTC President, Russ Pelletier, vests the the symbols of power and authority in the hands of the youthful incoming President, Jack Carroll (left). In his acceptance speech, Carroll pledges to continue the fine work of his predecessor.

Noteworthy Utterances From New Prez Jack Carroll

A word of thanks to Russ ...

This edition of the President's message will focus on the efforts of our past President. The Falmouth Track Club is a much better organization due in part to the commitment, leadership and dedication of Russ Pelletier. Russ has made a significant contribution to the club over the last few years. His roles have included marathon coordinator, relay director, vice president and president of the track club. He assumed and carried out those roles with enthusiasm and dedication.

While president, Russ has encouraged more participation in monthly meeting, and as a result more voices are heard and input is valued and considered. The club has new members and new individuals are taking on roles to spearhead events. Russ stepped in and worked with the Main Street mile a few years ago when the directors we novices and needed support. The event was a success and continues to be a family centered track club race. During his presidency, the youth program was instituted -- a program that fosters a healthy activity for young people. Russ reviewed the bylaws of the club, he welcomed input from board members and changes were made to reflect the club's mission and purpose today.

The club offers a variety of events and activities throughout the year. These events include the Main Street Mile, weekly track workouts, the Cape Cod Marathon,

winter fun runs, the Coffee O Five, the Seagull Six Road Race, the youth running program, the Jones Road clean up, the Hangover Classic and a number of social events. One of the more notable social event was the summer cookout at Russ and Joan Pelletier's house. Russ and Joan



Pictures don't lie... Even in a short time, have the trappings of power corrupted our new leader, thus lending credence to Lord Acton's famous dictum ???

graciously welcomed club members and friends into their home for good food and camaraderie. Russ was an enthusiastic supporter of the annual road race party at the Bird's this year which featured the track club sponsored New Black Eagle Jazz Band. Each of these events was a success. Russ helped in some manner at each of our track club activities. He advocated for more donations to be sent to local charities and organizations an endeavor all members can be proud of.

Through the efforts of Russ track club members have increased their presence at the Falmouth in the Fall Road Race and the Tommy Leonard Falmouth Walk. These events although not track club events are now part of the yearly volunteer effort of the club.

The Falmouth Track Club is a better organization because of the leadership of Russ Pelletier. I thank him for his commitment and dedication. As President I will do my best to lead the club in the positive direction it has been heading.

Stay active!

Jack

Newsletter Contributors

Peter Landry
Courtney Bird
Ed Giordano*
Russ Pelletier*
Janet Folger

John Evans
Bob Richards
Bob Yates*
Carolyn Bird
Betsy Gladfelter*

*Photography

Road Trip! *The Litchfield Hills Road Race -- Great Race; Great Town; Great Fun!*

by Russ Pelletier

It's coming around again -- the 31st running of the western version of Tommy Leonard's Falmouth Road Race, also known as the Litchfield Hills Road Race. It's happening on the second Sunday of June. What makes Litchfield unique and so much fun is that the race is an excuse to have a weekend-long party that for many doesn't end until the wee hours of the Monday night after the race when the last morsel of a day-long brunch is eaten and the last beer from the "Open Bud Open" golf tournament is quaffed!



The Official FTC Delegation to the 2006 Litchfield Hills Road Race

Of course TL started this race as well, with the help of Bill Neller and the late Joe Concannon, whose articles in the Boston Globe helped to put the Falmouth Road Race on the map. Joe was a native of Litchfield, and when he and the other original organizers conceived of the race, Falmouth was the model. It's even the same distance as Falmouth and has a hill near the finish. Only the Litchfield hill is on a street aptly named "Gallows Hill". Ask Wendy and Jack Carroll to describe this hill to you.

There are three bennies on Gallows Hill. One is the gentleman who passes out cigars to the runners and another group who distribute cold beers. But the best part is the large number of spectators who line the hill to cheer the runners up and over.

Over the years, the LHRR has attracted some of the top runners from New England and recently, many of the top runners in the world.

Litchfield is also known for its hospitality. Nestled in hill country of western Connecticut, Litchfield is an old Colonial

village. It seems like everyone in the town, even including the Selectmen, pitch in to make the race a success. Because there are very few hotel and motel rooms available for miles around, many runners and others who come in for the race are put up at the homes of the folks of Litchfield. Two months later on Falmouth Road Race weekend, many FTC members return the hospitality by hosting a sizeable delegation of Litchfielders in their homes.

And of course, there's the party. "The Village," a pub sometimes referred to as the Quarterdeck West, is the main watering hole. For the shoppers, the Village Green is host to a large craft fair on Saturday of that weekend. Other races have an expo the day before the event, but Litchfield goes another route. They have a graveyard tour to remember and



Graveyard Tour participants gather at graveside to toast one of the fallen

celebrate former race organizers and race committee members who have embarked, we hope, on a heavenly journey.



