



The 2007 BLAC Highlights

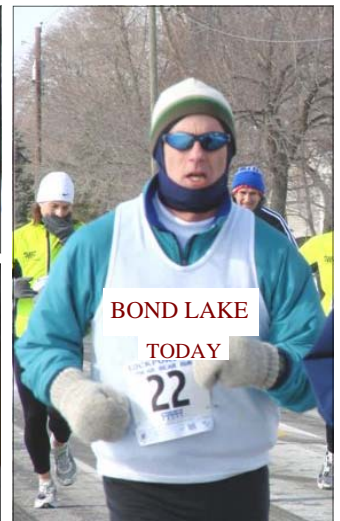
Every year we highlight the first race of the year as being The Lockport Y10 which in fact is incorrect. The Penguin Run brought out one Bond Laker, Joanne York (Ms. Kona) who beat the male who looked like he was eating a hot dog during the race. I didn't catch his name but he is not one of ours! Temperatures were in the teens the week before the race which left a lot of ice on the road. Race day, the temperature was 25. The last street of the race should have been salted. There was a good amount of ice and I was surprised I didn't see anyone fall while taking pictures. Diane



Lockport Y10 February 10, 2007



The sun was out the morning of the Y10 but the temperature was only 20! As you will notice, in another photo, after mile 5+ runners turn the corner and they run 'dead' into the wind. It's never a pleasant site! Thanks to Rich Clark for letting me hang out with him while he drove around the course timing the race. More race photos on page two and three.



Scott Patterson



Ray found Mike in the race. We think it took about 7 miles before he caught up with him, then Mike lost Ray on the Market street Hill.



Susan Watkins having a really good 10 mile Run!



In the 2006 newsletter we noted that we may have evidence Gary Raby Sr. tried to push his daughter down in the last 50 yards of The Rut Race. This year we indeed have picture PROOF that Gary is trying to beat this very sweet girl who runs and races and so well!



Here are the pictures that prove Gary Raby tried to push his daughter down so that he could get ahead of her in the race and win. Jennifer Raby beat her Dad by a breath. Both finished the race in 30:20. Daddy was sent to bed with no snack and he was grounded for 2 weeks.



TRADING PLACES

Recently, at a Bond Lake get together at the lodge.....
 Elek complained to Lilly and Kennedy,
 "Damn Parents went running again and left us with the dogs!"
 Kennedy replied.....
 "There...there...there...they are behind you!!
 I saw them run by!! Your daddy was in first place. I think Scott dropped out again."





Left photo is after mile 5+ when you're in the wind fighting to stay upright. Maybe we will have a 50 degree day some year. And no wind?



At the right Andrew just made it up that nagging Market Street hill and continued on to the finish.

