



USA T&F Club: 007

One More Mile

The Newsletter of the Cape Cod Athletic Club

Founded in 1976

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On the internet at <http://www.capecodathleticclub.org/>

Summer 2009

What's Happening?

President's Message	2
Letters	3
Bio of the Month	15
Pete's Postscripts	16
Results	22
Calendar of Events	34

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et al

President's Message

Where to start? I don't ask this to simply recognize that I see so many good things in front of me that I don't know which one to address first. I say it more for the fact that, unlike the races or the runs that we all engage in so regularly, there is no real "start" here, merely a continuation of something very good.

This club has been to me what it has been to so many; a support group, a family, a convention of unique individuals that all share a common passion and do it in a manner that is often as compassionate as it is competitive (and the guys who duke it out in the 50+ age categories up the compassion requirement quite a bit with their tooth-and-nail battles.)

Inheriting this post from Bob Eckerson is humbling, to say the least, and would seem intimidating were it not for the fact that he and every other person who has held any position in this club have made sure that I have as much help as is necessary for the task ahead. Add to this mix the understated and invaluable contributions of the esteemed VP (my lovely wife, Kristen) and I've got it made in the shade.

Speaking of that (not the shade, rather the future) what lies ahead?

We have a youth movement with strong members of the Nauset High Cross Country and Track teams, we have a "not-quite-youth-but-still-young" movement with Ray and Ryan. We've seen fantastic performances and duels in the Masters Women's division with Katie, Mary, Polly and wild cards galore every week it seems.

We have the Master's Men's group led by the indestructible Geof Newton followed by a slew of fast guys who not only race every weekend against each other, but try to run each other into the asphalt on Shore Road and Barcliff every Tuesday night (and any other opportunity they may get.)

We've got returns and comebacks such as Brian Kelly dismounting the saddle and immediately throwing himself into a 1/2 marathon. We have people who haven't taken a break in decades, such as the aforementioned Comeback Kid's indestructible

(Continued on page 11)

If God invented marathons to keep people from doing anything more stupid, the triathlon must have taken Him completely by surprise.

~ P.Z. Pearce

Letters and News

Letter from the Editors

Can it be that summer is over already? It seems like we were just discussing what to have for 4th of July picnics and how best to attack the Wellfleet Road Race course this year. Now we're edging into fall. The humidity of August is dissipating (thank goodness!) and the leaves are starting to change ... again. And that means, of course, that marathons, half marathons and road races of all kinds fill the calendar. We encourage you to try some new ones; the Harwich Cranberry Festival and the Monster Dash; as well as visiting your old friends like Falmouth In The Fall, the Yarmouth Seaside Festival and the Thanksgiving turkey trots. See the calendar at the end of this issue for all the race dates. You'd never know there was a recession by looking at the supply of road races this season!

This spring and summer we were treated to a training camp and weeks jam-packed with all kinds of group training sessions. While swims and bike rides are winding down, group runs continue all year round. Watch for more multisport opportunities next year. They'll be bigger and better! And many thanks to all those who invested significant time and energy into making these sessions worthwhile to all.

Even though we've got a few more weeks of hot weather, it's not too early to be thinking about the Grand Prix. Start assembling those teams ... and if you've never hosted a race, think about putting one on in your neighborhood. You don't have to have a big house or a gigantic kitchen (although both help!), just an open door and the willingness to share your home and your favorite run course for a few hours on a Sunday morning. We look forward to exploring new locations and making new friends as we make our way around Cape Cod.

Until next time ...
Geof Newton
August 2009

The Mailbag



Dear CCAC,

My name is Karen Kolaczyk and I am the Publicity contact for my walking club, Walk'nMass. My club is a nonprofit

On The Cover

Toeing the line at the Osterville Run for the Library in 2009 (Adam Ross).

walking club. We will be celebrating our 25th year in 2010 and are located in Bedford, Ma. We have 2 seasonal guided walks on Cape Cod (Hyannis and Sandwich) and one on the South Shore (Plymouth). These walks are free and open to the public. These walks are 11K and 6K and include points of historic interest. We would like to introduce these walks to your members. Walks can begin at either a local hotel, supermarket or coffee shop, to name a few. All a walker has to do is ask for the Walkbox at one of these locations and a map and directions are provided and all walks are done at your own pace.

We are trying to reach out to local health clubs to promote fun, friendship, family, and health. Walk'nMass is a member of a larger organization called the American Volkssport Association which is located in Universal City, TX and it is the main headquarters of more than 300 clubs across the U.S. If you wish to find out more about our club and our national organization feel free to check out the national website at www.ava.org. The website to our club Walk'nMass is www.ava.org/clubs/walknmass. The local club website will provide you with additional seasonal self guided walks throughout Mass and RI. At times we also have one day special event walks. We will be having a walk in September for the town of Onset.

If you need any more information on my club feel free to contact me.

Thank you,

Karen Kolaczyk, kkolaczyk@comcast.net
Walk'nMass Publicity coordinator

Sandwich Walk Information

SANDWICH MASS. SEASONAL WALK

Explore the oldest town on Cape Cod in Sandwich, Mass., April 1-December 5 seasonal walk. The route passes the Heritage Museum and Gardens, the Glass Museum, antique shops and crosses a boardwalk providing a breathtaking view of Cape Cod Bay. The trail offers a choice of a 6 or 10 kilometer (3.7-6.2 mile) route. The trail is rated easy, suitable for strollers but not for wheelchairs

The start point is the Stop and Shop Customer Service Desk, Stop & Shop Plaza, 65 Route 6A, Sandwich, daily, after 9 a.m. (Tel: 508-833-1302). Ask for the Walk Box at the customer service desk.

The walk is sponsored by the Walk 'n Mass Volkssport Club. Volkssporting events promote fun, fitness and friendship by providing walking and other non-competitive events free to the public. Volkssporting also offers an achievement awards program. For further information contact 508-888-7366, email PMDWalks@aol.com or visit the club web site at www.ava.org/clubs/walknmass.

Dear CCAC,

My name is Wendy McCoole and I am Executive Director of BreastCancerStories.org – a non-profit organization in Portsmouth, NH. We have our very first 5K Road Race (and fundraiser) entitled CELEBRATEPINK scheduled for September 19, 2009 beginning in downtown Portsmouth, NH

going over the Memorial Bridge into Kittery, ME, and then returning (final course TBD). The website is <http://www.breastcancerstories.org/5K/> and registration is available now. We are also a part of the new Portsmouth Community Road Race Series (www.pcrs.org).

Thank you so much!

Wendy

=====

Wendy McCoolle
 Executive Director, Founder & Survivor
 BreastCancerStories.org
 603.759.5640
 What's Your Story?

Dear CCAC,

My name is Gregory Lou, and I'm contacting you about a website we recently launched that I think your club might be interested in!

We're a San Francisco based startup and our website is called www.racevine.com. It's a place to easily search for a race, write a review, read reviews of others, keep a profile of your races, and much more. Our goal is to support the endurance race community and promote the sport by helping people find, review and share their race experiences, and also provide a great resource of feedback and to help raise awareness for race organizers. Think of it as a "Yelp or Zagat guide for races" with our users saying "I heard it through the Racevine".

We just launched a little over a month ago, have been trying to get the word out and get people to contribute reviews.

thanks, greg

--
 Gregory Lou
 Co-Founder/CEO - Racevine, LLC
greg@racevine.com
<http://www.racevine.com>
 201.336.4644
 "I heard it through the Racevine"

Dear CCAC,

Lace up your sneakers and get ready to run or walk for the good of our feathered friends. Mystic Aquarium & Institute for Exploration will hold a 5k run and two-mile walk at 9 a.m. on Saturday, October 17 to benefit our much-loved African penguins. For the first time ever, dogs are welcome to join their families in the two-mile walk.

The event consists of a 5k run on a trail, field and road course, two-mile walk and ¼-mile kids' race. Prizes will be awarded in eight age divisions for males and females. Participants who raise \$50 or more will receive a free commemorative race T-shirt. The top individual fundraiser will be awarded an original piece of art created by the penguins, and the runner-up will receive a free Penguin Encounter, during which he/she will interact face-to-face with a penguin. The top fundraising team (consisting of up to 10 runners and/or walkers) will receive a penguin Encounter Program and will be recognized on a plaque that will hang at the Aquarium.

The event also includes a middle school cross-country team

competition. The winning team will receive an engraved trophy that will be passed to each year's winning team. Each of the members on the middle school winning team will also receive a meet-and-greet with a penguin. Medals will go to the second and third place teams.

All participants will receive free admission on race day to Mystic Aquarium & Institute for Exploration, where they can visit the 27 African penguins in the Roger Tory Peterson Penguin Exhibit and see more than 70 other exhibits featuring more than 4,900 fish, invertebrates and marine mammals from around the world.

For more information, go to <http://www.mysticaquarium.org/newsroom/press-releases/425-run-walk-or-waddle-to-benefit-penguin-research-and-conservation>.

Dear CCAC,

The Central Park Conservancy wishes to offer Cape Cod

Welcome New (and returning) Members

Here are some new faces from the past few months. Some we've met already and some we look forward to seeing on the roads over the months ahead. Welcome! Send us your contributions and get involved!

Shelly Milano	South Orleans
Thomanda Moree	Marstons Mills
Peter Galvin	Midland Park, NJ
Brian Perry	Sandwich
Patrick Monahan	Dennis
Laura Walters	West Dennis
Paul Pirundini	South Easton
Gregory Karukas	West Yarmouth
Denise, Danielle & Nate Coleman	Forestdale
Norma Kelley	Hyannis
John Hayden	Cheshire, CT
Kevin Mahoney	Forestdale
Caroline McCutcheon	West Hyannisport
Ali Winslow	South Boston
Dana Spencer	Quincy
Alex Jones	Dorchester
Mary Brown	Medfield
Michael Mutter	Needham
Alex K. Jones	Dorchester
Claire MacPherson	Sandwich
Christopher Malone & Family	Centerville
Nicole Catalano	Chatham

Athletic Club members guaranteed entry in the ING New York City Marathon 2009 as part of Team Central Park.

Running in this world-class event is an experience like none other. Elite athletes, competitive runners, enthusiasts, budding athletes, and first-timers alike challenge themselves on this memorable route before two million cheering spectators. As any one of the more than 700,000 past participants will attest, crossing the finish line in Central Park is one of the great thrills of a lifetime.

Registration is closed for the event, of course, but there is a spot on our team for those of your members who want to participate in the race. There is still time to train for the race (and make travel arrangements!), and to raise the \$3,000 pledge as a member of Team Central Park. Space on our team is limited, however, and we encourage your members to act quickly to guarantee their spot in the race.

Run the ING New York City Marathon 2009 with Team Central Park. Cross the world's most famous finish line while helping to protect it at the same time! Join the Central Park Conservancy's Team Central Park for the ING New York City Marathon 2009 on November 1. Guarantee your spot in this sold-out event and help keep America's favorite urban park clean and green by raising \$3,000 for the Conservancy, the non-profit organization that manages and cares for Central Park. Space is limited.

Get on your mark at: www.centralparknyc.org/marathon.

Thanks so much for your consideration. Please don't hesitate to contact me if you have any questions or need additional information.

Best regards,
Claire

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Dear CCAC,

My name is Dale Tweedy and I am the author of a new book that just released called, "Countdown to Kona." It's about my journey as 1 of 200 lottery winners in the world that was given a slot to race in the 2008 Ironman World Triathlon Championship in Kona, HI.

Never having run an Ironman race, the book starts with my arrival on the big Island and gives great detail from Athlete #708's perspective what this race is all about from an amateur's perspective.

The book will entertain and inform everyone from the novice triathlete to the elite triathlete as well as anyone who has never run a triathlon but has watched the Ironman Championship on TV each year.

The reason I am contacting you is about fund raising. I had charitable sponsors who supported my adventure and gave money to the Special Operation Warrior Foundation (SOWF) which financially supports the families of fallen and wounded

soldiers. This is a very important cause for me to raise money for and I was successful in raising thousands of dollars while racing last year.

The proceeds from this book will continue to help me raise additional funds for this organization. The SOWF, <http://www.specialops.org>, is a four star rated charitable organization where 95% of the money donated goes directly to the families of wounded or fallen soldiers. This book can be purchased on www.amazon.com.

Thanks you for your time and consideration!

Best Regards, Dale Tweedy

Dear Club members,

The 31st Chatham Harbor Run had the largest crowd in over ten years. More than 500 walkers and runners completed the courses on a cool overcast day, great running conditions, similar to this year's Boston. The CCAC placed 5 runners in the top 25. Joe Navas finished 2nd with his second fastest Chatham ever at 33:15. Geof Newton was 4th followed by Franco Bonfini, Dawn Varnum and Peter Lyons at 24th. Fal-mouth Track Club ace Ken Gartner came down and cracked the top 25, pushing his twins. The club members that ran well and won their divisions besides Joe and Geof, were Sharyn Greenleaf, Cheryl Ferguson, Lucy Duffy and Duke Hutchinson. Members that ran the McCourt-Chatham double were George Graeber and Kurt Martin. And one of Chatham's most talented athletes, John Linnell, ran for the first time in years, but was beaten by his 10 year old grandson. One wonders if his grandson, Caleb, will be able to beat his 2:43 at Boston when he turns 50!

Once again numerous CCAC'ers helped out. The Nally's, the Kelly's, the Ferguson's, the Reilly's, Howard and Sadie Tansey, Jane Lovelette, Joe Weinberger (on one leg), Jim McSweeney, and Bob Smith all contributed to the success of the race. Bob White handled the awards ceremony for the 8th year in a row flawlessly. Also club treasurer Raz and computer whiz Geof secretly tossed in their time and energy, and club member Dave Farrell generously donated. A big thank you goes to everyone! We are already looking forward to next year. With the cancellation of the McCourt 5K (it is moving off-Cape), next year could be very special.

Sincerely,

Chatham Harbor Run Race Director Larry Belliveau

CCAC Press and News



The Winter Grand Prix Approaches

Yes, believe it or not, it's about time to start thinking about the 2009-2010 CCAC Winter Grand Prix. If you'd like to host a race for this year's series, please contact club president Joe Navas at joeink@comcast.net or 857.452.6580.

CCAC Mourns The Loss of One of Its Sons

The Cape Cod Athletic Club extends its deepest sympathies to the family of United States Marine Corporal Nicholas G. Xiarhos of Yarmouthport.

Nicholas was serving in Afghanistan, where he lost his life participating in the latest push to secure the country. He

served in Iraq and Afghanistan for three years, seeing some of the most intense fighting on both fronts, and narrowly escaping a bomb blast in 2008.

The entire Xiarhos family are members of the Cape Cod Athletic Club.

A scholarship fund will be established in Nicholas George Xiarhos' name by the Yarmouth Police Relief Association (YPRAs). Memorial donations may be sent to the Yarmouth Police Department, Attention: YPRAs, One Brad Erickson Way, West Yarmouth, MA 02673. Donations should be labeled: Nicholas George Xiarhos Scholarship Fund.



The Mighty Flock to West Dennis Beach in September

Club member Nick Lawler can't wait until September 13th. As one of the co-directors of the Mighty Meehan Road Race, he's got his hands full this year as the New England Runner Pub Series tagged the Mighty Meehan as its penultimate finale race for 2009. The pavement is likely to blister under the flaming fast feet of the thousand or so expected at West Dennis Beach on race morning and Nick has already promised that there won't be any rain this year. A flat and fast course, we're likely to see new course records and PR's set all around. Sponsored by the Dennis Fire Department, the event is held in memory of Turlough Eoghain Meehan who passed away in December of 2007 at the age of 6 months after succumbing to a rare form of infant Leukemia. Proceeds from the race go to the Dana-Farber Cancer Institute. See the application on page 31.

Long Pond Triathlons Prep CCTT Members for Race Day

Due to the logistical efforts of Andy Scherding and his crew of assistants, 2009 saw another successful series of training triathlons held at Long Pond in Brewster. 10-15 athletes met a week before the local Time Out! races to work out race-day kinks, get a little feel for speed, and test equipment. Veterans and beginners alike mixed it up on the Brewster roads and the bike path in anticipation of upcoming races. The last practice session of the season will be held on 5 September at 8:00am at the Brewster landing for Long Pond beach off of Route 124. All are welcome although you must join the club or renew your membership in order to participate. For more information, visit the race calendar section of the CCAC website.

And many thanks to Andy for terrific organization once again.

Cape Cod Triathlon Team Hosts Training Camp

What could be better than spending a relaxing weekend at a private campground nestled in the very back of Nickerson State Park? How about a few days filled with runs, 30 mile bike rides and invigorating pond swims? The Cape Cod Triathlon Team welcomed about a dozen athletes over the course of the 29-31 May weekend who participated in trail runs, trail rides, a 40 mile group ride, a 10 mile time trial, and a group swim. And we only got lost twice! A coach or two were on hand for any questions and group meals provided perfect opportunities to share racing and training tips. Many thanks to Dream Day on Cape Cod, located at Camp Nan-Ke-Rafe in Nickerson, who provided overnight accommodations, restrooms, showers, and a kitchen for the use of the famished athletes. The proceeds of the camp, approximately \$500, were donated to Dream Day for their work with seriously ill children. Watch for camp to return at the end of May or the first week of June 2010 - and get your application in early since this is sure to be a training session you won't want to miss.

Got Gear?

If you've been looking for a new singlet or a new pair of shorts, the 2009 gear order has arrived. Images and an updated price list will be posted on the club website by November. In the meantime, contact club clothier Jane Lovelette at jbl424@hotmail.com for more information. And don't forget, CCAC gear makes great Christmas presents!

When's My Renewal?

Having trouble remembering when your club membership runs out and when you'll have to renew? Not clear on what those little numbers mean on your newsletter label? Not to worry any longer. By unanimous decision, all memberships now expire on 1 December beginning in 2009 so all you have to do now is remember to renew at the first Grand Prix race. Any members who join (or who have already joined) or renew after 1 June don't expire until the following December. And what do you get for those membership dollars? This nifty newsletter, scoring in the Winter Grand Prix series and eligibility for awards and other goodies at the end-of-the-season banquet, the ability to participate in USAT and USATF club and national championships as a member of an active club, and a voting voice in Cape Cod's premier running and multisport club, a club that has supported athletic events and endeavors across Cape Cod and the Islands since 1976.

Congratulations Bob Borglund!

Mr. Borglund, a relocated club member who we see far too little of in the north country, ran a superlative Boston Marathon this year, finishing 1st in the 80+ division in a time of 4:04:57. To our knowledge, apart from the esteemed honorary Chairman of the Board, Mr. Johnny Kelley, Bob is the first club member to win an age division outright although Bill



Riley has placed in the top 3 at least once. In recognition of this great achievement, Bob has been presented with an honorary membership in the club good for perpetuity.

CCAC Seeks New Treasurer

After serving magnificently as club treasurer for many years, Tom Radziewicz has decided to step down from his position effective 3 September. If you like banks and numbers and checkbooks and balance sheets and would like to put your talents to use for the club, please contact Joe Navas (joeink@comcast.net) or Kristen Navas (ktorganic@aol.com) as soon as possible.

Grand Prix Recovery/Withdrawal Party

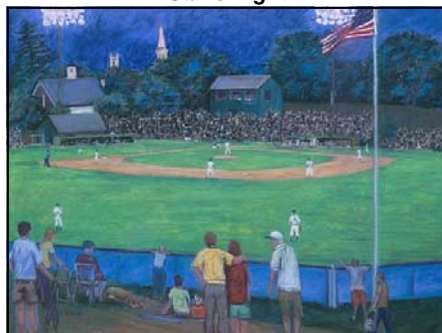
In the spirit of all things Turtle, Charlie Thoms and family hosted a fabulous Grand Prix wrap-up party for Team Turtles and any other passers-by on Saturday, April 4th. The event was highlighted by a run through the woods of Barclay's Pond and the Golden Triangle ably led by Ray Joseph, turtle hats in recognition of turtling above and beyond the call of duty, and a blazing fire pit in the backyard which was far too hot to roast marshmallows but was just right for the slow toasting of front-sides and back-sides in the chill evening air of April. Team Turtle has vowed that they shall triumph in the 2009-2010 series, even if it means one less cookie at each cookout over the summer. Alcohol prohibition is strictly off limits for where else would turtles get their required carbs and calories? Watch out Grand Prix!

