

❖ RUNNERS' RAG ❖

Volume 20 Issue 1

OFFICIAL NEWSLETTER OF THE WINNER'S CIRCLE RUNNING CLUB

January, 1998

USATF Officials to Address WCRC after Jan 14th Meeting Elections Are Set for Jan 30th

Were We Third or Were We Second? Anyone Care?

Well the weather was the best in memory. So was the company. And as always, it was an adventure. **Mike McCormick's** charges ran their hearts out. (once each) and so what if we came up a little short. We were a close third place, but since the first two were tied, we were given second. I like the concept. Congrats are certainly in order for the MVS crew that had sufficient balance to not only unseat us good guys from our usual 2nd spot, but to *TIE* powerhouse GLRR as well. So like the Red Sox, it's better luck next year. A great job by Mike as always.

Speaking of which here are some comments from the Team Coordinator:

Performances of note:

B.Butterworth smoking the 1st leg and, due to exchange zone problems of opponents, actually allowing the male masters team to be in the overall lead-if only for a mile or so. Amesbury high schooler **Tim Short's** 28:18 for 5.2. **Mike McCormick's** 28:38 for 5.2

S.Passler running the second leg

(Continued on page 5)

Hart, Vaitones are Jan 14th Speakers What Does USATF Mean to US??

Dan Hart, USAT&F President, speaks on Jan. 14th, following the regular club meeting. He will speak about the organization and what it attempts to achieve and about the the general state of the sport.

Also coming is **Steve Vaitones**, the full-time office manager of the New England USAT&F, who will add information on the programs and events offered.

For many of us who run the roads, the USATF is an invisible force out there about which we know very little. We used to join out of necessity, to run Boston, or if we had a chance to win some money or a championship (which rules me out!!). This is a chance to find out how the organization affects clubs and runners of all levels, as well as to offer feedback to these officials so that they might better understand us as well.

A "Thank You" to Mike McCormick for organizing this event. Let's see that it is well-attended.

Saturday Nite, Jan 30, is Election Meeting! Awards to be Made as Well

The annual election meeting will be held on Saturday, January 30th, 6:00 PM, at the Winner's Circle, in the upstairs (smoke free) function room. As always there will be pizza/beverages provided by the club, and desserts, salads, etc., are always appreciated.

The Most Improved Runner and WCRC Grand Prix winners will also be announced.



Come join in the fun!



UNIFORMS AVAILABLE NOW

The WCRC warmup suits are now available, or will be, at the upcoming meetings.

Dave LaBrode 978-373-3408 is the man in charge (M.I.C.)

Prices : \$45 for the jacket, \$35 for the pants (Discount \$80 for the pair)

Chickamauga, GA

Nov. 1998

The latest stop for intrepid traveler Charlie Nelson was this historic Civil war battlefield. No not the Winner's Circle South, pictured at left, it's the place below with the WCRC singlet.

Not sure how these guys rated a whole page this time, but I'm sending this to the printer's and the photos are nice.

Charlie's report says this is a nice historic place to visit. 34,000 soldiers died here.

Marathon was middle-sized 400-500 runners, only a few hills, and 32 degrees at the start. Charlie's best time of the year, 3:47...9th 26er this year. Traveling partner John was not able to go.

The boys went on to Tucson AZ in December, with John logging 3:39, and Charlie 3:56. Icy roads & arctic breeze. First snow here in 4 years. They made a trip of it, hitting Nevada to gamble, Tombstone for history, and checked out the Colorado river as well.

Thanks Charlie for the info esp. the photos. Hoping to add these 2 guys to the Feb 2 Vegas trip.

WCRC Schedule of Events

(See Also: Race Schedule At Right)

CLUB RUNS Thursdays 4:00 PM, SHARP from the Circle. All Welcome!
MONTHLY MEETINGS: Second Thursday each month. 6:30, upstairs (smoke - free) at the Circle (EXCEPT FEBRUARY)
EXETER SUNDAY RUNS: 8:30 AM at Synergy Fitness Center (at Exeter Hospital)
 All Distances, well attended, 7:45 -8 min. pace approx, We run at 4:45 PM
Tuesdays also.
CLUB MEETING WITH SPEAKERS (See Page 1) Jan 14, 6:30 PM
ANNUAL ELECTION PARTY AND MEETING (See Page 1) Jan 30, 6:00 PM
BUS TO BOSTON TAKING NAMES AND \$\$\$ V. Miller 603-868-7203

