



BOND LAKE ATHLETIC CLUB 2005 HIGHLIGHTS

Think Spring!

Jeanne is back from her injuries and she's running well!



Mike after one of the few freezing Saturday's runs at Bond Lake.



Mike Schiavone running down



Rebecca's forcing Scott into the waters edge



Ray Ernst leading the gang



Always keep in mind that running on the shoulder MAY cause leg discrepancies or possible injuries if done too often. This is what your feet see when you do not run on a flat road.



The Winter of 2005!

Who will remember it as being one of the most pleasant winters to run ?

Thank you Mr. Weather for making this such a great season to enjoy!



The Rut Race August 15th



The weather was PERFECT!



Need we say more? It was a great night!



Rut Race Champions- Tom Proctor and Amy Fakterowitz



The Scratch Race



November 12th brought blue skies and warm temperatures for The Scratch Race.

No one cheated with their 5K times that's for sure. All that's important was that a bunch of good friends got together for a great time!



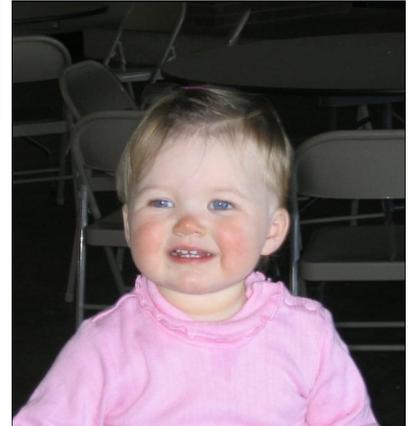
This guy thinks he's pretty.
Who is he?

Jim Kavanagh places first, **Rich Clark** pr's by 2 seconds beating **Alan James** who proudly placed third.

ANNOUNCING.....



*The Tri-Babies one year later.
Kennedy was puckering up for Elek,
but he wanted no part of it.*



If members cannot make the **Shoes for the Shelter** race on March 26th they can give Tom Somerville their old running shoes and he'll get them to the race director.

Tom Somerville has run **33,162** miles since the inception of Bond Lake.

Bond Lake AC member **Brian Murray**, who battled injuries in 2004, ran a 3:13:43 on a one mile loop course at the Last Chance for Boston, just outside of Columbus qualifying for this year's Boston Marathon.

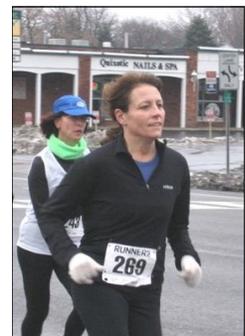
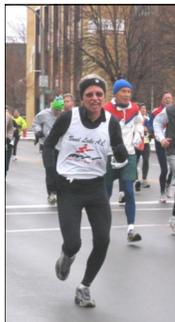


Boston Marathon 4/18/06

Dave Sardo	3:19:31
Jason McGrath	3:31:37
Mike Schiavone	3:36:48
Pamela London	4:13:39

Mike Schiavone will be running his **15th** Boston Marathon this April~
Congratulations Mike!

*Below you will find various pictures of **The Shamrock race, Corporate Challenge, Turkey Trot, etc.** Can YOU remember which race you were in when I snapped your photo?*



GRAND ISLAND HALF MARATHON

Tom Somerville	1:32:45	7:05	2/M50-54
Amy Fakterowitz	1:32:56	7:05	2/F35-39
Brian Murray	1:23:49	6:24	3/M40-44
Pamela London	1:44:40	7:59	
Scott Patterson	1:45:36	8:03	
Joseph Kielb	1:45:42	8:04	
Jan Jezioro	1:46:59	8:10	



April 23, 2005

1:45:36-Scott Patterson put forth his best efforts at the Grand Island Half Marathon with an 8:03 pace.

With winds and rains to deal with, Scott proved to all of us he still has a little something left from his 'speed days'. His much younger brother, Steven ran a 7:01 pace.



May 29, 2005

Nissan Buffalo Marathon

Mike Schiavone 3:41:39
Ray Ernst 4:01:43
Jan Jezioro 4:07:12

Half Marathon

Tom Appenheimer 1:39:45
Nancy Sheehan 2:03:37
John Moore 1:48:08



SUBARU



NIAGARA FALLSVIEW CASINO RESORT INTERNATIONAL MARATHON

Sunday October 23rd, 2005
Niagara Falls, Ontario, 10:00 AM

Pat Roach 3:24:14	Tom Somerville 3:24:14
Pamela London 3:36:15	Mike Schiavone 3:36:48
Nancy Sheehan 4:40:10.	



Wine Glass Marathon, October 2, 2005

Ray Ernst 3:50:54 (PR)
Michael Schiavone 3:59:08
Pamela London 4:32:29
Scott Patterson DNF
Steven Patterson 3:15:54 (Scotts brother)



The marathon was held under very hot weather conditions. Many people had to walk. Ray stopped sweating and that should have stopped his race but it did not, he PR'D by over a minute. Congratulations to Scott for training for this marathon even though he was not able to complete it.

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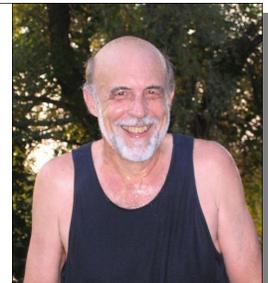


Despite his clothing faux pas, **Bob Eberhardt** accepted the position of Head Track & Field coach at Lockport!

