

❖ RUNNERS' RAG ❖

Volume 19 Issue 4

OFFICIAL NEWSLETTER OF THE WINNER'S CIRCLE RUNNING CLUB

July, 1998

Circle Teams Finish "High" on Mt. W by Allie McGuinness

Under near perfect conditions, the WCRC was well represented once again at the Mt. Washington Road Race. The men's open team finished 4th. It consisted of Gary Passler, Donny Dwight, Tom Cross, Tom Miller and Greg Lowe. The women's open team which consisted of Kathy Long, Vicki Miller and Debbie Farmer was 7th. The men's master's team of Gary Passler, Tom Cross, Tom Miller, Dave Kelly and Leo Clarke was 3rd. The women's masters team consisted of Vicki Miller, Debbie Farmer and Carol Zanni, who finished strong and save the day for the women's masters team. All in all the club should receive 11 bypasses for next year based on these outstanding performances. Gary Passler had an excellent run, the best in the club, which was particularly satisfying considering his trials and tribulations of last summer. Looks like he is back. Our club heavyweight, Donny Dwight also ran a stellar performance. Tom Cross, on his 40th birthday didn't disappoint us and 1:23 minutes. Bob Manning also was no surprise with a 15 minute PW also on his birthday. Way to go, Bob!

Kevin O'Leary was pleased with his two minute PR, running 1:30:58. Other notable performances were by Ed Rowe who had a four minute PR running 1:35:01. John Leary (formerly known as Ralph) reaped the benefits of his rigorous training schedule with Gary Passler and

Don Henniger and PR'd by 10 minutes running 1:37:10 with no barfing. Tom Roldan made up the mountain without his back brace and showed that in spite of a PW, he is on the comeback trail. Ted Jones in spite of being off of his time of last year ran well and thought he had Eddie Liebfried beat when Eddie took a pit stop at the only bush above treeline but Eddie made a comeback and beat Ted by 39 seconds. Dave Tinker was spotted being passed by Eddie on the wall just before the finish.

Kathy was the first women finisher in the club finishing strong in a time of 1:40:09. We are looking forward to her becoming a master next year and continuing with these fine performances. Vicki finished strong once again leading the masters team up the mountain in a time of 1:40:27. Debbie Farmer on her first time out at the mountain ran very well for a novice in a time of 1:46:09. Carol Zanni ran a PR and saved the day for the masters team placing third on the team running a time of 1:53:97. Sue Passler made a gallant effort in spite of her injury but at five miles, she lost the battle with her tight hamstring. She decided to keep Mike Fiene company on his walk down the mountain after being the club photographer for the day. We are also very proud of our eldest female runner, Louise Rossetti, who

(Continued on page 2)

High St. Mile: Ned, Watcke and LOTS of Kids

Under ideal conditions 225 runners participated in the 8th annual High Street Mile. Two former course record holders returned to win the men's and women's open divisions. Erik "Ned" Nedeau won the FILA USA sponsored event for the third time in 4:08. Ned was 5 seconds off the course record which he established in 1995. Newbury resident Molly Watcke won the women's race for the second time in a time of 4:54. Molly also won this event in 1996, and finished third in 1997. 1996 winner Sean Livingston, running for CMS, finished 2nd in the men's race with a time of 4:14. Former Providence College standout, Jose Libano finished two seconds behind Livingston. Matthew Ely finished fourth in 4:20, while Jesse Buschini rounded out the top five in 4:25.

Tina Ramos finished second in the women's open with a time of 5:21, with Marielle Yost in hot pursuit one second back. Masters winner Sidney Letendre finished 4th overall, with a masters record of 5:26. Sidney erased the oldest record of 5:30, set by Joyce Adams in 1994. Circle runner **Sandy Cannon** of Atkinson, NH finished second in the masters race, equaling the previous course record. Andra Jaunzeme finished third in 6:39.

(Continued on page 9)

Club Singlets & Shorts Available

Dave LaBrode has the new "Coolmax" WCRC racing singlets & shorts available.

The price is a low, low, low \$15 for either.

Warmup Jackets are in the works...Hopefully samples at August meeting. Price for these will be in the \$30-35 range.

Dave LaBrode (978-373-3408)

Mt. Washington	Charlie & John Update	Update:WCRC Grand Prix
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(Continued from page 1)

on her first run up the mountain finished strong and was still able to say that she felt she could have done better. She continues to be an inspiration to us all.

Many thanks to those who worked the water stop and filled out quota of 10 people which allows us to receive 10 club numbers for next year. Thank you to Ellyn Eastman, a regular water stop worker with her two nephews, Jack Cubbison, Bill Steele and his daughter, Lee and Barbara Knapp (who spent their 25th anniversary passing out water to sweaty runners) and Allie McGuinness.

Many thanks to Vicki who on her day off spent her party time in the medical van helping Pat Lawson who had dehydration problems after her first Mt. Washington run. This incident also caused Dave Kell-Zero to be stripped of his Winner's Circle colors until further notice by the President and Tom Manning. Many thanks to Carol Zanni who stayed with Pat at the Berlin Hospital until late that evening waiting to bring her home. (Editorial Note: Extreme Events Coordinator, Allie McG. did her impersonation of Dave McGillvary by biking to the mountain, working the water stop, then running to the top at 10:30.) Thanks to those club members and family who contributed to the driving and support at the top. Finally, a big thanks to Tom Manning who is the organizer of this event annually.

