

❖ RUNNERS' RAG ❖

Volume 20 Issue 4

OFFICIAL NEWSLETTER OF THE WINNER'S CIRCLE RUNNING CLUB

July, 1999

WCRC Kicks Butt at Mount Washington

The WCRC frequently excels in team competitions. This years Mt. Washington Race was no exception. The Men's Masters team won in a record time, and there was enough depth on the team that the 6th and 7th runners could have replaced the 4th and 5th and they still would have won in record time. The Men's Senior team also won in record time but there wasn't much depth, but we'll take it. The Women's Master team placed 3rd and the Women's Open placed 8th. From an individual point of view Mark Behan was 20th overall, and Don Dwight the second fastest WCRC runner won the Clydesdale Division. Looks like the WCRC is going to have a number of lottery bypasses next year.

There were a number of superb individual performances and many new PRs. Rookie of the Year goes to Joe Gurczak. Ted Jones also surprised a few people with his excellent run, which led the Seniors to victory.

It was nice seeing Chip Nelson helping out, particularly after bagging the race last year. Hope to see him running up the hill next year.

Thanks to all the WCRC members and family for handling the first water stop. Besides a great job of getting the water to the runners it gives the WCRC an additional ten lottery bypasses.

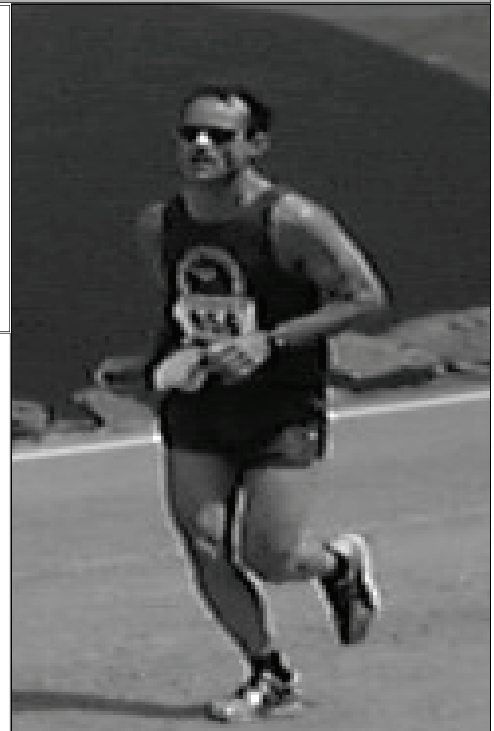
Great job by Vicki Miller for coordinating the post race party, but who was that Maine guy drinking all our beer. I don't recall us ever running out of beer, what a horrible precedent.

Thanks to Bob Najar for the excellent photographs of the runners near the

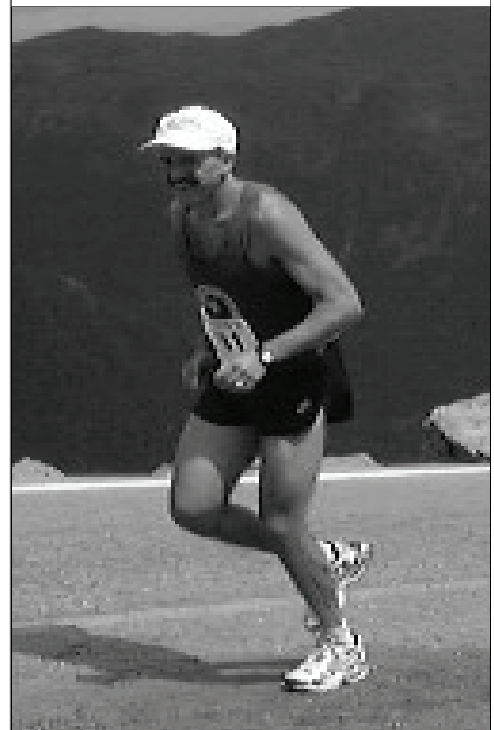
top of the mountain. Some of the best shots I've seen.

