

FEBRUAR

1984

## SPORTS SHORTS

# A running cane for Carmody

**I**t should be a birthday that Tom Carmody will have a lot of trouble living down.

When Carmody — organizer of The Equalizer, a triathlon held in Lynn each summer — turns 40 on Sunday, his wife Terry is planning something more elaborate than the usual cake and candles.

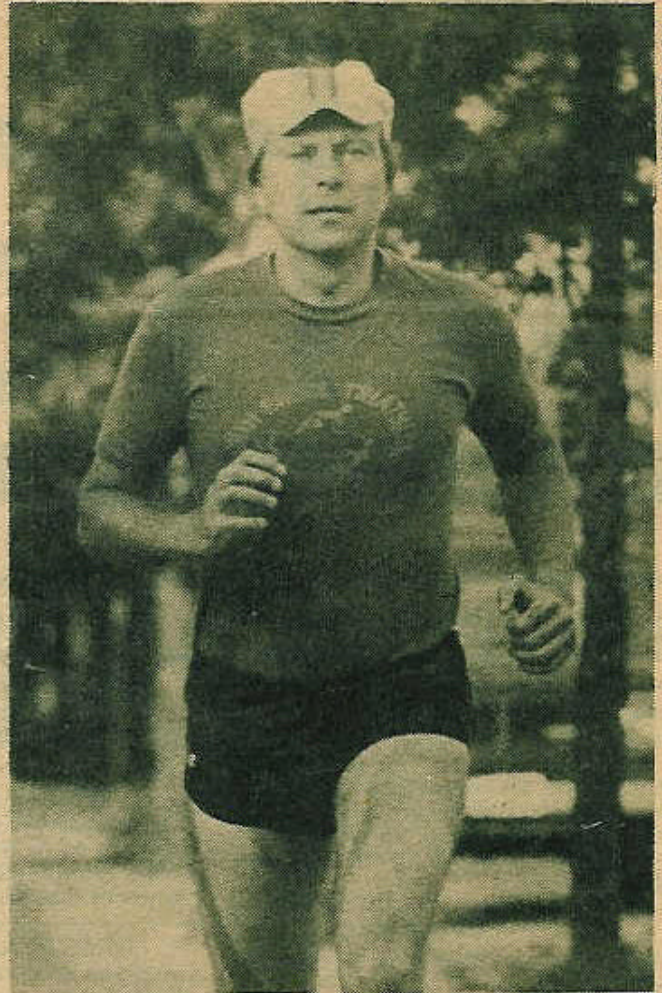
“I’m throwing him a surprise road race,” she says. “What else could I do? I can hardly get him to stay home long enough to eat cake.”

The five-mile race, set to begin at 2 p.m. in front of the Carmody home in Lynn, will include the usual prizes for the top male, female and masters division winners — as well as a few not-so-subtle reminders that Tom has finally reached his middle-aged stride.

“We’ve got a cane with a ball bearing on the end that we’ll give him at the finish line,” says his wife. “The guys from the (Boston Beer Striders) running club are getting nasty. They’re wrapping up Preparation-H and Grecian Formula 44.”

And of course, Terry has come up with an appropriate name for the race.

“We’re calling it ‘Tom Carmody’s 40th Birthday Freeze Your Buns Road Race,’” she says. “There will be a party following the road race — if Tom survives.”



RICK GOODWIN

**TOM CARMODY: A cane with ball bearings for his 40th birthday.**