Club Results:

Gary Passler	1:19:38
Don Dwight	1:20:48
Tom Cross	1:23:07
Tom Miller	1:25:55
Ron Johnston	1:26:57
Greg Lowe	1:28:56
Dave Kelly	1:29:10
Tom Roldan	1:29:22
Leo Clarke	1:29:44
Kevin O'Leary	1:30:58
Ed Rowe	1:35:01
Bob Manning	1:37:01
John Leary	1:37:10
Ed Liebfried	1:38:41
Dave Tinker	1:39:09
Ted Jones	1:39:29
Kathy Long	1:40:09

Charlie Nelson's latest report comes from the Sunburst Marathon in South Bend, Indiana, where on June 6 he and **John Huttunen** knocked off another state under 4 hours.

John, or Hutty as Charlie calls him, was running a few states behind Charlie, so he had run Vermont City (3:31) 13 days earlier. Still he matched his time of 3:31 at So. Bend, while Charlie finished well under his 4:00 deadline with a 3:51.

This course was rolling, with lots of 90 degree turns. The start is the College Football Hall of Fame, and the finish is the 50 yard line of the football stadium at Notre Dame.

The big news from this race was the record setting 75th straight weekend in which a runner named Rick Worley ran a marathon. Worley plans to go two years, or 104 straight. So John & Charlie can rightfully claim they beat the world record holder on the day he set the record, since Worley's time was 4:01.

The marathoning vagabonds plan six more races this year, starting with Paavo Nurmi in Wisconsin. They say the pressure's on now that we've started following their progress here!

The score to now: Charlie 13 states, John 10.

Events have been chosen for this year's WCRC Intra-club Grand prix. The series is open ONLY to WCRC members, is free of charge, and consists of 12 road & cross country races of various distances. Here are the first 8 races in the series, along with series details:

- June 13-Market Square 10k,**
- July 2 Amesbury 5M**
- July 18 Exeter 10K & 5K**
- July 28 Yankee Homecoming 10mi**
- August 7 Merrimac 2M**
- August 20 Saunders 10k**
- Labor Day: Cape Ann 25k**
- Sept 27 Gov. Dummer 5k X-C**
- Oct./Nov. races TBA Call Mike**

Scoring:

Points accumulated through the 'season' June-Nov. Top 3 in divisions will receive awards at the election party in Feb. '99

Scoring System: Male Open 20-1; Female Open 10-1; Male Master 20-1; Female Master 10-1; Male Senior 10-1.

(example; First WC female at Mkt. Square gets 10 points, the second 9 etc. This will hold true even if there are only 2 WC woman at this race. If there are more than 10 wc females at a race scoring will be adjusted ie. 14 WC female flyers invade Greenland, the first will get 14 etc.).

Moonlight Cruise is Planned

An evening "booze cruise" on the Merrimack River is being planned. No details yet, but this will happen this summer, well before the next Rag is published. Pot Luck dinner is the likely scenario.

Prices are being compared and a date will be set soon.

Check with a Board member if interested.

Vicki Miller	1:40:27
Doug Eastman	1:41:13
Brad Stevens	1:44:51
Debbie Farmer	1:46:09
Rod L'Italien	1:47:21
Neil Levesque	1:49:40
Jim Callahan	1:51:52
Carol Zanni	1:53:07
Bruce Vogel	1:57:40
Tim Houten	1:59:51
Hugh McCabe	2:01:56

Tom Manning	2:04:01
Louise Rossetti	2:33:04

Having any fun? Why not recruit a friend?

WCRC Schedule of Events

(See Also: Race Schedule At Right)

CLUB RUNS Thursdays 4:00 PM, SHARP from the Circle. All Welcome! (*THE 5:00 RUN has been slow to catch on. Recommend bringing a partner.*)

MONTHLY MEETINGS: Second Thursday each month. 6:30, upstairs (smoke-free) at the Circle

EXETER SUNDAY RUNS: NEW LOCATION! NOW 8:00 AM at Synergy Fitness Center (at Exeter Hospital) All Distances, well attended, 8 min. pace approx.

WINNEKENNI FUN RUNS Tuesdays at 5:30, Winnekenni Park Rte. 108 Haverhill

SUMMER TRACK SERIES Youth events, Fuller Field, Low St, Newburyport,

Wednesdays thru Aug 25, Workers needed, Contact is Mike Fiene 978-462-1915

TRACK WORKOUT SESSIONS with coach Johnston, Tuesdays, 6:00 PM,

See info elsewhere in this issue

1998 Board Of Directors

President

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
mlmccormick@methuen.k12.ma.us (Sep-Jun only)

Race Coordinator

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

New Members & Publicity

Bob Randall (978) 346-9240

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*)

Coach

Ron Johnston
RJohnston@ehr.org

The Runner's Rag

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

E-mail: roadruna@nh.ultranet.com

Cub Reporter: Leslie Behan

Please note: Mailed contributions / announcements / etc. for *The Runner's 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: David Abusamra, Leslie Behan, Lindy Davis, Peter DiBioso, Ted Jones, Dave LaBrode, Bob Manning, Mike McCormick, Allie the 'extreme babe' McGuinness, Tom Miller, Vicki Miller, Charlie Nelson, Bob Randall,