After cheering the runners on near the top of the mountain, Allie McGuinness took one of the first vehicles down and then went for a training run for the Wildman Biathlon up the Wildcat Mountain slopes. At a cross trail she met a bear, and decided it was best to continue up the trail. Fortunately the

Name	Time
MARK BEHAN	1:09:55
DONALD DWIGHT	1:17:29
JOE GURCZAK	1:18:07
GARY PASSLER	1:18:18
THOMAS CROSS	1:19:16
MIKE MCCORMICK	1:21:20
MARC SOPHER	1:22:33
TOM MILLER	1:22:34
JIM MORISSEAU	1:24:36
RON JOHNSTON	1:24:56
DON HENNIGAR	1:26:52
JOHN WEBBER	1:27:44
TED JONES	1:31:56
JOHN WILE	1:32:08
KEVIN OLEARY	1:33:41
JOHN LEARY	1:35:22
JACK CUBBISON	1:36:26
BOB MANNING	1:38:11
DAVID TINKER	1:38:18
DOUG EASTMAN	1:39:25
PAULA HOLM	1:39:31
MIKE FIENE	1:40:50
VICKI MILLER	1:40:56
BRAD MEZQUITA	1:42:02
LISA HART	1:42:21
SARAH BESSETTE	1:47:05
JANET PARKINSON	1:49:15
DAN EDSON	1:51:10
CAROL ZANNI	1:51:18
ROBERT RANDALL	1:58:12
PAMELA HOUCK	2:11:13



Tom Cross working hard at 6 miles



Mark Sopher also enjoying it!

WCRC Schedule of Events

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
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.
TRACK WORKOUTS, probably starting again the middle of August

WINNEKENNI PARK FUN RUNS, Tuesdays, 5:30PM run, see article elsewhere in RAG for directions
YOUTH SUMMER TRACK, Wednesdays, 5:30 PM, Amesbury High School Track, primarily for Youth but some adult events

WCRC Running & Racing Schedule

Yankee Homecoming 3/10 Miles, August 3 6:20 PM start (sometimes starts early) (978) 463-3393
yankeeseacoast@mediaone.net

High Street Mile, August 8, 10AM
(978) 465-2228
tedjones@Newburyport.net

Salisbury Beach Run Aug 11 6PM

Merrimac Old Home Days, 2 miles, August 13, 6:15 PM (978) 346-9240
RANDMEMBER@aol.com

Wildman Biathalon, August 14, 6AM
Shelburne, NH

Saunders 10K, August 19, 6PM Rye, NH(603) 964-6466

Cape Ann 25K, September 6, 9AM, O'Malley School, Gloucester, MA

Governor Dummy XC 5K, Sept ??
Winnepesaukee Relay, September 25, 8AM, Wiers Beach, NH

Clarence DeMar Marathon, September 26, 5AM, Goshen, NH

West Newbury apple Harvest 5M, October 3, 9AM

Bobby Bell 5M, October 10, 11AM, Lasting Room, Haverhill, contact Dave LaBrode

Baysate Half/Full Marathon, October 17, 8AM, Greater Lowell Regional High School, Tyngsboro, Mass

Exeter Bruce Ellis 5K, November 6, 10AM, Exeter Hospital, contact Kevin O'Leary

Welcome New Members

*Cindy Byrne
Amesbury, Mass*

*Elizabeth Figliota
Rowley, Mass*

*Doleres Harris
Exeter, NH*

*Jack McManus
Danvers, Mass*

*Robin Nichols
Amesbury, Mass*

*Don't forget to stop by the
Winners Circle on
Thursdays to buy a pitcher*

1999 Board Of Directors With Email Addresses

President

John Wile (978) 465-7662
LNCWile@massed.net

Vice President

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

Treasurer

Sue Passler (978) 388 4322
Passler@greenet.net

Secretary

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

Teams Coordinator

Mike McCormick (978) 462-0117
mlmccormick@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
RANDMEMBER@aol.com

Newsletter Editor

Mike Fiene (978) 462-1915
massrunner@aol.com

Entertainment Director

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

Uniforms & Equipment

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

Directors at Large

Gary Passler (978) 388-4322
Passler@greenet.net

John Leary (978) 463-4498
Leary@mediaone.net

The Runner's Rag

Editor/Publisher: Mike Fiene (978) 462-1915
E-mail: massrunner@aol.com
Roving Reporter: Leslie Behan

Please note: Mailed contributions / announcements / etc. for publication in *The Rag* should be sent to: Publisher, Runners Rag, 54 Milk Street, Newburyport, Ma 01950
Feel free to use E-Mail address above.

