

FOOTNOTES

News and notes about the members of Liberty Athletic Club

January Edition

Coach's Corner

Happy New Year, Liberty!!

I am thrilled that a number of you are taking to the indoor track. We've had very strong intro races by Pam, Dru, Cathy, and Mary, among others. No doubt we'll have a good showing at the indoor nationals.

With a lot of indoor meets, one word of advice. If you want to peak at nationals, let's talk at practice about your plan — the tendency is to peak too soon.

Mary will be featured in the February issue of National Masters News — I'll be sending that on as soon as the issue's out. My next interview will be with Zola Budd, so that's another one I'll be sending.

See you at the track tomorrow — Jan. 5!

We're looking forward to a terrific 2010.

Cathy Utzschneider is the head coach of Liberty Athletic Club. She can be reached at c.utzschneider@rcn.com.

From the President

Happy New Year!

Have you made your resolution to run smarter in 2010? How about those age-grading goals Cathy suggested?

Remember that the National Masters Indoor Track meet is at Reggie Lewis in Boston, March 26-28. The 4 x 800 relay is on Saturday afternoon the 27th and the 4 x 400 relay is on Sunday the 28th. Be sure to take advantage of this as in 2011 and 2012 the national masters indoor meet will be in Albuquerque (2011) and Indianapolis (2012).

Upcoming track meets include the Dartmouth Relays at Dartmouth College on Sunday Jan. 10 and the Greater Boston Track Club meet at Harvard on Sunday Jan. 24. And of course there are plenty of road races for the hail and hardy as well.

In December we had a Christmas gathering at Cathy's — which included surprising Cathy with a pink ipod Nano filled with great music for running or dancing — thanks to Janet Berg's amazing music collection.

And lastly — Dues Dues Dues — are due.

Please download and fill out the brochure and mail to me — 63 Bridge St., West Newbury, MA 01985. Make the check payable to Liberty Athletic Club. The dues cover January to December — the calendar year. If you joined after October 31, 2009 — you are good to go for 2010.

And after many years of not increasing dues the Board of Directors voted to increase dues. Non-coaching dues \$90, Coaching dues \$140. For those who feel unable to pay that much — please contact me privately — we are not a wealthy club and have no outside sponsorship — but in cases of hardship — we would rather have you contribute something than drop out of the club. Do not be shy.

You will receive a couple of email notices- which will include an attached membership form. Please fill out the form — so that I have your correct email address, birth date — for establishing up-to-date age group lists, phone number(s) and street address. You may hand this to me at practice — if you come to practice — or mail it to me. Please write clearly! My address is on the membership form. I will bring forms to practice if you want to have one handed to you or if you do not come to practice — and want a printed copy — let me know — I will mail you a form.

This year we are establishing a deadline for paying dues — March 31, 2010. In the past dues have dribbled in for months — sometimes I have to remind a person numerous times that she has not paid — yet is turning up for practice. Sometimes I hear nothing from non-practice members until a club social event when I have the opportunity to ask the member if they are going to pay dues. At the suggestion of the Board of Directors — we are establishing a deadline after which the non-paying person will be deleted from the email list. If you know you are not going to rejoin — please let me know so I am not chasing after you. Frankly as the person who collects the dues, updates the spreadsheets, deposits the checks, and emails the treasurer about the deposits — it is a royal pain in the backside to be chasing after folks for months. If you did this to your internet provider you would be offline quickly.

On that happy note, I wish everyone a Happy New Year!

Mary Harada is the President of Liberty Athletic Club and a world-class runner. She can be reached at mary.harada@comcast.net

RACING

BU mini-meet — Pam Linov and Dru Pratt-Otto both raced the 3K at the BU mini-meet Saturday, Dec. 26. Pam ran 11:40.13 and Dru ran 13:39.66. Great job!

TIDBITS

Mary's Hall of Fame nod —

Mary Harada's being inducted into the Hall of Fame with Bill Rodgers - Read it here:

<http://www.boston.com/news/local/articles/>

[2009/12/27/74_year_old_runner_from_west_newbury_still_going_strong/](http://www.boston.com/news/local/articles/2009/12/27/74_year_old_runner_from_west_newbury_still_going_strong/)

Age-graded goals 2010 —

Anyone looking for a goal this year? Here's an idea - pick a favorite race distance (track, road) and set a 2010 Goal Challenge. Either set a time to achieve, or an age-graded time that represents an improvement over last year's age-graded result at the same race.

Example: if you are now 61 and ran 59:50 for a 10K when you were 60 (when you ran an age-graded performance of 66.21% for an open equivalent time of 45:49 - see the Web site at <http://www.howardgrubb.co.uk/athletics/wmalookup06.html>) you could try, at 61, to improve that age-graded performance.

Really simple and an alternative for those who've wanted an extra oomph to "go for it."

If you're interested and haven't already, email Bethany - bedwards@cnc.com - with your race, time in 2009, and time in 2010, and we'll add you to the list!

Injured Runners Society (IRS) —

Reminder - Marcia Puryear has establish a support group for Liberty runners side-lined by injuries, illness, or whatever. If you want to join, email her at puryear96@comcast.net.

Winter races — 2009-2010 Indoor Track Season

<http://www.usatfne.org/track/2009-indoors.html>

Sun. Jan 8-10

Dartmouth Relays — Hanover NH. Masters Fri, HS. Sat, Open. Sun Information/Results

Sun. Jan 24

Greater Boston Track Club Invitational — Harvard U, Boston
Info and Results gbtc.org

Fri-Sat, Jan 29-30

Boston U. Terrier classic — Boston

Sat. Feb 6

15th Annual Reebok Boston Indoor Games — Reggie Lewis Center, Boston.

Sun. Feb 21

USATF-New England Indoor Track & Field Championship — Harvard U, Boston
(tentative)

Fri-Sun, March 26-28

USA National Masters Indoor Champs — Reggie Lewis Center, Boston.

DECADE TEAM CAPTAINS

To help assist Coach Cathy and President Mary keep the team energized, team captains are named for each decade. Any questions or concerns, contact your team captain below.

30s

Lisa Zagura — Lisa_Zagura@hotmail.com

Bethany Edwards — bedwards@cnc.com

40s

Pam Linov — linov_p@verizon.net

Leslie Oulette — leslieoulette@comcast.net

50s

Drusilla Platt-Otto — dpo@accessfinancialsol.com

Karen Shanley — Kmshanley@aol.com

60s

Leni Webber — labwebber@comcast.net

70s

Mary Harada — mary.harada@comcast.net