WCRC Running & Racing Schedule

FRIGID FIVER Jan 24th, 1:00 PM,
 Bresnahan School, Newburyport,
 978-462-1073
EAST DERRY 16 Mile, Jan 24, 10:00
 AM.
GREAT STEW CHASE 15K, Jan 30,
 Lynn, 10:00 AM, 978-468-7934
BRADFORD VALENTINE 5M, Feb 13,
 Bradford Common 978-372-9638
KRUPP Triathlon, Germany, Feb 13, 6
 AM, Nude Tri & Beer/Wurst fest See
 info in Hockomock Swamp Rat
MERRIMAC 7M Handicap Cheaters
 Race Where Randall Always Wins Feb
 21, 1 PM 978-392-0034

D.H. JONES 10 Mile Feb 28, Amherst
 MA (NEAC CHAMPIONSHIP)
STU'S 30K, March 7, Clinton, MA,
 11:00
LAW ENFORCEMENT 13.1, Mar 14,
 Melrose, MA (NEAC CHAMP)
RUN TO THE BEACH 30K, March 21,
 10 AM, North Andover to the Winner's
 Circle, No Charge, No Clock. See pg.6
APRIL FOOLS 4 MILER March 28,
 978-465-2228

*Always Check these out before hitting the
 road...I screw up a lot!*

BAA BOSTON MARATHON 1999

Info on Bus Trip, Lenox Room, Numbers

Vicki Miller will be organizing the bus trip again this year. As always the bus will leave the Winner's Circle (6:30 AM but check on this later) and take runners to Hopkinton, then go on to Boston after the race starts. The Millers have reserved a room at the Lenox, where last year we had the best view in town, a corner room looking at both the finish line and up Hereford St. She has requested the same room.

The price is \$30.00 this year. Contact Vicki at 603-868-7203
 or email at: vickim@xenia.unh.edu

**Gary Passler (978-388-4322) will have a limited supply of
 official (qualifying waiver) numbers for the marathon as
 well. These will be awarded to members who have
 attempted to qualify or have given exceptional
 service to the club.**

1998 Board Of Directors

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Ted Jones (978) 465-2228
tedjones@Newburyport.net

Vice President

Doug Eastman (603) 772-9529

Treasurer

Sue Passler (978) 388 4322

Secretary

Paula Holm (978) 462-4685
bv@shore.net

Teams Coordinator

Mike McCormick (978) 462-0117
milmccormick@methuen.k12.ma.us

Race Coordinator

Bob Manning (978) 462-1073
robert.f.manning@ae.ge.com

New Members & Publicity

Bob Randall (978) 346-9240
RANDOMEMBER@aol.com

Youth Development Coordinator

Mike Fiene (978) 462-1915
mike.j.fiene@ae.ge.com

Extreme Events

Allie McGuinness (978) 465-2228
tedjones@Newburyport.net

Entertainment Director

Vicki Miller (603) 868-7203
vickim@xenia.unh.edu

Uniforms & Equipment

Dave LaBrode (978) 373-3408
David.Labrode@state.ma.us

Newsletter

Ed Liebfried (See RAG info below)
 Mike Fiene after this issue
massrunner@aol.com

The Runner's Rag

Editor/Publisher: Ed Liebfried (603) 772-6130

E-mail: roadruna@nh.ultranet.com

Cub Reporter: Leslie Behan

NEW EDITOR NEXT ISSUE!

Please note: Mailed contributions /
 announcements / etc. for publication in *The
 Rag* should be sent to: Publisher, Runners Rag,
 50 Brookside Dr., Unit A-1, Exeter, NH 03833
Feel free to use E-Mail address above.

Contributors this issue: Leslie Behan, Ron
 Johnston, Dave Labrode, Mike Fiene, Mike
 McCormick, Tom Miller, Charlie Nelson,
 Gary Passler, Bob Randall,

Visit the WCRC Website, maintained by
 Tom Miller, at:
<http://xenia.unh.edu/wcrc/>

WCRC EVENTS CALENDAR

January

1999

Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1	2
3 Exeter Run	4	5 Exeter Run	6	7 Club Run	8	9

Times & Details for Most Events on Page 3, other side of this page. See also page 1.

10 Exeter Run	11 Exeter Run			and Meeting w/ speakers		
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WCRC EVENTS CALENDAR

February

1999

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
17 Exeter Run	18	19 Exeter Run Exeter Run	30	21 Club Run Club Run	22	23
7 Exeter Run (Most Regulars in Vegas)	8	9 Exeter Run	10	11 Club Run NO MEETING	12	13
14	15	16	17	18	19	20
24 Exeter Run Frigid Fiver	25	26 Exeter Run Exeter Run	27	28 Club Run Club Run	29	30 Annual Election Meeting
21 Exeter Run	22	23 Exeter Run	24	25 Club Run	26	27
28 Exeter Run	Times & Details for Most Events on Page 3, other side of this page. See also page 1.					