Visit the WCRC Website, maintained by

Tom Miller, at:

<http://xenia.unh.edu/wcrc/>

WCRC Running & Racing Schedule

JAMES GANG 10K, Fastest 10K in the East, Aug 29, Gorham, NH, 9:00 AM, Gorham Common. *Road Trip Forming, this is not just another race!* Check with Rag editor Eddie L, 603-772-6130

PEP 2000 X-C 5K, Sun., Aug 30, Portsmouth High X-C course, 12:15, 603-436-6525

AROUND CAPE ANN 25K, Labor Day Sept 7, Gloucester, 9 AM, Teams *Entered on race day*

ATKINSON 5K, Sept. 10, Pope Field Atkinson NH, 6:00 PM, Sandy Cannon 603-362-8329

BREWERY EXCHANGE 5K, Sept 13, Cabot St, Lowell, **Separate Men & Women races, 12:00, 12:45, Kids K,** 978-453-1787

WCRC CLUB BIATHLON, Thurs. Sept 17, 5:15 PM, Members Event, Teams OK, 10M Bike, 5K Run, Sign-up prior to race. Contact Allie, 978-465-2228

FRED BROWN LAKE

WINNIPESAUKEE RELAY, Sept 19, 8 AM. Weirs Beach, NH, 8 relay legs around the lake, all sorts of divisions,

DUAL MEET: Sept. 24 Cross Country (men & women) WCRC at Governor Dummer Academy, Byfield, 4:00 PM, WOMEN NEEDED BADLY FOR THIS EVENT! Mike M. 978-462-0117

YANKEE RUNNER CROSS

COUNTRY 5K, Sept 27, Governor Dummer Academy, Byfield, Separate races for ages 11-18 (10 AM) Male Masters (10:30), All Women (11:00) and Open Male (11:30) (*Team Event*) 978-463-4498 John Leary or Leary@mediaone.net

APPLE HARVEST 5 Miler, Oct 4, 12:30, West Newbury, Batchellor St, with funrun at 12:00 978-363-2915

BOBBY BELL 5 Miler, (no gender divisions) Oct 11, Lasting Room Pub, Haverhill, 11:00, Clydesdales also, 978-373-3408

BAYSTATE MARATHON & 1/2 MARATHON, plus 5K, Oct 18, Greater Lowell Tech Sch, 978-597-5204

DIV. III Prep X-C Championships @ Governor Dummer, Byfield, Afternoon of Nov 14. Club's help requested by coach Abu. David Abusamra 603-778-6276 or abusamra@nh.ultranet.com

BRUCE ELLIS 5K, Nov. 7, 10:00 AM, Exeter Hospital Campus, 603-772-9114 or koleary@prodigy.net

THANKSGIVING TURKEY TROT, cross-country Maudslay St. Pk., Nbpt., Thanksgiving Day, 8:20 AM

MILL CITIES RELAY, Dec. 6, 8 AM, This is the 'big' team event of the year so ALL members should plan to run. Faster members go on faster teams, but EVERYONE has a good time! The Club Championship of the Merrimac Valley Contact Mike McCormick 978-462-0117.

**Don't Forget to
Wear The Colors this Season!**

Looking for Mr. Cheap Skate

An Editorial by Leslie Behan

I need your help in locating a runner whose name appears frequently in the results of races put on by the WCRC. I'm not sure whether this runner is male or female. I'm clueless as to his/her age. Sometimes this runner's name appears more than once in the results for a single race. I want to meet this person. The runner is listed as "Cheap Skate."

Cheap Skate goes by an alias: "Unofficial." Might this runner also be known in the Boston Marathon as "bandit"?

Why would a runner not pay the entry fee to run as an official entrant? I have several theories. None of them involves being cheap.

Runners by nature are competitive individuals. I suspect that some people run through a race as a workout or tempo run. They're not going all out, so they don't want their names to appear in the official results. That way, their usual competitors can't claim to have beaten them and they don't have to explain to anyone their slower-than-usual time.

In the case of a long race, some people don't sign up because they plan to run only part of the course and don't want to have DNF (did not finish) listed next to their names. They're treating the race like a training run.

Another theory involves runners who are protesting the high entry fees. By running unofficially, they are making a statement, sending a message to the race director.

Some races require runners to register before the day of the race; no post entries are accepted. One year at the Saunders at Rye Harbor 10K race, the first runner to cross the finish line was not declared the winner because he was "unofficial." He had not been allowed to register on the day of the race.

I'm sure there are some people out there who love to compete but honestly can't afford the sometimes-steep entry fees (at non-WCRC races). These people are

financially strapped and haven't an extra dime to spend on being listed as official entrants in the results.

In the case of the Boston Marathon, I theorize that runners would willingly pay the hefty entry fee (\$75) to be official; however, the qualifying standards are times that they'd never achieve. If they don't obtain a number by raising money for a charity such as the Leukemia Society, have a friend who works for John Hancock, or belong to a running club that gives out numbers, their only alternative is to run as a bandit.

