

❖ RUNNERS' RAG ❖

Volume 19 Issue 3

OFFICIAL NEWSLETTER OF THE WINNER'S CIRCLE RUNNING CLUB

June, 1998

Club Names Coach for Spring Session Meanwhile Club Women are Running Strong

<p>Whirlaway's Brooks Edges WCRC Duo at Roses</p>	<p>Ron Johnston Named WCRC Coach</p>	<p>Always a Bridesmaid, Never the Bride</p>
<p>Sue Landreth and Liz Arcieri ran really fast at the recent "Run for the Roses," but Tammie Brooks was just a little faster, winning the race in a swift 17:24 and leading her Whirlaway team to victory in the process. Landreth (17:39, 2nd) and Arcieri (17:58, 3rd) were joined by Kelly Bradbury as scorers for the WCRC Open team which took second place among the 11 teams entered. Ginny Steckowych (19:52) and Kathy Long were the other Club members breaking the 20 minute barrier.</p> <p>Once again the Run2Win team from Maine showed up and took the master's team title, handling our (you guessed it, second place) team quite easily this year with their usual great showing. Vicki Miller (21:11), Cathy Petersen (21:20), and Janet Parkinson (22:40) ran to a solid showing.</p> <p>369 runners finished this year's race which as always was a huge success. The weather was great, and Race Director Susie Galvin once again had things well in hand, aided and abetted by the usual crew of volunteers. (<i>ed. note...lots of male volunteers at this race that we don't see at some of the others...</i>) Best of all was the usual great "ladies night out" complete with raffle.</p> <p>Many thanks to all the sponsors! I'll be putting together a recognition column next time!</p> <p>Here are the club members' results, sorry if there are any omissions, it ain't an exact science!</p> <p>S. Landreth 17:39 <i>(Continued on page 4)</i></p>	<p>We are very fortunate to have a highly qualified and experienced coach in Ron Johnston.</p> <p>Ron currently works as a strength coach at UNH and as an exercise physiologist at Synergy Fitness in Exeter. He is a LEVEL 1 certified coach by USA Track and Field, and has coaching experience at the high school, Division 1 College, and club levels (Rochester Runners). In addition, Ron has worked at two of the most popular running Camps in the Northeast: Maine Running Camp and the Craftsbury Running Camp. Ron</p>	<p>The WCRC female masters placed second in the team competition at the Boston Marathon. The Winner's Circle team comprised (in order of finish) Vicki Miller, Janet Parkinson, Leslie Behan, Carol Zanni and Pam Houck. Cambridge Sports Union took top honors, and the BAA trailed the Circle's women by less than a minute. Ten teams competed in the female masters division, with the top three scoring. Way to go, team!</p> <p><i>ed. note: this, of course, raises the bar for future expectations.</i></p>
<p>Club Singlets Available Soon!</p> <p>Dave LaBrode expects to have the new "Coolmax" WCRC racing singlets available for the June Meeting! The price will be \$15. Matching shorts MAY also be available.</p> <p>ALSO:</p> <p>Warmup Jackets are in the works...Price for these will be in the \$30-35 range.</p>		

**Please note the new mailing address for The Winner's Circle:
211 Elm St., Salisbury, MA, 01952**

Charlie & John	New Race at Brewery	A Note From the Editor
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Charlie (Nelson) and John (Huttunen) continued in their quest for marathon travel, specifically to finish under 4:00 in all 50 states. In the process they're having great fun doing some unique races.