Mill Cities Cont'd.

(Continued from page 1)

despite an extremely gimpy hamstring. **M.B. Chessler's** first leg.

Amesbury High's **Matt Thomas'** 12:50 for 2.3. **Dave Boucher's** fine long leg for the masters (also filling in for injured **J.Morisseau**).

Sandy Cannon running people down on the 2.3 short leg.; **Mark Behan** saving face for the open men by over hauling master **Gary Passler** in the last ½ mile, running 6.4 in 34 minutes; **Ellie Whitney's** 9 miler; **Claudia Jochums** weaving her way through Lawrence.

Special thanks to **E.Liebfried** for helping day of race as sub; **Joe Gurczak** for filling in for late runner on 1st leg on a 5 minute notice; **L.Behan** for her 11th hour filling in on masters woman despite feeling under the weather; **Hugh McCabe** for his great annual marshaling duty at point where runners leave the bike path to go back on road; **T.Jones** for helping organize old guys; my **Stella Mc.** for filling in and tolerating me organizing and tying up the phone; and all who ran.

Millenneum Run is a No-Go

Sometimes things work out. Sometimes they don't. In the case of the WCRC "Millenneum Midnight Madness" run, the latter proved true.

After several planning sessions, and numerous great ideas, the event was scrapped due to logistical problems beyond the Club's control.

Rumors that the committee could not agree on the date for this event have been rampant, but in truth it was not the *only* factor. Questions of traffic, weather, and safety also figured in the decision.

There were several volunteers to head the committee for the 3000 millenneum..

The Hangover Classic will continue to be the featured New Year's event, according to race director Bob Manning.

WCRC and GAC Combine in New Years Day Atlantic Plunge

Another January 1st and another Hangover Classic and also a dip into the Atlantic. This year the temperature was a bit milder, but still below 20°F. We know the two GAC members, (Bob Manning and John Wile) are of dubious intelligence, but Dan Edson the WCRC representative, who may not have met the GAC standards of complete submersion, should know better. I personally believe Dan met the submersion requirement just as slick Willy met the requirements of a sexual act. Anyway here is what happened.

At about 6:00 AM Manning, Wile, and Edson escorted by Randall, Passler, and Fiene ran the 2.451 miles to the beach and passed a vehicle with a women driver already on the beach with the headlights on. As the boys began undressing the lights went out - the women driver was probably afraid of what she might see. To be honest, after running in the cold, things tend to shrink anyway.

So, before sunrise the trio charge in with the GAC members doing the customary head first dive, while Dan does a rather dignified and more prudent walk. Out they come, and without last years panic, slowly get dressed. And yes John wore something over his ears on the run home. We head back and pass the woman, who seems to be in a state of shock but wishes us a Happy New Year. The run home was uneventful and your choices at Bob's house were Guinness, Corona and/or the hot tub. Kelzo you could be off probation with a plunge next year.

Heading in, nice socks Dan, the

After a very short time, heading out at interval speed

The easy dip with McGuiness!

*ed.note #1: Where is Edson here?
ed. note #2: Doug Eastman & Len Hurrell took the plunge also, at Hampton.*

WCRC Member E-Mail Directory and Photo Gallery

WCRC has added a members e-mail directory to its web site at: "<http://xenia.unh.edu/wcrc/Members.htm>". The purpose of the list is to make it easier for WCRC members to contact other members by e-mail, to set up training runs, arrange teams, share rides to races or whatever. If you would like to be added to the list, please send an email message to

"wrcrc@xenia.unh.edu".

Also, there is a WCRC photo gallery at "<http://xenia.unh.edu/wcrc/Photos/gallery.htm>".

If you have a good photo of yourself or other WCRCers in action, you can have it added to the gallery. Follow this procedure as closely as possible using your (or your friends) scanner and software. 1. Most scanners allow you to select the scanner resolution. If possible, scan the photo at 75dpi (dots-per-inch). 2. Save the photo in standard JPEG image file format (".jpg" file extension). 3. Send the scanned photo as an e-mail attachment to "wrcrc@xenia.unh.edu". Include an informative caption for the photo in the e-mail message.

RoadKill: The Final Frontier

WELL: this is the last RAG for me, at least for a while. So maybe RoadKill will be finished, or maybe it will be fresher in the future. But here it is...

CHRISTMAS PARTY: Yes I did chicken out of playing the drums. During the first set I was seriously going to do it. But then **Coulpie** got warmed up, and I just wasn't drunk enough to try and follow his act! Terrific job John!