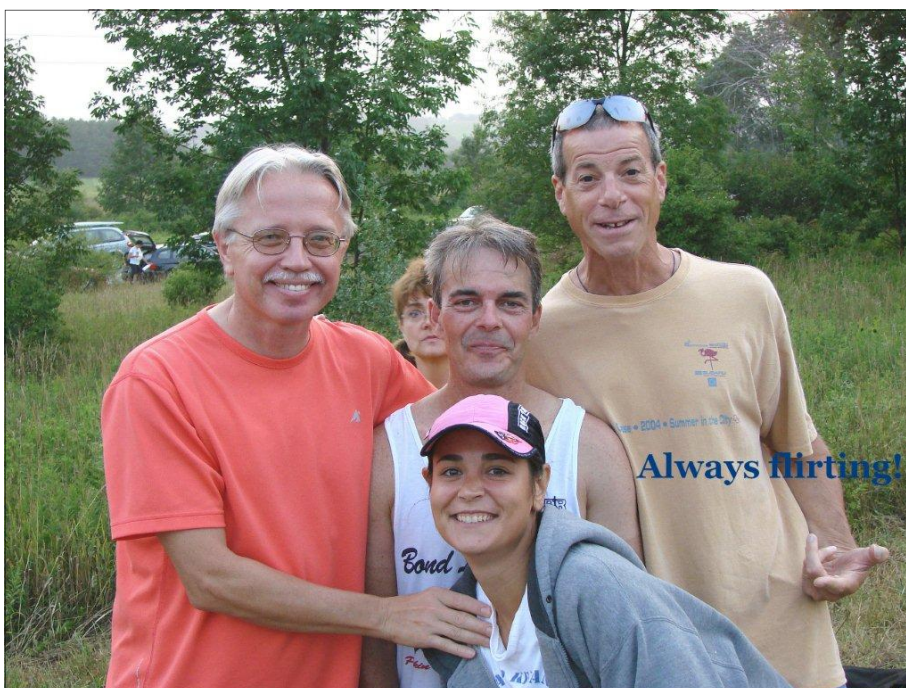


While Finishing the Y10, Jason was wondering where Susan went... Ummm, she beat you Jason!!!

Susan-1:32:52



Jeanne Chiarmonte placed 2nd in 40-44 and ran a 7:16 pace for the whole TEN MILES!!! Later in the year she ran even faster when she clocked a 7:11 in the 10 mile Hospice race in October!



Wouldn't you know these silly men would find a female to help fill in the picture?

It was a perfect warm night for the Mud Run. Tony Garrow took home a trophy in his age group. No one knows who the girl was but she was having fun too!

Taking pictures can be a chore. Diane

FYI

Joining Pat Roach in his still 'somewhat' retired position is Jan Jezioro, Ray Ernst and Tony Garrow.

Congratulations guys!

Quiz Answers

1 = B, 2 = I, 3 = E, 4 = C, 5 = G, 6 = H, 7 = B, 8 = A, 9 = F, 10 = D

The Grand Island Half Marathon

Saturday, May 5, 2007



It was a beautiful sunny morning. There was a slight breeze on the way out. Aprox. 60 degrees. Tough racing since winter turned into a spring day. Amy & Company came to cheer everyone on and also was able to get a run in!



Who has hairy legs?

Nancy Sheehan was feeling extremely well in her Half Marathon. Scott was very helpful even though she was wearing her Checkers singlet.



Jeanne was a little upset with Diane Sardes. A couple miles from the finish Diane yelled, "There's a girl behind you, you better go!" Jeannie said she took 30 seconds off her last mile because of that! You go!



How very 'sweet' it would be to run as fast as these gentlemen!

Can you match the “quote” to the person who said it?

1. “If you want to win something, run 100 meters. If you want to experience something, run a marathon.”
2. “The whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants to quit.”
3. “Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us find out what we’re made of.”
4. “I thought about how many preconceived prejudices would crumble when I trotted right along for 26 miles.”
5. “I’m not prejudiced against women; they just can’t run in my race.”
6. “It’s the road signs, ‘beware of lions.’”
7. “Great is the victory, but the friendship of all is greater.”
8. “I’m not going to run this again.”
9. “The marathon is a charismatic event. It has everything. It has drama. It has competition. It has camaraderie. It has heroism. Every jogger can’t dream of being an Olympic champion, but he can dream of finishing a marathon.”
10. “Running is the greatest metaphor for life, because you get out of it what you put into it.”

- A. Grete Waitz, Norwegian world class runner
- B. Emil Zatopek, Czech Olympian
- C. Roberta Gibb, Sculptor
- D. Oprah Winfrey
- E. PattiSue Plumber, U.S. Olympian
- F. Fred Lebow, N.Y. Road Runners President
- G. Jock Semple, B.A.A. Official
- H. Kip Lagat, Kenyon distance runner
- I. Dr. George Sheehan, Author

Ten quotes, nine people. Someone gets credit for two quotes.

Look for the answers somewhere in this newsletter.



Running Addictions

Training the Mind

Spouses Beware

Borrowed from The Lore Of Running

The running addict is characterized by a compulsive need to run at least once a day some-times twice. . . . If prevented from running, such runners become irritable, restless. Sleepless and preoccupied with guilty thoughts that the body will decondition or deteriorate in some way. The running addict recognizes the irrationality of these feelings and thought, but they are inescapable and can be relieved only by running. (Let us run when we want!)