I've been racing since 1981 and admit that I've run a few races unofficially for some of the reasons listed above. I'd never given the issue much thought until I read Don Kardong's column in *Runner's World Online*. He equates it with theft, since the official runners, through their entry fees, end up paying for insurance, printing of entry forms, aid station supplies, etc. He refers to unofficial runners as "turkeys."

Race directors do not welcome unofficial runners, even though they must tolerate them. They contend these people are stealing services that others have paid for. In addition they are the main reason race results get messed up because they often cross the finish line (instead of veering off course at the end of a race).

High Street Mile race director Ted Jones wonders why anyone would not pay to enter his race. "They have a good deal. They get a T-shirt worth about \$5.00 a free lunch worth about \$5.00 and maybe one of many raffle prizes. They would be stupid to scab."

After seeing the issue from a race director's perspective, I've changed my views. I promise I'll never run another race as a turkey. I'll discourage others from doing so too.

Ed. Note:

Leslie Behan is the WCRC "Cub Reporter" and while her views are not the official doctrine of the Club, they certainly

reflect the feelings of most race directors, and certainly of the Rag editor. Her submissions have added a dimension (or is that dementia) missing in this space for too long. Thanks, Les
(Opposing views may be expressed in letters to the Editor.)

Exeter 5 & 10 Results WCRC GPS Race

10K

Male Open: D. Dwight 38:20, P. DiBiaso 39:55

Male Masters J. Goddard (2nd 40+) 37:34, T. Miller 38:46, K. O'Leary 41:54, G. Rigby 50:29

Male Seniors: L. Noyes (2nd 50+) 42:34, B. Aucoin 45:23, B. Woodburn (2nd 60+) 50:57, D. Sturtevant 55:00

Female Open: L. Arcieri (3rd F) 39:23, P. McCleary 48:00 J. Woodbury 49:38, D. Mazurka 54:11

Female Masters: L. Chace (1st 40+) 45:35, V. Miller (2nd 40+) 46:07, S. Riley 54:24, E. Whitney (3rd 50+) 59:14, J. Lamphere 67:19

5K

Male Open: M. McCormick 17:17, J. Gurczak 18:02, C. Sullivan 18:18

Male Masters: J. Coccozella (2nd 40+) 17:24, M. St. Laurent (3rd 40+) 18:10 P. Roberts 18:55, E. Liebfried 19:17, J. Haberle 20:28, K. Erdmann 20:41, G. Rohr 20:48

Male Seniors: B. Randall (1st 60+) 20:30, R. Houghton 22:19, N. Anastasi 29:54

Female Open: J. Hennigar 23:01

Female Masters: J. Parkinson 22:46, C. Zanni 25:10

WCRC Teams scored well in these events, but the results were incomplete on the internet.

The new course finished at Swasey Parkway...much more pleasant!