CHARLIE & JOHN: finished up their tour with the Tucson Marathon. 20 States for C.N. and 17 for J.H. so far. John now eligible for 50 States Club. But the Mile High Club sounds like more fun to me, eh **Bruce/Paula/John?**

CHRISTMAS PARTY II: A certain gift stole the show at Yankee Swap...My guess is it will show up, same time, same place, this year. Or will it, **Cathy?**

SMALL BRAINS: Kelzo blessed and made official the tiny foam brains obtained by **K.O.** while on a business trip. They were passed out to a few wackos at an Exeter run. They are supposed to help mental toughness, but we fear side affects, knowing Kelzo...

VEGAS BOUND: The group heading to Las Vegas Feb 7th has grown. **The Miller's, including Vicki's niece, Kevin O, Jack Cubby, Barry Fussell, Eddie L,** new RAG editor **Mike Fiene,** will be going 26.2, while **Gary Rohr & Kathy the other twin** will run the halfer. Gary is bringing wife Carol along for a little honey (mooning?)

YUP YOU READ IT HERE: **Mike Fiene** has agreed to handle the Rag beginning next time! Thanx!

Welcome New Members!

Jim Blavomis
Lowell

Kim Brady
Amesbury

Connie Buxton
East Kingston

Kay Cassidy
Newburyport

Bill Clarke
Georgetown

Geoff Hull
Georgetown

Claudia Jochums
Exeter

Kim Lyons
Amesbury

Curtis Moore
Newburyport

Hank Pangione
Haverhill

Erling Peterson
Salem NH

Joe Sileo
Newburyport

Hope to see you all at club events!

NEAC Championship Series is Set for '99

D.H. Jones 10 Mile
Feb 28, Amherst MA

Law Enforcement 13.1
Mar 14, Melrose, MA

Bedford Rotary 12K
May 22, Bedford NH

Market SQ Day 10K
Jun 12, Portsmouth, NH

Brewery Exchange 5K
Sep 12, Lowell MA

RoJacks 8K
Oct 3, Attleboro, MA

Cape Cod Marathon
Oct 31, Falmouth, MA

How Serious are YOU?? Sports Success Program Might Be the Boost You Need!

Run to the Beach March 21

O.K., so the Rag editor (me) got a freebie out of this one. Not many perks to be had in this job, and I *am* a lame duck, so why not. But...I made no guarantees or advertising deal. I agreed to give my feedback from a runner's standpoint and to do an article about my experience.

The **Sports Success Program** is a creation of Sharon Piantedosi, an R.N., a Massage Therapist, and a Certified Clinical Hypnotherapist. I received an e-mail from a running friend, who works in a health related field, about the program, and decided to check it out. I was able to work out a look-see based on my esteemed position within the WCRC.

The program consisted of four different parts, with three health professionals involved. First was a *Relaxation Massage* provided by Sharon herself, a really nice experience which did indeed leave me totally relaxed. She does a personal health inventory, as do the other providers mentioned below. We discussed this portion of the program, as to its importance to a competitive or recreational runner, who might rather channel limited funds elsewhere. More on that later.

Next came the *Hypnotherapy*. Ms. Piantedosi first takes some time, 1/2 hour or whatever it takes, to review the questionnaire, which includes not only health concerns, but your perception of how the therapy works and your personal goals in sports and elsewhere. From this she is able to formulate her plan for the session. She also explains the process itself, it's

scientific basis, and also what it will be like to be hypnotized. I had a few misconceptions cleared up, and was surprised that I would not be in a "trance" or some similar altered state! A deep relaxation, like when meditating, is the goal. Awareness is heightened. This makes the brain more receptive to the positive reinforcement it will then receive. There's more to it of course, but that's the layman's nutshell version.

The actual hypnosis lasted about 45 minutes, during which time I was guided into this relaxed but very aware state, where I could focus on whatever imagery or sensations were suggested. Much like visualization in our running, positive thoughts and feelings are substituted for negative ones. It's a very individualized process, and while I enjoyed the session, I certainly didn't feel I'd done anything too profound. BUT...for whatever reason I've enjoyed every run since then, have trained consistently, and just had a better attitude than ever about most everything. My running pals in Exeter would attest to that part. *I feel this type of therapy can help virtually any runner be tougher, more focused, more confident, or round out whatever mental edge he or she seeks. I'll do this again and pay next time!*

Next I saw Judy Harrington, a Certified Licenced Massage Therapist, for a *Sports Massage*. Most of our members are aware of the benefits to be gained here, so I needn't go into great detail. I will

(Continued on page 8)

The Andover Striders in assoc. with the Winners' Circle Running Club will be presenting the Annual Run to the Beach 30K.