CCAC and CCTT Stage Full Slate of Summer Training Sessions

If anyone was having trouble finding training partners this summer, one look at the weekly training calendar was all it took to resolve. Swims, bike rides, and the regular slate of runs littered the calendar with so many opportunities that it took a spreadsheet to accurately schedule them all if you wanted to visit more than one a day. Most of the swim and bike sessions wrap up the first or second week of September but there are still plenty of opportunities to train year-round so check out the calendar for the latest updates. Many thanks to those who coordinated the training sessions including Trish Cundiff (bike rides around Falmouth and Otis), Andy Scherding (group swims, bike time trials and practice triathlons), Heidi Russell (group swims and practice triathlons), and Geof Newton (Wednesday nights at the track). Thanks also to those regulars who keep our weekly runs going year after year in Chatham, Harwich, Hyannis and Dennis.

CCAC's Phil Airoidi "Comes Out" At Cultural Center

"More Than The Game," images of the Cape Cod Baseball League, ran from 10-21 June at the Cultural Center of Cape Cod in S. Yarmouth. Working primarily in acrylics and pastels, club



A Star's Night

member Phil Airoidi has captured the hometown essence of the Cape Cod Baseball League in his gallery of works. A print of one of the paintings was awarded to one of the top finishers of the Cultural Center 5K. To see more of Phil's work or to purchase something for your walls, visit www.philairoldi.com.

Loretta Diane Cole

Our belated condolences to Larry Cole and his family on the passing of his wife of 54 years on 2 March. After suffering a stroke at the age of 56, Mrs. Cole restricted her activities to bird watching and tending the plants. Donations in her memory may be made to the Visiting Nurse Association of Cape Cod, 255 Independence Drive, Hyannis, MA 02601.



Announcements and News

Local Organizations Join Facebook

If you can't escape Facebook but are missing the company of some of your running neighbors, check out one of these groups. New England Runner, USAT and USATF-New England have recently launched Facebook groups and yes, even the CCAC has a Facebook group (search for CCAC Running Club or use this link: <http://www.facebook.com/group.php?gid=56034435935>). These groups provide recent news item postings in addition to open discussion between members on topics of interest. If you aren't Facebooking yet, check it out at www.facebook.com.

The Invasion of the Relays

After watching the successful growth of long-distance relay races like *Hood to Coast* and *Reach the Beach*, we have a second generation of relays invading New England. The Ragnar Relay, part of a national series of relay events, will run 180 miles from New Haven, CT to Boston, MA on 11-12 September. Next spring, Cape Cod gets another relay in the form of 13Relay (www.13relay.com), 175 miles from Squantum Point Park just south of Boston to Provincetown on the weekend of May 1st. Both races feature the standard 12 runner, 2 van rotation format which has become de rigeur in the relay race industry. Genesis Adventures, producer of the 2008 CrazyLegz Relay across Cape Cod, has opted to concentrate on their multisport and adventure races rather than relays, which is a shame since their format served as a perfect introduction for those interested in long-distance stage relays but not quite ready for the overnight commitment to a stinky van. If you'd like to participate as a captain, co-captain, or regular runner for a CCAC 13Relay team, please contact Geof Newton at ccac@capecodathleticclub.org as soon as possible.

BA Events Launches Half Marathon in Harwich

After a long drought, road racing returns to Harwich Center in the form of a half marathon and 7.3 mile race. Paul Collyer's BA Events will be producing the races which will launch at 11:00AM on October 4th from the Harwich High School. Officially named the Harwich Cranberry Harvest Half Marathon, the races aren't synchronized with the annual Harwich Cranberry Harvest Festival which gets under way on

September 12th but perhaps next year we'll see some tighter integration between the two events. This year's race caps the inaugural Cape Cod Half Marathon Trilogy which began in February with the Hyannis Half Marathon. Interest in the race is high and sellout is expected sometime in September as 75% of the half marathon field was filled by the middle of August.

Japan's Premier Marathoner Retires

On 19 July, Keizo Yamada officially announced his retirement from marathoning ... at the age of 81! Yamada ran 3 marathons this year including Boston which he finished in a time of 6:16:56 and Tokyo where he finished in 5:34:50. A prior winner of the Boston Marathon in 1953, an age-group champion of Boston in the 70+ category from 1998 to 2001, and a champion of the Fukuoka Marathon, Keizo is largely credited with introducing distance running to Japan. Yamada won't stop running and plans on continuing his running routine and his long runs. "I'm not getting any younger so I won't run any more 42-kilometre races," he said, adding that he still jogs 20km daily. "I will carry on running for fun to stay in shape."



courtesy: BAA

Lance Armstrong Crushes Competition in 2nd Attempt at Leadville 100

It only took Lance one year to get a good look at the Leadville trail and figure out how to win it. And this year he did, rolling in to the finish line with a flat tire in a time of 6:28:50.9, 28 minutes ahead of runner up Dave Wiens. Armstrong attacked before the Columbine Mine turnaround putting 10 minutes on to his nearest rival and then continued adding time over the remaining sections, putting the hammer down on the last leg to remove any lingering doubts about his abilities on the trails and setting a new course record by 17 minutes in the process. Of particular concern to would-be challengers? He rode the last 10 miles with a flat tire and had to stop and pump it up and hope it would hold. "I don't normally change flats. I call the car and they fix it. That's the way it works in road cycling," Armstrong said. "And when I'm out on a ride and have to change one, I'm just terrible at changing flats. So, that's why I just put more air in it, thinking that the foam would seal it. And it did for a while and then I just said, 'Ah, screw it, I'll just ride it home.'"

Get Muddy

USATF-NE has posted the 2009 cross-country schedule at <http://www.usatfne.org/cross/schedule.html>. In addition to the Franklin Park all-comers meets throughout the fall (9:30AM on Sundays), put the Mayor's Cup (25 October) and the New England Championship (8 November) meets on your must-do calendar. Ride sharing announcements will be communicated over the club e-mail group (<http://groups.yahoo.com/group/capecodac/>).

Fam Releases Run Reckless DVD

Run Reckless is a short film featuring 2-time Olympian,

Anthony Famiglietti. It is a motivational/instructional dvd designed to make you want to tear up the roads and track. Fam also added over 1 hour of bonus features on how to race and train like a champ. Enjoy and Run Reckless. For information and to order, go to <http://www.runreckless.com/>.

Max Performance Launches YouTube Channel of 'How To' Videos for Triathletes

Max Performance, producers of local triathlons Sharon's Back, the Mass State Triathlon and the Buzzard's Bay Sprint, have released a series of 'How To' videos for triathletes on YouTube. Topics include changing tires, core conditioning, strength training for triathletes and how to train using a heart-rate monitor. To check out Max Performance's channel, point your internet browser to www.youtube.com/user/maxperformancetri.

TriNation Launches 2009 Club Cup Competition

8 April 2009 -- The inaugural 2009 Club Cup Competition is now underway. Compete against other like sized clubs from across the nation. The competition began March 1st and ends October 15th. The winning club from each division will win a \$750.00 sponsorship and the most active team will win \$250.00. It's possible to win a total of \$1000.00 if you win your division and are the most active club. Plus, bragging rights are on the line! If you're interested in competing here's what you do:

1. Have your members join Tri Nation (www.trinationonline.com) It's free!!
2. After they fill out the membership page and create their personal page click on the "edit my club membership" link found on the members personal page and join your club page. [Ed. We're known on the TriNation site as Cape Cod Road Race & Triathlon.]
3. After each member completes a timed and open sprint, olympic, half, or full event they will post their results on the "Submit Race Results for State and National Ranking" link found on their personal page. Their results will determine their individual state and national ranking and the points will be awarded to the team as well.

For more information, visit <http://www.trinationonline.com/>.



USAT News

USAT Offers Event Discounts to Club Members

Did you know that one of the perks of belonging to the CCAC, a USAT member club, is discounts on triathlons all over the country? USAT has teamed up with race directors nationwide to offer club members discounts ranging from \$5 to 10% on race registration fees. The updated list of races offering discounts and how to apply for them can be found on the USAT website at <http://www.usatriathlon.org/content/index/5786>. A small sampling of annual events that have participated in the program includes the Ventura Triathlon Series, the RAGE Triathlon, the Bassman Triathlon, the Santa Barbara Triathlon, the Pumpkinman Triathlon and the Thousand Oaks Duathlon.

USAT Takes Triathlon Life Digital

23 April 2009 -- USA Triathlon has announced that their member magazine, *Triathlon Life*, will now be available on-line. USAT intends to enhance the on-line edition of the magazine with digital video, real-time access to links, e-mail addresses and sponsor content, and user feedback. The print edition will continue to be distributed, at least in the near future, although we wouldn't be surprised to see it disappear in a year or two.

USAT Launches Robust Rankings Engine

12 June 2009 (Colorado Springs, CO) -- USA Triathlon has launched a new rankings engine — with more functionality and a crisper, cleaner look — that will improve the way triathletes can find out where they stack up against others in their age group in the United States.

The rankings have been a valuable benefit for USAT members for several years. The system uses a mathematical formula to rank athletes according to their performances at USAT sanctioned events throughout the year, with the final year-end rankings determining All-American and Honorable Mention honors.

See the rankings engine in action at www.usatrankings.com.
 “We are extremely excited about making this available to our members and the work our staff put in to make this a reality,” said USAT Operations Director Gordon Weldon. “This new engine offers more flexibility and robust functionality than our previous system. I am confident our members will appreciate how they are able to access their results and rankings more efficiently.”

Shoemaker Triumphs on International Stage

26 July 2009 -- Jarrod Shoemaker (Sudbury, Mass.) from the USA surged away from last year's Olympic Games medalists to take his first win of the 2009 Dextro Energy Triathlon - ITU World Championship Series. The American made his move with just 8km of running to go, finishing ahead of Australia's Brad Kahlefeldt and Alexander Brukhankov from Russia. The home support had plenty to cheer for with Steffen Justus finishing fourth and Maik Petzold's sixth place finish moving him to the top of the Dextro Energy Triathlon - ITU World Championship Rankings.



“I had a lot of fun out there today,” said Shoemaker. “It was an unbelievable race, and I just wanted to come out and do well. I actually wasn't planning on racing in Hamburg but two weeks ago at the last round in Kitzbühel I dropped out in the cold conditions and then decided to come up here. I really had to work in the swim, but felt great on the bike and then just opened up on the run. This race is the race other races look up

(Continued on page 10)

Race with the Finest ...

Join the ...

Cape Cod Athletic Club

Last Name _____

First Name _____

Address _____

City _____ State _____ Zip _____

Age _____ Birth date _____ Sex: M F

Home Phone _____

E-mail Address _____

USAT/USATF #'s _____

Membership Type

- | | | |
|-------------------------------------|-------------|----------------------------------|
| <input type="checkbox"/> Individual | \$20 | <input type="checkbox"/> New |
| <input type="checkbox"/> Family | \$25 | <input type="checkbox"/> Renewal |
| <input type="checkbox"/> 18 & under | \$5 | |

Memberships are for one year from date of acceptance of application. Family memberships include spouse and legal dependents. Note additional family members and birth dates below.

The club depends on the active participation of our members. Please indicate if you would be willing to assist with any of the following activities.

- | | |
|---|---|
| <input type="checkbox"/> Hyannis Marathon | <input type="checkbox"/> Johnny Kelley Road Races |
| <input type="checkbox"/> Chatham Harbor Run | <input type="checkbox"/> John Gray Road Race |
| <input type="checkbox"/> Other road races | <input type="checkbox"/> Fun runs |
| <input type="checkbox"/> Grand Prix races | <input type="checkbox"/> Newsletter |
| <input type="checkbox"/> Banquet | <input type="checkbox"/> Website |
| <input type="checkbox"/> Other _____ | |

I am aware that running is a potentially hazardous activity. As a consideration of my acceptance into the Cape Cod Athletic Club, I attest that I am medically able and physically prepared to participate in any Club activities. I, hereby, for myself, heirs, executors, and administrators, covenant not to sue, and waive and release the Cape Cod Athletic Club, their members, agents or anyone acting on their behalf from any and all claims of damage or liability of any kind whatsoever. I also give permission for the Club to use my likeness and publish my race results in Club publications.

 SIGNATURE DATE

 SIGNATURE OF PARENT OR GUARDIAN (IF UNDER 18) DATE

Make checks payable to **Cape Cod Athletic Club**
 Mail to: **Cape Cod Athletic Club**
PO Box 1992, Hyannis, MA 02601

Letters

(Continued from page 9)

to, and with such an awesome crowd and 9000 age group triathletes competing in the morning it's a special place. I decided that today I would just run all out, I've sat in the pack too much this year so to pull off the win is great!"

USA Triathlon Membership Surpasses 125,000

12 August 2009 (Colorado Springs, CO) -- Participation in multisport events continues to skyrocket across the nation despite economic conditions that have other sports struggling.

A chief indicator of the sport's popularity is membership in USA Triathlon, the national governing body for triathlon and other multisport events. USAT annual membership recently surpassed 125,000, marking a 14.2 percent increase since the end of 2008 when membership stood at 107,231.

The fact that the sport is doing well despite the sluggish economy not only points to its physical and psychological benefits, but also to the fact that many Americans may think more about their health than their pocketbook.

"The state of the economy has many Americans not only reevaluating their careers, but also their health, relationships and other areas of their lives," said USAT CEO Skip Gilbert. "Many see this as a great time to get in shape and find an activity that is healthy, personally fulfilling and promotes a sense of community. That's what our sport and our organization are all about. For those already active in the sport, their involvement becomes a relaxing escape during difficult times."

USATF News

USA Masters 5 km Championships Set for October 4 in Syracuse

The USA Masters 5 km Championships will be held October 4 in Syracuse, N.Y. The championships will be held in conjunction with the 17th annual Syracuse Festival of Races and will feature separate races for masters men and women.

A total of \$9,000 in prize money will be awarded. Each national champion will receive a cash award as will the winning USATF club team in each division, and the top ten age-graded USATF masters finishers.

Housing information is available on the USATF website. This year's championships coincide with Syracuse University's Homecoming/Reunion Weekend. Hotel rooms will be in short supply on race weekend, and we strongly encourage all individuals and club teams planning to race in the USA Masters 5 km Championship to make their room reservations early.

A post-race "USATF Championship Awards Brunch" will be held following the race and is free to all USA Masters 5 km Championship competitors.

For more information on the championships, including online entries and the current entry list visit www.usatf.org/events/2009/USAMasters5kmChampionships

**Boston Athletic Association**

40 TRINITY PLACE, 4TH FLOOR, BOSTON, MASSACHUSETTS 02116
(617) 236-1652 Fax (617) 236-4505

Guy L. Morse, III
Executive Director

25 March 2009

Mr. Robert Eckerson, President
Cape Cod Athletic Club
Post Office Box 1992
Hyannis, MA 02601

Dear Bob:

Enclosed please find a check in the amount of \$250 which represents a gift from the Boston Athletic Association to the Cape Cod Athletic Club in recognition and in honor of Janet Kelly who was inducted into the 2009 Cape Cod Athletic Club Hall of Fame.

I was very pleased to learn of the well deserved recognition Janet received at the recent banquet and was disappointed I was unable to attend. Janet (and Brian) have been a great help to me in our annual Boston Marathon preparations and the club is to be congratulated for bestowing such an honor on Janet.

Regards,

Contact:

Dave Oja, Race Director
Syracuse Festival of Races
315-446-6285
daveoja@festivalofraces.com

USATF-NE Annual Meeting on September 17

The Annual Meeting of the USATF New England association will take place on Thursday, September 17 at the Double Tree Guest Suites Hotel, 550 Winter Street, Waltham MA, at I-95 Exit 27-B. The meeting will begin with the past year's Athlete of the Month Awards at 6:30 p.m., followed by the business meeting at 7:15 p.m.

Elections this year are limited to sports chairs and athlete reps, both for one year terms. Anyone interested in running for these spots can contact the office to put a name in nomination. Delegates to the national meeting will also be selected.

The meeting will present a year in review, will discuss the new procedures for selecting Road Race Grand Prix events for 2010, and there will be a guest speaker.

All USATF-NE members as of August 1 who are age 18+ are eligible to attend and vote. We hope all clubs will have at least one representative at the meeting. The agenda can be found at the USATF-NE board page (<http://www.usatfne.org/board>).

USATF Unveils 2008 Annual Report

16 July 2009 (Indianapolis, IN) -- USA Track & Field, the

national governing body for track and field, long-distance running and race walking, on Friday made public its first full Annual Report, available online and in print.

Produced internally by USA Track & Field, the 2008 USATF Annual Report includes a candid, joint interview with President/Chair Stephanie Hightower and CEO/General Secretary Doug Logan, key athlete profiles, a summary of USATF goals and community outreach efforts, a recounting of 2008 athletic performances, a report on Project 30, and the organization's audited 2008 financials.

With a focus on leadership and the vision for USATF's future, the 44-page report is highlighted by dramatic photography and graphical elements that are hallmarks of the USATF brand.

"To be taken seriously as a company, one of the things we need to do is issue an accounting of ourselves on an annual basis," Logan said. "Our goal was to produce a document with a look that conveys our corporate culture while providing a mix of cold, hard facts and insight into the more intangible aspects of USA Track & Field."

"For several years, we have talked about doing an annual report," Hightower said. "That this document has debuted during a time of tremendous change for USATF is no accident. With it, we are providing an accounting of ourselves over the last year and also giving the public insight into where we are heading."

Printed by Sport Graphics, Inc., of Indianapolis, the 2008 USATF Annual Report is available to the public online at <http://www.usatf.org/about/annualreport/>. ♣

*President's Message
(Continued from page 2)*

wife, J.J. who has run every MV 20 miler that has occurred (I've done two and I'd rather take a few years off before doing it again) and yet another Boston Marathon this past April.

Speaking of Boston, this was one heck of a year. Bob Borglund became the first CCAC member ever to win his age division at the Greatest Marathon in the World. Not only did Bob run 4:04:57 (on his 80th birthday, in fact) but he demolished the competition in the 80+ category in a way that is almost incomprehensible; he won by almost 53 minutes... I'm sorry, let me write that again: HE WON BY ALMOST 53 MINUTES.

Mary Peabody ran her first marathon and did so in 3:49. Told by everyone she spoke to afterwards that this was really, very, quite extremely impressive, she shrugged it off with her usual humility and likely thought about the next run.

I ran my best one yet and not only did I not keep the "Top Cape Finisher" title, I didn't even hold

onto the equally imaginary "Top Eastham Finisher" plaque, as Tom Deeg got away from me coming off Heartbreak Hill and ran 2:34:16, for a 10 minute Boston PR.

I think I need to move to Truro.

Moving further into spring, we had a great show of volunteers for the Great Hyannis Road Races. The race went off without a hitch (as the hitches that were present, such as me not getting someone to cover a nasty intersection, were offset by others, such as me playing traffic cop where Paulie didn't have a traffic cop.)

To everyone who came out and helped with registration (Tom, Pat, Martha and Kristen, you continue to amaze) and to everyone who at times risked life and limb to protect and direct runners, thank you so much.

The race, as many of you know, is a huge source of revenue as well as pride to the club and each year it can go well is another year the club can, too. (Also, thanks to Ecky for getting up at the crack of dawn to drive Ray and I around with the cones and markers on a day I imagine he'd hoped he could sleep in on.)

I realize there are all sorts of things I'm missing here in terms of giving thanks and I apologize for any omissions, but I have a tendency to get long-winded (as anyone who has asked me even the simplest of questions can attest to), so I'm thinking a bit of brevity may be in everyone's best interest.

Again, let me say how excited I am for what lies ahead for our club and how incredibly humbled and grateful I am that I find myself in the position to be writing this.

Congratulations and thanks to all and here's to a great year!

-Joe Navas
President, CCAC ♣



Meeting Minutes

7 January 2009

Happy New Year everyone!