If not allowed to run your spouse may have restlessness, insomnia and generalized fatigue. Tics, muscle tension and soreness, decreased appetite and constipation or irregularity. Other known as exercise addicts, we run first THEN if time permits we work, love and socialize. We exercise to the point where overuse injuries have near crippling effects, the pain becomes intolerable and we search for the perfect shoe, orthotic, injection or psychological strategy that will enable us to run (shoot up) again.

Benefits from running: Relieves tension, better self image, more relaxed, content, better mood, self-confident, relieves depression, happier, is more alert and will think more clearly!

The Rut Race



XC- 3.5 mi. good footing
Monday, August 13, 2007,
7PM

One of the most beautiful
summer nights of the season.
Low 70's, SUN and no wind
Race director **RAY ERNST**



And they're off!



Cole always comes to support the Rut Race.
Notice the smile on his face.



Tony DID catch
Kenny!



What's with the fashion
statement Clyde?



Thank You
Score-This!

BANDITS CODE OF ETHICS

1. Unless it's a chip race never cross the finish line
2. If there is a charge for the post race party pay it
3. If the race is for a charity make a nominal donation
4. B.Y.O.B. or tote your own 6 pack
5. Save your old Bib numbers & pick one that looks like the one that is being used. (exclude low numbers)
6. Never wear your colors T. Somerville

**Thanks to Ray Ernst for helping me
with information for this newsletter~**

Tom Somerville will be collecting running shoes for The Shoes for Shelter Race April 6th.
They can be dropped off any
Saturday at Bond Lake.
Please make sure it is before March 23rd.

Oh, BTW, Tom is now a 'Checkers' member.

Niagara Falls International Marathon Gun Times



OCTOBER 8, 2007

Tom Somerville	3:23:02
Tom Appenheimer	3:23:38
Pat Roach	3:28:02
Mike Schiavone	3:44:29
Pam London	4:08:37
Sue Watkins	4:27:20

Tom's time compares to a 25 yr. old male running 2:45:42
A great performance from last years BLAC "Most Improved Runner"

1/21 60-64 age group



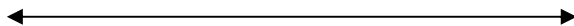
Niagara Falls International Marathon

My brother Bob and I ran our first marathon head to head since 1996. My brother's PR in a marathon was 2:42 and mine was 2:57. He 'bested' me in 10Ks 35:27 to 37:27 and 5ks 17 minutes to 17:45. This year I had him on the ropes till 21 miles but couldn't land the knock out punch. He won 3:19 to 3:22. He always says, (I am tired of hearing it) "I am two minutes older and two minutes faster". My brother has run 45 marathons and I've run 44. Bob wrote to the Guinness Book of World Records this year about establishing a category for the number of marathons run by identical twins. The Guinness people told him it was an insignificant record. I am asking you to join the Somerville Brothers boycott of Guinness Beer, after all, there are so many good foreign beers. Guinness is like drinking Budweiser. Tom Somerville



Nissan Buffalo Marathon May 27, 2007

Mike Schiavone	3:47:42
Rich Clark (Half)	1:33:58



Boston Marathon April 16, 2007

Tom Appenheimer	3:41:04
Mike Schiavone	3:49:47
Pamela London	4:12:38

Marine Corps Marathon Chip Times

Nancy Sheehan 4:54:33
Marc Ruettimann 5:00:11
FIRST MARATHON for MARC!

Congratulations~



Tina's Place



***Tina's Place** continues to be the breakfast place of choice for those running on Saturday morning! Not only are we treated well and our coffee cups filled to the brim continuously, we're always served with smiles from Shelly & Heather along with a smiley glance from Tina and Sara looking out from the kitchen grill. Much gratitude goes out to Tina's establishment for their delicious breakfast, lunch and dinners, kind personal staff and their cozy relaxing atmosphere.*

Not only do they move tables around to accommodate a large running group, they never complain about it~ (we don't think!)