The Hawk prepares to announce the race

For the past few years, many of the Falmouth Track Club members have become the volunteers at the finish line. If you want to join the FTC crew at the finish line, or if you are interested in running the event, let Russ Pelletier know as soon as possible at 508-540-4641. He will try to find you a place to stay. It is a great weekend and a great treat!

Hijacked!: *continued from page 1*

Dalton because they were the only ones who were brave enough to run the entire 7.38-mile course in the pouring cold rain, while the rest of the field engorged themselves on mountains of food while simultaneously resolving to commit to a life of good food in moderation and plenty of exercise — beginning on January 2. But everyone in attendance came away with a prize, whether a bag of selected recycled goodies from the Cape Cod Marathon Lost and Found; old t-shirts, mugs and other trinkets from the vast FTC Memorabilia warehouse; or bottles of select vintage champagne.

As for the trophy, tradition allows the winners to take the coveted memento of their accomplishment home for a brief period of time to brag ad nauseum to family, friends and even business associates about what this venerable symbol all means. Most years, inexplicably, the winners choose not to exercise this option either because of modesty or lack of display space or because all their friends, family and business associates, knowing what is coming, have all taken business trips and vacations to Florida.

But this year, Maggi and Linda decided to take the trophy home to show off to anyone who would come by. After a heated argument about who would be first to have possession of the trophy (fortunately, cutting the trophy in half was rejected as an option) that was finally settled by FTC President Pelletier, it was determined that Maggi would take the trophy first.

Upon leaving the post Hangover reception, Maggi toted the trophy down the back path to her car. While she was thus engaged, a very pleasant person came up to her and offered to carry the prize to her car. Thinking that it was someone who was also leaving the party (and perhaps it was), she gladly took him up on his offer. The trophy was not only beautiful, it was also heavy. But the trophy never made it to the car. Mortified that Hangover Director Bird would be crushed by the news, Maggi put off telling him about the loss.

Then on January 25, 2007 came the first of several e-mails from the mysterious Randy Sparks. This an all ensuing communications were turned over to the Falmouth Police Department, the FBI and the Department of Homeland Security to aid them in their investigations. The e-mail said, *“mr bird, i have the h c trophy. dont worry. nothing will happen to it. i jest feel that like so many other trophies it should be brought to the attention of more people. it will travel around falmouth so other people can see it. i will send you updates from time to time. Randy Sparks”*

The next day, another e-mail from Sparks arrived with a picture attached of the Trophy being photographed by a television technician at FCTV-13. The e-mail read in part,



“mr bird [to gain] some visability for the trophy the first stop was the television studio as you can see in the attached picture the technicians were very busy in

setting up for the trophies tv appearance [sic]”

Four days later another e-mail from the confounding Sparks arrived. It carried some disconcerting news. *“some how the trophy got misplaced at the tv studio. the recycle guys sent me a picture and wanted to know if i wanted it back. i said ok so they are looking for it. Randy”*

This communication was soon followed on February 2 by yet another, which did provide a measure of relief for the distraught Hangover Classic race director. It said *“mr bird i received a HOT TIP from an inside contact at seagull memorial park he said that if i went to the park at the town dump i would be pleasantly surprised i should also bring a six-pack of off shore ale i went to the park and was i surprised see attached picture i have rescued the trophy and will endeavor to get it back in tip top shape after its exposure to*



the elements Randy Sparks” A picture of the trophy in the park was attached.

The Department of Homeland Security in the meantime
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Bob Richards Exhorts The Grand Prix Series & More

This year the Falmouth Track Club has once again decided to reimburse the race fee for those who complete all seven races in the USATF Grand Prix series. The first race was the New Bedford 1/2 marathon, which saw a good showing by the club with at least 11 finishers. There may have been more, but they didn't put down FTC as their club designation.

It should be noted that the club had men's and women's teams score *provisionally* in the USATF-NE team scoring at New Bedford. There were several FTC runners who were not USATF registered, but if they register before the next Grand Prix series event (the Groton 10k on April 29th), the FTC Team standings will become official.

In order to earn the coveted iron runner jacket, one must be a member of USATF. There is a grace period to join. If you ran New Bedford and are planning to run the series, you can still sign up and be eligible to compete. Courtney Bird, who is USATF-NE Men's LDR Chair reports that the LDR Committee is seriously considering having an award for the "Almost Ironrunners" who complete 6 of the 7 races.

Last year we had two FTC members who completed the series. Jack Whithead, and Peter Landry received their coveted Ironrunner jackets after completing the Cape Cod Marathon, which was the final race in the seven-race series. Congratulations to both Pete and Jack! Jim Barry was in the running for most of the season, but had a conflict in his schedule for the Vermont Race. There is always this year.

In addition to the USATF-NE Grand Prix, there are other race series as well. Two of the most well-known are the New England Runner Pub Series and the Hocomock Swamp Rat Grand Prix, which is a series of some of some of the most challenging New England road races. This year the Seagull Six was named one of the races because of its hilly course (the first mile is all uphill!)