- ☞ Elections are coming up, new officers to be elected
- ☞ Treasurer's report: still got cash
- ☞ Clothing Committee: We can't keep buying the same product since Asics etc changes the material and style of the clothing from year to year; we could possibly purchase a whole whack of shirts, shorts etc then print them as we need them. Any ideas, anyone?
- ☞ Sad note- Bill Ferguson's mother passed away 12/28; any donations can be made to the Hospice House.
- ☞ Another sad note: Buckies coffee on 6A is closed for the winter.
- ☞ Grand Prix's are in full swing; this weekend is at Liz Broadrick's in Dennis. Joe Navas and Jake Klim keep getting lost on the courses (they're probably going so fast they don't see the signs). It was suggested that we have someone posted at each sign or turn-around.
- ☞ CCAC swept the Weary Traveler's race, we had more than 60 runners.
- ☞ Paulie has a new race up and running in Harwich which will be part of a ½ marathon series: Hyannis marathon (Feb), Johnny Kelly (May), and the Harwich ½ marathon which would be in October.
- ☞ Old Business: CCAC Club room for Boston marathon is at the Lenox as usual, not sure what room yet.
- ☞ New Business: Pat Nally motioned to donate \$150 to Hospice in the name of Bill F's mother; motion carried.
- ☞ Remember to bring something to eat for the Great Island Grand Prix since it's not a "hosted" race.

See you next month!

4 February 2009

- ☞ CCAC Banquet is this weekend, looks like a full house, so far 112 have signed up and they can seat up to 115. If you show up at the door you'll be in a back room by yourself or maybe you could buy Ecky's seat for a good price, haha
- ☞ Groundhog says 6 more weeks of winter, YAY! That means more skiing for me once I'm out of this sling.....
- ☞ Treasurer's report: We're doing better than Wall Street.
- ☞ We still need ~10 volunteers for road guards and registration for Hyannis marathon Feb 22.

New Business:

- ☞ Request from Special Olympics to use their run as one of the Grand Prix races; this is food for thought for next year. Also the Yarmouth Police Dept have offered to do a Grand Prix race.(red flag: it would be a dry run, ie no beer after the race. Not sure if that'll fly with this club?) Joe Navas would probably get a speeding ticket. YPD has also offered their facility for meetings etc.
- ☞ There is an online nomination committee for the upcoming elections
- ☞ G.P races were a huge success, 108 at the last race!
- ☞ Liz Broadrick is having a party at Chapin's at 8 pm this

Friday to raise money for the Andrea Holden cause, \$20 per person.

- ☞ Injury report: Bob Edwards broke his hip 3-4 days ago, is recovering at RHCI, may be home in 2 wks and sends his regrets that he can't be at this meeting. Martha Edwards had her cast taken off her arm from a fractured elbow. Yours truly's arm is in a sling. Be careful on those icy roads!
- ☞ For anyone running Boston the room at the Lenox is booked under John Worgan's name, we'll need a list of people going into the room. The party is on the top floor, prize goes to anyone who runs up the stairs after running the race. All Boston marathon waivers are taken and entry for the race is closed.

Newton's notes:

- ☞ Pre-Banquet party at Whitelaw's as early as 10 am.
- ☞ Not sure about a post-banquet "Day-After run", possibly the Andrea Holden course
- ☞ Bill Riley is getting a lot of press as he prepares to run the Melbourne Florida ½ marathon

Upcoming races:

- ☞ Paddy Kelly 5-miler
- ☞ Stu's 30K Mar 1
- ☞ Vineyard 20 miler Feb 14
- ☞ USATF Grand Prix Feb 22 in Amherst
- ☞ New Bedford ½ marathon Mar 15
- ☞ Feb 7 Reebok Boston Indoor Games at the Reggie Lewis Center

- ☞ Adam Ross suggested a summer Grand Prix series, not our own races but use existing local races eg Brew Run, Irish pub run etc
- ☞ Justin Neviackas is trying to work out a youth program with the Barnstable High coach, would like some club involvement
- ☞ Valentine Two-some race- would like to get the race going again, perhaps Andrea Holden course?
- ☞ Check out the nomination form on the website for the upcoming elections in April
- ☞ Bill Ferguson would like to thank the club for the donation and prayers for his late mother.

Have a good February!

4 March 2009

- ☞ Don't forget Mar 8 Daylight savings time begins, more light for those after-work runs!
- ☞ Remember your green beer on Mar 17, coming up fast
- ☞ Elections are coming up on April Fools day, see website for nominations for officers and board of directors
- ☞ Thanks to everyone who helped out with the Hyannis marathon weekend, Tom and Pat Nally did a great job organizing volunteers. Special thanks to the volunteers who had to stand outside in the cold and rain! There is some leftover clothing from the race, you can possibly get it at ½ price.
- ☞ Treasurer's report: Radz is away but we're not broke yet (unless he's using our funds for the trip, haha)
- ☞ We had 2 teams in the Hyannis marathon that won their

age categories in the relay, the Men's Masters and Senior Men's Masters

- ☞ Boston marathon room is booked at the Lenox on the 11th floor but no one knows the secret password...
- ☞ Motion was carried to renew the club's USAT annual membership \$50/yr
- ☞ Check out the website's updated CCAC running calendar
- ☞ Kristin Navas has set up a Facebook Cape Cod Runners or something like that [**Ed.** *Cape Cod Running Group*]
- ☞ New England triathlon summit is in Salem MA on Mar 14
- ☞ The Sun Multisport Tri expo is the weekend of Mar 21-22, has a lot of interesting clinics
- ☞ New Bedford ½ marathon is Mar 15
- ☞ Nantucket triathlon has been approved for July 11, noon time start; has asked for our assistance with the race
- ☞ New England tri tour opened registration Mar 1; the ever-popular Fairlee Triathlon is back, this year on Aug 2. Hyannis sprints 1 and 2 and Falmouth tri are still in the tour
- ☞ USAT National club challenge- we didn't do quite as well this year as last year
- ☞ Bill Masterson says "it's a sad state of affairs for the open teams situation for the Boston marathon" this year, so far only 1 person in the club under 40 has signed up. (We're just all getting old, I guess). Deadline for teams is Apr 4
- ☞ There is a guest speaker tonight, Valerie Baumann- Life Coach for Unlimited Possibilities- gave a talk on "Getting Real with Your Money".

Hope to see you all at the April Meeting for the elections!

1 April 2009

Happy April Fool's, everyone!

Only 19 days til Boston Marathon

- ☞ Treasurer's report: we still have money in the bank..... at least until the treasurer returns from vacation!
- ☞ Jane Lovelette is in the process of putting together a new clothing line
- ☞ Pete Stringer is running for NOAH (housing assistance) in the Boston marathon and is having a fundraiser at Tommy Doyle's on Apr 9, \$30 per person
- ☞ Room at the Lenox is under John Worgan's name. No secret password.
- ☞ Newcomer to the club, Greg Karukas will be on the open team, now there are 2 people under 40 on the team. Women's team only has 1 person under 40. (are we an aging club, or just ageless?). There are 2 open and 2 master's teams.
- ☞ Website will be undergoing some redesign changes in the next few days
- ☞ Geof would like people to submit stories, photos of the Grand Prix's to have a Special Edition newsletter to focus on the Grand Prix's
- ☞ Kate Naples' Sand and Beach run will be a twilight event, June 5th at 7 pm at Sandy Neck Beach, 4 miles. Congrats to Kate who finally got into the Mt. Washington Road Race! Only 1 hill.....

- ☞ Brewster Police Dept is organizing a 3.3 mile race in Nickerson state park from the gate to the Nan Ke Rafe, all paved but hilly, post race party at Nan Ke Rafe. Proceeds go to Dream Day on Cape Cod.
- ☞ Tri Team: met 3 weeks ago. CCAC can use the YPD facility for club meetings if we want, they have a fully stocked gym, throw room, class room and would love to have us in there (if we at some point don't want the Dennis Sr. Center anymore). The tri team is focusing on getting some gear and putting on a mini boot camp at Nickerson, everyone will stay in Yurts, probably the end of May or beginning of June.
- ☞ The Long Pond Tri practice series will be on again this year, keep your eyes open for more details and dates.
- ☞ Joe Weinberger is starting up his Beginner Running program at Johnny Kelly Park starting Apr 18.
- ☞ Club membership is >300 people now.

Club Elections:

- ☞ President: Joe Navas, Vice President: Kristen Navas, Treasurer: Tom Radz, Secretary: Karen Zunti

Board of Directors:

- ☞ Geof Newton, Bob Edwards, John Worgan, Bob Eckerson, Joe Weinberger
- ☞ Outgoing president Ecky says thanks to all the officers and board of directors for their work the past 2 years.
- ☞ Incoming President Joe Navas says he will try not to mess up a good thing. Hopefully the club will keep growing. He welcomes any questions, comments and emails. If he can run a club as well as he runs, we're in good hands.

Good luck, all hail the new president! Good luck to everyone running Boston. See you in May.

6 May 2009

- ☞ Welcome new President, Joe Navas
- ☞ A bag of stuff was left at the Lenox after Boston marathon, someone's sunglasses, some bloody shoes, and Ecky's curling iron
- ☞ Mr. President has been talking to Larry Belliveau re Chatham Harbor run; the website is up and rolling, everything is going as scheduled. Entries are coming in.
- ☞ Congratulations to all runners in the Boston marathon Bob Borglund annihilated the field in his age group. Lots of good stories, keep your eye on the website, Joe promised to write some of them.
- ☞ Joe will meet with Paul Collyer regarding the Johnny Kelly road races, they are filling up quickly
- ☞ Janet Kelly has been inducted into the CCAC hall of fame
- ☞ The Navas duo of president and vice president would like to get a master email list to notify members of upcoming races, any announcements, when membership fees are due. A discussion was held and Ecky motioned that the club collects all club dues Dec 1 of each year. This year everyone will be notified well in advance of the change via postcard. Any dues paid after June of this

year can carry over through the 2010 season. Motion was passed to switch to calendar year membership beginning Dec 1/09.

- ☞ The club would like to offer Bob Borglund an honorary membership and a plaque for winning his age group in the Boston marathon
- ☞ Jane Lovelette plans to order more club clothing (Asics line); the design and style will stay the same for 3 years. A motion was carried for clothing personnel to spend up to \$750 to replenish the stock at this time.
- ☞ Are there any retailers out there? We could try to start selling clothing in local stores.
- ☞ Treasure's report: Radz would like to step down as treasurer even though he has enjoyed the position the past 6 years. Those are some big shoes to fill. New treasurer's position will take effect in September. If anyone is interested, let Joe know. No one named Madoff will be allowed to take the position.

Newton's Notes:

- ☞ New website was launched 3 wks ago
- ☞ Paulie has put the Cape Cod ½ marathon trilogy on the website, anyone who does all 3 races (Hyannis ½ marathon, Johnny Kelly ½ marathon and Harwich ½ marathon in Oct) will get a jacket (or something like that).
- ☞ John Worgan's relative directing the Little Compton road race 4.8 miles July 11. \$500 bonus prize for course record
- ☞ Tri team: Long Pond tri series schedule is set: June 6, July 5, Sept 5.
- ☞ Tri training mini camp weekend of May 31st in Nickerson- long bike rides, swims, trail running. Cost to camp out at the yurts approx \$140, proceeds all go toward Dream Day on Cape Cod who is donating the use of the camp.
- ☞ Summer Grand Prix series?? Geof's working on it, would start with 1-2 races in June, then 1-2 more in July/ Aug with a cookout at the end of the series. Not sure if this will go thru this year.
- ☞ Newsletter going out mid-May

Happy Summer, see you all in September!

~ Secretary Z. ♣

Quick Tip

(Continued from page 36)

minutes. When adding hills to your weekly routine, start with one workout every two weeks and increase to once per week after 4 weeks. Avoid multiple hill workouts in a single week unless you're getting ready for an especially hilly race or mountain run. When descending, concentrate on landing on the balls of your feet and keeping your body perpendicular to the ground rather than leaning back and braking. Every 4 weeks, focus on running down hill rather than up. Down hill running can be used effectively for overspeed training, that is introducing your body to speeds much faster than you normally run, and for combating delayed onset muscle soreness (DOMS), a common post-race symptom caused by fatigue and muscle stress that exceeds normal day-to-day training stresses. Run strong! ♣

Canal Regulars

Will Mason

My View from the 0.0 mile point of the Cape Cod Canal Bike Path at the Sandwich Marina takes in the Sagamore Bridge, which looms large two miles distant. Three plus miles beyond that is the Bourne Bridge, and beyond the Bourne Bridge at 6.5 miles is the Railroad Bridge. It's kind of the same on the other side of the Canal, but that is, well, you know, "Over the Bridge." You might need a passport there.

The problem buckets are located under the bridges. See, on the path you take a problem out, mull it somewhat, and then deposit it in one of the buckets, returning with no problem. Regulars know about this. Once I rooted around in a problem bucket. Whew! On the top were remnants of spats and deflated hissy fits, along with some odd work-related and IRS troubles. Below were marital problems, remorse for broken promises, and credit and mortgage woes. At the bottom (I wish I had not looked) were childhood sorrows, deep regrets, and tons of grief. I hope these things are not recyclable.

Tourists and occasional users come with the cormorants and disappear before the first eider lands. New Year resolutionists last about two days in January. Regulars are hardy year-rounders. Yes, it gets windy. Sometimes it is hot. Sometimes it rains. Or snows. Or is icy. An afternoon group of ladies wears crampons when it is icy. ♪Crampon ladies sing this song, Doo-dah! Doo-dah!♪ Still, after many years, I have yet to stumble over a frozen cadaver.

Regulars include the headset couple (I wonder what they listen to); the hand-holding couple ("Gooooood Morning"); a lady with a cane and another with a walker and a pleasant "Hello." People do what they can, including the barkeep, the musician, the hairdresser on roller blades, and the two contrarians who insist on walking on the left side, despite signs that request users to keep right. The cigar smoker accompanies his visually impaired buddy. J and L, both joggers and walkers, are educators. Another runner does two miles every day and has been doing this for—I am not making this up—over 10,000 days. M and C are there a lot. Their son is a Marine, and are they proud. C and J are also Regulars. C is an artist; J is a connoisseur of ice cream. The "Canal Carper" is a runner, but the Sandwich angler is expert on what's running.

Of course my wife M and I are Regulars. To celebrate her 67th birthday M walked 10 miles. I jog about three times a week and log longer runs on Sundays. In summer I am more often on the bike. We generally go separately, undertaking different paces and distances, often passing each other and commenting on the weather, as if we were neighbors.

I am amazed that people who have lived on the Cape for years can ask "How do you get to the Canal? Where do you park?" What, these people could, in a raging snowstorm, drive unerringly to the single parking spot outside of Pam's Pancake Place at the end of Skunk Marsh Lane in Upper East Sesuit Village Heights, but cannot find the Sandwich Marina? Gimme a break!

My 69th birthday occurs this year, right during early eider time. A few years ago it was doubtful that this event would take place (see full report in problem bucket). If remission continues, next year when I turn 70 I will run 10 miles. I won't mind if the wind howls and the sleet comes sideways. ♪Oh, Doo-dah-day!♪

♣

Reprinted from the Cape Cod Times *My View* of 19 August 2009 with permission from the author.

Bio of the Month: Meet Ryan Gattoni

Vitals

Hometown: East Sandwich, MA
 Old Hometown: Milford, MA
 Height: 5'9"
 Weight: 150 lbs
 Birthday: September 17th, 1985
 Occupation: Assistant Manager at Marathon Sports Norwell
 What I'd rather be doing: Professional Golfer
 High School: Sandwich High School
 College: Stonehill College



PR's

1500 (Outdoors) 4:24
 Mile (Indoors) 4:42
 3k (Indoors) 9:25
 5k (Outdoors) 16:13
 8k/5 Mile (Road) 27:28
 10k (Road) 34:52

Favorites

Book: *Once A Runner*, John L. Parker, Jr.
 Movie: *The Matrix*
 Running Song: *Till I Collapse*, Eminem
 Ice cream: Coffee ice cream with gummi bears
 TV show: *24*
 Music: rap/hip-hop
 Official Running Quote: "I ran. I ran until my muscles burned and my veins pumped battery acid. Then I ran some more."
 ~Edward Norton (*Fight Club*)

If you could go for a run with anyone, living, dead, fast, or slow, who would it be?

Tiger Woods, he has been my idol since I was 11 years old.

Who's your favorite female distance runner?

Sara Hall, and I don't care if I have "Speed Goggles."

Who's your running hero?

Haile Gebrselassie without question... The man has broken 26 world records and won numerous Olympic and World Championship titles. I consider him to be the greatest distance runner in history.

Are there any specific events that you're training for or specific goals that you have on the agenda for the coming year?

I want to win the Captain Gerald F. DeConto Road Race and the "We Gather Together" 5k this fall since both are in my hometown and my best finishes are third and second respectively. My goal is consistent year after year... GET BETTER!

How many miles a week are you running now? What's the most mileage you've ever done in a week?

I am running 70 miles a week. The most mileage I have ever done in a week was during preseason for cross-country my senior year in college, I did 96 miles that week.

What does your typical running week look like?

When I am not doing just base mileage and specifically training for an event, my week consists of 2-3 stride sessions a week and looks something like this...

Monday: Easy
 Tuesday: Easy
 Wednesday: Workout
 Thursday: Easy
 Friday: Easy
 Saturday: Workout or Race
 Sunday: Long Run

Compared to the vast population of high school and collegiate runners who drop running completely through their 20's, you've continued to train on a regular basis and we see you out at most of the local races. To what do you attribute your staying power after school?

I have continued to train because I love the sport and I am dedicated to getting better. I get up every morning before work to train because I know if I am consistent with my running and keep approaching the sport with the passion I have for it, I will only get better year after year.

What's your favorite race? ... best race experience? ... worst race experience?

My favorite race is the "We Gather Together" 5k in Sandwich, MA. I have always loved this event because it is a very competitive race and a good place to try and run a personal best since the field of runners is usually very talented and very deep. Placing well at this event is an impressive feat in itself.

I actually played golf and baseball my freshman and sophomore years in high school. I started to run cross-country my junior year in preparation to get in shape for baseball. Ironically, I ended up running as a sprinter on the track team my junior year because I fractured my finger during baseball practice and injured myself.

Before my senior year, I dedicated my summer to getting ready for the fall cross-country season as I began to get more serious about the sport. I even went to Foss Running Camp the week before practices began. I had a great start to the season and was named to the Atlantic Coast League (ACL) All-Star Team and Cape Cod Times All-Star Team as "Honorable Mention." My best race experience came in a dual meet against our rival Plymouth-North; I beat all of their runners with the exception of their top two and ran a huge personal best on the course.

Unfortunately I was diagnosed with a stress fracture in my right femur a couple of weeks before the ACL Meet. I was not able to train, but begged my cross-country Coach, Mr. Brogioli, and my doctor to clear me to race at All-States. I thought I could still race to my potential, but being sidelined for so long I fell out of shape and had the worst race experience of my life due to the fracture in my leg. The more disappointing fact was as a team we had lost to Bishop Feehan for the Division II State title, the team whom we had beaten the week before at the Eastern Massachusetts State Championship. It was a long and depressing ride back from Northfield, MA, but the whole

(Continued on page 19)

Pete's Postscripts

15 March 2009

A fine day was experienced at New Bedford today, by a whole bunch of fine CCAC'ers. There were excellent performances across the board, led of course by Lightning Joe Navas' 1:10 and change.

Like they say about golf, running is a humbling game. I have been around the sport so long now you would think I would have experienced everything, BUT I must report it was an entirely new experience to run step for step with a seven year old today, one Jason Beaver of Agawam, who actually could pass for even younger -- say a preschooler of five or so.

Just when you think you've seen it all, there is yet another view to behold. This young lad ran 13 x 8:40 miles, and did it all without seeming to turning a hair.

Gulp.

5 April 2009

At today's Seagull Six road race in Woods Hole, the FTC demonstrated their usual intelligence and foresight by maintaining the EXACT distance of their little Spring classic despite being forced to forge a new route start by the repairs to the drawbridge. It is an odd distance, just a bit over four tenths of a mile under a 10K, and for purists and history's sake, why not make the measured distance the same as other years, so records and timekeeping can be kept without the odiferous asterisk? Bravo to Coutney Bird and the FTC officials who year in and year out, set the gold standard for race officiating.

In racing news, CCAC's Geof Newton blazed his way to a resounding two minute margin victory in 32:35, and Donna Blackman beat all her age groupers in the 50s with a sparkling 45:25. There were 138 runners traipsing about the hills in the cool and brisk sunshine, including the two oldest, 75 year old Larry "Fast as a Speeding Bullet" Cole and Wes "But I am just Getting Warmed Up" Chadbourne.

* * *

Out of curiosity, I went to the results of the Westfield Half Marathon held today, for this was purported to be the next start for the seven year old lad, Jason Beaver, who I had mentioned ran the New Bedford Half Marathon in 1:54 last month. His quest had been stated in the newspaper to break the world record for the distance for his age.