The FACTS:
Sunday, March 21, 1999-10:00AM
North Andover VFW, Route 125.

The COURSE:
Runs through North Andover & Haverhill, where it then follows Rt.110 through Merrimac, Amesbury, and finishes at the Winners' Circle Sports Bar in Salisbury.

Miles accurately marked, water and/or beer at 5,10, and 15 miles. Please bring your own watch as you will be timing yourself! Feel free to jump in or out at any distance. If you would like to cheat that's O.K. too! There are no awards, no entry fee, no numbers, no TAC, no yogurt, and no race directors to bitch to!

There are plenty of hills, (17?), beautiful scenery, really, a lot of insults provided by the friendly(?) water/beer stop volunteers, post run refreshments at the Circle provided by the WCRC & AS. So if you think Stu's is tough, come on up to the Merrimack Valley and test your skinny little legs in an event that even the legendary Fred Brown would have given the thumbs up to!

For more info please contact; Dave
"ICKY" LaBrode
978-373-3408
david.labrode@state.ma.us

More Race Results of WCRC Members

Hangover Classic New Year's Day	Hangover 5K Also New Years	More on Sports Program...																																																																																																																					
<p style="text-align: center;"><u>Women's Results</u></p> <p>Lynn DeNinno winner in CR time of 34:14, 9th Overall</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>S. Landreth</td><td style="text-align: center;">2nd</td><td style="text-align: right;">37:22</td></tr> <tr><td>G. Steckowych</td><td style="text-align: center;">3rd</td><td style="text-align: right;">40:57</td></tr> <tr><td>V. Miller</td><td style="text-align: center;">1st 45</td><td style="text-align: right;">45:01</td></tr> <tr><td>L. Behan</td><td></td><td style="text-align: right;">49:24</td></tr> <tr><td>P. McCleary</td><td></td><td style="text-align: right;">49:54</td></tr> <tr><td>D. Podsen</td><td></td><td style="text-align: right;">50:23</td></tr> <tr><td>L. Tomasz</td><td></td><td style="text-align: right;">55:45</td></tr> <tr><td>L. Rossetti</td><td></td><td style="text-align: right;">75:19</td></tr> </table> <p style="text-align: center;"><u>Men's Results</u></p> <p>Michael Donnelly winner in CR time of 30:05</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>M. Behan</td><td style="text-align: center;">(12 overall)</td><td style="text-align: right;">36:14</td></tr> <tr><td>J. Cocozella</td><td></td><td style="text-align: right;">37:37</td></tr> <tr><td>M. Tilbury</td><td></td><td style="text-align: right;">37:43</td></tr> <tr><td>D. Kelzo Kelly</td><td></td><td style="text-align: right;">38:11</td></tr> <tr><td>B. Steele</td><td></td><td style="text-align: right;">38:13</td></tr> <tr><td>P. DiBioso</td><td></td><td style="text-align: right;">38:35</td></tr> <tr><td>T. Miller</td><td></td><td style="text-align: right;">38:49</td></tr> <tr><td>K. Houle</td><td></td><td style="text-align: right;">39:32</td></tr> <tr><td>S. Olsen</td><td></td><td style="text-align: right;">39:49</td></tr> <tr><td>L. Noyes</td><td></td><td style="text-align: right;">40:14</td></tr> <tr><td>B. Durkin</td><td></td><td style="text-align: right;">40:17</td></tr> <tr><td>E. Liebfried</td><td></td><td style="text-align: right;">40:30</td></tr> <tr><td>T. Roldan</td><td></td><td style="text-align: right;">41:00</td></tr> <tr><td>R. Najjar</td><td></td><td style="text-align: right;">41:01</td></tr> <tr><td>B. Aucoin</td><td></td><td style="text-align: right;">41:24</td></tr> <tr><td>D. Vasta</td><td></td><td style="text-align: right;">41:44</td></tr> <tr><td>J. Pierce in the colors</td><td></td><td style="text-align: right;">42:42</td></tr> <tr><td>B. Michaud</td><td></td><td style="text-align: right;">43:38</td></tr> <tr><td>D. McGuigan</td><td></td><td style="text-align: right;">45:44</td></tr> <tr><td>B. Petrakis</td><td></td><td style="text-align: right;">47:34</td></tr> <tr><td>M. Bebko</td><td></td><td style="text-align: right;">48:11</td></tr> <tr><td>J. McLaughlin</td><td></td><td style="text-align: right;">51:38</td></tr> <tr><td>D. Coons</td><td></td><td style="text-align: right;">52:21</td></tr> <tr><td>J. Farren</td><td></td><td style="text-align: right;">54:40</td></tr> </table>	S. Landreth	2nd	37:22	G. Steckowych	3rd	40:57	V. Miller	1st 45	45:01	L. Behan		49:24	