For those who don't like traveling too far there are many other races to run in. The Classic Seagull Six, a great Falmouth event is coming up soon on April 1st at 11:00 a.m. in Woods Hole. This is a magnificent race and always has a boatload of great people hanging around. The Groton 10 K is be the next USATF series event. This is a 10k on April 9th.

This year is the 25th Strawberry Shortcake Race in Plympton, MA Wes Chabourne has always done a great job organizing this event. Rumor has it that this could be the last Strawberry race? Two years ago, we had at least a dozen runners from the club attend this race, and we all came home with smiles and very pleasant memories. There must be something in that shortcake!

2007 DUES! DUES! DUES!

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

It is time to renew for 2007!

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

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

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

New Members

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

SUSAN & ANDREW LANGLOIS

East Falmouth

DONNA SCAGLIONE & JEFF BURT

East Falmouth

SUZANNE SHERMER

Falmouth

LINDA A. WASSELL

Mashpee

MICHAEL STONE

Falmouth

SUE BRIDGWATER

Franklin

ERIK & DIAN FOWLER

Franklin

SUSAN MADDIGAN

Woods Hole

ALISON LORUSSO

East Falmouth

ELIZABETH KENNEDY

Medford

SHAWN KENNEDY

Reading



Pete Landry shows off his Numbers Jacket with all the Grand Prix Races he ran.

Hijacked!: continued from page 4

reported that they had tracked the source of the e-mails to the IP address of a server in Nigeria that is also used by sorely distressed folks in Africa, Russia, and the like who send imploring e-mails to solicit help getting thier money out of special bank accounts in their native lands in exchange for a sizable share of the money.

If Sparks was to be believed, the trophy was still in one piece and still in the Falmouth area. But where? A week after the e-mail of February 2nd, another from the elusive Randy Sparks landed in Bird's mailbox. A picture of the trophy at the cleaners was attached. Sparks wrote, "*mr bird after the time the trophy spent in recycle and seagull memorail park it really needed a cleanup i thought that a professional job was in order as you can see from the picture i chose only the best the cleaners in falmouth [they] are indeed the best (and only) cleaners in town the nice lady assured me that there would be no charge since 'it was an honor to work on such a famous item' Randy Sparks*"

Then on Valentine's Day Bird received yet another e-mail from Sparks. Knowing that in addition to that day being a time to remember one sweetheart, it was also the anniversary of a brutal gangland slaying. Understandably, Bird opened the e-mail with some trepidation. But it was not a ransom note or notification that the trophy had

been sold for scrap. Instead the e-mail had this to say. "*after picking up the trophy at the cleaners it looked so good that i felt it was ready for the big time i checked around town to find a place to showcase its beauty after talking with lots of people i made the decision to display it at one of the most popular places in town it was such a*



hit that the owner of the place insisted on sharing the stage with it i hope you like the publicity it will be returned to either the dalton lady or the yates lady soon i plan on presenting it my self i will send you a picture of

continued on next page

Falmouth Track Club

Board of Directors

<i>President:</i>	Jack Carroll	jackrunfalmouth@comcast.net
<i>Vice President:</i>	Mike Mullo	alliedfalmouth@verizon.net
<i>Secretary:</i>	Wendy Carroll	wendyfcarroll1@comcast.net
<i>Treasurer:</i>	Joan Pelletier	joan47@aol.com
<i>Membership:</i>	Doris Beatty	deebatty@aol.com
<i>Seagull Six Director:</i>	Mike Norton	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	jpreisig@whoi.edu
<i>Member At Large:</i>	Bob Richards	richardsdesign@comcast.net
<i>Past President:</i>	Russ Pelletier	russpjk@aol.com

Other Significant People

<i>Newsletter:</i>	Pete Landry	pblptr@netscape.net
<i>Youth Program Director:</i>	Ann Presig	
<i>Membership Assistant:</i>	Don Frederickson	donfredrikson@yahoo.com
<i>Main St. Mile Co-Director:</i>	Patty O'Brien	pobrien@sherwoodmortgage.com
<i>Web Site Administrator:</i>	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 & Janet Folger;	jsfolger@verizon.net



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

Henry David Thoreau

Hijacked!: Continued from previous page

the event. Randy Sparks" A picture to prove the veracity of the e-mail was attached.

The Department of Homeland Security went to Liam Maguire's establishment to query the proprietor himself. After several hours of fruitless interrogation, the department could learn nothing substantive. Mr. Maguire didn't know a Randy Sparks. He recalled the night a person of indeterminate age and sex came in with the trophy, drank numerous Guinness Stouts, and so charmed Liam that he didn't realize that the person didn't pay his or her considerable tab until long after he or she and the trophy had vanished into the night.

Then three weeks went by with nothing from Sparks. But on March 7, Bird received the following e-mail: "mr bird, i have been out of town in antartica and i have to go back in 10 days i had no email there i will get the trophy back and return it before i leave Randy Sparks"

But as of this writing, the trophy remains missing, and the mysterious Randy Sparks continues to be elusive.



Advertise in this newsletter!