Well, his name was not to be found. Nor in the companion 5K held in the same town.

Perhaps the parents succumbed to public criticism. Or just perhaps, the kid had other, more age-appropriate fish to fry, like a Little League tryout to attend, or a birthday party to go to? At that age, it sounds more like fun.

Mine, too.

{Ed. Apparently Jason did run another half marathon but in Connecticut instead, the Nutmeg State Half-Marathon, where he set an American age group record of 1:45:22.}

21 April 2009

Just when I get the feeling I can predict marathons within three to five minutes, I pull a stinker like yesterday's Boston, where I admit to being a full half hour slower than all my training indicated. So it's back to the drawing board.

However, the heavy fellow I coach who lost all the weight (135 lbs. from a morbidly obese 355) did finish the marathon, and to watch him determinedly come down Boylston Street will forever be etched in my mind as a Boston favorite, the very picture of the indomitability of the human spirit. Hooray for Nils Ahlin, and as my wife Jane and his wife Elena and me stood there in the cold East wind by the now (5:48) near-empty grandstand, something was rekindled in me far more important than my trivial plaint about my lost time.

And for memorable performances, I give you my good friend Bob Borglund, who will be 81 in September. Bob ran the course yesterday in 4:04, with conditions and a course not lent to fast times. To put this in perspective, a man 20 years his junior with a pretty fair resume, Bill Rodgers, finished two minutes slower, saying he "was hoping to keep it under four hours."

Now, on to the 6-day. Got to figure what I'm doing wrong.

6 May 2009 - *Self-Transcendence 6-Day Race Report*

My numbers were 319 total and 70, 48, 44, 55, 49 & 53 for the days in sequence. This was 13 miles less than my initial attempt two years ago, when I made more newbie mistakes but had far better weather. In both cases, my multiday was very impacted by running Boston hard the week before. How much, I shall never know, but I suspect 60 or 70 miles worth.

I know how to change this, so I won't dwell on what might have been, since neither race is about to change their time frame and for reasons of his own, this old horse is irrevocably and emotionally wedded to Boston as his heritage to the homeless, a station in which I once resided. The Noah Shelter lives on. (raised over \$35,000 last year).

With a low bow to Leadville, ATY, and Western States, the Self Transcendence 6-day is my favorite ultra, a little jewel of a gathering of eagles and eaglets from around the world who make me feel very very proud, and lucky to share the nest in Corona Park for a week each year. Often we do not speak the same language, and often I feel even older than I am to be welcomed to their flock, but no matter, all gesture their gladness to include me. From the great Mr. Schwerk, all the way down to my favorite day tripper Roman Dziertlatka (big Detroit Tigers fan, always can depend on Roman for latest scores), these warriors march around the track for six days to the beat of their own drums, and much can be learned. It lives up to its name - it will transcend you.

Besides the date, the one thing I would change about the race is the running surface, as the sidewalk hardness contrasts with my favorite natural surfaces like trails or the packed dirt of ATY. Shin splints and hot spots occur regularly on runners who do not normally have to deal with them, and standard equipment is a sharp knife to perform the necessary surgery on your shoes as your feet struggle for freedom. I don't get blisters or shin splints, but needed a visit to the medical tent to receive a magical herbal treatment to relieve some tenderness on the balls of my feet. (this after Andy Cable urged me to -- mentioned that the herbalist was one of the 3100 mile runners of last summer).

I had no crew for the first four days, and this costs time in ways you cannot count, less predict. Watching experts like Dipali and Pam with their multi-person coordinated crews is Nascar-like, and the time saving is undeniable. Mr. Dvoracek

from the Czech Republic shared my cubicle, and with his son at his beck and call, I saw that he rarely had to skip a beat during his rounds. It is really quite fascinating to watch everyone's individual approach within the panorama of the dugout setup.

My low point was the third day, when it became so hot (low 90s), and I felt no enthusiasm for the chase. But my good buddy Carl Asker came by with his three yr. old son Fredrik, and would brook no discouraging word outa my mouth, but insisted i was just getting my second wind!

Huh? I am?

Somehow, he convinced me. Maybe because he came direct from The Barkley. Who knows. I am supposed to be his mentor, but I think this young Viking lad has it the other way around, and he plied my spirits with piles of Ensure and amino acid reminders. By the end of his visit, he had me fully persuaded, and assured me he would be back in a couple of days to be sure I followed orders.

Next day, my man Nils arrived. He of Boston Marathon fame, shaving off a mere 135 lbs. in a year's time as my favorite 2008 student to successfully finish the 2009 version of the historic marathon. And he had a special gift for me; something that in my previous 28 Boston's I had never bought : a beautiful official blue-and-gold B.M. jacket. Wow. This big man may have reinvented himself physically, but he never needed any help in the generosity/emotionally supportive department. Thanks, Nils!

From a low of 14th place, I began inching my way upward. Jane arrived, taking a bus from the Cape to Boston and on to NY, then a cab from 42nd street late at night, a dreamy vision appearing at the end of one rainy lane between the raindrops, my angel come to help out her man. This is especially important when you're a senior citizen, as she helps out locating eye glasses, giving massages, finding the denture cream, removing soggy socks, all big challenges when you're a weary 68 year old just looking for dry shelter in your tiny tent. But cozy, too, when you've been missing her soft warm body. There's life in the old boy yet.

The lion roars a little, and grinds out 55 miles, passing Dipali, Pam, and Schwerk at one point in one of their lower rounds, simply one of the sublime joys a single-mile loop offers a slotard like myself when allowed to vie with the true champions in the same arena of greatness. It is at this point that I remember why I am here, that I thrive on the thrill and fierceness of competition, and humbly strive to do my very best, make every minute count.

Carl comes by for a second visit, nods enthusiastically, cuts up another race-ready pair of shoes for me, brings me my daily sports headlines, leads the cheering section.

For the last 36 hours, sleep seemed impossible, a luxury not worth the time to rest the pipes. I was an engine with momentum, and any need had to be taken in transit, not sitting on one's backside. And I was now eighth, in a two man duel with Alexander Kharko of the Ukraine for seventh, who had a full 24 mile lead on me after three days. My emotions crested when Jane handed the cell phone from my daughter Kerry, calling from Vermont to wish her dear ol' dad to bring it home, "you know you can!", and my granddaughter Alyssa, who said "Grampy Pete, ya can do it!!"

And he could, half blubbing, I flew. I ran the last two

loops under 12, which after six long days is none too shabby. Seventh place was secured, by two long miles.

At the awards, three hours later, I hear myself referred to as "the great Pete Stringer" by the race director Sahishnu, and think no, they got the right adjective, but just call this little jewel of a race great, please. The World Harmony run for 19 countries gathered together every year in a lovely little park in Queens in the greatest city in the world has once again proved that it symbolizes ultrarunners' version of a peaceful United Nations.

The competition is fierce and ferocious, but the friendliness and peace remain its signature.

I'll see you next year, old friend.

13 May 2009

I am hesitant to offer thoughts on my experiences down at the Corona Park multadays, yet feel compelled to speak, lest they lose the acuity of this recent experience. It was so very special.

The six and ten day races attract folks who really love to run, and enjoy the training. If one is looking for the usual motivations for peripheral runners -- glitz or glamour or recognition -- then this would not be the thing for you. The repetitive feeling of exercise and the looking inside oneself is more like it. As one who likes to train, and discover what produces what, I realize that doing a hard marathon the weekend before this race is stupid from a training standpoint, and I mention this to illustrate just how big an appeal the six day race and the folks who run it have on me. Perhaps some year in the future I may be able to pass on Boston and see how well I then might be able to do, but I doubt it. This reflects badly on my own ego, and I realize that.

* *

There is a peace and spirituality to this race that I have found in nature at times. The lonely northern woods of the first Haliburton Forest 100 listening to the wolves baying, some of the spectacular views offered by some of the big western 100's like Leadville or Western States. Sounds very different, but it seems there is the same benevolent Supreme Being overseeing the grounds.

* *

It felt special to be in the presence of the incredible Madhupran Schwerk as he made his rounds. The aura of greatness that one associates with a Muhammed Ali or a Ted Williams is in his air. Physically, he resembles an ascetic and muscular Albert Einstein. He can sing, too.

* *

Anyone who was not mesmerized by the two-woman duel between Dipali Cunningham and Pam Reed is not a fan of our sport. Two more different women of the same age I cannot imagine, and it was thrilling to be there as the drama unfolded. Much like Ali and Frasier, both women acquitted themselves well. It was an athletic chess match, and multiday loop running is the best venue for this type thing. I do not know either woman well, have had but brief conversations with each, but knew ahead of time they were both bringing their "A" game to the park, and this despite Dipali running a 3:30 marathon a couple of weeks back. Dipali seemed always bright, sported a different color-coordinated outfit on each new day that made her look always fresh. Pam appeared stoic,

efficient, ever determined. Neither woman waffled, gave no quarter, least to this outsider's eyes. To her credit, around the third or fourth day when the margin became inexorably more and more in favor of the home champion, Pam did not quit. Just to be in the presence of these two women as they wrought their game of attrition was quite an honor. They both did themselves proud. It was interesting to see the two at the awards ceremony. Pam looked pretty good for just having waged such a battle, while Dipali appeared pretty done in. I was reminded of what Ali said after his Thriller in Manilla fight. -- "It felt like near death."

And that was the victor talking.

* *

One did not have to look far to see daily examples of raw courage, or perseverance. Watching leaners Mike Brooks and Luis Rios day after day was at first painful, then inspiring, and finally, very emotional. These are two who you would want in your foxhole when the artillery came. If I could get the same percentage of effort from my body that these two did, I could really hang my hat on a nice total.

* *

After I got back, someone asked if I ever got bored. Huh? It just seems like an unlikely question. You run by the Pakistanis involved in their fascinating cricket match. Soccer games. Ducks and mallards waddle by your feet at the lake. Conversations abound. Musicians stroll the park. New York's unrivaled radio menu in your ears if you avail yourself...the gawking tourists, children playing everywhere... and, did I mention the COMPETITION? Just what is there not to like?

* *

Two guys I was trying to catch, Volodymyra Hlushchuk of the Ukraine, and Vlastimil Dvoracek of the Czech Republic, I could not keep straight for the life of me. Not only were they forever just out of my reach, but were about the same age, 48 and 49, and enough lookalikes to be brothers. I had late-night delusions that in fact they were a diabolical relay team specially made up to frustrate me.

* *

For pre-race inspirational speeches, Leadville's Ken Chlouber is often mentioned. Well, for awards ceremonies, I nominate the Sri Chinmoy festivities. Every runner is acknowledged, but more than that, there is an aesthetic beauty to it all that is punctuated by 15 a capella singers sweetly singing one of the anthems, or extolling someone's virtues. It is different, it is lovely, it bespeaks the tranquility of all these nations meeting peacefully. Through it all, RD Sahishnu wrestles manfully with the difficult pronunciations with humor and a grace that veterans have come to expect. This man knows how precious a gem he has here, and is the very best person to preserve it.

Enough said for now.

10 August 2009

After being out here in the Rockies for a week and sort of isolated in a motel with no cell phone contact because of the surrounding enormous mountains, I felt bored, lonely, and a bit angry at myself for yet another trek out to the West in pursuit of a race buckle that has meaning to but a select few. The race is one hundred miles through the highest and roughest mountain range in North America, and one of the absolute

necessities is to arrange enough altitude-acclimating time in order to have a chance of finishing.

The only motel I could afford is this tiny Hitchin' Post Motel five and a half miles out of town, so I spend a lot of my time reading and thinking too much about what misguided notion directed me out here in the first place, away from my beloved Cape Cod summer, where I can spend my recreation time in my preferred venue, the ocean.

It is not that I have anything to prove: I have done this race twice already, and the only caveat about this year is that now, at 68, I apparently would be the second-oldest to ever accomplish the feat. Annually, less than one-third of the 600 starters get to finish inside the requisite 30 hours. The difficulties range from the astronomical altitude (it is from 10,200 feet, then goes up), the river you have to cross twice, the sheer cliffs that must be stepped around, and finally, the wide range in temperature -- from the low 30s at night to afternoons often in the 70s.

However, my general black mood was uplifted somewhat by meeting a fellow traveler, a wizened little old man from Texas named Bill Purcell. He was staying in a room next to me, and while slow of speech, and sparing to waste irrelevant conversation, his kindness towards me really impressed me.

Because I don't have a car out here, I have to do all my transportation on bicycle, and last Saturday coming back from town with a huge load of groceries in my backpack, my front tire blew, causing me to spill ass over teakettle at perhaps 25 miles an hour. Somehow, I was not scraped or cut by this accident, but wrenched my already-injured back severely enough to make my trek back quite painful.

Bill was sitting outside the motel when I took the last embarrassing limps into the parking lot, and immediately was all concern and kindness. He insisted on driving me and the bike into town to get two new tires. While there, I was fascinated by observing the immense high respect the race bikers in the shop accorded him. It turned out that he was a many-time finisher of the companion 100 mile bicycle race they have out here, and was known mostly for his legendary courage and fearlessness on the slopes at age 72. Apparently taking hellacious spills at roughneck speeds were just part of the race to him, and even in his daily training he would expect a fall or two among the rocks to be part and parcel of the sport.

Yet, he never wavered. What made him finally decide to give up the race this year was his consideration of how slow he had been recovering from such spills, and the anxiety and worry it caused his devoted wife Carol.

Once he examined his recent times and ever-debilitating injuries, he decided to face reality and call it a day. "It would be one thing if all this hard training was at least making me better, Pete," he ruefully remarked, "but in actuality I'm getting slower. ..ah, I got to see the truth. This race has passed me by."

He made this remark in late afternoon yesterday, and decided to abort his carefully laid out plans that had begun way back in January, and notify the race director that he was officially out of the race.

Once out of earshot, his wife Carol murmured to me, almost under her breath, "I just hope to god that he doesn't change his mind between now and when we leave in the morning."

He didn't. With his familiar ten gallon cowboy hat perched at

a rakish angle, he said his goodbyes in the morning, climbed into his truck, and headed back to Austin. Carol was sitting right close to him in the truck's cab, just as any other in-love teenage couple.

Later on, and curious about the man, I got on the computer and looked up his racing résumé on the Real Endurance website that really described what a remarkable endurance athlete this little guy had been over the past forty years.

Very, very impressive. The feats of strength, toughness, and courage just light up the long résumé. Comparable to about anyone. Yet, the truth is, my most singular lasting impression of the man was as one half of a very romantic and devoted couple, driving off into the Rocky Mountain sunrise to their next adventure, forever devoted, forever coupled together.

23 August 2009

Since I am constantly encouraging runners to post their failures as well as successes, here is mine.

After incurring a fall at the ATL 24 hr. race July 24th, I had some hesitancy about going ahead with plans to run Leadville. But it had been entered a long while back, as well as the plane reservations, and motel out there. The acclimatization period is considerable for most flatlanders, so this is not a race for anyone to think of casually, or heaven forbid, spur of the moment.

Long story short, despite some herculean physical therapy by local PT Kurt Parker at St. Vincent's Hospital, I knew I was probably playing long odds to think it might hold together for 100 miles.

However, my good friend Carl Asker had flown out to crew and pace me, and his enthusiasm and natural optimism is contagious (to say the least!), and I determined to make an all-out effort to slay the dragon one last time.

It was not to be. Despite starting ultra-cautiously -- I was dead last after a couple miles -- I loosened up enough to actually begin running a little, and by the time we hit the lake, I felt almost normal, and my 2:46 was a full ten minutes faster than I had prudently planned.

From there on, it only got better. With the rising sun, I got warmer and looser, and the confidence that we could pull this off steadily grew.

I found it easy to stay well ahead of the cutoffs, and by Twin Lakes I had a huge margin, and really began to believe. I changed into the Inov-8 MudClaws, my climbing shoe, and felt I was about to get a good half-nelson on the dragon's throat, for uphill and climbing have long been my forte. The cold waters of the river felt deliciously refreshing on an uncommonly hot day (another positive - I LOVE hot weather) and as I began climbing Hope, and passing runner after runner seemingly effortlessly, I was glad I had taken the time out here to prep for the altitude.

But just about 3/4 of the way up, my right foot slid on some scree, I lurched backward, and down I went. The dragon had suddenly shown its teeth, my right sacroiliac its true colors. It was immediately apparent that this was a no-go. Flexing muscles to gloom, in one quick instant. Fellow back sufferers from long-time chronic injuries know the feeling: the searing pain leaves no room for debate, for negotiation.

A long walk snail speed back to Twin Lakes. Word radioed to Carl, who had been wondering where in hell his runner had

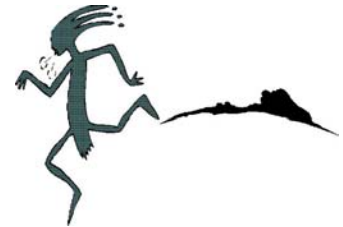
disappeared to...he had even climbed a mile and a half back up the other side of Hope to pursue this.

Feelings of despair and dejection are normal here, probably allowed, but when it involves the effort and time put in by a wonderful friend and a long-understanding wife, it really does hurt. I can say that I fought the good fight, that I went down on the face of my shield, but when you have reached the midpoint of a race where you feel that you actually are gonna pull it all off, this quite unlikely thing, and...won't it be the most wonderful feeling to share the victory amongst such supportive friends?!

And that's the lure of what a certain T. Roosevelt was talking about when he spoke of the warrior down in the bloody sands of the arena putting it all on the line, to taste the mortal combat for everyone else to sit back and view, to criticize for all their worth.

For wouldn't they really rather be the warrior experiencing the combat, than just easefully reclining and spectating? I wouldn't have traded this for anything. And truth be known, at 68, I know how very lucky I am.

✶ ~ Pete Stringer



Meet Ryan Gattoni
(Continued from page 15)

ride home I just focused on getting healthy in preparation for spring track.

I moved to middle distance during my senior track season, focusing on the 800 and 4x400 meter relay. My track Coach, Mr. O'Brien, named me a captain, of which I was proud and very grateful. I did run all four years at Stonehill College, unfortunately I was injured a great deal of the time. My junior year was my most successful season since I was healthy the whole year during cross-country, indoor and outdoor track. All three seasons I ran personal bests in the 1500, Mile, 3k, 5k, and 8k. I have been healthy since my graduation in May (knock on wood), and have built up once again to running 70 miles a week.

When you're not running, what do you fill your days with?

I usually am running, but when I am not you can catch me at the golf course! I also enjoy archery, baseball, bocce, chess, movies, New England sports, reading, video games, and listening to WEEL.

Thanks, Ryan for taking the time for our Q&A. If you'd like to be interviewed via e-mail or in person for a future CCAC bio, send an e-mail to ccac@capecodathleticclub.org.

✶

Paralysis in Motion

Geof Newton

A few weeks ago, a close running friend lost his oldest son to the war in Afghanistan. I wanted to act. I wanted to scream. I wanted to cry. I wanted to call him and let him know that I was here if he or his family needed anything. But I didn't want to talk to him. I didn't know what to say. There aren't any Hallmark cards filed under "Lost A Son/Daughter To War" ... no classes about how to talk to somebody after they've lost a child. So I went out for a run. I thought about Nick. I thought about his dad, his sisters, his brother and his friends. I didn't have a black armband to wear so I dug out one of my LiveStrong bracelets, as much to honor Lance in his Tour de France comeback and all of the cancer survivors and victims, as to honor Nick and his sacrifice. Every time I looked at the bracelet, my thoughts turned to Nick's family. I wanted to go to the wake but I missed the announcement. I wanted to go to the funeral to pay my respects. I didn't want to face the family. I didn't want to deal with the commotion. So I went out for a run. I thought about Nick. I said a short prayer - or at least what passes for a prayer for this multi-religion agnostic Taoist scientist. I thanked him. I ran. I ached but knew that nothing that I could do to myself running would approach the pain that Nick had experienced and his family had had to deal with ... and that they continue to deal with every day.