Back in March the boys visited scenic Camp Lejeune, NC, where Charlie says "most of the runners have bigger arms than legs." They're U.S. marines, and the race is run ON the base. Nobody outside the base seemed to know about the race, and in fact even on the base there was no fanfare. C & J found the Marines to be polite, hospitable, respectful and above all committed and tough. John did 3:36, Charlie 3:56. Numerous undertrained young men finished. Charlie was impressed by their fortitude. On the back of their race T-shirts read the following:

- 1) *Perseverance—the holding to a course of action, belief, or purpose without giving way; a steadfastness.*
 - 2) *Courage—physical, mental, emotional & spiritual stamina in the face of hardship or unfavorable odds.*
 - 3) *Willpower— an immeasurable strength rising from deep within the soul of the athlete*
 - 4) *Marathon—a footrace of 26 miles, 385 yards; a contest of real personal endurance.*
 - 5) *Marathon Runner— one who embodies the very essence of perseverance, courage & willpower; one pressing to the FINISH. Lejeune Marathon*
- Next stop was Sandy Hook, NJ, for the Jersey Shore McMarathon. Charlie described the course as "similar to the 'Border to Border' course" flat and run along the Ocean. The course passes by the George Sheehan plaque as well as his home. The race benefits the Ronald McDonald House, thus the "McMarathon" handle.
- This time around, John finished in a solid 3:30:09, while Charlie cut it close with a 3:56:53. Both finished in the upper half of the 730 finisher field.
- The race is known as a "people's race" with no cash involved. (Probably a good BAA too) Charlie said it's a friendly race with lots of support. However, this year's conditions he described as "miserable."
- (Continued on page 5)*

My nomination for the mythical "New Race of the Year" can be marked down early. The 5K held at the Red Hook Brewery at Pease Tradeport has all the marking of an instant success. The turnout (573 finished) was excellent for the first running, with windy conditions slowing some of us down, at least until the post-race. Live music, food & a choice of 6 ales made this one something to behold. The editor, in fact, beheld a couple too many and paid the price later. Thanks for the ride home Dave...

The Circle presence was felt as well, with **Laurie Gaudreau** third overall female and tops in her 20-29 group, 19:30. **Coach Johnston** was first master in 17:53 with several WC runners close behind him. **Dave Kelly** got 3rd in 18:03. **Vicki Miller** was third as well, in the 40-49F, with a time of 21:26. **Dennis Krause** was 2nd Senior in 19:44, and **Bob Woodburn** was 2nd as well, in the 60-69. (25:01) Course was a PR teaser, flat but windy.

I have decided that due to time and space concerns, and the availability of race results elsewhere, to limit coverage of race results here in the Rag. I will continue to post club results of WCRC races, as well as our team competitions and major races such as Yankee Homecoming, Mt. Washington, etc. I hope to use the gained space to provide coverage of interesting events, road trips, and human interest stories. To find lots of complete results go to the Coolrunning site: www.coolrunning.com

Secondly, this month posed a problem in that a large number of good BAA Marathon photos were available, with little space to print them. Rather than picking just a few, a Boston Marathon Gallery will be published by Tom Miller on the WCRC website, in full color of course! Many thanks to Don Staruk for making available these great shots. The WCRC website can be found at:

xeniah.unh.edu/wcrc/

Have You Seen Nick?

This guy is EVERYWHERE! **Nick Anastasi** can't stand to miss a race, and travels hundreds, even thousands of miles in an effort to miss as few as possible. It's like Cal Ripken, only Ripken only does Oriole games. Rip would have to play in both leagues to match Nick, and Cal get's *paid* to show up. Nick antes up for all these races. Sure he's not the fastest guy out there, but Nick would rather run often than run fast.

The RAG recently received a record of Nick's races for the first quarter of 1998. Thru March, he had racked up 1795 races lifetime, and 54 for the year. Miraculously, and probably just as impressive as the 54 races run, is the paltry total of just \$191.50 in entry fees paid by Nick in those 54 races. Nick knows hope to pick'em. *Not like Randall, who knows how to pick races to get merchandise, Nick knows the cheap races*) That's just over \$3.50 per race! When's the last time you paid less than

six bucks?