Contributors this issue: Ron Johnston, John Leary, Bob Randall, Ted Jones, Bob Najjar
Visit the WCRC Website, maintained by Tom Miller, at:
<http://xenia.unh.edu/wcrc/>

Editor's Intervals

1999 Grand Prix

- There seems to be a broken collar bone epidemic out there. Two of our better runners, Tom Roldan and Mark Behan our both suffering after non- running activities. Both are sort of running again
- Understand there is going to be a WCRC assault on the Clarence DeMar Marathon. Good Luck everyone - what a horrible summer to be doing long runs!
- Gary Passler, I'll never run another marathon, and Don Dwight are both doing the Lake Placid Ironman in August. Both are looking for qualifiers for the Hawaii Ironman in October - Good Luck! And say hello to Cowman when you get to Hawaii.
- Thanks for all the support at the Summer Track Meets in Amesbury. Turn out has been light, but its nicer than Newburyport, primarily because there is shade.
- There has been an Ed Liebfried sighting. He is racing again. If his 10K time at Exeter is an indication he is starting to get ready for most improved next year.
- Gary Passler won the Sea to Summit Tri early this month. Thanks to Mike McCormick and particularly John Wile for pacing him on the run section.
- Gary Rohr, who did an excellent job with the Stratham Race, is looking to make additional money video taping special events. Please ask to see the video he did on this years Mt. Washington.
- Speaking of Mt Washington, there have been a lot of jokes about Allie and the bear, personally I think it more serious and we should run with a partner when we are in circumstances like that. The running magazines frequently let us know about mountain lion maulings and abductions - so be careful and run with someone slower than you.
- Louise Rossetti is still running many races, up to 74 through June. But I notice a trend, most of them are associated with Brew

Remaining Events

July 17 Exeter 5K and 10K
 August 3 Yankee Homecoming 10mi
 August 8 High Street Mile
 August 13 Merrimac 2M Free Entry
 August 19 Saunders 10K
 Sept 6: Cape Ann 25k
 Sept. ?? Governor Dummer XC
 Sept 25 Eliot Festival 5K
 Oct 3 W Newbury Apple Harvest 5M
 Nov. 6 Exeter Bruce Ellis 5K
 Nov. 7 Methuen Country Club XC
 Thanksgiving Maudsley 5K
 Nov. 28 Andover Country Club 5K

PAT POLLETTA 5-MILE

LOU	RISTAINO	26:55:00
CHRIS	KEALLY	28:22:00
TIMOTHY	SHORT	28:34:00
MIKE	MCCORMICK	28:43:00
JOHN	BOYLE	29:08:00
JOE	GURCZAK	29:41:00
JOHN	WEBBER	30:04:00
JOHN	WILE	30:30:00
MIKE	HAYS	31:04:00
DENNIS	KRAUSE	32:08:00
KEVIN	O'LEARY	32:18:00
CURTIS	MOORE	32:25:00
DAVID	LA Brode	32:32:00
BILL	MCCARTHY	32:42:00
TOM	CONNELLY	33:02:00
MIKE	NARY	33:38:00
FRANK	SALVATORE	34:02:00
TOM	DANIELS	34:05:00
JOHN	ARCHACKI	34:06:00
KATHLEEN	LONG	34:28:00
JACK	CUBBISON	35:04:00
KELLY	BRABURY	35:38:00
MARTHA	MCMANAMY	36:37:00
JIM	LAVALLEY	36:51:00
MICHAEL	BEBKO	37:05:00
PAUL	COMEAU	37:12:00
ROBERT	RANDALL	37:12:00
RIC	MELLOW	37:32:00
JIM	MCLAUGHLIN	38:57:00
DON	HENNIGER	39:19:00
DEB	PODSEN	39:23:00
MICHAEL	MENESALE	39:39:00
CAROL	ZANNI	39:44:00
ROBIN	NICHOLS	39:55:00
PAMELA	BATTISTONE	40:03:00
MIKE	COPPINGER	40:45:00
LISA	FIGLIOLA	42:06:00
MIKE	SHIELDS	42:14:00
JOHN	MCMANAMY	42:31:00
PAM	HOUCK	43:33:00
JOSEPH	CUDDY	44:40:00
ELEANOR	WHITNEY	44:54:00
NICK	ANASTASI	47:48:00
DONALD	COOMBS	50:32:00