<p align="center">News of Club Members Lots of Talent Here</p>	<p align="center">Dwight, Circle Triathletes Dominate Ipswich</p>	<p align="center">WCRC Triathlon Team Fares 'Extremely' Well</p>																																																
<p>Coach Johnston Named to National Masters Team Ron Johnston was named recently to represent the good old USA in the World Masters Championship 100 Mile Race in Holland. He's been logging the miles, and hopes to be able to go.</p> <p>Passler is 'Top Notch' in 'Race to the Face' Gary took top master's honors at Franconia, finishing 5th overall in 1:15:19, just 5 minutes off the winning overall (course record) time. The race began with a 6.5 mile Mountain Bike leg, followed by a refreshing 1/2 mile swim in pristine Echo Lake, and finished with a foot (run? climb?) leg to the top of Cannon Mountain. Gary appears to have rebounded nicely from last year's surgery, thanks to a lot of hard work.</p>	<p>Under "fairly good conditions" (Water temperature 61, Slightly rainy for bike.) WCRC athletes dominated the Ipswich race. Only complaint: "Lots of sand fleas (ick). They bite!!!"</p> <table border="0"> <tr> <td>1. Don Dwight</td> <td>51:08</td> </tr> <tr> <td>4. Gary Passler (first master)</td> <td>52:27</td> </tr> <tr> <td>6. Peter DiBiasco</td> <td>54:55</td> </tr> <tr> <td>7. Laine Jones</td> <td>55:30</td> </tr> <tr> <td>9. Ed Rowe</td> <td>56:47</td> </tr> <tr> <td>? Cathi Remington (first woman)</td> <td>58:33</td> </tr> <tr> <td>? Don Staruk</td> <td>65:16</td> </tr> <tr> <td>? Paula Moyer</td> <td>65:55</td> </tr> <tr> <td>? Ted Jones (first 50+)</td> <td>66:33</td> </tr> <tr> <td>? Allie McGuinness (second master)</td> <td>69:04</td> </tr> </table>	1. Don Dwight	51:08	4. Gary Passler (first master)	52:27	6. Peter DiBiasco	54:55	7. Laine Jones	55:30	9. Ed Rowe	56:47	? Cathi Remington (first woman)	58:33	? Don Staruk	65:16	? Paula Moyer	65:55	? Ted Jones (first 50+)	66:33	? Allie McGuinness (second master)	69:04	<p align="center"><i>By Peter DiBiasco</i></p> <p align="center">Rye by the Sea Duathlon Rye, NH (5k/18m/5k)</p> <p>An early season duathlon revealed some good finishes for the Winners Circle competitors. Coastal winds and some inaccurate course distances did not deter the Circle "extreme" athletes from grabbing 7 of the top 18 finishing spots. WCRC finishers included the following for the overall finish:</p> <table border="0"> <tr> <td>2nd</td> <td>Tom Cross, 1:21</td> </tr> <tr> <td>3rd</td> <td>Steve Riddle, 1:21</td> </tr> <tr> <td>6th</td> <td>Don Dwight, 1:24</td> </tr> <tr> <td>9th</td> <td>Gary Passler, 1:27</td> </tr> <tr> <td>10th</td> <td>Stuart Olsen, 1:28</td> </tr> <tr> <td>15th</td> <td>Peter DiBiasco, 1:31</td> </tr> <tr> <td>18th</td> <td>Ed Rowe, 1:32</td> </tr> </table> <p align="center">Shipbuilders Triathlon Bath, ME July 5, 1998 (1m/25m/6.2m)</p> <p>Despite torrential downpours prior to and during the entire race Circle competitors were again well represented on the finishers podium. Considered one of the more challenging Olympic distance courses due to the hilly terrain and Kennebec river swim amongst U.S. battleships, this race was worth the trip for the local crew. WCRC finishers included the following (including the overall race winner!):</p> <table border="0"> <tr> <td>1st</td> <td>Steve Riddle, 2:16</td> </tr> <tr> <td>3rd</td> <td>Don Dwight, 2:21</td> </tr> <tr> <td>9th</td> <td>Stuart Olsen, 2:27</td> </tr> <tr> <td>10th</td> <td>Bruce Lander, 2:27</td> </tr> <tr> <td>12th</td> <td>Tom Cross, 2:34</td> </tr> <tr> <td>14th</td> <td>Peter DiBiasco, 2:35</td> </tr> <tr> <td>42nd</td> <td>Paula Moyer, 3:10</td> </tr> </table>	2nd	Tom Cross, 1:21	3rd	Steve Riddle, 1:21	6th	Don Dwight, 1:24	9th	Gary Passler, 1:27	10th	Stuart Olsen, 1:28	15th	Peter DiBiasco, 1:31	18th	Ed Rowe, 1:32	1st	Steve Riddle, 2:16	3rd	Don Dwight, 2:21	9th	Stuart Olsen, 2:27	10th	Bruce Lander, 2:27	12th	Tom Cross, 2:34	14th	Peter DiBiasco, 2:35	42nd	Paula Moyer, 3:10
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<p align="center">Welcome New Members!</p> <p>Doreen Appell Newburyport</p> <p>Alisa Bennell Durham</p> <p>Jeannie Frash Newburyport</p> <p>Mike Hays Cambridge/Newburyport</p> <p>Michelle Grenier Durham</p> <p>Coach Ron Johnston Durham</p> <p>Sheldon Paridis Haverhill</p> <p>Peggy Veiera Georgetown</p>	<p align="center">SPEED WORK! The best way to fast times!</p> <p align="center">Come join the fun, train with your friends!</p> <p align="center">Train hard without overtraining!</p> <p align="center">Learn to train smarter!</p> <p align="center">Improve your running form and economy!</p> <p align="center">Coached workouts are ongoing call Team Coordinator Mike McCormick for details. 978-462-0117</p>																																																	

The Coach's Couch

SPEED vs. STRENGTH

Did you ever wonder why you could go to the track and run a 75 second, 400 meter lap (that's a 5:00 per mile pace), and not have the ability to hold a 7:00 per mile pace for a 5km race? There may be many reasons for this, but a primary one is strength or lack of strength. This is just an example. I am sure you can each come up with your own paces and find similar differences. The truth is that none of us wants to lose speed. On the other hand, without strength, all of that speed will not help us run a quicker distance race. So which is more important, strength or speed? The fact is, that both are needed. The longer the distance, the more need for strength. The shorter the distance, the more need for speed.

For most of us, strength is a priority. Not the kind of strength you get from lifting weights, but strength that comes from running consistent mileage, running over-distance (the "long run"), and running hills. Research has demonstrated that without changing any intensity during our daily run, our fitness levels (i.e. running faster race times) will continue to improve as our weekly mileage increases from 30 to 40 to 50 and to 60 miles per week! This again, is not for everyone, however, this is a fine example of how increasing mileage impacts our strength, which impacts our race times. By the way, the same research demonstrated that there was a point of no return. Subjects were tested all the way up to 240 miles per

week. Above 90 miles per week, fitness levels and race times began to decline. So don't go overboard. Until this type of training has been done for a base period, which could last from 8 weeks to a year, true speed work should not be performed. Rob DeCastella, arguably the world's best marathoner of the 80's, has stated that a runner will get into trouble (injury, over-training, etc.) when his/her fitness level exceeds the strength level. Speed is the quickest to gain and the quickest to lose in training. Strength literally takes years to develop, and it stays with you much longer. The bottom line---work on strength first, and foremost, spending the most amount of time on this phase; then add transitional speed next such as tempo training at a bit slower than 5km or 10km pace, or longer intervals at race pace. Add faster than race pace intervals last, keeping the distance segments short, as well as the number of weeks training at this intensity.