On a sad but awkward note: Bob claims that Bill Seyler refuses to surrender the Bob vs. Bill trophy which Bob says

Bill broke in a fit of jealousy at the Finnan's 5K some years ago. Bill says Bob is a big cry baby. Who knows where the truth lies?

We would like to acknowledge **Don Mitchell's** 30+ years of timing races. He was a pioneer and one of the earliest to use a computer for scoring and timing races.



THANK YOU DON!



THE BOYS were wishing *everyone* a Merry Christmas at Mark & Nancy Sheehan's holiday party! (over & over)

Jason McGrath placed third in the Men's 40 and under category in the Ontario Ultra Trail Series. CONGRATS!

Pam London wants everyone to know she beat Jason McGrath outright at the Ultra Race above.

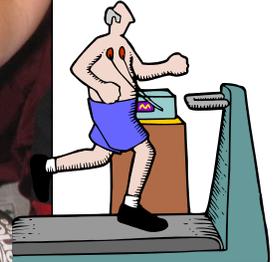
Diane Sardes admitted this past year that she rather do a Half Ironman than a hard breathing 21 minute 5K!

Scott Patterson going back to Wineglass next year to see what the last *eight miles* looks like!

Ray Ernst PR'D at every distance he ran this past year! Ray is also the new Race Director for next year's Rut Race that will be held Monday, August 14, 2006, 7PM!

Karen Ernst is very grateful that she learned how to strengthen her core so she can get back to her walking!

It's all about Scott

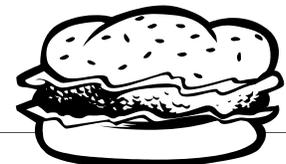
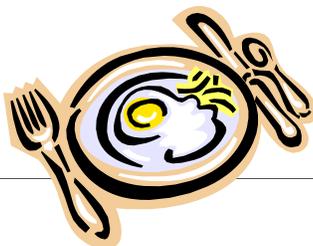


Scott, we asked your friends one morning at breakfast what caption should be inserted under your picture, they could not come to an agreement so we listed them all !

- 1. NO, I don't need a shovel!*
- 2. Mr. Food "mmm, it's so good*
- 3. Fighting anorexia in Sanborn*
- 4. Thinking Running OR Sumo*
- 5. Packing in it for Boston*
- 6. Spectator carbo loading*
- 7. Clydesdale maintenance*
- 8. The only time I'm not flapping my lip is when I'm feeding my*
- 9. I wonder how all these women can resist my gracious manners and boyish figure?*
- 10. Scott's thinking about which 5k he can sandbag for next years Scratch Race time.*
- 11. Schiavone says he's run a hundred marathons. Hell, I've hit up that many buffets in the last three months alone.*
- 12. You might beat Scott in a race but you won't beat him at the breakfast table.*
- 13. Scott wasn't born with a silver spoon in his mouth, just a spoon!*
- 14. Former runner leads local fight against world hunger.*

*More than a
TOP TEN list!
Only for Patterson.*

face.





The Half Ironman



It was sheer exhaustion for Chuck Miller as he competed in his 2nd Half Ironman distance. Diane and Chuck finished 3 Half Ironman distance races. It's what people told us we needed to do to get Ironman experience. One big problem, all three races were over 90 degrees. The last of the three was in Ohio and the night before our race, the car thermometer read **100** degrees. We had no other choice but to laugh about it. There was no way we were going to race this one seriously. In our transition from the bike to the run we could hear bike tires popping as we ran on our way.

We finished respectfully.....and so the story goes.....

2006 IRONMAN WISCONSIN here we come!



Placid **Ironman**- Joanne York 11:39:30
Bill Seyler 14:03:08
Idaho - Tony Garrow 13:06:59

It was August when I signed up for the Katrina relief. I knew there was something that I could do to help, I just didn't know if I would get called. Shortly after the sign up, my Chief called me in and said I was going. The hard part was telling Diane that I would be gone for a month. She survived just fine with all her friends but she *did* complain a little about having to cut the grass so much.

It sure was a life experience and I met so many different people in the time that I spent there.

I would like to thank, Mike, Jan, Scott, Nancy, Susan, Bill, Ray & Karen, Tom & Pam, Pat and Tom S. (who told me to bring him back a flat screen TV but they were already taken). Thanks for your kind words on the card. Thanks to Chuck Miller who took up a collection with which I bought supplies for the trip.



Sara treats us great!



Scott sits alone AGAIN!

It used to be simple just going for a run Saturday mornings at Bond Lake, now we have to worry about what we're *allowed* to eat after we run! Who started this anyways? Below is a shorter/revised copy of what was printed some years ago.

- 2-4 miles- coffee no cream dry toast
- 4-6 miles- coffee w/cream, butter or jam on your toast, 2 eggs
- 6-8 miles- 2 egg omelet, toast with butter, 6 pieces of home fries
- 8-12-3 egg omelet, sausage or bacon, toast w/butter

- ***14-18 The Big One**
- Omelet, bacon & Sausage
- Homefries & French Toast
- Homemade Pie & a good nap.



President

Mike Schiavone



Vice President

Snowy Tom Somerville



Secretary

Rich Clark



Treasurer

Bill Seyler