Nick, who also likes short races (3 races over 5 miles) is a regular at the North Medford Club races at Fresh Pond, and since he's a NMC member, he runs these free. He also finds \$2 races at Khoury's weekly races in Somerville and out in Worcester, where CMS holds a similar series. GLRR charges just 50 cents for their "Fudgcicle" series in Tewksbury. But Nick forks it over when he has to, thrice forking over 15 bucks in the early going this year. *(Once at our own Hangover Classic...he wanted the shirt)*

So now Nick is warmed up. Racing season really doesn't begin until April. He only had one 3-race day recorded. (3/14, Worcester, Cambridge, Somerville) but look out! When Nick picks up the pace, it's *between* races that he hammers. and he's ready to hammer.

Look for Nick at a race near YOU!

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

ANNUAL FUGOUWEE RUN, June 11, 4PM, Winner's Cir. Just Show up.

SUMMER TRACK SERIES Youth events, Wednesdays beginning July 8,

Workers needed, Contact is Mike Fiene 978-462-1915

1998 Board Of Directors

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Newsletter

Ed Liebfried (*See RAG info below*)

The Runner's Rag

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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: Leslie Behan, Bob Manning, Tom Miller, Mike McCormick, Allie the 'extreme babe' McGuinness, Vicki Miller, Charlie Nelson, Bob Randall, Andy Schachat, Don Staruk

Visit the WCRC Website, maintained by

Tom Miller, at:

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

WCRC Running & Racing Schedule

RIVERWOODS Masters Plus 5K, Sat. May 30, 9:00 AM, Exeter, off Rte. 111 Kingston Rd., Masters race with 5 yr age groups. (1-800-688-9663)

6th Annual RACE AGAINST EXTINCTION 10K, June 5, PARKER RIVER REFUGE, Newbury, 6:25 PM

MARKET SQUARE DAY 10K, June 13, Portsmouth, NH, 9:00 AM (New England Championship Race) *Note: Volunteers requested help out if you're not running, and let them know you're a WCRC member, Wear the colors!*

38th MOUNT WASHINGTON ROAD RACE, June 20, Pinkham Notch, NH, See notice page 5. Lottery entry. Drivers needed to bring runners down the hill.

LOUISE ROSSETTI 5K for WOMEN, June 17, 6:00 PM, Tetrad Race see info pg. 5, 978-927-4203

NORTH HAMPTON OLD HOME DAYS 5K, Bandstand, 9:30 AM (Kids Run after) 603-964-1930

HAMPSTEAD Make a Wish 5 Miler, Sun, June 28, Hampstead NH Middle School, 6 PM, Kids race also, 603-329

AMESBURY HEART-BEAT 5 Miler, Thurs. July 2, The Mill Restaurant, 6:30 PM. Mike Farmer 978-388-3881

PAT POLLETTA 5M, Newburyport, July 10

GREAT LEGS 5K, (Womens Race) Lowell, July 10, Tetrad Race WCRC teams see pg. 5

EXETER KIWANIS RACES (10K and 5K) (Teams)

25th STRATHAM FAIR 5.7 Miler, July 25, Sat., 9:30 AM, Stratham Hill, NH, Gary Rohr 603-772-5183 cheap prices!

SAUNDERS at RYE HARBOR 10K, Saunders Restaurant, Rye Harbor, NH, Thursday, Aug 20??

YANKEE HOMECOMING 10 Miler (and 3 miler) Newburyport, July 28, *New Course this year,*

HIGH STREET MILE, Newburyport, August 2, Atkinson Common High St., First Heat 10:00 AM (min. age 10) Ted Jones 978-465-2228

HEATWAVE 5K (Womens Race) Lawrence, (Tetrad Race See pg. 5)

MERRIMAC OLD HOME DAYS 2 Miler, Fri, Aug 7, 6:15 Church St, (Kids run prior) Bob Randall 978-346-9240, *Uta Invited*

Don't Forget to

Wear The Colors this Season!