Current Standings

thru Poletta

<u>Female Open</u>		Total
DEBRA	PODSEN	16
KELLY	BRADBURY	10
LIZ	ARCIERI	10
LISA	PAPPAS	9
ROBIN	NICHOLS	8
PAULA	MOYER	8
<u>Female Masters</u>		Total
VICKI	MILLER	10
KATHY	LONG	10
JANET	PARKINSON	9
MARTHA	MCMANAMY	9
CAROL	ZANNI	8
SUE	RILEY	8
<u>Male Open</u>		Total
PAUL	COMEAU	32
CHRIS	KEALY	20
DAVE	DUNHAM	20
TIMOTHY	SHORT	19
STEVE	PETERSON	18
JOE	GURCZAK	18
<u>Male Masters</u>		Total
LOU	RISTAINO	40
JOHN	WEBBER	32
KEVIN	O'LEARY	25
MIKE	MCCORMICK	19
DAVID	BOUCHER	19
<u>Male seniors</u>		Total
JOHN	BOYLE	40
DENNIS	KRAUSE	36
JACK	CUBBISON	34
JIM	MCLAUGHLIN	26
KEN	HOULE	19

Anyone know the date of the Governor Dummer race or has anyone seen a Saunders application?? - let me know

WCRC in Paris



Tom and Vicki Miller spent some time in July finding races to run in France. They found one in Paris and and you should hear the story. Makes our race organizers really look like geniuses.

Vermont City Marathon Hot Day for Spectators

Blue skies, low wind and high temperatures, no wonder a quarter of the field dropped out. Vermont made Boston seem like a winter day. The Vermont Marathon in Burlington this past Memorial Day weekend was a real struggle for the runners –it reached 90°. I had gone up to run the last ten miles with our Don Quixotic Boston qualifier Kevin O’Leary (he’ll do it soon!). But this was not going to be the day – it was too hot and it was more survival then any type of PR. Bill McCarthy (at right on top) forgot to send his Boston application in on time so he decided to run Vermont, and just barely qualified for Boston 2000. Janet Parkinson was able to run almost the exact same time as she had run Boston. Dave Kelly (at right on bottom) did not have one of his best efforts. The little brain was fried. But then there is Mark Behan who was 9th overall at 2:43:56. I thought the heat didn’t bother him, but he was hoping for ten minutes better.

Mark Behan 2:43:56

Bill McCarthy 3:23:53

Dave Kelly 3:25:56

Kevin O’Leary 3:31:48

Janet Parkinson 3:55:56



Track Workouts to Resume

Middle of August, Newburyport Track
Contact Mike McCormick for details

462-0117 or mlmccormick@methun.k12.ma.us

RACE SEASON MAINTENANCE PROGRAM

Early in the speed phase, we want to “train through” any race in order to continue improving our fitness level. This means maintaining our weekly mileage, long runs, and speed sessions. Once we have performed 6 to 8 weeks of speedwork preparing for the upcoming race season, we now need to maintain what we have gained in fitness, but remain fresh for our races. This requires making some minor changes in training until your goal race has been run.