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

pobrien@sherwoodmortgage.com

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Race Results

Burbank / Wakefield YMCA 5K Classic Wakefield, MA, November 18, 2006

John Hurley	56	23:01
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Philadelphia Marathon November 19, 2006

John Evans	326	3:07:28
Fred Keller	3965	4:16:35
Betsy Gadfelter	5197	4:47:55
Ed Giordano	5502	4:59:52

Billy Kelly 5k & 5 Miler Mansfield, MA, November 19, 2006

Nancy Dorn	84	23:08
Susan Jolie	200	29:35

Thanks For Giving 5k Lowell, MA, November 23, 2006

Susan Langlois	48	21:06
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8th Annual Marathon Sports-Hingham HS XC/Track & Field Boosters 5K Turket Trot Hingham, MA, November 23, 2006

Tom Scott	122	23:41.52
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7th Annual Braintree High School Thanksgiving 5k Braintree, MA, November 23, 2006

James White	10	20:25
Sharon Napier	93	26:45
John Hurley	159	29:59

18th Annual Whitin 5 Mile Race Whitinsville, MA, November 23, 2006

Steve Rutman	384	47:42:98
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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.

Andrea Holden Thanksgiving Road Race Dennis, MA, November 25, 2006

David Farrell	76	22:34
Tom Scott	94	23:16
Wesley Chadbourne	405	39:26

Nantucket Winter Run 5 Miler Nantucket, MA, December 2, 2006

Paul Farrell	42	47:27
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27th Annual Cape Cod Road Runners' Winter Fun Run Bourne, MA, January 7, 2007

Philip Petrone	15	30:01
Don Fredrikson	27	31:41
David McPherson	31	31:12
Tom Nally	56	34:19
Sharon Grace	102	37:10
Matt Patrick	104	37:22
Tom Scott	106	37:38
Paul Hartel	116	38:18
Bob Richards	118	38:26
David Farrell	125	39:00
Jurek Blusztajn	139	40:54
Pat Nally	140	40:57
Michael Garry	150	42:03
Paul Farrell	169	44:36
Joanne Corsano	172	45:31

7th Ann. Frostbite 15K Mid-Winter Classic Invitational Raynham, MA, January 14, 2007

Philip Petrone	49	1:00:05
Nancy Dorn	197	1:13:14

The Great Stew Chase Lynn, MA February 4, 2007

James White	57	1:05:08
Brian Miller	212	1:24:49

6th Annual Mercedes Marathon February 11, 2007 - Birmingham, Alabama

Evans Newell	361	4:20:12
Cindy Newell	362	4:20:13

RESULTS: continued next page

Martha's Vineyard 20-Miler Martha's Vineyard, MA, February 17, 2007

Geof Newton	3	2:00:43
David McPherson	137	2:40:58



Geoff Newton, who holds dual membership in the FTC and CCAC, holds an early lead in the MV 20 Miler. He would finish 3rd in 2:00:43

Matt Stone	168	2:45:42
Mike McKenna	169	2:45:43
Robin Stone	291	3:07:20
Robert Mortensen	335	3:17:09
Betsy Gladfelter	368	3:33:09
Kris Tholke	405	4:51:00

Old Fashioned 10 Miler Foxboro, MA, February 18, 2007

Joanne Corsano	399	1:37:30
Raymond Rogers Jr	404	1:38:45

Old Fashioned Flat 5K Foxboro, MA, February 18, 2007

John Hurley	24	22:47
Nancy Dorn	31	23:16

Four Points Sheraton Hyannis 10km Road Race Hyannis, Mass. February 25, 2007

Julianne Waite	195	59:37
Elizabeth Barry	220	1:01:27
Lauren Johnson-Lavender	385	1:16:30
Doris Beatty	388	1:17:51

Four Points Sheraton Hyannis Marathon Hyannis, Mass. February 25, 2007

Suzanne Burkhard	261	4:27:32
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Four Points Sheraton Hyannis Half Marathon Hyannis, Mass. February 25, 2007

Mike McKenna	171	1:35:29
Matt Stone	430	1:48:25
Nancy Dorn	484	1:50:04
Glen Rogers	617	1:53:47
Robin Stone	648	1:54:52
Robert Mortensen	649	1:54:52
David Lavender	650	1:54:54
Ann Tarrant	716	1:56:16
Jan Felt	914	2:01:43
Jay Kane	1009	2:04:45
Stacy Deruiter	1224	2:11:38
Jeanne Cerulle	1345	2:17:16
Sue McKenna	1346	2:17:18
Steve Conroy	1429	2:22:28
Heather Farrell	1544	2:37:55



Boom!! The official FTC Cannon starts the 2007 MV 20 miler. For reasons dictated by the Department of Homeland Security, the actual cannon cannot be shown.