Roses Results:

Arcieri, Verrington Win Spring Classic

(Continued from page 1)

L. Arcieri	17:58
K. Bradbury	19:49
G. Steckowych	19:52
K. Long	19:59
M.B. Chesler	21:04
V. Miller	21:11
C. Petersen	21:20
J. Boggess	21:21
S. Duvall	21:26
J. Woodbury	21:56
J. Parkinson	22:40
L. Behan	22:45
L. Peters	22:49
P. McCleary	23:10
C. Skate	23:29
S. Roy	23:54
P. Houck	24:28
J. Bailey	24:54
M. Adamovage	27:28
C. Zanni	29:47
J. Lamphere	29:59
M. McCormick age 9	32:10
T. Hickman age 8	32:18
S. Hickman	32:20
S. McCormick	32:20
L. Rossetti	33:28

Dan Verrington ran a blistering 19:44, and **Liz Arcieri** turned in a 24:46 to capture respective first places in the **WCRC April Fool's Spring Classic** on March 22.

Circle women dominated the field, taking 4 of the top 5 places, with **Cathy Remington** (3rd), **Kathy Long** (4th), and **Kelly Bradbury** (5th) right behind Ms. Liz.

The race was a huge success with a big field and great weather. Many thanks from race directors **Paula Holm, Allie McGuinness, and Vicki Miller**, to all who ran or helped, and many thanks from the club to the directors as well!

Club Results:

MALES:

D. Verrington	19:44
D. Dwight	23:16
J. Cocozella	23:45
S. Olsen	24:33
M. Tilbury	24:35
M. Richards	24:40
E. Rowe	24:43
P. DiBiaso	24:45
W. Remick	24:45
L. Noyes	25:10

J. Webber	25:49
J. Archacki	26:07
T. Cross	26:16
J. Eriksson	27:05
K. Mackie	27:42
D. Hall	27:52
W. Kurz	28:04
T. Connelly	28:18
G. Dirago	28:42
J. LaValley	29:38
H. Katzan	31:31
D. Coons	32:25
J. Tomasz	33:15
N. Anastasi	34:44
G. Folsom	35:36
J. Moriarty	37:45

FEMALES:

L. Arcieri	24:46
C. Remington	26:25
K. Long	26:51
K. Bradbury	27:12
S. Duvall	28:31
G. Steckowych	28:46
S. Mackie	29:22
C. Petersen	30:03
L. Rossetti	46:13

CLUB BI - A BIT OF A BUST by Allie McGuinness

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 DiBiaso 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. (Date to be announced. Suggestions welcome.)

Many thanks to Sue Passler, our timer, who did an excellent job and even included the transition times for us. Uh, oh! She did such a good job, she may have to be our permanent official timer.

CLUB BIATHLON RESULTS:

(Continued on page 7)

Twilight Tetrad is Under way

Women Needed For Team Races!

Help! The WCRC Women's Teams are in need of reinforcements for the 5K races of the Twilight Tetrad. This series scores 5 runners per team in the OPEN division and 3 runners per team in the MASTERS division.

The WCRC has won the masters team division the last two years!! Although speed is helpful, female runners of all abilities are encouraged to attend these races as WCRC team members. Male members are welcome to spectate...in order to root-root-root for our teams of course.

The first race was our own **Run For The Roses**, in which both our teams finished second. *(Results in this RAG)*

UPCOMING SERIES RACES:

Louise Rossetti 5k (Beverly) June 17, 6:00 PM
Great Legs 5K (Lowell) July 10
MVS Heatwave 5K (Lawrence) Aug 5, 6:30 PM

Charlie & John continued...