So, come to the track and learn about proper training and pacing. You will never be asked to sprint at any distance! We will have you work at appropriate paces that will add strength to your body and drop seconds from your race times.

P.S. For all of us who have run



Coach J. "Running Tall" at Mt. W.

1000's of miles, and are a bit "older," you are the exceptions. We need to introduce some faster repeats on the track along with leg drills. Still there needs to be a base developed, and a progression within the speedwork from slower, longer sessions to shorter, faster ones.

I'll gladly continue this discussion with anyone who chooses to hoist a beer or two at the Winner's Circle on the second Thursday of each month (our meeting). Run smooth and stay healthy,

Ron

Ed. Note: Ron was indeed at the last monthly meeting, and was rewarded by having his car damaged in the parking lot, running a 15 mile 'fugouwee' run on his 'easy' night, and, while diverted to the parking lot, having his pizza attacked by 'seagulls' Welcome to the WCRC, Ron, and remember the words of wizzdom once uttered by the ever witty Bob Manning: Payback's a bitch...

**TRI's to TRY (and BI's)
from "The Extreme Babe"
Allie McGuinness**

Sunday, August 16
Marlboro Lions Triathlon
Marlboro, MA
S: .25M, B: 11M, R: 3.6M

Sunday, August 23
Bay State New England Triathlon
Festival *The Final East Coast
Ironman Qualifier, 20 Age Group
Slots*) Wright's Pond, Medford, MA
S: 1M, B: 38M, R: 9.8M

Sunday, August 30
Reach for the Top Triathlon
Crotched Mountain
Rehabilitation Center,
Greenfield, NH
S: 1.2M, B: 23M, R: 5K

Sunday, Sept. 6
Journey for Sight Triathlon
Hamden Ponds State Park,
Holyoke, MA
S: .50M, B: 17M, R: 3.5M

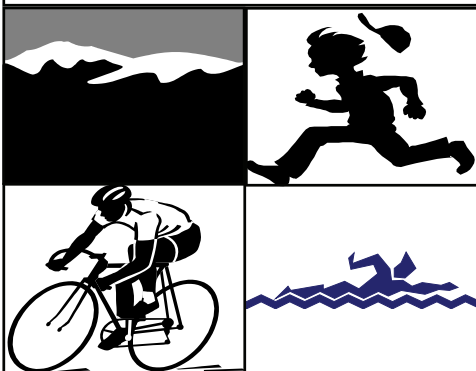
Saturday, Sept. 12:
Hyannis Sprint II Triathlon
Craigville Beach, Hyannis, MA
S: .25M, B: 10M, R: 3.5M

Sunday, Sept. 13
Half-Iron Triathlon
Narragansett Beach, Narragansett, RI
S: 1.2M, B: 56M, R: 13M

Any questions on these events, call Allie (978) 465-2228.

Ed. Note: Allie is the 'Extreme Events' Coordinator of the WCRC. Hence the nickname she's been saddled with...Well it's not as bad as the one she helped to saddle me with...Then again, at her age, maybe it's not bad at all...

**Tri & Duathlon Coverage Elsewhere
this issue**



**Amesbury HeartBeat
5 Miler**

WCRC GPS EVENT

Male Open: J. Hickman, 4th, 28:22, B. Powers 31:36, J. Leary 31:39, M. Axten 34:13

Male Masters: J. Morisseau 3rd, 1st 40+, 27:58, J. Cocozella 6th, 2d 40+, 29:23 G. Passler 9th, 3d 40+, 29:56, L. Clarke 30:16, E. Rowe 30:59, T. Miller 31:13, J. Webber 31:40, B. McCarthy 32:58, D. Labrode 33:27, B. Vogel 34:53, D. Soltys 35:08, T. Connelly 35:15, K. Mackie 36:28, G. Folsom 43:21, J. Farren 45:14

Male Seniors: D. Vasta 1st 50, 31:28, J. Boyle 2nd 50, 31:42, T. Jones 3rd 50, 34:12, J. Archacki 34:43, B. Aucoin 35:45, J. Lavalley 1st 60+, 37:02, D. Sturtevant 42:11

Female Open: K. Long 2nd, 34:13, G. Steckowych 3rd, 34:23, K. Bradbury 4th, 34:40, S. Mackie 36:28, K. Iworski 39:23

Female Masters: S. Passler 5th, 1st 40+, 34:48, L. Chace 2nd 40+, 35:53, J. Parkinson 3rd 40+, 39:38, P. Houck 41:09, M. Farren 44:54, L. Rossetti 2nd 60+, 53:24.

