



City of Cambridge

67.

IN CITY COUNCIL

April 14, 1997

COUNCILLOR TOOMEY
VICE MAYOR BORN
COUNCILLOR DAVIS
COUNCILLOR DUEHAY
COUNCILLOR GALLUCCIO
COUNCILLOR REEVES
MAYOR RUSSELL
COUNCILLOR SULLIVAN
COUNCILLOR TRIANTAFILLOU

WHEREAS: It has come to the attention of the Cambridge City Council that **Greg Wilmore**, Cambridge resident and employee of Marathon Sports in Cambridge and Wellesley, is the author of a new book *Running In and Around Boston*; and

WHEREAS: The book contains detailed maps and directions to roads and trails, with measured distances and levels of difficulty; and

WHEREAS: *Running In and Around Boston* is full of ideas and routes for a variety of running abilities and also highlights sites, running clubs and Internet listings where people can link up for runs; now therefore be it

RESOLVED: That the City Council go on record congratulating **Greg Wilmore** on his new book, *Running In and Around Boston*; and be it further

RESOLVED: That the City Clerk be and hereby is requested to prepare a suitably engrossed copy of this resolution for presentation to Greg Wilmore on behalf of the entire City Council.

In City Council April 14, 1997

Adopted by the affirmative vote of eight members.

Attest:- D. Margaret Drury, City Clerk.

A true copy;

A handwritten signature in cursive script, reading "D. Margaret Drury".

ATTEST:-

D. Margaret Drury
City Clerk

TT

Whereas : It has come to the attention of the Cambridge City Council that
 held - Greg Wilmore, Cambridge resident and employee of Marathon Sports is
~~the author of~~ Cambridge and Wellesley,
~~has authored~~ ^{is the author of} a new book
 titled - Running In and Around Boston; and

Whereas The book contains detailed maps and directions to roads and trails, with measured distances and levels of difficulty; and

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 full of ideas and routes for a
 variety of running activities and
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Boston; and be in further

Resolved:

SEC to Greg Wilmore on behalf of
entire C-C.

Runner tracks new area routes

New book features both well-known and out of the way paths

By Courtney Claire Brigham
TAB Staff Writer

Greg Wilmore is hoping to lure a few city runners away from their daily loops along the Charles River. Not out of dislike for well-traveled paths — but because Wilmore has 50 other secret adventures he recently compiled in a guide designed to help runners explore beyond their usual neighborhood tracks.

"If I could break somebody out of their routine and show them how rewarding it is to discover natural beauty..." said Wilmore, a 27-year-old Cambridge resident, speaking of his pleasure in finding new exercise.

Everyone runs for different reasons. Some seek relaxation and solitude, others are out for a religious experience or runner's high, while still other driven racers are searching for the best hill workouts. Wilmore's book, "Running In and Around Boston," is packed with ideas and routes for a variety of running abilities — from the seasoned athlete training for the 101st Boston Marathon, to casual joggers and runners seeking a healthy workout.

The book contains detailed maps and directions to roads and trails, with measured distances and levels of difficulty, as well as elevation profiles that show hill workouts. It also notes where to find water and restrooms.

Among the many running places described are well-known places such as Fresh Pond and the Minuteman Trail, lesser-known options such as Arlington Heights, and more distant routes, such as Whipple Hill in Lexington, Doublet Hill in Weston and the James Joyce Ramble in Dedham.

The average loops are categorized by the three- to five-mile range; five- to 10-mile runs; and longer runs, typically 13 to 20 miles.

"The book is really for people who want to get some control over their workouts," said Wilmore, who was searching for safe and scenic places to run when he moved to the area from San Francisco 18 years ago. "People are too busy today to waste a lot of time."

After growing up near the foot of a state park, where he was nurtured by "wonderful climbs," Wilmore was amazed by the lack of good hills to run around in the city. So he too ran mostly along the



Runner Greg Wilmore running through the Cambridge Common. Wilmore has just written a book, "Running In and Around Boston," that details places for runners to explore beyond their neighborhood loops.

Charles River. Within a few months, his routine grew stale.

"Why aren't there any good hills around here?" questioned Wilmore, who was bored with the flatness of the river.

Eventually, Wilmore set out for Lexington and Somerville and soon after he wandered to Arlington Heights and the Newton Highlands. "I was forced to admit that the region has hills upon hills," he said.

Exploring neighborhoods that he typically would not have trekked through was also intriguing.