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

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

30th Annual New Bedford Half Marathon New Bedford, MA March 18, 2007

David McPherson	450	1:35:59
Mike McKenna	485	1:37:03
Glen Rogers	1226	1:59:33
Paul DiAngelis	1353	2:03:42
Julianne Waite	1374	2:04:38
Karen Howes	1506	2:10:04
Sue McKenna	1540	2:12:33
Joanne Corsano	1616	2:16:05
Sheryl Briggs	1728	2:26:10
Bob Richards	841	1:48:25
Michael Sbrocco	981	1:52:00

Upcoming Races, Fun Runs, Etc.

RACES:

- 18 Mar (Sun) New Bedford Half Marathon.** USATF-NE Grand Prix Event. City Hall, Elm St., New Bedford, MA. 11:00 a.m. 13.1 miles. \$25.00 pre, \$35.00 post. Website. Application.
Contact: New Bedford Half Marathon, P.O. Box 79546, North Dartmouth, MA 02747-5068.
- 25 Mar (Sun) James H. Lamb Memorial Scholarship Road Race, 24th Edition**
Taunton, MA 11:00AM Coyle Cassidy High School, 2 Adams Street (5 mile road race with cash prizes for overall male and female champions)
Contact: Brad Fitzgerald (Coyle Cassidy High School), 2 Adams Street, Taunton, MA, USA, 02780. 1-508-946-5258 sfgassociates@juno.com
- 31 Mar (Sat) Boston Tune-up 15k**
Upton, MA 10:00AM Nipmuc Regional High School, 90 Pleasant Street (One of the few wheel measured 15k races in the area)
Contact: Frank Nealon (TVFR), 90 Pleasant Street, Upton, MA, USA, 01568. 1-508-473-4260 GAtlas@comcast.net
- 1 Apr (Sun) 30th Annual Seagull Six Spring Classic**
Woods Hole, MA 11:00AM Woods Hole Community Hall, Wood Hole Community Hall (5.74 mile course, moderately hilly, goes over part of Falmouth Road Race course)
Contact: Mike Norton (Falmouth Track Club), 75 Cross Road, East Falmouth, MA, USA, 02536. 1-508-457-4808; mnorton@lawrencelynch.com
- Officer Thomas J Giunta Memorial 5K**
Fall River, MA 12:10PM Municipal Veterans Bldg, 72 Bank St
Contact: Doris Giunta, 448 Nichols St, Fall River, MA, USA, 02720. 1-508-673-2663 dorisgiunta@comcast.net
- 7 Apr (Sat) 5th Annual E. Bridgewater Viking Sports Parents 5K Road Race**
E. Bridgewater, MA 9:00AM E. Bridgewater High School, 11 Plymouth St (Includes a 5K Walk)
Contact: John Donovan (E. Bridgewater Viking Sports Parents A), 209 Laurel St, E. Bridgewater, MA, USA, 02333. 1-508-378-4781
- 15 Apr (Sun) Robert Stone Memorial Road Race**
West Dennis Beach, West Dennis, MA. 10 am. 5K. Pre-entry: \$5.00 plus bag of groceries (10 items or more); post-entry: \$15.00.
Contact: Robert Stone Memorial Road Race, PO Box 188, South Dennis, MA 02660.
- 16 Apr (Mon) 111th B.A.A. Boston Marathon.**
Hopkinton to Boston, MA. See the Marathon Website for some important changes for this year's race. Email: mile27registration@baa.org.
- 28 Apr (Sat) Cushman Road Race 5K Run Walk**
S. 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 (Cushman School PTO), 224 Rock O Dundee Rd., South Dartmouth, MA, USA, 02748. 1-508-990-7158
- 29 Apr (Sun) Groton Road Races**
Groton, MA 11:00AM Groton-Dunstable Middle School, Rte 119/Main Street (10K, 5K, 2K, and Tots Trot.) *USATF-NE Grand Prix 10K*
Contact: Gordon Row, P.O. Box 451, Groton, MA, USA, 01450. 1-978-433-6268grotonroadrace@yahoo.com
- Street N' Beach Run..**
Sandy Neck Beach, E. Sandwich, MA. 9 am. 5K. Includes 1/2 mile on the beach. Contact: Kate Naples, 7 Andersen Ave., E. Sandwich, MA, 02537, (508) 833-5073,
Email: wknacles@adelphia.net.
- 5 May (Sat) 31st Annual Attleboro YMCA 5 & 10 K Road Races**
Attleboro, MA 9:30AM Balfour River Walk Park, 63 North Main St. (T Shirts to first 150, food, raffle, age group and overall awards)
Contact: Bob Withers (Attleboro YMCA), 63 North Main St., Attleboro, MA, USA, 02703. 1-508-222-7422 x115 withjake@aol.com
- Wareham YMCA 5K.**
Onset. 10:00 am. 5K. Website. Contact: Wareham YMCA, Tom Gelson, (508) 295-9622. Email: tgelson@moregroupinc.com.
- 6 May (Sun) 2nd Annual Blue Hills Trail Races (10M & 3M)**
Milton, MA 10:00AM Blue Hills Reservation, Trailside Museum parking lot (Rt. 138), 1907 Canton Avenue
Contact: John Goldrosen (Colonial Road Runners), 891 Washington Street, Whitman, MA, USA, 02382. 1-781-447-2812 jgoldrosen@earthlink.net
- Hazelwood Women's 5K Run/Walk.** Hazelwood Park, New Bedford. 10:00 am. 5K Road Race for women. \$12 pre/\$15 post. A Greater New Bedford Track Club race. Website. Contact: Kate Collins, Email: kfc41664@hotmail.com.