(Continued from page 2)

John planned to run Vermont City (no results yet) Memorial Day, then both runners planned the following events for the remainder of 1998:

June 6 Sunburst Marathon
South Bend, IN (flat)
Sept 6 Scott Houton Marathon
Port Huron, MI (flat, 600 rnrns)
Oct 11 Steamtown Marathon
Scranton, PA (PTP, 1000ft drop)
Nov 7 Chickamaugua Marathon
Chick. GA, (2 loops, 350 rnrns, rolling)
Dec 6 Tucson Marathon
Tucson AZ, (PTP, 1916 ft drop, PRs)

Ed. Note: Charlie sent me apps for Michigan & Arizona. Or just call Charlie if you want to join them 'on the road' Charlie has also sent me some great accounts, photos, and even clippings. Unfortunately my space is limited. and I can't use them all. But I wish more people would do the same!



<<<<<<
**Superstar
 marathoner Uta
 Pippig gets a few
 pointers from Bob
 Randall on which
 races to run. Bob
 Recommended the
 Merrimac 2 mile
 & offered free
 entry!**

<<<<<<
 (Andy Schachat
 Photo)

SPEED WORK!

The best way to fast times!

**Come join the fun, train with
 your friends!**

**Train hard
 without overtraining!**

Learn to train smarter!

**Improve your running
 form and economy!**

**Coached workouts begin the first
 Tuesday in June!**

**Winnacunnet HS track,
 Hampton NH, 6:30 PM**

Welcome New Members!

*Elaine Clocher,
 Salisbury, MA
 Martin Frash,
 Newburyport, MA
 John Hickman,
 Newburyport, MA
 Jennifer Manning,
 Dover, NH
 Sheila Roy,
 Exeter, NH
 Gail Staples,
 Portsmouth, NH*

Fugouwee Run Announced by Fugarthey Committee

June 11 is the date for the annual WCRC Fugouwee Run. Runners will be blindfolded and transported from the Circle to parts unknown, then race back to the Circle as teams. Everyone goes to same location this year. Cross-country scoring, *(i.e. by place)* This is a semi-competitive FUN RUN for all abilities, provided you can do 10 miles or so.

*If you've never done this event you OWE
 it to yourself...*

New Coach Introduced

1998 Club Grand Prix

(Continued from page 1)

has published several articles and studies in professional journals, is a competitive masters runner - soon to compete in his 18th straight Mt. Washington - and, as anyone who attended the May club meeting can attest, is a nice guy.

Here's The Info:

SIGN-UPS: \$20 FEE AND A SHORT QUESTIONNAIRE IS REQUIRED.

WORKOUTS: For all abilities. Tuesday nights at Hampton's Winnacunnet Track (venue subject to change after program starts) beginning June 2nd, at 6:00 p.m. Workouts will run for 10 weeks through the summer (with the exception of July 7, 14, 28).

INFO/SIGN-UP SHEETS:

Mike McCormick 978-462-0117
Vicki or Tom Miller 603-868-7203
Ed Liebfried 603-772-6130
Paula Holm 978-462-4685

WHILE THESE

WORKOUTS DO NOT GUARANTEE PRs, THEY MAY BE JUST WHAT A LOT OF US NEED TO MOTIVATE AND PROVIDE FOCUS TO OUR RUNNING. THIS PROGRAM WAS CREATED AS A SERVICE TO CLUB MEMBERS BOTH NEW AND OLD, AND AS A WAY TO HELP OUR SPORT WHICH IS SHOWING SOME SIGNS OF BECOMING STAGNANT.

PLEASE COME AND SUPPORT THIS PROGRAM, HELP THE WC AND THE SPORT WHICH HAS GIVEN ALL OF US SO MUCH...

Mike M

Speed Work Can Be Fun!!!
The Price is Right!
No More Excuses!
Just Be There!

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 ? Exeter 10K & 5K
July 28 Yankee Homecoming 10mi
August 7 Merrimac 2M
August ? Saunders 10k
Labor Day: Cape Ann 25k
Sept ? Gov. Dummer 5k X-C
Oct./Nov. races TBA next issue

Scoring:

Points accumulated through the 'season' June-Nov. Top 3 in divisions will receive awards at annual election party in Feb. '99!!
Note Exeter Races: Run BOTH for max points

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.).