P. McCleary		49:54	D. Podsen		50:23	L. Tomasz		55:45	L. Rossetti		75:19	M. Behan	(12 overall)	36:14	J. Cocozella		37:37	M. Tilbury		37:43	D. Kelzo Kelly		38:11	B. Steele		38:13	P. DiBioso		38:35	T. Miller		38:49	K. Houle		39:32	S. Olsen		39:49	L. Noyes		40:14	B. Durkin		40:17	E. Liebfried		40:30	T. Roldan		41:00	R. Najjar		41:01	B. Aucoin		41:24	D. Vasta		41:44	J. Pierce in the colors		42:42	B. Michaud		43:38	D. McGuigan		45:44	B. Petrakis		47:34	M. Bebko		48:11	J. McLaughlin		51:38	D. Coons		52:21	J. Farren		54:40	<p style="text-align: center;"><u>Women's Results</u></p> <p>Kelly Bradbury (WCRC!) winner in time of 20:06</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>A. McGuinness, 4th, 1st40</td><td style="text-align: right;">21:27</td></tr> <tr><td>L. Pappas</td><td style="text-align: right;">24:29</td></tr> <tr><td>M. Farren</td><td style="text-align: right;">29:58</td></tr> </table> <p style="text-align: center;"><u>Men's Results</u></p> <p>Bryan Dunn winner in time of 15:31</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>T. Cross</td><td style="text-align: center;">1st 40</td><td style="text-align: right;">17:44</td></tr> <tr><td>G. Passler</td><td></td><td style="text-align: right;">17:45</td></tr> <tr><td>D. Hennigar</td><td></td><td style="text-align: right;">17:54</td></tr> <tr><td>J. Leary</td><td></td><td style="text-align: right;">19:11</td></tr> <tr><td>J. Archacki</td><td></td><td style="text-align: right;">20:18</td></tr> </table>	A. McGuinness, 4th, 1st40	21:27	L. Pappas	24:29	M. Farren	29:58	T. Cross	1st 40	17:44	G. Passler		17:45	D. Hennigar		17:54	J. Leary		19:11	J. Archacki		20:18	<p style="text-align: center;"><i>(Continued from page 7)</i></p> <p>say that Judy is as good as I've run across, working through all the key areas and showing a well rounded grasp of the athletic mind (such as mine is...) Judy has worked with the USA National Aerobics team, so she's seen some fine athletes. She is also a personal trainer.</p> <p>Finally, no Sports Success Program would be complete without <i>Nutritional Counseling</i>. I was supposed to have seen Fran Foster (MS/Certified Nutritionist) prior to the Sports Massage, but the holidays, and a subconscious desire NOT to tell her all the junk I've been eating, have put this on hold. I have filled out the health inventory, and will be scheduling with her soon. I certainly can use some work in this area, and look forward to it.</p> <p>My feedback to Ms. Piantedosi, which is ongoing, was that the relaxation massage would be difficult to market to runners, who are thrifty folks. Marketing the 4 part program as a 3 part program would better suit OUR needs. She indicated that this might be a good idea, and that sessions are available separately as well.</p> <p>My overall view of her program is very positive. The people are real pro's. Hypnotherapy can help our motivational blocks, be it weather, darkness, staleness, whatever. Packaging the program can lessen the cost. And maybe this type program can be the edge we'd all welcome. (They are located in Hampton 926-6868)</p>
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	<p>Don't Forget Mt. Washington!</p> <p>Those wishing to run Mt. Washington in June are reminded that you need to obtain an application early in February. Send a Business Size Self-Addressed Stamped (33cents) Envelope to:</p> <p>1999 Mt Washington Road Race Granite State Race Services P.O Box 990 Newport NH 03773</p> <p>Forms are mailed out March 1, and must then be returned in time for the March 15 lottery.</p>																																																																																																																						

Some Wisdom from Coach Ron Johnston:

RUNNING ON G.A.S.

G.A.S. for improved running? Sounds a bit absurd, but read a little further. After many months of solid track work and preliminary racing where you have seen performances gradually improve, you appear ready for the “BIG” race. However, you have been feeling little aches and pains during recent training runs but have ignored them since your speedwork is still going well. Then **IT** happens! You either sustain an injury which prevents you from getting to the start line of the “BIG” race, or you are able to race, but the legs are flat! The result is a PW (personal worst). Sound familiar? So what happened?