2nd Annual Cape Cod Run for the Fallen

8.23.09

I RUN IN MEMORY OF:

United States Marine CPL Nicholas G. Xiarhos
United States Army SGT Mark R. Vecchione
United States Army SGT Alexander H. Fuller
United States Army SSGT Alicia A. Birchet
United States Marine PFC Daniel A. C. McGuire
United States Army PFC Paul E. Conlon

Yarmouth
Eastham
Centerville
Mashpee
Mashpee
Mashpee



Today was the 4 week anniversary of Nick's death. Today was also the national Run For The Fallen. Run For The Fallen was begun in 2008 when a team of runners ran from Fort Irwin, CA to Arlington National Cemetery in Virginia, marking each mile with an American flag and a sign card remembering each service person killed in Operation Iraqi Freedom. On August 24th of 2008, runners from around the world ran in memory of those lost in their communities, marking the miles with flags. In Yarmouth, Lt. Steven Xiarhos organized a local run to remember the 5 service people lost in Afghanistan. This year's bibs added a 6th mile and a 6th name, USMC Cpl Nicholas G. Xiarhos. I didn't get much notice about this year's run, finding out about it only a few days ago. With the recent events I wasn't even sure if it would happen or not but I felt it was important for me to be there this year. My father is a Marine Corps veteran and I needed to show my support for Lt. Xiarhos and his family.

I met the lieutenant on the stairs of the Skipper Restaurant. We shook hands, hugged, and he smiled and thanked me for coming. After an opening ceremony anchored by Katie Couric from WBZ-TV, the walkers headed east on S. Shore Drive while we struck out west and on to Seaview Avenue. We ran. At each mile, I saluted and paused for a second to remember each of those who gave up their lives in service to our country: Sgt Mark Vecchione, Sgt Alexander Fuller, Ssgt Alicia Birchet, PFC Daniel McGuire, PFC Paul Conlon, and finally Cpl Nicholas Xiarhos. I like to run the loop twice but with the extra mile and high humidity, opted instead for six-minute miles in honor of the six fallen, followed by a 5K cool down. On the way back towards the Skipper, I joined Lt. Xiarhos and his friend from Costa Rica, Carlos Arredondo, another Gold Star parent. A Gold Star parent is a parent who has lost a child in military service. Mr. Arredondo lost his son Alexander in Iraq in 2004 and ran step-for-step with Lt. Xiarhos around the 6 mile course ... on a broken ankle ... carrying a large flag. Just before reaching the Skipper, we stopped for a few prayers at Nick's sign card. Then Lt. Xiarhos picked up the flag and we finished the last 2/10 of a mile to the Skipper. We ran together. We ran strong. We hurt. We released some pain.

Some finished ahead, some finished behind ... but for 6 miles all of us were together in action and thought. On the way in, Lt. Xiarhos said with a mile, "It's a great day. Running really brings us all together." "That's the truth," I replied. May this run never add another mile. ♣



WOUNDED WARRIOR PROJECT

The Wounded Warrior Project provides support and care for members of the armed services severely injured in action and their families. They provide counseling, transition training, work assistance, and many other services including their popular WWP Packs, backpacks delivered to hospital bedsides of the injured, packed full of essentials and comfort items. To make a donation to the project, visit www.woundedwarriorproject.org.

Top Training Gotchas

Max Performance

All athletes want to improve their performance. The biggest improvements come from eliminating mistakes or gotchas. Naturally, some mistakes are more costly than others, so when we sorted through our list of training gotchas, we selected the ones you'd want to avoid the most.

1. Avoiding your weakest discipline too much – simply put, the better you are at something, the more you like it. So it's natural to work more on your strengths than your weaknesses. Let your strengths take care of themselves and turn your weaknesses into more strengths.
2. Downplaying Core strength training – by Core, we mean muscles that support your body, not just those dominated by the three tri-disciplines. You may not know it, but you're calling on these muscles all the time, particularly when you're tired. Your stomach, back, hips and glutes in particular, play a huge role in triathlons. And don't forget stretching these and your other most used muscles. A strong Core and flexible muscles plays a huge role in avoiding injury.
3. Increasing training volume too quickly – as your training increases, so will your results. But, avoid letting your confidence get the best of you. If you add volume increases too fast, you dramatically increase your risk of injury. Depending on your fitness level, goals and past experience, many folks go by the "no more than 10%" rule. Don't increase your weekly volume or specific workout length by more than 10% from the previous week.
4. Underestimating the value of Recovery time - recovery is as much about monitoring your fatigue as it is about doing things to overcome it. You have to give your body a chance to adapt to the training loads before their effects are felt. Being overtired and carrying fatigue from one session to another can be very detrimental. A hard swim requires recovery just like a hard run. Avoid overtraining & injuries by building in recovery weeks and by being smart about how you combine your workouts each week in between.
5. Shutting it down too much from October thru January – if you believe in the "10% incremental build" approach discussed above, then don't you have to start your training early at a good level to reach your goals in time? E.g. My goal is to run 7 miles at a certain pace and my race is in 9-weeks. I would have to start at 3.3 miles to reach the goal using 10% increments.
6. "I'm burning so many calories training, I can eat whatever I want" – what you eat today equals how you feel training tomorrow. You don't have to eat bean sprouts and tofu everyday to become a good triathlete, but you shouldn't have dessert every night either. Be smart and think moderation and remember you're building a triathlon lifestyle while training too – nutrition habits that can benefit you the rest of your life.
7. Racing at your training speed – triathlon is an endurance sport but it's also a race. It's so easy to train your body to race at the same pace as your training rate. So, build

some speed work in your training to break the mold, get you accustomed to a faster pace and to exercise different muscles you'll call upon on race day.

8. Setting the bar too high – it's easy to let your competitive fervor get the best of you. Hey, I don't like getting passed by a "calf with a larger # than mine" either. But not everyone has the same athletic ability, level of fitness, or free time. Furthermore, many people have spent most of their competitive years involved in team sports prior to triathlon, so racing as an individual is new altogether. Train hard but be practical with your goals. As your experience increases and hopefully your enjoyment for the sport, change your goals accordingly. ♣

~ Tim Richmond and the staff at Max Performance (www.maxperformanceonline.com).

Once A Runner (excerpt)

John L. Parker, Jr.

Cassidy had been through it before, every one of them had at one time or another, but it had never been quite this bad. Denton called it "breaking down," although Cassidy preferred the nomenclature of certain Caribbean quasi-religious groups; walking death was much closer to it. Quite a bit more, really, than the simple exhaustion of a single difficult workout, breaking down was a cumulative physical morbidity that usually built up over several weeks and left the runner struggling to recover from one session to the next.

The object, according to Denton, was to "run through" the thing, just as he maintained one should attempt to "run through" most of those other little hubcaps life rolls into your lane; everything from death in the family to cancer of the colon.

Breaking down was not a required checkpoint on the road to competitive fitness. In fact, many coaches warned against it. But Denton viewed it as an opportunity to leapfrog over months of safer, less strenuous training, thus tempering survival-hardened muscles. The alternative, total rest, was too much the other extreme, the easy way out. That wouldn't do.

The toll on the runner, however, was high if he chose not to slack off. Psychologically as well as physically, he paid the price. He became weak, depressed; he needed 12 to 14 hours of sleep a night. He was literally desperate for rest, spent his waking hours with his legs elevated, in a state of general irritability. He became asexual, rendered, in the words of the immortal limerick, really quite useless on dates. He was a thoroughly unpleasant person.

But then his life was most certainly focused on The Task. And hadn't he decided at one time that he would do whatever was necessary to become ... whatever it was he could become? Perhaps. But at this juncture, many a runner begins to reexamine some of the previously unexamined premises. The question that plagues the runner undergoing breakdown training is: Why Am I Living Like This? The question eventually becomes: Is This Living? ♣

Race Results

The majority of these results are harvested automatically once a month from the New England race results posted to CoolRunning. As usual, we try our best to get everybody but the computer doesn't always get it right. If you have results from out of state or want to include something that got left out, send them to ccac@cape.com. Results are listed in reverse chronological order for your amusement.

3rd Annual Cohasset Sprint Triathlon Cohasset, MA, June 28, 2009

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16 JEREMY DODDS          1:00:32  5/116  M4044
190 TRISH CUNDIFF       1:13:48  12/85  F4044
214 KATHLEEN RICHARDS  1:14:47  1/7    F5559
247 ANDREW SCHERDING    1:16:03  14/35  M5054
    
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New Charles River Run Cambridge, MA, June 28, 2009

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=====
204 6/84 F4049 58:19 Polly Papsadore
700 99/203 F3039 1:11:17 Mary Gibney
822 49/84 F4049 1:14:48 Cheryl Gomsey
922 32/37 M5059 1:18:46 Steven Xiarhos
    
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Chatham Harbor 5k Walk Chatham, MA, June 28, 2009

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=====
47 45:38 14:43 7 60-69 Ann Poppleton
    
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Chatham Harbor 10k Run Chatham, MA, June 28, 2009

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=====
2 0:33:15 5:22 1 30-39 Joe Navas
4 0:36:49 5:56 1 40-49 Geof Newton
11 0:39:40 6:24 1 50-59 Steven Santos
14 0:41:07 6:38 6 40-49 Ken Gartner
17 0:41:18 6:40 7 40-49 Franco Bonfini
21 0:42:19 6:50 2 30-39 Dawn Varnum
32 0:43:26 7:00 4 50-59 Steve Sullivan
35 0:43:41 7:03 15 40-49 Paul Avellar
47 0:45:09 7:17 6 50-59 Tom Tuttle
53 0:45:25 7:20 23 40-49 Kurt Martin
60 0:45:53 7:24 2 60-69 Duke Hutchinson
64 0:46:14 7:27 28 40-49 Michael Mutter
66 0:46:17 7:28 9 50-59 Thomas Nally
81 0:47:16 7:37 5 20-29 Sarah Newcomb
88 0:47:30 7:40 32 40-49 Edward Thron
90 0:47:59 7:44 33 40-49 Vincent Smith
102 0:48:51 7:53 13 50-59 David Farrell
138 0:51:05 8:14 16 50-59 Jim Peters
141 0:51:09 8:15 15 30-39 Rebecca MacBride
144 0:51:19 8:17 5 60-69 George Kasierski
150 0:51:30 8:18 22 30-39 Bill Masterson
152 0:51:30 8:18 8 40-49 Rachel Young
159 0:52:04 8:24 18 50-59 Wilhelm Kadunc
187 0:54:33 8:48 1 50-59 Sharyn Greenleaf
209 0:55:52 9:01 25 50-59 Scott Walker
215 0:56:10 9:04 27 50-59 John Demarest
222 0:56:37 9:08 25 30-39 Mary Ellen Ross
225 0:56:49 9:10 5 50-59 Pat Nally
227 0:56:52 9:10 9 60-69 George Graeber
231 0:56:59 9:11 27 30-39 Tammy Ferreira
249 0:58:25 9:25 3 70-79 Tom McIntosh Jr
267 0:59:36 9:37 1 60-69 Cheryl Ferguson
287 1:01:02 9:51 7 50-59 Tess Kanupp
293 1:01:33 9:56 16 60-69 Stephen Brown Jr
297 1:01:55 9:59 6 70-79 Larry Cole
298 1:02:01 10:00 9 50-59 Terry Dooley
299 1:02:02 10:00 29 40-49 Marcella McCarthy
    
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300 1:02:13 10:02 68 40-49 Paul Wagner
304 1:02:38 10:06 11 50-59 Liz Broderick
307 1:02:57 10:09 35 50-59 Peter Gaccione
313 1:03:26 10:14 18 60-69 John Newton
355 1:09:13 11:10 21 50-59 Daphne Geanacopoulos
383 1:23:21 13:27 1 70-79 Lucy Duffy
387 1:36:54 15:38 9 70-79 Peter Buffington
    
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13th Annual Marion Village 5K Road Race Marion, MA, June 27, 2009

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239 Nicole Graf 28:10 9:04
    
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18th Annual McCourt 5k Road Race Harwich, MA, June 27, 2009

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2 17:36 5:41 1 30-39 Mike Baker
10 18:48 6:04 2 50-59 Steven Santos
11 19:16 6:13 3 50-59 Michael Sellars
22 20:46 6:42 1 70-74 William Riley
28 21:26 6:55 4 50-59 Jim McLaughlin
30 21:32 6:57 3 40-49 Katie McCully
32 21:37 6:58 Age? Kurt Martin
67 23:39 7:38 2 60-69 Adam Ross
87 24:29 7:54 15 50-59 Richard Chretien
92 24:52 8:01 4 18-29 Jamelynn Evans
110 25:31 8:14 18 40-49 Nick Lawler
134 26:38 8:35 13 40-49 Caroline Freitas
141 26:54 8:41 1 50-59 Susan Demarest
150 27:20 8:49 23 50-59 Scott Walker
156 27:27 8:51 2 70-74 Bill Masterson
165 27:42 8:56 25 50-59 John Demarest
169 28:00 9:02 27 50-59 Don Siddell
179 28:29 9:11 22 40-49 Marcella McCarthy
184 28:37 9:14 24 40-49 Paul Wagner
191 28:56 9:20 1 75-98 Larry Cole
210 29:38 9:34 33 50-59 Paul Smith
238 30:44 9:55 35 50-59 Larry Belliveau
245 30:58 9:59 9 60-69 George Graeber
261 31:19 10:06 43 40-49 Kim Knous
265 31:28 10:09 24 30-39 Jennifer Thibeault
292 32:23 10:27 11 60-69 Herm Jackle
293 32:31 10:29 12 60-69 Robert Laundry
335 35:13 11:22 3 60-69 Jean Kiley-Cormier
406 48:56 15:47 15 60-69 Ken Johnson
    
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Charity Lodge - Al Dinwoodie Memorial 5k Race Kenyon, RI, June 27, 2009

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=====
13 6/8 Blandin Marc 18:59 6:07
20 6/17 Ferrari Michael 20:18 6:33
84 18/26 Doran Dick 27:21 8:49
    
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Strawberry Run South Berwick, ME, June 27, 2009

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=====
143 17/18 M5059 46:32 9:22 Mark Chrusz
    
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Rockport Fathers Day 5K and 10K Rockport, MA, June 21, 2009

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=====
21 Duke Hutchinson 1/3 M6069 47:03 7:35
    