Mileage can be reduced by 10-20%. The long run can be shortened too...probably 8 to 10 miles or approximately 1 hour and 10 minutes to 1 hour and a half. In a nutshell, run the same number of days per week, but just run a little less mileage. Likewise, with regards to performing speedwork, maintain or even increase slightly the speed of your fast segments, but decrease the length of each segment and the total number of segments. Here is an example: Rather than run 6 x 800 meters at 3:30 (7:00 per mile pace) with a 400 meter recovery jog, run 6 or 8 x 400 meters at 1:40 (a 3:20-800 meter pace and a 6:40 per mile pace) with a 400 meter jog. Rather than run a second workout in the week such as a 3 mile tempo run or a hill workout, run easy with 6 or 8 x 100 meter strides near the end. Take a day off two days before your race and run an easy 3 miles or 20-30 minutes the day before your race. When racing, begin at your goal mile pace or even 5 seconds slower than goal pace, and gradually pick up the intensity. The week after a race, you may wish to run 10 to 12 x 200 meters at 48 seconds (a 1:36-400 meter pace, a 3:12-800 meter pace, and a 6:24 mile pace), taking a slow 200 or 400 jog recovery between each. Later in the week, if not racing, run a 3 mile tempo about 15 seconds per mile slower than 10 km pace or 25 seconds per mile slower than 5 km pace. If you are fatigued, skip the tempo and just run an easy, shorter “long run” of 8 to 10 miles.

To make a long story short, maintain or slightly increase your intensity (speed) while decreasing your volume. Take longer rest intervals between the speedwork too. Enter the race with fresh legs, hydrated, and carbo loaded. Don't get carried away at the start of the race, and focus on working hard through the middle mile(s) in order to maintain pace. Focus on the backs of runners, not allowing them to slip away. Attach yourself to the runner ahead and slowly “real him/her in.”

THE RACE SEASON IS OVER...NOW WHAT?

O.K. The race season is over until the fall. What do you do next? If you have had a long, grinding race season, then take a week off from running and hike, cycle, skate, or do nothing...but just for one week. Next run about two thirds of your normal weekly mileage for a couple of weeks until you “get your legs back.” Generally when cutting mileage, the length of your long run and possibly one or two other runs can be cut back...you don't want to cut out the number of running days, just the amount of miles per running day. **Run it all easy!** Within two or three weeks, you should feel mentally restored and physically ready for the next build-up. Now you can begin increasing mileage safely. Summer is the perfect time for this. It will be too hot and humid to perform well in races or on the track doing speedwork. But increasing mileage while running slowly is very manageable...just drink water often, throughout your run. Try increasing your long run by 2 miles per week as well one or two other running days by 1 mile. Another idea may be to add an extra day of running per week. For instance, you could run 6 days per week instead of 5 days weekly. If you are going to add an extra running day, keep it short. Increasing mileage too quickly can lead to chronic fatigue or injury. The accepted rule of thumb is to increase mileage by 10% per week. What will an increase in mileage do for your race performance? Just by increasing mileage gradually from 20 to 30 miles per week, it will improve your running efficiency (economy), running strength, and aerobic capacity. All of this adds up to being able to sustain a faster pace for a greater length of time. By mid-August, you will be ready for harder track sessions, and by mid-September you will be ready to race.

And what about those of us who did not have a grueling track and race season, and wish to continue with some sort of speed? Maintain your weekly mileage and long run, while adding some short, quicker than race pace speed intervals on the track or roads. Keep the distance between 200 and 400 meters (30 seconds to 2 minutes), and jog a rest interval that is three times longer (1:30 to 6 minutes). Perform 6 to 12 repeats within your run, and include a minimum 2 mile warm-up and 1 mile cool-down. The pace of the repeats should be roughly your 1 mile race pace (quicker than 5 km pace, but **not** a sprint). The speedwork can be done once per week. One or two other running days may include 6-8 strides or pick-ups either in the middle of your run or after the run. **This is not meant to be a work-out.** Remember that running pick-ups should be done at a pace that is quick, but with good form and **in control.** Leg drills are good to do too...about three times weekly. The drills, strides, and speedwork will help to improve leg speed and economy of motion at quicker paces. Again by August, you should be ready to run the longer track intervals with more efficiency and vigor, and by September you will be ready to race.

Good luck with your training. You can always e-mail me with questions at home: lahrej@aol.com
See you in August!

Ron Johnston

9th ANNUAL NEWBURYPORT YANKEE HOMECOMING
HIGH STREET MILE
"The Way Racing Used To Be"

A ONE MILE ROAD RACE

Sunday August 8, 1999 10:00 A.M.

Race Start - ATKINSON COMMON - NEWBURYPORT MA.