Many years ago, Canadian, Hans Selye produced a theory regarding adaptation (or the lack of adaptation) to stress. The theory is based on the body’s ability to adapt to any stress as long as the stress is **gradual** and **consistent**, and appropriate rest is taken. This is what is meant by G.A.S. = General Adaptation Syndrome. There are essentially three phases of G.A.S.; **shock**, **supercompensation** (resistance), and **maladaptation** (overtraining = breakdown). The idea is to place just enough of an overload on the body’s cardiovascular and muscular systems so that, given appropriate rest, the body responds by building a stronger system that can handle the increased load. Once the body adapts, it is time again to “overload” both the cardiovascular and muscular systems. Usually it will take about 3-4 weeks for adaptation to occur. Given the right amount of stress or overload plus rest, we should see steady improvements in our race performances. The objective of training is to promote the supercompensation phase, and to avoid the maladaptation phase. The problem is, “How much is too much stress?” and “What exactly is meant by rest?”

Typically runners think of stressing their cardiovascular system and forget that the musculoskeletal and endocrine systems can be stressed too. Added stress can be running an extra mile per day or it can be running the same distances as usual but at a quicker pace. Either way, the overload may improve the cardiovascular system and break down the musculoskeletal system which could result in an injury if not careful. Even if an injury does not occur, the extra stress could break down the endocrine system which can do a number on hormonal balances thus resulting in overtraining, staleness, and poor race times. The bottom line is that too much of a good thing can be bad! Listed below are 10 common guidelines to follow:

1. Change running pace or running mileage, but never both at the same time.
2. Increase mileage and/or the length of a long run only by 10-15% per week.
3. It is a good idea to build into your schedule “an easy week” every 3rd or 4th week.
4. Reduce mileage, length of the long run, and intensity during this easy week.
5. A long run counts as a “hard day” no matter how slowly you run it.
6. Generally no more than 1 (Masters Runner) or 2 (Open Division Runner) faster paced training days per week.
7. **Easy days need to be run at a slow pace (1:30 slower than 10km pace) and over a short to moderate distance.**
8. Easy days can be a day off.
9. **Long runs need to be run at a slow pace (1:30 to 2:00 slower than 10km pace)!!!**
10. Run consistently, but vary your training schedule over the year.

Remember that you need to run easy during recovery days in order to run hard with less effort during intense days. You also need to run easy during recovery days so that the body can adapt to the training stress. Remember too, that the older we get, the more recovery time we need from those intense days in order for our bodies to adapt. We can still train as hard as we did when we were younger, but we need extra recovery days between those harder sessions! And by the way, running slow does not mean running at a pace that you can handle for a specific distance. That could still be too fast!

Running slow means running at a pace that allows the body to recover from the faster training sessions, long runs, and/or race season. A runner who can race at 6:30 pace will certainly be able to train on easy days at 7:30 pace, but over the long haul, I doubt that pace will allow for continual recovery and subsequent improvements in performance. An 8:00 pace would be a much wiser choice. The higher the weekly mileage the slower your easy training runs need to be due to greater over-all stress placed on the body by the high volume of running. That same 6:30 race pace runner could train at a constant 7:30 pace if he/she were just running 15-20 miles weekly. However, if he/she were running 40 plus miles per week, a constant 7:30 training pace could lead to a breakdown. I often run with elite runners. We would run 7:30 pace on most easy days when mileage was 100 per week. As mileage was cut back to 60 per week, the training pace would drop below 7:00 pace daily while effort remained the same.

So what is the plan? The first thing that all of us should be doing now, after our fall racing season, is to go back to laying a base. Take one or two weeks off and do anything you want except run. Cross-train if you wish, but keep it low-key and fun. Next, begin running again at 60-70% of your peak, weekly training mileage and long run. Run it easy!!! All of it!!! Smell the roses and enjoy this segment of training for the next four to eight weeks. After this four to eight week phase, begin increasing the long run and weekly mileage by 10% per week. Don’t forget to plan an easy week after every 2 or 3 building weeks. During this phase, it is o.k. to run 6 to 8 strides, 80 to 100 meters in length, running comfortably fast with good form. A full recovery should be taken between each one. The strides can be placed at the end of an easy run, one or two days per week. **This is not meant to be a workout!** We are simply reminding the muscles how to run fast with good form. Again all of the mileage is run at a pace 1:30 to 2:00 slower than 10km pace. This phase can be four to eight weeks in length, depending on your upcoming race goals. We are beginning to slowly build an aerobic base of strength during these two phases of training.