Upcoming Races: continued next page

Westford Road Race. Abbot School, Depot Street, Westford, MA. 2:00 pm. 5K. \$12 pre/\$15 post. *USATF Grand Prix event.* Website.

CapeAbilities 5k Run/Walk & .5 Mile Stroll 2007
Hyannis, MA 10:00AM Hyannis Village Green, 367 Main St. (For all abilities to enjoy, the course is Flat, Scenic, and Wheel Measured)
Contact: Dorine Regan (capeAbilities), 895 Mary Dunn Rd., Hyannis, MA, USA, 02601. 1-508-778-5040 x245 dregan@capeabilities.org

12 May (Sat) 7th Annual Cape Cod Irish Village Road Race
W.Yarmouth, MA 11:00AM; Cape Cod Irish Village, 512 Route 28 (5 mile fun run, post race party, live Irish music)
Contact: Kevin Enright (Yarmouth Fire Department), 96 Old Main Street, Yarmouth, MA, USA, 02664. 1-508-958-8110

19 May (Sat) 3rd Annual Cape Cod Highland Lighthouse / Ocean To The Bay 5 mile run/walk
North Truro, MA 9:00AM Cape Cod Highland Lighthouse, 27 Highland Light Rd. (Flat course, T shirt /1st 100 entrants, Prize drawings, Lighthouse tour /entrants)
Contact: Francene Webster (Highland Museum Lighthouse Inc.), P O Box 1123, Truro, MA, USA, 02666. 1-508-487-1121

3rd Annual D/B/A Track & Field Event
Hyannis, MA 10:00AM Barnstable High School, 744 West Main Street (event open to all ages, this years event will include a 1600 meter FUN walk)
Contact: Deanna Arnold (Dare to Be Alive Foundation Inc.), 230 North Main Street, South Yarmouth, MA, USA, 02664. 1-508-398-5473
deanna@daretobealive.org

Strawberry Shortcake Race
Plympton, MA 10:00AM Upland Sportsmans Club, Upland Road (10K Road Race, 2 Mile Fun Run, 10K walk. Rural course. Strawberry shortcake.)
Contact: Wes Chadbourne (Plympton Road Race Committee), P.O. Box 157, Plympton, MA, USA, 02559. 1-781-585-4410
weschadbourn@hotmail.com

Bedford Rotary Memorial Road Races. Bedford, NH. 9:00 am. 12K. \$18 pre/\$24 post. USATF Grand Prix event. Contact: Bill Gere & Brian Moyer, 23 Hawk Drive, Bedford, NH 03110; Tel: 603-714-5508; e-mail: BRMR@rotarybedfordnh.com.

20 May (Sun) 2nd Annual Run Around the Bay 5K
Buzzards Bay, MA 10:00AM Buzzards Bay Park, Main St. on the CC Canal, 215R Main St. (Run along the CC Canal, fun, flat, walkers, T-Shirts, Awards, runner bags)
Contact: Diane Flynn (Buzzards Bay Village Association Inc.), 215R Main St., Buzzards Bay, MA, USA, 02532. 1-508-759-6123 skiane@verizon.net

26 May (Sun) US Coast Guard Duathlon.
Mass Military Reservation, Bourne. 9:00 am. Run 2 Bike 12 Run 2. \$45 pre (USAT members)/\$55 pre (non-USAT members). Individual and team categories. Website (F.I.R.M.).

27 May (Sun) Oak Bluffs Memorial Day Road Race.
Ocean Park/Wesley Hotel, Oak Bluffs, Martha's Vineyard. 5K and 1 Mile Fun Run. 11:00 am/10:30 am. \$15 pre/\$20 post.
Contact: Hospice at 508-693-0189; Roger Wey at 508-693-7887. Email: hospice@vineyard.net. Website.

Vermont City Marathon & Relay.
Burlington, VT. Contact: RunVermont 1 Main Street, Suite 305, Burlington, VT 05401 . Email: info@runvermont.org. Website. Highly recommended marathon race; less hilly than one might expect; a favorite of many Cape Cod runners.