```

McKeon Post 4.3 Miler Dorchester, MA, June 21, 2009

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=====
61 34:21 7:59 7 60-69 Tom Scott
98 37:45 8:47 8 60-69 Dick Doran
    
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Fairhaven Father's Day Road Race 10K Fairhaven, MA, June 21, 2009

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=====
41 William Riley 42:28 6:50
69 Tom Tuttle 45:14 7:17
118 Robert Kadunc 48:16 7:46
134 David Farrell 48:59 7:53
221 Wilhelm Kadunc 52:59 8:32
    
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359 Larry Cole 59:48 9:38

Fairhaven Father's Day Road Race 5K
Fairhaven, MA, June 21, 2009

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1	Joseph Navas	16:03	5:01
13	Michael D Sellars	19:10	6:00

13th Annual Women Running Wild 5K Road Race
Osterville, MA, June 20, 2009

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7	21:18	6:52	2	40-44	Christina Connolly
8	21:28	6:55	3	40-44	Katie McCully
11	21:51	7:03	4	35-39	Patty Germani
12	21:56	7:05	2	50-54	Mary Peabody
16	22:31	7:16	5	35-39	Maj Turi Brown
19	22:40	7:19	4	40-44	Amy Doherty
21	22:47	7:21	3	50-54	Susan Lowry
29	23:43	7:39	4	50-54	Donna Blackman
31	23:59	7:44	7	35-39	Natalie Shea
34	24:09	7:47	7	40-44	Trish Cundiff
38	24:31	7:55	2	55-59	Jane Lovelette
41	24:42	7:58	5	45-49	Rachel Young
46	24:58	8:03	3	25-29	Jamelynn Evans
49	25:09	8:07	3	55-59	Janet Kelly
60	25:41	8:17	5	50-54	Donna Weber
83	26:58	8:42	4	55-59	Pat Nally
91	27:20	8:49	8	50-54	Beth Kennedy
105	27:54	9:00	15	45-49	Susan Eastman
109	28:03	9:03	16	45-49	Nancy Cantella
121	28:36	9:14	7	55-59	Joanne Corsano
142	29:28	9:30	19	45-49	Barbara Eastman
176	31:08	10:03	26	45-49	Margaret Muse
189	31:36	10:12	3	60-64	Antje Hennings
227	33:46	10:54	21	50-54	Gail Warshaw
235	34:46	11:13	16	55-59	Nancy Radosevic
238	34:50	11:14	28	35-39	Patty Germani
278	39:18	12:41	2	70-98	Lucy Duffy
288	41:49	13:29	33	30-34	Sara Lovelette

Patriot Triathlon
Freetown, MA, June 20, 2009

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19	DUSTIN BAKER	4:36:22	5/40	M3539
50	KEITH PUTNAM	4:54:06	11/23	M3034
223	ROBERT DOOLAN	5:58:31	17/20	M5054
237	ALIICIA FURRER	6:08:02	15/23	F4044

Run for the Arts 5K Road Race
Yarmouth, MA, June 20, 2009

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1	17:17	5:35	1	21-30	Ryan Gattoni
9	21:01	6:47	2	41-50	Paul Avellar
10	21:06	6:48	3	51-60	Steve Sullivan
14	21:40	6:59	4	51-60	Jim McLaughlin
24	23:18	7:31	2	51-60	Kathleen Thomas
25	23:48	7:41	1	61-70	Adam Ross
35	25:04	8:05	3	31-40	Adriel Edwards
38	25:15	8:09	2	61-70	Will Mason
41	25:30	8:14	7	41-50	Nick Lawler
42	25:40	8:17	5	51-60	Nancy O'Connor
44	25:53	8:21	4	31-40	Mary Ellen Ross
50	26:49	8:39	9	51-60	John Townsend
60	27:41	8:56	6	51-60	Beth Kennedy
65	27:54	9:00	8	51-60	Liz Broadrick
68	28:10	9:05	9	51-60	Cathy Garry
70	28:33	9:13	10	51-60	Mary Burkinshaw
76	29:10	9:25	2	71-98	Larry Cole
82	29:29	9:31	12	41-50	Paul Wagner
91	30:08	9:43	12	51-60	Midge Rose
92	30:08	9:43	9	41-50	Susan Eastman
93	30:14	9:45	1	61-70	Martha Edwards
96	30:37	9:53	13	51-60	Tim Osborn
118	33:36	10:50	15	51-60	Nancy Dussault
139	41:08	13:16	3	61-70	Karen Townsend

49th Mount Washington Road Race
Pinkham Notch, NH, June 20, 2009

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77	9/92	Paul Hufnagel	1:24:30	11:08
210	15/73	John Martin	1:37:12	12:48
325	41/93	Mike McKenna	1:44:45	13:47
541	21/50	Kate Naples	1:56:33	15:21
745	35/50	Dick Doran	2:09:59	17:07

Squantum 5 Mile Road race
Quincy, MA, June 18, 2009

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1	26:08	5:14	1	01-39	Joe Navas
11	27:50	5:34	8	01-39	Ray Joseph
45	31:57	6:23	21	01-39	Marc Blandin
64	34:23	6:53	26	01-39	Chris Crema
79	35:32	7:06	10	50-59	Jim McLaughlin
198	41:54	8:23	4	50-59	Laura Woods
218	42:58	8:36	12	60-69	Charles Thoms
237	43:46	8:45	13	60-69	Dick Doran
289	48:25	9:41	1	70-98	Larry Cole
367	58:53	11:47	23	60-69	Robert Laundry

Reggae Ramble & Music Festival
Cambridge, MA, June 18, 2009

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107	David Gravelle	11 M	40-49	36:03	7:13/M
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2009 Great Lincoln Steeplechase
Lincoln, MA, June 14, 2009

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Dick Doran	64:26
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9th Annual Day Of Portugal 5K Road Race
New Bedford, MA, June 14, 2009

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1	Joseph Navas	16:01	5:10
29	Michael Sellars	19:19	6:14
54	Steve Sullivan	21:00	6:47
190	Tammy Ferreira	27:14	8:48
221	Joanne Corsano	28:41	9:16

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For Event Promotion and Application information see the Race Calendar section.

For more information, contact the newsletter staff at ccacnews@cape.com or 508.896.0226.

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Cape Cod Athletic Club - Summer 2009

**Battle of Bunker Hill Road Race
Charlestown, MA, June 14, 2009**

8 7/115 M1839 30:07 6:04 Shaun Merrill

**Susan McDaniel - Run for Love 5k & Kids Fun Run
Weston, MA, June 14, 2009**

24 Christina Connolly 3/55 F4059 20:55 6:44

**Village Fair 5k
Walpole, MA, June 13, 2009**

20 19:47 6:23 5 20-29 Marc Blandin

**Hyannis Sprint Triathlon I
Hyannis, MA, June 13, 2009**

6	2/2	ELITEM	Keith Putnam	57:29
22	2/75	M4044	Geoffrey Newton	1:00:25
44	3/4	ELITEMM	Mike Herlihy	1:03:28
50	1/36	F4549	Christine Pratt-Gorrill	1:04:07
58	1/1	ELITEF	Sarah Newcomb	1:04:39
70	8/53	M4549	Michael Mutter	1:05:18
89	1/24	M5559	Nick Harmansky	1:06:43
103	3/49	F4044	Amy Doherty	1:07:13
106	20/59	M3034	Dana Spencer	1:07:33
119	11/75	M4044	Sam Crowell	1:08:17
130	17/53	M4549	Bill Campbell	1:08:49
156	12/37	M5054	Dwight Pfundstein	1:09:55
159	1/10	M6064	Gene Cormier	1:10:00
217	8/51	F3539	Patty Germani	1:12:04
243	1/12	F5054	Kathleen Thomas	1:12:51
290	18/37	M5054	Andrew Scherding	1:14:29
302	50/100	M3539	John Maher	1:14:59
325	9/24	M5559	Richard Chretien	1:16:02
334	10/49	F4044	Suzanne Snyder	1:16:36
353	2/12	F5054	Dianne Voikos	1:17:30
363	4/10	M6064	Tom Nally	1:17:44
379	14/49	F4044	Aliicia Furrer	1:18:24
398	10/24	M5559	Richard Cormier	1:18:44
602	6/12	F5054	Darlene Awalt	1:26:41
629	18/24	M5559	David Jaye	1:28:09
651	3/7	F5559	Sharyn Greenleaf	1:29:32
670	4/7	F5559	Susan Kingston	1:30:33
708	24/36	F4549	Rene Kelly	1:32:52
777	11/12	F5054	Norma Kelley	1:40:14
802	1/1	F7579	Lucy Duffy	1:44:22

**Market Square Day 10k
Portsmouth, NH, June 13, 2009**

312 4/67 F5059 49:18 7:56 Leisa Marks

**Gaspee Days 5k - Allan and Edna Brown Memorial Road Race
Cranston - Warwick, RI, June 13, 2009**

334 3/8 McIntosh Jr. Thomas 25:52 8:20

**3rd Annual 5K4CK
Sandwich, MA, June 7, 2009**

1	RYAN GATTONI	17:07	5:31
3	JONATHAN PIERS	18:12	5:52
8	MIKE MCKENNA	19:37	6:19
21	DENNIS CLARK	23:03	7:25
53	NICK LAWLER	26:24	8:30
73	PETER BENNETT	27:49	8:58
83	BEVERLY SAVAGE	28:50	9:17
96	PAUL WAGNER	29:41	9:34
101	SUE MCKENNA	30:06	9:42
103	SUSAN MCKENNA	30:10	9:43
299	ELIZABETH STERGIS	1:03:59	20:36

**2nd Annual Newton 10K
Newton, MA, June 7, 2009**

181 DICK DORAN 2/6 M6069 56:30 9:06

**Vision 5K
Newton, MA, June 7, 2009**

44 3/28 M6099 21:59 Duke Hutchinson
71 17/48 M4049 23:34 Chris Mehmel

**A Walk / Run To Remember 5K
Northampton, MA, June 7, 2009**

83 JAMES KERSHNER 4/4 M6069 35:07 10:39

**Corrib Pub
W Roxbury, MA, June 7, 2009**

48 20:51 6:44 1 70-98 William Riley

**Smuttynose 5K and Beerfest
Newmarket, NH, June 7, 2009**

365 60/115 Mike Merrill 25:44 8:18

**18th Covered Bridges Half Marathon
Quechee, VT, June 7, 2009**

308 12/54 M5559 1:47:07 8:11 Jim McLaughlin
1618 319/365 F3039 2:33:10 11:41 Jennifer Thibeault

**10th Annual Rhody 5k
Lincoln, RI, June 7, 2009**

35 16/94 M3039 15:57 5:08 Joe Navas
349 73/94 M3039 26:54 8:40 Stephen Dickie

**Middleboro YMCA 5K
Middleboro, MA, June 6, 2009**

22 Adam Ross 23:44 7:26
59 Nicole Graf 28:45 9:00

**Middleboro YMCA 10K
Middleboro, MA, June 6, 2009**

63 Mary Ellen Ross 54:51 8:51
77 Joanne Corsano 59:39 9:38

**2nd Annual Keene Sports Medicine Center 5K Run & Walk
Keene, NH, June 6, 2009**

66 Larry Cole 28:30 9:12

**Hollis Fast 5K
Hollis, NH, June 3, 2009**

7 3/14 M2529 RAY JOSEPH 15:57 5:09
214 3/4 M6064 CHARLES THOMS 24:47 8:00

**4th Annual Run By the Bay 5k
Duxbury, MA, May 31, 2009**

4 1/3 STEVEN SANTOS 19:03 6:09

**Heartbreak Hill Half Marathon
Newton, MA, May 31, 2009**

44 9/23 M1929 1:40:20 7:40 Marc Blandin
53 8/28 M5059 1:42:37 7:50 Steve Sullivan

**Pack Monadnock 10-Mile
Wilton, NH, May 31, 2009**

70 John Martin 1:24:41 8:29

91 Mike McKenna 1:27:12 8:44

**7th Annual Iron Horse 10K
Simsbury, CT, May 31, 2009**

161 THOMAS MCINTOSH JR 1/1 M7074 55:56 9:00

**9th Annual Foxboro for Diabetes 5k Run/Walk
Foxboro, MA, May 30, 2009**

35 20:19 6:33 8 19-29 Marc Blandin
37 20:23 6:35 7 40-49 Michael Ferrari

**MIAA EMass Division II T&F Championship
Hingham, MA, May 30, 2009**

Boys 800 Meter Run
13 Babineau, Tom 2:05.18

**LATITUDE Sports Club 5-Mile Race for Operation Troop
Support
Danvers, MA, May 30, 2009**

29 FARRELL DAVID 40:45 08:09 4/8 M5059

**Get Yer Ya-Ya's Out
Cambridge, MA, May 28, 2009**

108 Jim McLaughlin 1 M 50-59 35:32 7:06/M
469 Mark Chrusz 12 M 50-59 43:24 8:41/M

**7th Annual Christopher's 5k Run/Walk for Diabetes
West Bridgewater, MA, May 25, 2009**

15 Marc Blandin 3/17 M2029 19:22 6:14

**"The Great Hyannis" Road Races - 5K
Hyannis, MA, May 24, 2009**

2 Henry Russell 1 M 1-17 16:47 5:25/M
6 Shaun Merrill 2 M 18-29 18:12 5:52/M
7 Jonathan Piers 2 M 40-49 18:27 5:57/M
10 Michael Daivd Sellars 1 M 50-59 19:51 6:24/M
17 William Riley 1 M 70-99 20:36 6:39/M
80 William Lamont 1 M 60-69 25:28 8:13/M
97 Nick Lawler 1 M 40-99 26:09 8:26/M
119 Ron Winner 5 M 50-59 27:13 8:47/M
270 Anna Honeycutt 37 F 30-39 35:36 11:29/M
288 Lucy Duffy 1 F 70-99 39:01 12:35/M

**"The Great Hyannis" Road Races - 10K
Hyannis, MA, May 24, 2009**

3 Patrick Monahan 1 M 30-39 45:46 6:19/M
10 Jim Karukas 4 M 40-49 50:07 6:55/M
26 Nick Harmansky 2 M 50-59 53:39 7:24/M
31 Polly Papsadore 1 F 40-49 55:34 7:40/M
61 David A Sauro 6 M 50-59 58:53 8:07/M
63 Richard Connor 1 M 60-69 59:16 8:10/M
64 Dick Hill 1 M 70-99 59:19 8:11/M
70 Donna Blackman 1 F 50-59 59:54 8:16/M
89 Jan Kristin Felt 11 F 40-49 1:02:39 8:38/M
96 Donna Weber 2 F 50-59 1:03:05 8:42/M
100 Kathy Carroll 13 F 40-49 1:03:37 8:46/M
117 Danielle McPhee 11 F 30-39 1:05:23 9:01/M
121 Mary Gibney 12 F 30-39 1:05:50 9:05/M
133 Thomas A. McIntosh 3 M 70-99 1:06:56 9:14/M
140 Susan Demarest 3 F 50-59 1:07:28 9:18/M
141 John Demarest 10 M 50-59 1:07:29 9:18/M
157 Caroline Freitas 17 F 40-49 1:09:02 9:31/M
158 Paul Smith 2 M 40-99 1:09:10 9:32/M
169 Nancy Cantella 2 F 40-99 1:10:29 9:43/M
173 Cheryl Nugent Gomsey 18 F 40-49 1:11:00 9:48/M
179 Susan Eastman 19 F 40-49 1:11:30 9:52/M

**"The Great Hyannis" Road Races - Half Marathon
Hyannis, MA, May 24, 2009**

2 Geof Newton 1 M 40-49 1:18:25 5:59/M
23 Franco Bonfini 7 M 40-49 1:31:25 6:59/M
27 Dawn Ann Varnum 2 F 30-39 1:32:54 7:05/M
35 Marc Blandin 8 M 18-29 1:34:32 7:13/M
46 Doug Sherman 14 M 40-49 1:37:21 7:26/M
71 Steve Sullivan 6 M 50-59 1:41:33 7:45/M
82 Jim McLaughlin 7 M 50-59 1:43:12 7:53/M
110 Suzie Marie Ritchie 2 F 40-99 1:47:24 8:12/M
159 Ted Spevack 12 M 50-59 1:51:46 8:32/M
161 Robert Kadunc 6 M 40-99 1:51:59 8:33/M
184 Thomas J. Furey III 13 M 50-59 1:53:39 8:41/M
185 Robert Doolan 35 M 40-49 1:53:44 8:41/M
196 Wilhelm Kadunc 1 M 50-99 1:54:37 8:45/M
202 Rachel Young 21 F 40-49 1:55:30 8:49/M
206 Mark Henning Stanley 31 M 30-39 1:55:45 8:50/M
219 Janet J Kelly 7 F 50-59 1:58:11 9:01/M
249 Michael S Dunford 39 M 40-49 2:01:07 9:15/M
261 James Tuscany 22 M 50-59 2:02:00 9:19/M
265 Mark Linse 23 M 50-59 2:02:29 9:21/M
283 Dick Doran 26 M 40-59 2:04:01 9:28/M
290 Beth Kennedy 9 F 50-59 2:04:32 9:30/M
301 Aliicia Furrer 29 F 40-49 2:06:14 9:38/M
307 Brianna Potter 48 F 30-39 2:07:20 9:43/M
323 Brian Kelly 4 M 50-99 2:10:05 9:56/M
337 Eileen Powers 34 F 40-49 2:11:39 10:03/M
354 Larry Cole 2 M 70-99 2:15:49 10:22/M
369 Gary Campagna 4 M 60-69 2:18:55 10:36/M
385 Paul Wagner 1 M 40-99 2:22:06 45:50/M

**Oak Bluffs Memorial Day Road Race
Oak Bluffs, MA, May 24, 2009**

37 DUKE HUTCHINSON 1/12 M6069 21:43 7:00

**2009 Runners Alley/Redhook Memorial 5K
Portsmouth, NH, May 24, 2009**

733 155/269 M3039 26:49 8:38 Mike Merrill

**21st KeyBank Vermont City Marathon & Marathon Relay
Burlington, VT, May 24, 2009**

42 6/228 M3539 2:53:16 6:37 Dustin Baker
554 7/59 M6064 3:42:04 8:29 Gene Cormier
847 114/224 M4044 3:54:42 8:58 Jonathan Weisblatt
1031 6/24 M6569 4:03:27 9:18 Pete Stringer

Two Person Relay Teams

12 3:47:02 8:40 CCA Shockers

**2nd. Annual Run For Dave
Dartmouth, MA, May 23, 2009**

12 Joseph Navas 27:57 5:17
79 Polly Papsadore 38:34 7:17

**Atlantic Coast League
Plymouth, MA, May 23, 2009**

Girls 400 Meter Dash
7 Xiarhos, Ashlynne 1:07.10
Boys 1 Mile Run
4 Bausch, Brandon 4:54.54
8 Monahan, Jake 5:01.81
Boys 800 Meter Run
2 Babineau, Tom 2:05.50

**Wachusett Mountain Road/Trail Race
Princeton, MA, May 23, 2009**

61 40:34 John Martin
98 43:37 Mike McKenna

Cape Cod Athletic Club - Summer 2009

**USCG MWR Duathlon
Otis AFB, MA, May 23, 2009**

=====

32 Blandin, Marc	3M25-29	1:03:25
33 Crema, Christopher	7M30-34	1:03:32
69 Pfundstein, Dwight	5M50-54	1:08:08
52 Johnson, Charlotte	2F40-44	1:05:51
100 Hotchkiss, Amy	6F40-44	1:11:45
117 Cundiff, Trish	7F40-44	1:13:07
149 Scott, Tom	5M60-64	1:17:10

Relay
7 Ross, Adam and Mary Ellen 1:12:36

**Steak and Beans 2.6
Cambridge, MA, May 21, 2009**

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30 Dick Doran	18 M	0-99	24:52.9	9:34/M
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**9th Annual Triathlon by the Sea
Marblehead, MA, May 17, 2009**

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55	2/9	M5054	Andrew Scherding	1:10:21
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**Yarmouth Police Department Run for a Reason 5k
Yarmouth, MA, May 17, 2009**

=====

1	16:47	5:25	1	20-29	Joseph Ray
2	17:16	5:34	1	40-49	Geof Newton
5	18:07	5:51	2	30-39	Patrick Monahan
6	18:39	6:01	2	20-29	Jason McWhirter
7	19:10	6:11	1	50-59	Steven Santos
8	19:11	6:11	3	20-29	Marc Blandin
10	19:53	6:25	2	50-59	Ken Colmer
16	20:28	6:36	3	40-49	Doug Sherman
19	20:56	6:45	4	40-49	Paul Avellar
20	21:06	6:48	5	40-49	Kevin Lennon
24	21:16	6:52	3	50-59	Steve Sullivan
26	21:23	6:54	4	50-59	Jim McLaughlin
27	21:28	6:55	5	50-59	Tom Nally
30	21:39	6:59	2	20-29	Sarah Newcomb
34	21:49	7:02	1	40-49	Polly Papsadore
38	22:06	7:08	7	40-49	Bill Campbell
56	23:00	7:25	1	50-59	Kathleen Thomas
59	23:16	7:30	2	50-59	Donna Blackman
66	23:42	7:39	8	50-59	George Bausch
72	24:00	7:45	22	30-39	Paul Mellett
73	24:04	7:46	9	50-59	Scott Walker
86	24:46	7:59	4	30-39	Mary Gibney
92	25:08	8:06	4	40-49	Jan Felt
93	25:12	8:08	3	50-59	Laura Woods
105	25:34	8:15	2	60-98	Charlie Thoms
107	25:36	8:15	6	30-39	Adriel Edwards
115	25:55	8:22	6	40-49	Laura Sherman
128	26:21	8:30	20	40-49	Nick Lawler
140	26:44	8:37	4	50-59	Susan Demarest
141	26:44	8:37	12	50-59	John Demarest
149	27:03	8:44	13	40-49	Rene Kelly
150	27:04	8:44	4	14-19	Ashlynn Xiarhos
162	27:18	8:48	16	40-49	Cheryl Nugent Gomsey
175	27:42	8:56	25	40-49	Paul Wagner
180	27:50	8:59	18	40-49	Marcella McCarthy
188	28:09	9:05	6	60-98	Larry Cole
191	28:15	9:07	15	50-59	Steven Xiarhos
192	28:16	9:07	18	20-29	Nicholas Xiarhos
212	28:56	9:20	12	50-59	Mary Burkinshaw
220	29:14	9:26	18	50-59	Paul Smith
230	30:05	9:42	29	30-39	Kelly Tarr
236	30:16	9:46	13	50-59	Norma Kelley
243	30:25	9:49	2	60-98	Martha Edwards
278	32:38	10:32	18	50-59	Nancy Warner
289	33:31	10:49	8	60-98	Herm Jackle
407	51:19	16:33	27	50-59	Sharon Magaliff

**Mansfield HS 5k Road Race
Mansfield, MA, May 17, 2009**

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21	20:12	6:31	6	40-49	Michael Ferrari
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**Evan's Run - 5K
Norwell, MA, May 17, 2009**

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267	DARLENE	CALCAGNO	7/18	F5059	30:17	9:45
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**Evan's Run - 10K
Norwell, MA, May 17, 2009**

=====

1	RYAN	GATTONI	1/21	M1929	34:52	5:37
69	DAVID	FARRELL	7/17	M5059	49:40	8:00
110	ALLAN	TUFANKJIAN	2/3	M6069	53:37	8:38

**Manomartian 5K Road Race
Plymouth, MA, May 17, 2009**

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113	David	Gravelle	15 M	40-49	31:11	9:43/M
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**22nd Annual Strawberry Shortcake 10K
Plympton, MA, May 16, 2009**

=====

23	4/22	Jim McLaughlin	45:12	7:17
48	7/22	David Farrell	49:51	8:02

**Gleason Family YMCA 5K Road Race
Wareham, MA, May 16, 2009**

=====

13	Marc	Blandin	19:39	6:20
50	Nicole	Graf	25:30	8:13
116	Mary	Ellen Ross	29:51	9:37

**Run for the Hills
Brewster, MA, May 16, 2009**

=====

1	18:22	5:34	1	41-45	Geof Newton
4	23:30	7:07	1	26-30	Sarah Newcomb
6	24:24	7:24	3	41-45	Edward Thron
9	25:43	7:48	1	46-50	George Bausch
14	27:50	8:26	1	56-60	Janet Kelly
17	28:36	8:40	3	51-55	John Demarest
18	28:37	8:40	3	46-50	Scott Walker
19	29:12	8:51	1	51-55	Susan Demarest
23	31:08	9:26	1	66-70	Brian Kelly
32	42:16	12:48	1	71-98	Lucy Duffy

**35th Annual Bedford Rotary Memorial Road Races
Bedford, NH, May 16, 2009**

=====

23	5/59	M3039	40:13*	5:24	Joe Navas
56	12/21	M2529	42:39	5:44	Justin Deeg

**Narrow River 5 & 10k Road Race/Walk
Narragansett, RI, May 16, 2009**

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15	25:58	8:23	2	70-98	Thomas McIntosh Jr
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**"Hot Pursuit" 5K
Brunswick, ME, May 16, 2009**