After a solid base has been attained and strides have been introduced, it is now time to begin hill training. At this time, usually longer hills of 2 to 3 minutes in length, run at a slower speed are better than short hills run at a quicker pace. Hill training can be done just once a week. A 3 to 5 mile tempo run, at your 10 mile to half marathon pace can be introduced once every 7 to 10 days too. Don’t forget the long run and don’t forget that **easy week**. After this 4 week phase, it will be time to introduce some faster speed, however this is not the time to talk about that. More on speedwork later. Remember that it doesn’t take long for adaptation to occur if done correctly. You can wait until mid-March to introduce faster speedwork in order to be ready for a key race in May. **THE BIG MISTAKE THAT IS MADE BY MOST RUNNERS IS TO CONTINUE DOING SPEEDWORK FOR TOO LONG OF TIME!!!!** Remember that pushing the body all of the time does not allow for continual adaptation. Remember that we need to shift gears and have a varied training schedule. Remember that once we build up to a peak, we need to allow the body to gather strength (rest a bit more, slow down, and cut mileage) before we build again to a higher fitness/performance level. Take a few days off after the spring racing season. Then begin laying a base again, followed by tempo training. Save the real speedwork for August. After a restful June and July, you will be ready to run fast in August. Most importantly, you will be ready to race and set new P.R.’s by late September and October.

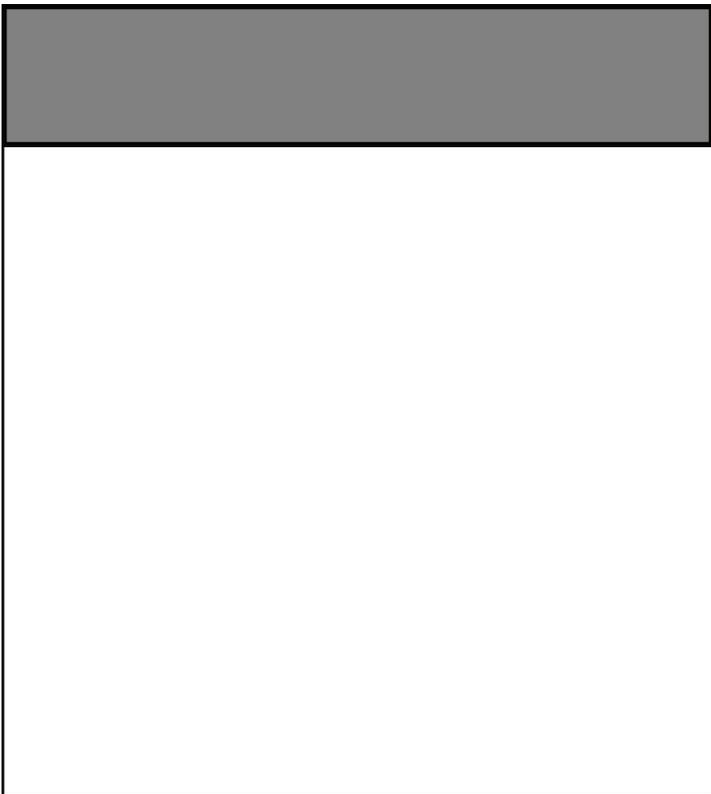
In closing, we need to know our bodies. We need to listen to our bodies. We need to listen to the aches, the pains, and the colds that we catch. We need to understand that the lack of progress in training or racing may be a sign of overtraining. Listen to your body and go back often to the 10 guidelines listed above, to refresh your memory on solid training technique.

Have a Happy New Year,
Ron

ed. note:

Sorry about the small print, but I felt this is better suited to an “all on same page” format, so it can be saved for reference.

Thanks, Ron



**Sure...
It's winter,
But aaaaah...
Summer fun
In the Sun
Can't Be that far away!**

**Just to warm your
chilled bones,
while sending a shiver
(of another sort)
down your spine, is this
photo of better days, when
men were men, and the
women knew it.
Photo taken on the
annual retreat,
Hermit Island
in Maine.
*(photo anonymously submitted
by Mrs.B. Knapp)***

**BE SURE TO JOIN IN THE WEEKLY CLUB RUNS FROM THE WINNER'S CIRCLE
CHOICE OF TWO RUNS EVERY THURSDAY - 4:00 PM -**

THE RUNNERS' RAG

**WINNERS CIRCLE RUNNING CLUB
211 ELM STREET (Rte. 110)
SALISBURY, MA 01952**

First Class Mail