169 Ran.

**Market Square Day 10K
WCRC GPS EVENT**

Male Open: D. Dwight 36:30, M. Peters 37:26, P. DiBiasco 38:17, B. Arcieri 38:43, B. Lander 40:00, B. Stevens 46:41

Male Masters: B. Butterworth 33:04, B. Michaud 36:26, T. Miller 37:25, E. Rowe 38:54, K. O'Leary 40:07, R. Collins 42:20, D. Eastman 43:20, R. Najjar 43:46, D. Sturtevant 53:55

Male Seniors: R. Aucoin 42:37, J. Cunningham 48:41, B. Woodburn 50:16

Female Open: S. Landreth (5th) 36:58, L. Arcieri 38:08, C. Buckley 41:33, E. Hampson (1st Jr) 41:49, J. Boggess 45:42, J. Woodbury 46:34, L. Gaudreau 47:12, L. Peters 48:05, P. McCleary 49:33, P. Moyer 50:50

Female Masters: J. Parkinson 48:33, E. Whitney 59:28

NEAC Championship Race, 1436 Ran

**The Return
of
RoadKill**

Nick Anastasi had completed 113 races for 1998, thru June 18. We'd like to publicly thank Nick for distributing WCRC race apps at many of those races.

Al Mazza has checked in from North Carolina once again, renewing his Rag and ordering a singlet. Wish more old friends would keep in touch. Al's running well & racing occasionally in NC, and hopes to be around sometime this summer.

Your RAG Editor himself makes RoadKill this time: as a new record holder...I recently had TWO letters published in the same issue of the Hockomock Swamp Rat. A dubious distinction, at best...

A big hello to Diane Antille, down under, (and spanning the globe) who reports she's running, AND maybe starting to plan to return home. We all miss ya'

Nick Greco was in town from Texas, for the Exeter races. Not sure if he was a club member before he moved away, but he would have been had he stayed. He duked it out with Aucoin etc back in the 70s, so there may not have been a club. Some of the wizened vets enjoyed seeing Nick, who said he'd put up a group for the marathon in Austin.

I have it on good authority that the number of red toes the Prez acquires on vacation is in direct proportion to his, um, well, lets just say "pleasure" derived from said vacation. But Allie will paint other guys' toes with no strings attached...as I learned first hand...foot....whatever.... Anyway, watch out, old & young Johns alike....she be quick.

COMEBACKS! by some of our faster runners are in progress...Note that Debbie Farmer had a solid Mt Washington, after some time away from racing to attend to some other matters of import (childbirth, a good excuse for a break) Ditto Susan Mackie, best remembered as the quotable Ms. Efinger, also picking up speed, although Ken is lagging a bit. Jimmy Cocozella has shaken the sciatica and is fast becoming a stud master once again. Gary Passler fits into this group as well. Hope I can list a few more soon!

Circle Runner Davis Runs Rock 'N Roll Marathon

First marathon is marathon First

A report from Lindy Davis, courtesy of Bob Randall

June 21st was the first running of the Suzuki Rock 'N Roll Marathon in San Diego, and my first ever marathon. I ran with my daughter, Courtney, who lives in California and convinced me that I could do a marathon after she ran the Honolulu Marathon, and my niece, Kim, who was running for the Leukemia Society.

We ran with twenty-thousand other runners, a majority of whom were women. The course was flat and covered areas of the City of San Diego as well as the shoreline. There were a few problems with water stops (having cups on one side of the street and water on the other side doesn't work well) and not enough volunteers (the race started 30 minutes late) .. but considering the amount of runners, it went well. Our goal was to finish, which we did, and we were able to enjoy the rest of our vacation.

ed. note..REST is a good word here!

Now there's a switch. You got Courtney interested in running, and SHE gets you to go 26.2! Talk about pushy parents... Thanks for the story, Lindy. It would seem Merrimac is pretty close to Salisbury...So how about telling us more at next meeting?



Courtney Davis, Lindy Davis, and Kim Peterson are all smiles as they display their hardware at the first Rock 'N Roll Marathon in San Diego. It was Lindy's first marathon after many years of running.

Looking Back at the Rag. I needed Some Filler...

One Year Ago: August 27, Kristen Lee Mackey was born.

Two Years Ago: 'The Rag' reported on the "La Femme" product for female runners.

Four Years Ago: Tim Galvin announced the 'WCRC Personal Record Program' Has anybody run one since?

Nine Years Ago: Editor Lee Knapp Reported WC beat NSS in X-C, 25-30, led by Bill Nichols

17 Years Ago: Ted Wendt ran 46:39 in his first race, The 1st Yankee Runner 10K.

Circle Members Place in Mile

Emily Hampson Leads way with 13-15 Win in 5:26

CLUB BI - A BIT OF A BUST

by Allie McGuinness

(Continued from page 1)

John Martin of Nahant, MA won the men's masters race in a time of 4:30. Rick Smith of Acton, MA and Cliff Staples of Beverly finished second and third in 4:39 and 4:42. Course record holder Rick Murray, won the men's seniors race for the third straight year with a time of 5:00. **Dave Vasta** of Haverhill and the WCRC was second in 5:25 and Bob Welch of Newburyport finished third in 5:27. Wendy Burbank of Boxford and GAC improved on her seniors record of 6:33 by running 6:29. Debbie Ian was second in the senior set with a time of 7:03, while **Eleanor Whitney**, another Club member finished in 7:40 to round out the top three. In the largest heat of the day, 14 year old Charles Perry Jr. won in 4:59 with Michael Grant right on his heels in 5:00. **Emily Hampson** of Exeter and the WCRC won the 13 to 15 age group in 5:26.