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31	Don	Foss	21:43	7:01
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**Tiara Classic 5k Road Race
Mattapoissett, MA, May 10, 2009**

=====

40	24:54	8:02	13	19-39	Nicole Graf
185	31:24	10:08	7	50-98	Thomas Noering
250	37:10	11:59	8	50-98	Carolyn Noering

**Scituate Firefighters 5k Road Race
Scituate, MA, May 10, 2009**

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37	25:18	8:10	2	60-98	Allan Tufankjian
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**NE Season Opener Triathlon (0.2/15/3.1M)
Hopkinton, MA, May 10, 2009**

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159	ROBERT DOOLAN	1:30:50	8/11	M5054
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**NE Season Opener Duathlon (2/15/3.1M)
Hopkinton, MA, May 10, 2009**

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7	MARC BLANDIN	1:28:05	3/4	M2529
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**9th Annual Cape Cod Irish Village 5 Miler & Walk
Yarmouth, MA, May 9, 2009**

=====

1	26:09	5:14	1	30-39	Joe Navas
5	27:35	5:31	1	19-29	Ray Joseph
7	27:40	5:32	2	19-29	Ryan Gattoni
11	28:22	5:40	4	40-49	Geof Newton
31	32:11	6:26	10	40-49	Franco Bonfini
39	32:51	6:34	3	50-59	Michael Sellars
44	33:28	6:42	7	19-29	Marc Blandin
53	34:18	6:52	1	70-98	Bill Riley
54	34:26	6:53	2	40-49	Mary Brown
59	34:47	6:57	5	50-59	Steve Sullivan
66	35:14	7:03	8	50-59	Jim McLaughlin
69	35:18	7:04	9	50-59	Thomas Nally
73	35:32	7:06	15	30-39	Tom McManamin
76	35:43	7:09	19	40-49	Kevin Lennon
80	36:07	7:13	22	40-49	Bill Campbell
83	36:22	7:16	5	40-49	Polly Papsadore
93	37:02	7:24	8	19-29	Sarah Newcomb
102	37:32	7:30	13	50-59	Michael Parker
126	38:48	7:46	7	30-39	Caroline Smith
157	40:10	8:02	19	50-59	Jim Peters
166	40:31	8:06	5	50-59	Janet Kelly
192	42:13	8:27	21	50-59	Scott Walker
197	42:23	8:29	39	30-39	Paul Mellett
198	42:24	8:29	18	30-39	Mary Gibney
203	42:37	8:31	18	40-49	Caroline Freitas
210	42:54	8:35	11	60-69	Charles Thoms
214	43:12	8:38	8	50-59	Nancy O'Connor
219	43:20	8:40	25	50-59	John Demarest
220	43:22	8:40	26	50-59	Paul Smith
245	44:12	8:50	9	50-59	Susan Demarest
248	44:18	8:52	30	50-59	Dick Doran
251	44:31	8:54	10	50-59	Patricia Nally
268	45:19	9:04	25	40-49	Susan Eastman
277	45:28	9:06	16	60-69	Joe Dwelly
285	45:54	9:11	30	40-49	Cheryl Gomsey
291	46:02	9:12	13	50-59	Beth Kennedy
293	46:04	9:13	54	40-49	Paul Wagner
300	46:21	9:16	14	50-59	Joanne Corsano
312	46:38	9:20	18	60-69	George Graeber
313	46:45	9:21	40	50-59	Mark Linse
321	46:53	9:23	32	40-49	Marcella McCarthy
326	47:01	9:24	17	50-59	Liz Broadrick
327	47:03	9:25	43	30-39	Mary Ellen Ross

336	47:24	9:29	4	70-98	Larry Cole
346	47:40	9:32	6	60-69	Carol Smith
348	47:44	9:33	37	40-49	Margaret Muse
359	48:50	9:46	40	40-49	Tina Napolitan
362	49:06	9:49	19	50-59	Midge Rose
412	54:14	10:51	22	60-69	James Kershner
422	55:06	11:01	27	50-59	Gail Warshaw
427	55:20	11:04	23	60-69	Robert Laundry

**Race Report: Avenue of The Giants
Half**

Jeannie LaPierre

A 14-hour door-to-door trip to northern California left hubbie and me bleary eyed. I ignored the blue and white road signs. Too much to think about with the Ave of the Giants Half in two days, May 3rd. The gal at our lodging check-in told us not to fret if a siren goes off. I shrugged; fire what else? The next day, as we drove the scenic Lost Coast loop along the "S" curved road, I finally read the sign. It featured the graphic of a monster wave with the phrase, Tsunami Hazard Zone. Who knew we were in the land of earthquake-induced tsunamis? We didn't.

In a forty-degree heavy downpour during race packet pickup, a sacrilegious thought crossed my mind. Why not sleep in and forget the race. Could I face another uncomfortable cold, wet race this year? Perhaps my training program had extinguished any remaining motivation or it was jet leg but my heart wasn't in it. On race morning, the sun tickled through the green tops of the redwoods. No excuses now.

The Six Rivers Running Club hosts the races in Humboldt Redwoods State Park, one of a system of national and state parks along the Northern California coast, land of hippies, brew pubs, and pastured cows: get high on Humboldt Creamery milk; our cows eat grass. The marathoners run two different out and backs starting 1 hour before the 13.1 racers. A 10K starts 30 minutes after the half.

The course, described as "relatively flat," is curvy with a constant ascending grade that follows the Bull Creek and Eel River. I'm ambivalent about the use of the word "relative". Let's be real, not relative. By mile 3, gravity had sowed the seed of its burden. My hoped for pace deteriorated. Still, my attitude improved as I chatted with fellow runners as we passed grand old giants along the spectator free route.

On the edge of apathy by mile 11, a wise guy spectator yelled, "Take the inside curves. It's the shortest distance" and kept repeating it. Runners snickered. I said, "We get it, enough already!" but he persisted. We were almost home. The severe cant of the rough road made running the tangents a chore that sucked more energy than saved time. I stuck to the center.

The finish line baffled me. The top two male marathoners (2:49) sprint in from around the corner on my right, as does a 10K woman as we all feed into one chute. As I cross the timing mat, I slow down but they're still sprinting. Ah, the second mat is the finish line. That's why spectators yelled, "Keep going!" Finish time was 1:49 and 4th in my age group.

During the rest of the week, hubbie and I hiked many serene miles on padded switchbacks through groves of coastal sequoias and redwoods. I also managed a few glorious trail runs. Life is good in the woods. ♪



The 2009 Cape Cod Irish Village gets under way. Photo by Adam Ross.

**MSTCA Boys Invitational
Fall River, MA, May 9, 2009**

Boys 800 Meter Run
27 Babineau, Tom 2:07.21
Boys 2 Mile Run
38 Bausch, Brandon 10:48.54

**Cape Ann YMCA Backshore Road Race
Gloucester, MA, May 8, 2009**

50 Duke Hutchinson 2/12 M6069 35:42 7:09

**9th Annual Officer Stewart Savage Memorial 5K
Wellesley, MA, May 3, 2009**

17 CHRISTINA CONNOLLY 21:37 6:58

**U-Mass Amherst Autism Speaks
Amherst, MA, May 3, 2009**

28 MATTHEW STURGIS 26:38 8:36

**Westford Road Race
Westford, MA, May 3, 2009**

64 JEFF ERNST 15/40 M4049 24:56 8:02

**Cox Providence Rhode Races - Half Marathon
Providence, RI, May 3, 2009**

60 7/766F0139 Dawn Varnum 1:32:54.84 7:06
595 42/117M5059 Thomas Furey 1:57:09.33 8:57
1312 517/766F0139 Jennifer Thibeault 2:15:54.76 10:23

**Cox Providence Rhode Races - 5K
Providence, RI, May 3, 2009**

139 2/3 M7099 Thomas McIntosh Jr. 25:53.89 8:22

**Avenue Of The Giants Half Marathon
Weott, CA, May 3, 2009**

134 Jeannie LaPierre 1:49:34 8:21 4/56

**Brewster in Bloom
Brewster, MA, May 2, 2009**

1	17:36	5:41	1	40-44	Geof Newton
2	17:51	5:45	1	13-19	Brandon Bausch
7	20:40	6:40	1	40-44	Brenda Conlan
15	21:47	7:02	1	55-59	Tom Nally
17	22:18	7:12	1	25-29	Sarah Newcomb
23	22:49	7:22	3	45-49	Ed Thron
29	23:54	7:43	2	50-54	George Bausch
32	24:29	7:54	1	45-49	Suzie Ritchie
36	24:53	8:02	1	55-59	Janet Kelly
39	25:00	8:04	2	45-49	Caroline Freitas

59	26:42	8:37	2	55-59	Pat Nally
66	27:11	8:46	3	30-34	Janice Perrin
72	27:28	8:52	6	45-49	Barbara Eastman
79	28:09	9:05	1	50-54	Liz Broderick
81	28:16	9:07	2	35-39	Mary Ellen Ross
83	28:30	9:12	8	45-49	Marcella McCarthy
84	28:30	9:12	2	65-69	Brian Kelly
102	30:38	9:53	4	65-69	John Newton
123	33:03	10:40	5	50-54	Norma Kelley
140	39:26	12:43	1	75-79	Lucy Duffy

**CapeAbilities
Hyannis, MA, May 2, 2009**

1	15:31	5:00	1	30-39	Joe Navas
2	16:27	5:18	1	20-29	Gattoni Ryan
4	18:10	5:52	1	50-59	Steven Santos
12	20:16	6:32	2	50-59	Sullivan Steve
18	22:01	7:06	1	50-59	Thomas Kathleen
24	22:22	7:13	6	40-49	Mehmel Chris
38	23:48	7:41	3	60-69	Lamont William
44	24:14	7:49	1	70-98	Bill Masterson
53	25:42	8:17	5	50-59	Don Siddell
58	26:12	8:27	7	40-49	Wagner Paul
69	27:26	8:51	4	50-59	Burkinshaw Mary
70	27:32	8:53	8	40-49	Napolitan Tina
74	27:52	8:59	10	40-49	Mehmel Chris
77	28:15	9:07	7	60-69	Weinberger Joe
101	31:09	10:03	9	60-69	James Kershner
108	31:54	10:17	10	60-69	Laundry Robert

**MSTCA Large School Freshman Sophomore Invitational
Yarmouth, MA, May 2, 2009**

Boys 1 Mile Run
30 Monahan, Jake 5:09.33
Boys 2 Mile Run
10 Calcagno, Drew 10:20.94

**Olde Magoun's Saloon 5Km
Somerville, MA, April 30, 2009**

43 Dick Doran 5 M 50-59 27:18 8:47/M

**26th Edition James Joyce Ramble 10K
Dedham, MA, April 26, 2009**

332	25/146	M5059	51:26	8:17	Jim McLaughlin
465	40/146	M5059	53:59	8:42	David Farrell
890	71/146	M5059	1:01:07	9:51	Dick Doran

**30th Annual Ring Around the Neck 5 Miler
Marblehead, MA, April 26, 2009**

142 Andrew Scherding 21/43 M5059 44:38 8:56

**Run a Pleasant Mile 5K
Tewksbury, MA, April 26, 2009**

61 Robert Doolan 9/17 27:34 8:54

**Groton 10K Races
Groton, MA, April 26, 2009**

348 DUSTIN BAKER 60/68 M3039 1:07:05 10:48


**Simsbury River Run
Simsbury, CT, April 26, 2009**

62 1/2 M7099 26:35 8:34 Thomas McIntosh Jr.

**RI State Police 5k Foot Pursuit
Narragansett, RI, April 26, 2009**

223 81/133 dickie stephen 27:11 8:45

Reg. # 4560



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Sri Chinmoy 6-Day Self-Transcendence Run

Flushing Meadow, NJ, April 26, 2009

=====

7 Pete Stringer 319 miles

Alliance - Little East - MASCAC Championship Meet

Westfield, MA, April 25, 2009

=====

Men 3000 Meter Steeplechase

21 Jason McWhirter 11:40.20

Boston Marathon

Hopkinton, MA, April 20, 2009

=====

Deeg, Thomas J. 2:34:16 5:53 90 76

Navas, Joseph M. 2:35:19 5:56 103 88

lifetime personal best

Deeg, Justin M. 2:40:04 6:07 180 149

Karukas, Gregory T. 3:04:11 7:02 1793 1219

2nd marathon, first Boston

Bonfini, Franco M. 3:19:49 7:38 4618 815

Lemerise, Kenneth A. 3:32:56 8:08 8118 178

Clark, Patrick C. 3:40:27 8:25 10398 3418

Sullivan, Steve P. 3:40:52 8:26 10516 304

Houston, Richard F. 3:41:55 8:28 10802 953

Tansey, Howard L. 3:48:08 8:42 12594 1611

Peabody, Mary H. 3:49:37 8:46 12995 100

1st marathon

Robinson, Harold 3:51:50 8:51 13545 164

Martin, Kurt W. 3:55:21 8:59 14426 1713

Doherty, Amy C. 3:59:35 9:09 15582 1052

1st Boston

Bob Borglund 4:04:57 9:21 16629 1

Carey, Gerald S. 4:06:09 9:24 16794 1472

Kelly, Lisa M. 4:07:40 9:27 17022 1203

Lovelette, Jane B. 4:11:50 9:37 17695 105

Kelly, Janet J. 4:19:29 9:54 18679 151

Dooley, John P. 4:22:54 10:02 19067 1598

Stringer, Pete 4:25:39 10:08 19373 125

Petrovek, Kevin M. 4:31:47 10:22 19909 929

Kelly, Bruce W. 4:38:57 10:39 20472 2039

Kanupp, Theresa D. 4:39:28 10:40 20520 591

Ryan, Virginia 4:48:43 11:01 21104 1354

Eckerson, Clarence R. 4:48:51 11:01 21119 984

Powers, Eileen F. 4:49:42 11:03 21168 1524

Broadrick, Elizabeth 4:59:52 11:27 21647 647

Graeber, George C. 5:08:23 11:46 21915 185

Williams, Michael A. 5:08:27 11:46 21916 2475

1st marathon

Loucks, Maryellen F. 7:16:03 16:39 22847 1456

Boston Marathon - Teams

Hopkinton, MA, April 20, 2009

=====

Men's Open - 10:36:28

1937 Greg Karukas - 3:04:11

27488 Patrick Clark - 3:40:27

19119 Harold Robinson - 3:51:50

20734 Bob Borglund - (4:04:57)

20945 Pete Stringer - (4:25:39)

23302 George Graeber - (5:08:23)

24544 Mike Williams - (5:08:27)

Women's Open - 14:19:03

18772 Natalie Shea

23303 Sharon Magaliff

23671 Tess Kanupp - 4:28:28

23718 Eileen Powers - 4:49:42

24883 Judy Tarr

26368 Liz Broadrick - 4:59:53

Men's Masters - 10:33:37

7968 Franco Bonfini - 3:19:49

10032 Ken Lemerise - 3:32:56

11601 Richard Houston - (3:41:55)

16124 Steve Sullivan - 3:40:52

24957 Kurt Martin - (3:55:21)

24151 Curly Carey - (4:06:09)

25070 Bruce Kelly - (4:38:57)

24911 Bob Eckerson - (4:48:51)

26273 Howard Tansey - (3:48:08)

Women's Masters - 11:56:52

10764 Margaret Pendergast

19744 Jane Lovelette - (4:11:50)

20028 Janet Kelly - (4:19:29)

23478 Mary Peabody - 3:49:47

24674 Amy Doherty - 3:59:35

25071 Lisa Kelly - 4:07:40

Shawn Patterson 5k Memorial Road Race

Scituate, MA, April 19, 2009

=====

188 33:26 10:47 8 60-69 Robert Laundry

B.A.A. 5K

Boston, MA, April 19, 2009

=====

48 12/163 M2529 17:53 5:46 Shaun Merrill

75 5/163 M5054 18:28 5:57 Barry Merrill

309 18/163 M5054 21:42 7:00 Jim McLaughlin

496 12/97 M5559 23:05 7:26 David Sauro

1468 2/10 M7074 27:19 8:48 Thomas McIntosh

2075 106/182 F2024 29:29 9:30 Christy Lin

3343 1/2 F7579 40:09* 12:56 Lucy Duffy

5th Annual Robert Stone 5k Memorial Road Race

W Dennis, MA, April 18, 2009

=====

2 16:29 5:19 2 40-49 Geof Newton

3 16:51 5:26 1 19-39 Ray Joseph

5 18:37 6:00 2 19-39 Patrick Monahan

9 19:26 6:16 3 50-59 Ken Colmer

10 19:32 6:18 4 19-39 Marc Blandin

12 19:52 6:25 1 40-49 Karen Zunti

16 20:42 6:41 5 40-49 David McCrossin

22 21:34 6:57 3 40-49 Katie McCully

29 22:38 7:18 8 40-49 Edward Thron

31 22:49 7:22 3 19-39 Maj Turi Brown

36 23:10 7:28 1 50-59 Kathleen Thomas

54 25:50 8:20 1 60-98 Charles Thoms

57 26:08 8:26 13 50-59 John Demarest

58 26:10 8:26 14 50-59 Scott Walker

62 26:22 8:30 15 50-59 Richard Cormier

66 26:36 8:35 2 50-59 Nancy O'Connor

78 27:16 8:48 17 50-59 Don Siddell

82 27:34 8:54 4 60-98 Larry Cole

85 27:45 8:57 3 50-59 Susan Demarest

86 27:48 8:58 15 40-49 Paul Wagner

90 28:10 9:05 9 40-49 Barbara Eastman

93 28:23 9:09 10 40-49 Marcella McCarthy

97 28:31 9:12 20 50-59 Steven Xiarhos

112 30:51 9:57 13 40-49 Katie Clancy

135 33:54 10:56 5 13-18 Elizabeth Xiarhos

177 51:09 16:30 12 50-59 Jean Cormier

Silfen Track & Field Invitational

New London, CT, April 18, 2009

=====

Men 1500 Meter Run

29 McWhirter, Jason 4:46.57

Corsair Classic Track & Field Invitational

North Dartmouth, MA, April 11, 2009

=====

Men 3000 Meter Steeplechase

7 McWhirter, Jason 11:46.76

Women 3000 Meter Steeplechase

2 Lohse-Whitelaw, Cathy 16:26.32

Earth Day 3 Mile Trail Race

Mansfield, CT, April 11, 2009

=====

55	Thomas McIntosh	2 M	70-99	26:44.3	8:55/M
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Northern Nipmuck 16 Mile Trail Race

Bigelow Hollow, Union, CT, April 11, 2009

=====

93	CLARENCE ECKERSON	16/20	M5059	3:50:14	14:24
94	PETER LYONS	30/31	M4049	3:50:15	14:24

32nd Annual Seagull Six Road Race (5.74 Miles)

Woods Hole, MA, April 5, 2009

=====

1	Geof Newton	32:35	5:41
18	Larry Belliveau	41:24	7:13
24	Charlotte Johnson	42:40	7:26
25	Tom Nally	42:52	7:29
33	Donna Blackman	45:25	7:55
53	Chris Mehmel	47:14	8:14
55	Pete Stringer	47:40	8:19
75	Caroline Freitas	51:03	8:54
76	Paul Smith	51:04	8:54
87	Tim Holland	52:37	9:10
92	Tom Scott	53:53	9:24
106	Pat Nally	55:48	9:44
108	Larry Cole	55:49	9:44
112	Joanne Corsano	57:47	10:04
113	Mary Ellen Ross	57:48	10:05
131	Wes Chadbourne	1:17:45	13:33
132	Judy Tarr	1:19:33	13:52

12th Annual Doyle's Emerald Necklace 5 Miler

Jamaica Plain, MA, April 5, 2009

=====

4	26:24	5:17	3	30-39	Joseph Navas
17	27:45	5:33	5	20-29	Justin Deeg
21	28:16	5:39	6	20-29	Ray Joseph
201	36:45	7:21	19	50-59	Jim McLaughlin
551	42:13	8:27	7	50-59	Laura Woods
729	44:17	8:51	55	50-59	Dick Doran
915	46:31	9:18	27	60-69	Charles Thoms

The 15th Annual Thomas Giunta 5K Race

Fall River, MA, April 5, 2009

=====

14	19:01	6:08	2	50-59	Steven Santos
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Cohasset By The Sea 10K

Cohasset, MA, April 5, 2009

=====

6	1/112	M1829	35:50	5:47	Ryan Gattoni
380	79/179	M4049	50:50	8:11	Robert Kadunc
498	27/133	F4049	52:16	8:25	Jan Felt
545	36/ 71	M5059	53:27	8:36	Wilhelm Kadunc

BNHC 6K In The Park

Brockton, MA, April 5, 2009

=====

12	0:26:16	7:00			Steve Sullivan
----	---------	------	--	--	----------------

Gator Half Duathlon (4/56/13.1M)

Sarasota, FL, April 5, 2009

=====

Gene Cormier	5:39:48
--------------	---------

Gator Sprint Triathlon (0.25/11/3M)

Sarasota, FL, April 5, 2009

=====

Dwight Pfundstein	0:58:16	1M50-54	1st overall
Kathleen Thomas	1:03:07	1F50-54	
Janet Kelly	1:13:37	1F60-64	

Easter Road Race

Willimantic, CT, April 4, 2009

=====

65	TOM MCINTOSH	M7099	2/3	28:10	9:04
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Jim Sheehan Memorial Invitational 2009

Fitchburg State College - Fitchburg, MA, April 4, 2009

=====

Men 3000 Meter Steeplechase		
15	McWhirter, Jason	11:42.58

Olde Magoun's Saloon 5Km

Somerville, MA, April 2, 2009

=====

20	Dick Doran	28:38
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Eastern States 20 Miler

Salisbury, MA, March 29, 2009

=====

224	2:44:19	8:13	26	50-59	Jim McLaughlin
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Senator John H. Chafee Memorial 10k Road Race

Bristol, RI, March 29, 2009

=====

42	2/2	Cole Larry	59:19	9:33
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April Fools Spring Classic 4 Miler

SALISBURY, MA, March 28, 2009

=====

398	Laundry Robert	43:25	10:52
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12th An Ras Mor 5K

Cambridge, MA, March 22, 2009

=====

4	JOSEPH NAVAS	3/154M3039	15:40	5:03
20	RAY JOSEPH	6/121M2029	17:12	5:32
232	ANDREW SCHERDING	20/48 M5059	23:25	7:33
389	DICK DORAN	25/48 M5059	25:41	8:16
434	CHARLES THOMS	16/29 M6069	26:15	8:27
873	ROBERT LAUNDRY	27/29 M6069	33:28	10:47

26th James H. Lamb Memorial Scholarship Road Race

Taunton, MA, March 22, 2009

=====

32	Farrell David	36:58
74	Linse Mark	43:18

Husky Spring Open

Dedham, MA, March 21, 2009

=====

Men 3000 Meter Steeplechase		
8	McWhirter, Jason	11:44.58

1st Annual St. Pat's 5-Kilometer Road Race

Providence, RI, March 21, 2009

=====

328	173/540	M0139	Stephen Dickie	24:09.74	7:53
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Shamrock SportsFest 8K

Virginia Beach, VA, March 21, 2009

=====