The Great Hyannis-Johnny Kelley Half Marathon, 10Km, 5Km & Half Marathon Team Relay
Hyannis, MA 9:00AM Four Points by Sheraton Hyannis Resort Hotel, 35 Scudder Ave. (Memorial Day Weekend Running On Cape Cod)
Contact: B.A. Event Promotions, P.O. Box 2184, Hyannis, MA, USA, 02601. 1-617-625-2140
BAEvents@aol.com

FTC FUN RUNS:

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

Mar 25 (Sun) Bridge Run: 20 miles from the Peebles Schol in Bourne to Fishmonger in Woods Hole. Car pooling from Woods Hole at 7:30 am. Run starts at 8:00 am. Brunch at the Birds, 43 Sippewissett Rd, Falmouth following.
Carolyn & Courtney Bird, 508-548-0348

2007 USATF-NE GRAND PRIX SERIES:

Mar 18 (Sun) New Bedford Half-Marathon
New Bedford MA

Apr 29 (Sun) Groton 10K
Groton MA

May 6 (Sun) Westford 5K
Westford MA

May 19 (Sat) Bedford 12K
Bedford NH (Wild Card)

Sep 8 (Sat) Ollie 5 Mile
South Boston MA

Sep 23 (Sun) Apple Harvest 10-Miler
Harvard MA

Oct 28 (Sun) Dunkin' Donuts Cape Cod Marathon
Falmouth MA

30 Seagulls!

The 30th Annual Seagull Six road Race will take place Sunday April 1, 2007 at 11:00 A.M. This year's race will be part of the Hockomock Swamp Rat Grand Prix Series, meaning that it is 1 of 21 races chosen in the New England



Sparing no expense, the finish line crew unfurls a roll of toilet paper for the winner's tape

(Woods Hole Community Hall) on Water Street across from the "Captain Kidd" up to 30 minutes before the start. Parking in Woods Hole is limited, so allow extra time to find a space. Race awards will be given out in the Fire House after the race.

Area by the Hockomock Swamp Rat Magazine for its uniqueness and challenging course.

Post-entry and bib number pick up will take place that morning at the old Woods Hole fire station

After the race, join runners and volunteers at the Captain Kidd (start/finish line area) to wind down from the days efforts. The Kidd features waterfront dining, great atmosphere and a wide selection of draft beers from around the world.

Any volunteers who can to help out on race day should show up around 9:30 A.M. at the registration/start area (Woods Hole Community Hall on Water Street).



HELP WANTED TO BUILD THE VILLAGE-SCIENCE PLAYGROUND**

We Need You!

We need hundreds of volunteers a day for our Build-Week,
March 26 - April 1st.
Mullen-Hall School, Falmouth, MA

We are going to build the playground in 6 days!! Volunteers, of all skill levels, not just to build, are needed each day. You will be fed!

Volunteers can sign up by

calling Mullen-Hall @ 508-548-0220 or

visiting the website www.science-playground.org or

or contacting Adam Thomas at: adthomas89@adelphia.com

Maggi and Bob Yates at byates11@verizon.net

** We appreciate the generous donations received from the Cape Cod Marathon and the FalmouthWalk

500 Coffee O's!

Mark Your Calendar for June in Falmouth

Be a part of history and celebrate the running of the Coffee'O's 1st decade. June 29th will finish off the first ten years of non-stop Friday night runs of the Quarterdeck/Coffee'O. In over 10-1/2 years only once was the race cancelled because of 30" of snow! It's amazing what kind of weather the dedicated Coffee'O crowd has survived to run 499 of the last 500 Fridays!

As a special celebratory event, Ken Gartner will run the course blindfolded..... well he probably could since he's logged 2250 miles over the years on the same course! And not to be outdone, on June 30th, Carolyn Bird will open the 2nd decade of the Coffee'O running backwards. Her 2000+ miles on Fridays puts her just 1000 miles ahead of the pack of 1000 milers and wannabes headed by 'Iron' Bob Richards.

Over the years nearly 16000 runners have finished more than 500 Coffee'O's

So mark your calendar and make sure you join in the fun. Festivities are in the planning stages, something the FTC knows a little about!

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.



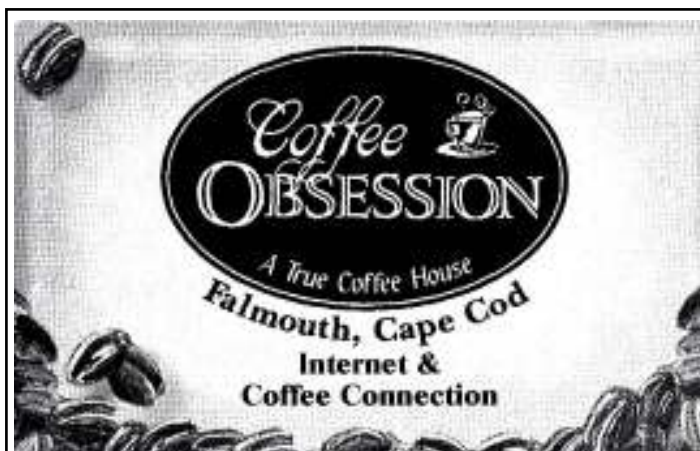
Janet Folger is coordinating the the FTC Uniform Division and can be reached at 508-540-7284 or by e-mail at jsfolger@verizon.net. That's Janet pedaling her wares at the Seagull Six.