This race continues to grow in popularity and draw a quality field thanks to the sponsorship of FILA USA. Runners and their families were treated to a post race cookout, with numerous raffle prizes, prior to Newburyport's Yankee Homecoming parade. The Club did another flawless job with race management and timing. Thank you to all who volunteered.

Men (Open) 1. Erik Nedeau, 4:08; 2. Sean Livingston, 4:14; 3. Jose Libano, 4:16 4. Matthew Ely, 4:20; 5. Jesse Buschini, 4:22; 6. John Fesh, 4:25; 7. Keith Lively, 4:29; **8. Chris Kealey, 4:31**; 9. Joel Tetreault, 4:31; Craig Watcke, 4:36;

Masters: 1. John Martin, 4:30; 2. Rick Smith, 4:39; 3. Cliff Staples, 4:42; 4. Peter Schmidt, 4:49; 5. **Jim Morisseau, 4:53**; **6. Jim Cocozella, 4:58**.

Seniors: 1. Richard Murray, 5:00; 2. **David Vasta, 5:25**; 3. Bob Welch, 5:27.

60+: 1. Michael Mayer, 5:49; 2. Don Murray, 5:59; 3. Richard Rooney, 7:28.

Boys, ages 10-12: 1. Jason Lago, 5:40; 2. Conor Welch, 6:01; 3. Allen Huberdeau, 6:07. 13-15: 1. Charles Perry, Jr., 4:59; 2. Michael Grant, 5:00; 3. Josh Krause, 5:26. 16-19: 1. John Fesh, 4:25; 2. Kevin Alliette, 4:38; 3. Gary Collupy, 4:42.

Women (Open): 1. Molly Watcke, 4:54; 2. Tina Ramos, 5:21, 3. Marielle Yost, 5:22; 4. Leslie Roberts, 5:43; 5. Yvonne O'Donnell, 5:57; 6. **Mary Beth Chesler, 5:59**; **7. Kelly Bradbury, 6:00**; **8. Kathy Long, 6:01**; 9. Becky Gough, 6:10; 10. Joanne Sweeney, 6:12.

Masters: 1. Sidney Letendre, 5:26; 2. **Sandy Cannon, 5:30**; 3. Andra Jaunzeme, 6:39.

Seniors: 1. Wendy Burbank, 6:29; 2. Debbie Ian, 7:03; 3. **Eleanor Whitney, 6:40**.

60+: 1. Christine Robertsen, 8:15. 70+: **1. Louise Rossetti, 9:42**.

Girls ages 10-12: 1. Nicole Dushesne, 6:05; 2. Lindsay Johnson, 6:31; 3. Brittany Fraser, 6:57. 13-15: 1. **Emily Hampson, 5:26**; 2. Lindsey Cluney, 6:52; 3. Shaena Tucker, 6:54. 16-19: 1. Liza Cluney, 6:23.

Other WCRC Members: Dave Hampson Sr 5:01, Chris Sullivan 5:15, Tom Connelly 5:41, Gil Emery 6:33, Nick Anastasi 7:40, Krystin Webber 8:30.

(But the Fall Bi Promises Boom)

Unfortunately, this year's club biathlon was not as well attended as in the past but for those who did show up it proved to be a good, competitive work out. Under windy conditions the local favorite, Gary Passler prevailed in the bike and the run. Pete DiBiasco lead the bike pack for the first five miles until Gary caught up to him and passed him, finishing 40 seconds ahead on the bike. Ed Rowe and John Leary were neck and neck the whole way on the bike with Ted Jones, Allie McGuinness and Don Staruk seconds behind battling for their position. . Ted Jones was able move up to finish third in the bike. Dave LaBrode made a valiant effort on the bike especially considering this is the first time he has been riding this season (or so he says) but couldn't keep up with Ted, Don or Allie. Once he hit the road with his running shoes, he made up for lost time and passed Don Staruk with one mile to go beating him by 45 seconds overall. Allie, who has been nursing a minor foot injury, turned this into a major foot injury by mile 2 and walked until the "meat wagon" came by to pick her up.

It was a fine performance by all who attended. The only thing that was needed was more competition, especially in the women's field. Where was all the Winner's Circle North crowd? Those who wimped out have a chance to try this again when we have our first annual Fall Club Biathlon this September 17th.

Ed. Note: This time around there is PLENTY of notice and time to plan to be at this event. So, Ron H, saddle up the mountain bike! And lets get all the triathlete gang here too! We know most of 'those' folks don't hang out at the Circle much, so here's your early notice!

Whaddaya up to on Wednesday Night????

Mike Fiene invites you to promote youth running by helping out at the summer track series. Meets are Wednesdays through August 25.

Meets begin at 5:15, at Fuller Field track on Low St. in Newburyport.

Contact Mike at 978-462-1915

Debbie Farmer & Kathy Long
Stalwart Mountain Running Women of the WCRC



**BE SURE TO JOIN IN THE WEEKLY CLUB RUNS FROM THE WINNER'S CIRCLE
CHOICE OF TWO RUNS EVERY THURSDAY - 4:00 AND 5:00 PM -**

THE RUNNERS' RAG

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

First Class Mail