"The mom and pop stores, and the activity of these semi-urban areas, are actually really rich and wonderful," said Wilmore, on the not-so-scenic hills of Somerville. "These details of your existence are the most primary kind of research you can do."

The spots he found accidentally — whether off a wooded trail or in an urban environment — are the ones that thrilled Wilmore the most. He hopes the book will act as a starting point for runners to do a little exploring as well. "I don't want people to necessarily duplicate my experience. Inevitably they should bring their own view or perspective to it."

Wilmore, who is an employee at Marathon Sports in Cambridge and Wellesley, was further inspired to compile the book after numerous conversations with customers seeking the best roads, trails and hills.

"In retail you learn a lot about people, what they need, what they are not happy about," said Wilmore. "You learn about human behavior in all of these little exchanges."

A number of the routes in his book were found by tagging along with running clubs in the city.

"These clubs are wonderful resources for people," said Wilmore, who has run with a host of the groups, including the Boston Athletic Association, the Greater Boston Track Club and an informal Fresh Pond crew. "Running can be a very lonely experience."

From a social and safety perspective, the book also highlights sites, running clubs and Internet listings where people can link up for runs.

"People like to pass other runners, they like to see other footprints on the trail," said Wilmore. "The flip side is that some of these will probably be somebody's secret spot." □

"Running In and Around Boston" is available at local bookstores, running specialty stores, running clubs, and sporting good stores. Call 1-800-WILDRUN for more information.

STAFF PHOTO BY WINSLOW MARTIN

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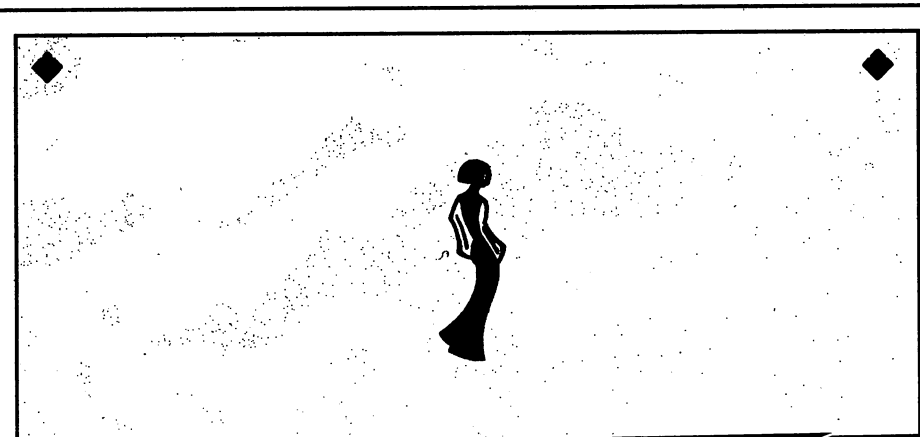
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Cambridge Newswire

FROM PAGE 3

Rindge and Latin School, Henrietta S. Attles Meeting Room, 459 Broadway.

Mayor invites community to participate in superintendent search

Cambridge is searching nationwide for a new superintendent of schools, but the local community holds the key to the selection process, according to the School Committee.

Mayor Sheila Russell said the committee is seeking responses from parents, teachers, church organizations, colleges and the business community regarding the skills and qualifications they believe the new Superintendent should possess. The School Committee is also currently in the process of formulating an eleven-member Search Committee.

"We are surveying the city," said the mayor. Written comments will be accepted in any form at schools, City Hall or the School Committee Office at 454 Broadway, Cambridge.

Secretary of state to speak at Harvard Commencement

Secretary of State Madeleine K. Albright will be the principal speaker during the afternoon exercises at Harvard University's 346th commencement on Thursday, June 5.

Harvard University President Neil Rudenstine said the school is honored that Albright — a diplomat, scholar and leader who "stands at the forefront" of United States foreign policy "during an era of significant transition in world affairs" — has accepted the school's invitation to speak at commencement.

Albright is serving as the nation's 64th Secretary of State. She was sworn in this year.

Friends of Magazine Beach to host a meeting

The Friends of Magazine Beach have planned an open community meeting for Thursday, March 27, from 7 p.m. to 9 p.m. at the Morse School Cafeteria. Representatives from the city, the Metropolitan District Commission and the Conservation



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Consent Order #67

Entire
memb. R-564

Councillor Toomey re: Congratulations
to Greg Wilmore on his new book,
Running In and Around Boston.

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ORDER ADOPTED