The Coffee O All-Time Gluttons for Punishment

Name & # of Races	Name & # of Races	Name & # of Races
Ken Gartner 445	Steve Faluotico 106	Steve Ruane 61
Carolyn Bird 417	Mary Olenick 102	Steve Howard 60
Bob Richards 243	Tim Jones 101	Eileen Miskell 60
Mike Garry 238	Jessica Baker 98	Sharon Napier 58
Jurek Blusztajn 222	Tom Bunker 96	Ben Pring 58
Paul Hartel 214	Terry Souza 95	Glen Rogers 57
Peter Landry 199	Brian Nelson 91	Liz Waldman 56
Judi Keller 194	Peter Golato 91	Rich Waldman 56
Dan Webb 173	Jeff Hamilton 90	Joan Pelletier 56
Ed Giordano 168	Roger Francois 90	Mike Ouimet 56
Fred Keller 160	John Hasson 89	Maryann Rowan 55
Kris Tholke 159	Mickey Plant 83	Dana K. Smith 52
Sandro Segalini 158	Joanne Corsano 81	Brian McDevitt 52
Laurie Fife 155	Wendy Stafford 79	Chris Reddy 51
Jeff List 152	Ann Tarrant 76	Michele Bianchini 51
Jack Carroll 150	Nancy Correia 76	Lucy Young 50
Courtney Bird 148	Mary Peterson 75	Justin Neviackas 50
Madeleine Marken 139	Matt Plant 75	Joanne Briana 50
Maggi Yates 132	Bob Crowley 74	
Mike Norton 131	John Evans 72	
Wally Ballou 127	Rachel Horwitz 69	
Steve Hamel 126	Jerry Valente 68	
Rich Sherman 124	Mary Leonard 68	
Doris Beatty 122	Jack Whitehead 67	
Linda Dalton 120	Russ Pelletier 66	
Stace Beaulieu 119	Karen Smith-Rohrberg 62	
David Farrell 110	Bob Yates 61	
Paul Farrell 108	Mike Mullo 61	

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.





Richard A. Armstrong, D.P.M.
Ethel R. Baylor, D.P.M.
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Falmouth Podiatry



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Registered Physical Therapist

The Thirtieth Annual Seagull Six Spring Classic

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

Sunday, April 1st, 2007

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 30, 2007
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.

Picture Scrapbook



MEMBERSHIP DOES HAVE ITS PRIVILEGES

USA TRACK & FIELD MEMBERSHIP **2007**

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

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

Our Website is updated weekly – www.usatfne.org

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

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

Why Join USA Track & Field Each Year?

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

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

These programs include:

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

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

USA TRACK & FIELD MEMBERSHIP APPLICATION

TRACK & FIELD
3LAND

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

FTC Plans for the 2007 Boston Marathon

The traditional corner suite at the Lenox Hotel will not be available this year because of the hotel's requirement that the room be rented for a 3-day minimum. That would have been enough money to pay outgoing FTC President Pelletier's retirement pension for the next 20 years!



Doris Beatty introduces her new Tedi Bear at last year's post-BAA marathon gathering at the Lenox

But a deal was struck for a less luxurious accommodation at the Lenox for 2 nights beginning at 3:00 pm on Sunday night before the race. Given that the Marathon starts 2 hours earlier this year, to have reserved the room for only Marathon Day might well have meant that the room would not have been available for the club until 3:00 pm — 5 hours after the start.

While the room will not overlook the Boston Marathon finish line, as the corner suite did, it will serve its most important function as a place for FTC runners friends and families to gather and relax.

The room is in Courtney Bird's name, but it is also listed under the Falmouth Track Club. Despite the more frugal

nature of this year's room, it does come with a shower! However, the FTC Commissioner of Hygiene strongly suggests that you bring your own towel! As always, refreshments are strictly "bring your own," but if anyone is interested in coordinating getting goodies to the room earlier that day or after 3:00 pm on Sunday, 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.

Despite being replaced by the Championship some years back at the 30k BAA checkpoint, old habits are hard to break and some club members plan to station themselves near their



Ed Giordano really IS smiling after completing the '06 Boston



The 30k cheering squad in action

old posts to cheer on the the runners. The 30k is on Commonwealth Ave in Newton about 2/10's of a mile east of Chestnut Street and at the end of Wauwinet Road. For directions that keep you from getting on the wrong side of Commonwealth Ave. and enable you to get to the Mass Pike and, of course, the Lenox, contact the Birds at 508-548-0348 or courtney.bird@verizon.net.



DRS. SEAN AND TRACY GALLAGHER

495 PALMER AVENUE PHONE: (508) 457-6000
 FALMOUTH, MA 02540 FAX: (508) 457-7150
 WWW.GALLAGHERFAMILYCHIROPRACTIC.COM

Falmouth Track Club

P.O. Box 699
West Falmouth, MA 02574



Falmouth Track Club 2007 Membership Application

Name: _____

Mailing address: _____

Town: _____ State _____ Zip: _____

Homephone: _____ Businessphone: _____

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