1024	Thomas McIntosh Jr.	42:45	1M7074
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7th Annual Ras na hEireann U.S.A. 5Km

Somerville, MA, March 15, 2009

=====

14	7/508	M1829	17:03	5:29	Ray F Joseph
603	15/54	CLY02	23:35	7:36	Stephen Dickie
1111	28/93	M5059	25:45	8:17	Dick Doran
1357	6/39	CLY5M	26:37	8:34	Charles Thoms

32nd New Bedford Half Marathon

New Bedford, MA, March 15, 2009

=====

26	JOE NAVAS	2/143	M3539	1:10:26*	5:23
80	JUSTIN DEEG	29/140	M2529	1:14:43	5:42
103	GEOF NEWTON	14/172	M4044	1:16:51	5:52
451	MIKE MCKENNA	60/172	M4044	1:31:58	7:01
568	MARC BLANDIN	81/140	M2529	1:35:19	7:17

(Continued on page 33)



Mighty Meehan 5k Run/Walk

Sunday September 13, 2009

10 a.m.

Start and Finish at West Dennis Beach
www.mightymeehan.com

Name: _____ Phone Number: _____
 Address: _____ City: _____ State: _____ Zip: _____
 E-Mail Address: _____
 Category: Runner / Walker Age: _____ Sex: M F

Pre-registration Fee: \$18 Individual / \$50 Family Race Day Registration Fee: \$20 Individual / \$55 Family
 (Each individual family member must complete a separate registration/release form)

T-Shirt \$15: S: M: L: XL:

I would like to donate \$ _____ above the amount of the race/merchandise costs to the Turlough Meehan Research Foundation. All money raised will go to the infant ALL research program at Dana Farber Cancer Institute Boston.

Race fee:	T-Shirt:	Donation:	Total:
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Make Checks Payable to: The Turlough Meehan Research Foundation

Mail to: P.O. Box 638 Hyannis Port, MA 02647

All mail in Registration forms must be received by September 8th 2009.

I, the undersigned, am responsible for coverage of any injury or damage that occurs to me and/or my property as a result of my participation in the Mighty Meehan 5K Road Race (the "Event") and I agree to **assume all risk** in connection with my participation in the event. I attest that I am physically fit to compete in the Event. I understand that participation in the Event is voluntary and the inherent dangers of the Event, if any, including, but not limited to, the effects of the weather and the conditions of the course, vehicular traffic, contact with other participants, injury, illness, and even death, are fully understood.

I hereby grant permission for photographs, videos, and other images to be taken during the Event and assign all rights to those items to the Dana-Farber Cancer Institute, Inc. ("DFCI") as applicable. I understand that my image and likeness may be used by DFCI and/or their respective designees in connection with their advertising, promotional and marketing activities, and other purposes authorized by DFCI including, but not limited to use in photographs, direct mail marketing, print advertising and on posters, billboard advertising and the internet all without compensation.

I hereby for myself, my heirs, executors and administrators, waive, release and forever discharge DFCI and all other respective affiliated persons and entities, officers, directors, employees, sponsors, coordinating groups, agents, volunteers, representatives, heirs and assigns of all the foregoing, and all others in any way associated with the Event (collectively, the "Released Parties") from and against any and all injuries or damages I may sustain in connection with the Event, as well as any and all other liabilities or claims of whatever nature or description, in equity or at law, which I, my spouse, or my child may have against any of them relating to the Event. This release shall be binding even if the risks and liabilities that are being released by this document arise out of the negligence or carelessness of one or more of the Released Parties. I further agree to defend, indemnify and hold harmless, the Released Parties from, for and against any and all demands, claims disputes, actions, causes of action, liabilities, losses, damages, penalties, recoveries, judgments or executions, costs and expenses, of any kind, arising in connection with my participation in the Event. This release shall take effect as a sealed instrument and shall be governed by the laws of the Commonwealth of Massachusetts.

I hereby attest that I have read, fully understand, and agree without exception to all the provisions, releases, and waivers outlined in this Participant General Release and Agreement. I understand that this document is a legally binding document that limits the legal liability of the Released Parties. I attest under penalty of fraud, that I am at least 18 years of age, and if I am signing for a minor, that I am the minor's parent or legal guardian.

Participant's/Parent's/
 Guardian's Signature: _____ Date: _____

Print Name: _____
 Parent/Guardian (Circle One)

****Note:** A legal guardian must be appointed or approved by the court. For example, a camp counselor or school chaperone is not a legal guardian for children under his or her supervision.

This release must be signed prior to participation in the Event.

Please Print This Form.
 For Registration Questions? Please Contact bob@mightymeehan.com or 508-744-7226

ED GILL MEMORIAL

5K ROAD RACE

Presented by

STONY ISLAND SEAFARM

Also (Walk or Bike for Fun)

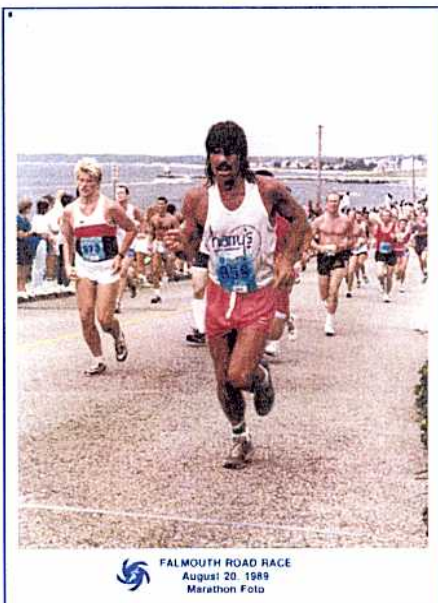
Sunday September 27th

11:00 AM



LOCATION:
ODD FELLOW'S HALL

Corner of Rock Harbor
and Namskaket Road
Orleans, MA



Music

Barbeque

Chowder

Raw Bar

Prizes

Awards

Gift Certificates

And More...



NAME (LAST) _____ (FIRST) _____ PHONE # _____

ADDRESS _____ CITY _____ STATE _____ ZIPCODE _____

AGE _____ MALE _____ FEMALE _____

I hereby for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the sponsors, coordinating groups, and any individual associated with this event, their representatives, successors and assigns, and will hold them harmless for any and all injuries suffered in connection with this event. I attest that I am physically fit to compete in this event. Further, I hereby grant full permission to any and all of the foregoing to use my likeness in all media including photographs, pictures, recordings, or any other record of this event for any legitimate purpose.

RUN

WALK

BIKE

SIGNATURE _____ RECEIPT # _____

PARENT /GUARDIAN IF UNDER 18

REGISTRATION FEE: \$20.00

MAKE CHECKS PAYABLE AND MAIL FORM TO:

**Ed Gill Memorial Road Race
PO BOX 57 East Orleans, MA 02643**

Or Visit

signmeup.com

(Continued from page 30)

669	LARRY BELLIVEAU	64/157	M5054	1:38:33	7:31
688	KENNETH LEMERISE	21/88	M5559	1:39:01	7:34
825	BILL LORD	13/49	M6064	1:43:01	7:52
895	POLLY PAPSADORE	45/128	F4044	1:44:54	8:01
935	KEVIN LENNON	95/172	M4044	1:46:11	8:06
960	TOM NALLY	39/88	M5559	1:46:43	8:09
1069	ROBERT DOOLAN	114/168	M4549	1:49:42	8:23
1111	KATHLEEN RICHARDS	6/25	F5559	1:50:46	8:27
1206	PETE STRINGER	6/19	M6569	1:53:50	8:41
1343	TOM DAVIS	132/172	M4044	1:57:46	9:00
1391	SHARYN GREENLEAF	11/25	F5559	1:59:15	9:06
1449	GEORGE GRAEBER	10/19	M6569	2:01:31	9:17
1524	MARY GIBNEY	87/123	F3034	2:04:05	9:28
1706	CHERYL GOMSEY	54/73	F4549	2:13:26	10:11
1744	JOANNE CORSANO	35/44	F5054	2:15:46	10:22
1775	MARCELLA MCCARTHY	58/73	F4549	2:17:45	10:31
1793	MICHAEL WILLIAMS	163/168	M4549	2:19:03	10:37

**15th Annual Hibernian 5K Race
Peabody, MA, March 15, 2009**

38	Andrew Scherding	10/18	M5059	24:51	8:00
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**5th O'Hartford 5K
Hartford, CT, March 15, 2009**

433	THOMAS MCINTOSH JR.	1/2	M7074	25:54	8:20
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**St Patrick's Panther Prowl 5K
Hanson, MA, March 14, 2009**

64	Tufankjian, Allan			25:18.57	
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**Raynham K of C 5 Mile Road Race
Raynham, MA, March 8, 2009**

10	4/17	Blandin Marc	32:52	6:35	
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**Traditional Hynes Road Race
Lowell, MA, March 8, 2009**

234	47/124	M3039	Stephen Dickie	40:42	8:09
532	106/135	M4049	Paul Wagner	47:55	9:35
712	70/72	M5059	Robert Laundry	55:03	11:01

**Ballycotton 10 Miler
Co. Cork, Ireland, March 8, 2009**

1631	Bill Masterson	1:27:25	8:46	4	M70+
**	Christopher Sabatini	1:27:25	8:46		

**WPLR ShamRock & Roll 5K
New Haven, CT, March 8, 2009**

486	1	M7079	McIntosh Jr Thomas	27:53	8:59
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**Claddagh 4-Miler
Lawrence, MA, March 1, 2009**

180	42/131	M3039	Stephen Dickie	33:21	8:21
715	72/72	M5059	Robert Laundry	51:06	12:47

**Quonset Point Ten Mile Road Race
North Kingstown, RI, March 1, 2009**

106	3/5	GRAEBER GEORGE	1:31:30	9:09	
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Corrections, Omissions, Additions and other improbable performances

The timing companies periodically stumble over Ryan's last name (or the webguy forgets to add his name to the automated results ripper) so here are some results from over the

winter that he wanted to share with us:

**Cpt Gerald DeConto 5k
Sandwich, MA, September 14, 2008**

3	16:52	5:26	1	20-29	Ryan Gattoni
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**Milford 5K Road Race & Walk
Milford, MA, September 27, 2008**

2	Gattoni, Ryan	M19-29	0:16:48	0:05:25	
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**KAYLAS BEAT GOES ON 5K WALK / RUN
PLYMOUTH, MA, October 18, 2008**

1	RYAN GATTONI	16:32	5:20		
---	--------------	-------	------	--	--

**5K By The Bay
Sandwich, MA, November 16, 2008**

1	Ryan Gattoni	17:24			
---	--------------	-------	--	--	--

**Mount Hood Cross Country 3.5 Miler
Melrose, MA, December 13, 2008**

Ryan Gattoni	20:46.9	1	5.56		
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**Paddy Kelly 5 Miler
Brockton, MA, February 8, 2009**

2	27:28	Ryan Gattoni	05:30		
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If you see a glaring omission, an error, or just want to harass the editors, send your updates to ccacnews@capecodathleticclub.org.



Lt. Steven Xiarhos runs to the finish of the YPD Blue 5K. [Glenn Bacci Photography - gmbacciphotography.smugmug.com]



Martha Edwards cruises at the 2008 Yarmouth Seaside Festival kayak race. [Kristen Navas]

Upcoming Event Calendar

*Race schedules are subject to change.
Contact the race director for the most
current information.*

Weekly Events

Sunday

9:00 AM Group Fun Run
Johnny Kelley Rec. Area
Old Bass River Road, S. Dennis

Tuesday

5:30 PM Chatham Harbor Runs 3-6 Mile
Chatham High School
Crowell Road, Chatham

Wednesday

5:45 PM Track Workout
Nauset Middle School
Eldridge Parkway, Orleans

Thursday

5:30 PM Harwich Ramble 8 Mile
Brooks Park Tennis Courts
Oak Street, Harwich

Friday

5:30 PM Hanlon's 5 Miler
Hanlon's Shoes
Main Street, Hyannis

Saturday

8:00 AM EMS Run for the Socks
3-5 Mile Trail Run
Eastern Mountain Sports
Rt. 132, Hyannis

09/13/2009 FTC Main Street Mile
1:00 PM Falmouth Village Green
1M jackrunfalmouth@comcast.net

09/13/2009 Run To The Chop
9:00 AM Vineyard Haven Library
5K 508.693.0833

09/19/2009 The Nun Run
10:00 AM Oyster Pond, Chatham
5K 774.994.7346

09/19/2009 girlygirlparts 5K
10:00 AM Town Neck Beach, Sandwich
5K 508.280.2455

09/20/2009 Capt. Gerald DeConto RR
9:00 AM Sandwich
5K 508.888.8571

09/20/2009 Truro Treasures 5K
9:00 AM Pamet Harbor, Truro
5K 508.349.0181

09/26/2009 Gateway Fun Run
4:00 PM Barnstable High School Track
5K 508.292.4258

09/27/2009 Ed Gill Memorial Road Race
11:00 AM Orleans
5K 508.255.6972

October

10/04/2009 Harwich Cranberry Harvest
11:00 AM Harwich High School
13.1/7.3M 617.625.2140

September

09/05/2009 Practice Triathlon 3
8:00 AM Brewster
0.3/9.5/3M ccac@capecodathleticclub.org

09/05/2009 Marstons Mills Four Miler
9:00 AM Marstons Mills
4M 508.771.1470

09/07/2009 Dennis 5K Labor Day RR
10:00 AM Johnny Kelley Park, S. Dennis
5K 508.398.3568

09/12/2009 NETT Hyannis Sprint II Tri
7:00 AM Craigville Beach, Craigville
0.2/10/3.1 508.224.3601

09/13/2009 Eastham Windmill Weekend RR
8:00 AM Nauset Regional High School
5M 508.240.5900 x200

09/13/2009 The Mighty Meehan 5K
10:00 AM West Dennis Beach, W. Dennis
5K 508.774.7226

Promote Your Event Here

Get your event information to 250+ Cape Cod runners/
bicyclers/triathletes and a few in the rest of New England
and beyond. The CCAC newsletter is published bi-monthly
on the 15th of the month. Newsletters are mailed between
the 15th and the 30th of the month. For more information,
contact the newsletter staff at ccacnews@cape.com or
508.896.0226.

Calendar Listing	Free
Small Race Advert (1/8)	\$10/issue
Race Application	
RD supplies apps	\$50 for up to 2 sides
Race Application	
RD supplies copy	\$100 for up to 2 sides

- 10/10/2009 Mashpee Oktoberfest 10K
9:00 AM South Cape Beach, Mashpee
10K 508.539.1400 x519
- 10/11/2009 Yarmouth Seaside Festival 5K
9:00 AM Laurence Mac Arthur School
5K 508.414.1155
- 10/11/2009 Oak Bluffs Columbus Day 5K
11:00 AM Wesley House, Oak Bluffs
5K 508.693.7887
- 10/12/2009 Yarmouth Seaside Fest Kayak
10:00 AM Bass River Beach, S. Yarmouth
? 508.398.2011
- 10/17/2009 5K DeStress Express
9:00 AM Veteran's Beach, Hyannis
5K 508.420.0561
- 10/17/2009 Cycle Martha's Vineyard
10:00 AM MV Regional High School
100/50K cyclumarthasvineyard@gmail.com
- 10/18/2009 Wellfleet Oysterfest 5K
9:00 AM Mayo Beach, Wellfleet
5K Wellfleet Recreation Dept.
- 10/25/2009 Cape Cod Marathon
8:30 AM Falmouth Village Green
26.2M 508.540.6959
- 10/31/2009 5K Monster Dash
9:00 AM Wing School, Sandwich
5K 508.888.6800
- 10/31/2009 Mashpee Firefighters' Raw Bar
11:30 AM Popponeset Market Place
5K 508.477.2269

November

- 11/01/2009 Falmouth In The Fall
1:00 PM Woods Hole
7.05M 508.548.8297
- 11/26/2009 Chatham Turkey Trot
8:00 AM Oyster Pond, Chatham
5K 508.945.7707
- 11/26/2009 We Gather Together
8:00 AM Wing School, Sandwich
5K 508.224.3601
- 11/28/2009 Andrea Holden Road Race
10:00 AM Dennis Inn, Dennis
5K 508.394.3012



Upcoming Off-Cape Calendar

Race schedules are subject to change. Contact the race director for the most current information.

We receive a fair amount of e-mail, snail mail, and off-the-cuff remarks about some of those over the bridge races; enough so that we figured we'd create another page. None of the information presented here is assumed to be accurate. We just received it from the race director, a friend of the director, or an absolute stranger. But these races are weird, interesting, or at least worth a look ... especially if you're bored of running that same old race on the same weekend year after year. Happy touring!

- 09/12/2009 Run to the Rock
9:00 AM Plymouth, MA
5/10K/13.1 508.746.6070
- 09/12/2009 Ollie Road Race
10:00 AM Boston, MA
5M 888.767.7223
- 09/20/2009 DARE to Run 5K
10:00 AM Norfolk, MA
5K 508.520.0163
- 09/20/2009 Mighty Kids Triathlon
9:00 AM East Lyme, CT
Various 860.701.6374
- 11/08/2009 Victoria Mosier Memorial Run
11:00 AM Raynham, MA
5M dtravers@homeforourtroops.com
- 11/15/2009 Chilly Half Marathon
7:30 AM Newton, MA
13.1M 617.935.9856
- 11/26/2009 Seacoast Rotary Turkey Trot
8:30 AM Portsmouth, NH
5K 603.498.6909

Members Only

Trying to get into the members only section of the website? Here are the user id and password you'll need. And if you have anything else you think would be good for this section of the site, send it to us at ccac@cape.com.

User ID ⇔ ccacrunner
Password ⇔ runthecape

The CCAC promotes running and multisport activities in the Cape Cod area by organizing many major road races each year, from one milers to marathons. Proceeds from the races are donated to charities, scholarships, and athletic programs in the local community. The club holds numerous fun runs, including the popular winter Grand Prix series. Members offer each other encouragement during group training workouts. Many club members help conduct youth running programs and coach track and cross-country at local high schools.

Formed in 1976, the club now has over 250 members. The CCAC is a non-profit organization, governed by an unpaid Board of Directors and elected officers. Club meetings are held on the first Wednesday of each month (except summer) at 7:00 PM.

Race result compilation for the newsletter is never 100% accurate. The staff does its best to include all member's results but if we miss you, let us know and we'll toss it into the next issue.

Next Club Meeting

Wednesday, 7 October

7:00 PM

Dennis Senior Citizens Center
Route 134, Dennis

The Grand Prix approaches, fall air brings marathons, pizza and other goodies!

Quick Tip

A running friend once said hill work is speed work in disguise. Regular hill running builds strength, endurance and speed ... but hills must be run properly and in moderation or they may quickly lead to injury. First, look for locations that aren't heavily congested or frequented by cars, and are preferably soft surfaces like grass or sand. You'll want to find two locations for hills, one with a moderate inclination and a length of about 200 meters and another steep but shorter hill of only 30-40 meters. Since running fast hills over and over can put excessive stress on the calf muscles, alternate fast running with bounding, leaping with lateral motion, and skipping. On your fast cycle, concentrate on leg lift and getting the knee as high as possible rather than on the drive. Short hills should be run fast, in under 30 seconds, while the longer, less steep hills can take up to two

(Continued on page 14)

Newsletter Deadline

Items for the next newsletter are due in by 15 October. Send them electronically to ccacnews@capecodathleticclub.org or via snail mail to CCAC Newsletter, 142 Indian Hill Road N., Chatham, MA 02633.

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