THANKS TO EVERYONE AT TINA'S PLACE!!!



Number of cooks laid off when Scott doesn't show up for breakfast.



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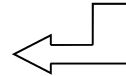
2
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7



We told Scott the group picture was in an hour!



Amy's marathon relay team, even though they were all over 35 years old, WON the Open Team relay for The Buffalo Marathon! Congratulations.



Lancaster 10K was a little damp this year. Enjoying the day was John, Jeanne, Pat, and Tom.



Ironman Finishers For 2007 were:

Bill Seyler
Joanne York
Diane Sardes
Pamela London
Chuck Miller
Rich Clark



October 23rd was a very special day For Clyde Ferguson and Carol who decided to tie the knot. But where? BOND LAKE!!



Comeback Man



Tony Garrow had an early Christmas present from friends and family all over Western New York. It was first the brainstorm of Steve Forrestel. He knew Tony wanted get a 'road' bike someday so he could get better at climbing during his rides and races. Steve talked with Rich Clark and Jim Costello of Handlebars and soon the plan was in motion. There was a collection that sky rocketed. Everyone wanted Tony to know how much they cared about him staying healthy by keeping fit. An email was sent out from Rich Clark stating how much Tony has done for other people, how he stopped his own Ironman race in Arizona to help someone that passed out. It was easy for people all over to contribute to the well being of someone who picked up an incurable cancer called Multiple Myeloma.

GO TONY!

The 2007 Scratch Race – November 10th!



Whitefish and the Two Bear

By Ray Ernst

Nestled in the foothills at the north end of the Flathead Valley lies the little town of Whitefish, Montana (pop. 5000). Being twenty miles west of Glacier National Park and the majestic Rocky Mountains, and sixty miles south of the Canadian border, it is an outdoor person's paradise. Hunting, fishing, white water rafting, kayaking, hiking, mountain biking, skiing, snow boarding, or just driving Going to the Sun Road in Glacier Park, spotting bear, moose, mountain goats and big horn sheep, you won't lack for things to do. And then there's the Two Bear!

September 16, 2007. 7:30 AM. The Two Bear Marathon starts at the gateway into Stillwater State Forest and winds its way up and down rocky dirt roads and primitive trails, through thick pine forests past four remote, hidden lakes. At mile fifteen you exit the woods onto a paved road and follow the north and east shores of Whitefish Lake, past isolated ranches and forest lodges, back into town. Race start temperature was in the low forties. Cool and clear with a gentle breeze, the sun warming the air into the low seventies by afternoon. Sound pleasant enough?

Consider elevation changes. The race info packet said we gain a total 2400 feet. According to my Garmin 205; start at 3279 feet, 1.1 mi. at 3652' (welcome to the hills), 2.3 mi. at 3325', 4.2 mi. at 3624', 6.4 mi. at 3319', 10.1 mi. at 3629' (feeling it), 11.2 mi. at 3399', 11.8 mi. at 3601', 12.8 mi. at 3279' (think quads), 13.9 mi. at 3463', 14.8 mi. at 3066' (a killer drop over loose rock), 15.4 mi. at 2991' (onto smooth pavement, ahhh), 16.8 mi. at 3216', 17.5 mi. at 3060' (getting easier?), 19.4 mi. at 3359' (no!), 23.3 mi. at 3003', finish at 3056'. There were the short rises on the trails, so steep that even when running you were slowed to walking speed. And of course you had to watch your footing, rocks and roots trying to get you (I did take a little tumble, but not to worry, the camera was okay). Oh yeah, the bears. They warn you about the bears. (none on this day, whew!)

I signed up for this race to enjoy the beauty of the countryside. I was not going to race for time. This race is not a Boston qualifier. The course cannot be certified, "too rough" they say. I carried a disposable camera with me and took photos. I stopped on the course to observe Mother Nature at her best! My finish time was 5:09:14, fourth in my age group, slowest of my twelve marathons.