Sponsored by: **ROLLING ROCK**

Male Masters sponsored by: **SALAMONE TOYOTA**

Special Feature: **1999 New England Clydesdale & Filly Running Federation Championship Race Series**



Divisions: Open & Masters for Fillies: 140 lbs plus
 & Clydesdales: 190-210 lbs, 211-225 lbs, 226 lbs plus



Hosted by: **The Winner's Circle Running Club**

To Benefit: *The Newburyport High Teams School X-Country & Track*



Entry Fee Structure: (All Entries Must Be Age 10 or older)
Pre-Entry: \$6.00 No Shirt or \$8.00 With Shirt
Post Entry (8:30-9:45): NO ENTRIES ACCEPTED AFTER 9:45
 \$7.00 (No T-Shirt) or \$10.00 (With Shirt - if available)

All Runners must
 nick un race numbers
 before 9:45 am

Age Divisions: 10-12, 13-15, 16-19, 20-29, 30-39, 40-49,
 50-59, 60-69, 70+

"USA / T&F CERTIFIED"

Projected Heat Start Times

(Be prepared to run 15 minutes prior to these estimated Start Times)

Heat 1: 10:00 Kids Race - Male/Female Ages 10-15
 Heat 2: 10:15 Clydesdale Open Ages 16-39
 Heat 3: 10:30 Male Master (Incl. Clydes) Ages 40-99
 Heat 4: 10:45 Female (Incl. Fillies) Ages 16-99
 Heat 5: 11:00 Open Men (all speeds) Ages 16-39

Course Records

Men's Open: Erik Nedeau 4:03 1995
 Women's Open: Kathy Franey 4:37 1997
 Men's Master: Ed Sparkowski 4:22 1997
 Women's Master: Sidney Letendre 5:26 1998
 Senior Men: Richard Murray 4:42 1997
 Senior Women: Wendy Burbank 6:29 1998

\$\$\$ OVER \$2500 IN CASH & PRIZES \$\$\$

1st Male & Female in Open Division receive : \$300

In Addition a \$300 Bonus goes to the: 1st Male to break 4:00 & 1st Female to break 4:30

Awards In Age Division & Clydesdale and Fillies Age & Weight Divisions

COMMEMORATIVE Multi-Colored Shirts available to 1st 200 entrants

Festive Post Race Award Ceremony with Picnic Lunch & Raffles Prizes

For Race Information - Call Ted Jones (978) 465-2228 or e-mail tedjones@Newburyport.net

For Runner's Safety, No Baby Strollers, Dogs or Roller Blades Allowed In Race.

Mail To: High Street Mile, C/O Ted Jones, 18 Dawes St., Newburyport Ma., 01950-1914

Checks Payable to the *Winner's Circle Running Club* All Entries Must Be Age 10 or older



Checks Payable to the *Winner's Circle Running Club* All Entries Must Be Age 10 or older

NAME: _____ **Please Print Clearly**

AGE: _____ SEX: _____ TELE: _____ Predicted Mile Time: _____ Minutes _____ Seconds

ADDRESS: _____ CITY: _____ STATE _____ ZIP: _____

Clydesdale & Filly Declaration: ALL Pre-Registered & Race day Entrant MUST Check 1 of the Boxes below to Score in the Clydesdale or Filly Divisions. - All Clydesdale & Filly Divisions Entrants will be weighed on Race Day ---

Clydesdale Division: (Must Check one) Weight 190 -210 221-225 226+ **Filly Division:** 140+

ENCLOSED: \$8.00 (with Shirt) _____ SHIRT SIZE _____ or \$6.00 (NO Shirt) _____

In consideration of my being a registered entrant in the road race on Aug. 8, 1999 in Newburyport, Ma. hosted by the Winner's Circle Running Club, the undersigned do hereby agree to assume all risk of harm, injury, or loss of what ever nature resulting at said event and release, remise, discharge, and forever hold harmless the Winner's Circle Running Club and all sponsors or contributors agents associated with this event, from any and all claims which might arise from my participation in said race or from traveling to or return therefrom.

SIGNATURE (Guardian if under 18) _____ DATE: _____



The victorious, record setting Men's master team at Mt. Washington, Tom Miller, Gary Passler, Mike McCormick, Tom Cross

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

THE RUNNERS' RAG

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

First Class Mail