It was, however, the *toughest* race I ever ran, and I *wasn't even racing!* I was sore for three days afterward! It hurt to sit, hurt to walk. It hurt just to lie in bed!

But it was also a magnificent experience. The Rocky Mountains dotted with white in the background, the pine forest as dense as the crowds at a post race party, the clear blue waters of unspoiled lakes, the horses grazing on golden meadow grasses in Big Sky country. Beautiful!



Sometimes
the rewards do
not just go to
the fastest,
sometimes they
go to those
who show up.
And I've got
the photos to
prove it!



A 50 Mile Race?

What is the perfect meal to eat before a very long race? Other than Scott, who'll eat anything and everything, haven't we all wondered what to eat on race day that would enhance our race performance? Well this year one Bond Laker sure found out what not to eat just before a long race.

Flash back to Friday July 27th at 7pm, two Bond Lake members, Roger Niethe and Clyde Ferguson lined up for the 11th annual "Around the Lake Ultra Marathon in Wakefield, Massachusetts. They would be circling a 3.16 mile course around Lake Quannapowitt, 16 times, for the next 10 plus hours.

Just 2 hours prior to this the guys were spotted in a small restaurant having a pre race meal. Clyde was hungrily consuming a plate of chicken quesadillas while discussing race strategy with Roger.

Later, as the guys stood on the start line, a slight rumbling could be heard in the vicinity of Clyde and it wasn't the impending storm forecasted for the next day. A quick sprint to the hotel room was thought to have taken care of the problem. It would soon be an eventful race that would see the untimely destruction of a Checkers A.C. singlet before the completion of the third lap.

Dawn broke Saturday morning with the two runners finishing together in 39th and 40th places of 86 ultra runners, completing the 50.56 mile run in 10:45:51.

The down side to this adventure is that the one runner (CF) has been banned from future purchases of Checkers apparel. When asked about the incident Clyde remarked, "What! It was dark, behind a tree and it was just a Checkers singlet. It didn't say Bond Lake or anything!"

Rumor now has it that CF has been trying to score Bond Lake apparel, being unable to purchase Checkers stuff. If he approaches anyone, please contact a Bond Lake Board member so appropriate action can be taken.



A completely Grounded Woman!



Joelle and Marc supporting the race.



IT'S ALL ABOUT NANCY!

Apart from Nancy Sheehan being a fabulous Wife and Mother, she was able to have some really great races this past year. Not only did Nancy help organize the Kenmore Mercy Run/Walk Race she also ran it! She Pr'd in the Grand Island Half Marathon and went under her goal of two hours with a 1:52:24. Additionally Nancy Pr'd in the Turkey Trot with a 42:25, this is also an 8K Pr for her! Her most memorable event was the Niagara Ultra saying the distance was amazing, such a nice event and she enjoyed almost all of it.

You're The Best Nancy!

Nancy and Sue heard Scott repeatedly saying under his breath, "I wish these two girls would stop competing so we could slow down!"

This picture is from either 1980 or 1981, shortly before the start of the Presque Isle Marathon in Erie, Pa. Can you pick out the two current club members? They were about 24 and 34 years of age, respectively, and about 80 pounds lighter, collectively. One has much less hair, facial and otherwise, and it's much whiter now. Yep, that's Scott in the middle and Jim on the far right. You may also recognize Dan Woitas, second from the left.



Fifty Miler Roll of Honor

11/15/81 Scott Patterson 7:50:02

11/18/84 Dan Woitas 8:32:20

11/21/98 Mike Schiavone 9:12:02

11/21/98 Rich Clark 9:21:31

11/21/98 Jim Murphy 11:14:16

5/24/03 Jason Mc Grath 9:55:38

10/18/03 Jim Kavanagh 11:30:35

11/22/03 Patty McManus 10:19:44

11/22/03 Jim Kavanagh 10:19:45

9/10/05 Jim Kavanagh 11:40:24

7/27/07 Clyde Ferguson 10:45:51

7/27/07 Roger Niethe 10:45:51