All attempts will be made to get updated scoring in newsletter and on WCRC web site.

MOUNT WASHINGTON

ROAD RACE

is June 20th

Tom Manning (603-926-6710) as always, will be contact person.
There is a perennial need for waterstop volunteers and support people, particularly someone willing to drive a vehicle up the mountain. Helpers will receive T-shirts.

There is always a great cook-out after the race. Plan to bring a salad, dessert, or other surprise to make the feast more memorable!

Come & join the fun!

102nd Boston Marathon Trip Report

by Vicki Miller

April 20th started out with a pollen clearing rain in the morning and mid fifties temps for the afternoon. Overcast skies and a light tailwind made for near perfect running conditions for the 102nd Boston Marathon. Now guess who shows up but a busload of Circle jerks. Who let them in anyway? Judging by the taste in movies (Austin Powers ... a.k.a. groovy baby, groovy), the trip down entertainment proved fitting for this group.

No sneaking in on Greater Lowell's bus pass this year or sneaking in the back way, this bus was legit. 44 riders, 40 running, contributing to the largest numbers running Boston next to the 100th. Reviewing Bob Lobel and Uta Pippig's TV coverage for the day made it apparent that the blue singlets with the yellow circle were markers not fit for television. One notable exception being close-ups of Randall oogling Uta before the start.

Highlights of the trip included waiting for Don Staruk to get out of bed so he could be the last on the bus. Getting shagged baby on the unchaperoned bus. Tom Cross having to deal with the odors emanating from the WC on the bus after Bob Manning came out. Got a problem Bob? Didn't affect race performance? Manning will never get sponsored by Breathe Right. Smooth, comfortable trip into Hopkinton in plenty of time, alleviating pre-race jitters. Making sure your Champion Chip is in your right shoe or it won't count. Mike McCormick not being first to the shower. Tom Miller using Tom Cross as a rabbit, did he pay you? Jack Cubbison blowing doors on the course and then chunks afterward. Tim Foley sandbagging from start to finish. Ed Horn, farthest traveled. Dave Hall's self disclosure after not beating Leslie, "I sucked". So did Manning. Kevin O'leary finally beating Vicki Miller but still not qualifying. Byron's fairy tales. Ed Tan "I didn't train" but still did well (taking tips from Foley??). Sheila Roy, Jennifer Manning (not the sister), Gail Staples finishing their first marathons and raising a ton of money besides. Leslie Behan qualifying for next year. Marty

Peters' and Dave Kelley's ego deflating times, Boston strikes again. Carol Zanni ran too easy, a future force to be reckoned with. Pam Houck finding the course harder than NY. Road rage the driver exhibited. Ted Jones and Eddie Liebfried hanging out the window cheering us on at the Lenox, next year we'll bring the new PA system. And the real surprise was the splendid room with a view at the Lenox. Absolutely posh. The Randall's had a first class stay with about 30 pieces of luggage.

<u>Name</u>	Chip Time
John Hickman	2:43:45
Mike McCormick	2:53:29
Jim Dever	2:56:00
Tom Miller	2:58:49
Ray Greenlaw	3:01:12
Claude Sequeira	3:03:30
Dave Faherty	3:04:10
Jeff Gould	3:04:53
Jack Cubbison	3:08:06
Alexis Colby	3:09:07
Tom Cross	3:12:07
Leo Clarke	3:12:17
Marty Peters	3:12:39
Barry Fussell	3:12:53
Dave Kelly	3:13:17
Bill Steele	3:16:56
Ed Horn	3:17:13
Ed Tan	3:18:00
Tim Foley	3:19:35
Cindy Army	3:21:52
Peter Cameron	3:22:21
Bob Manning	3:24:56
Chris Sullivan	3:25:49
Kevin O'Leary	3:26:33
Vicki Miller	3:28:23
Brad Mezquita	3:34:59
Byron Petrakis	3:49:50
Janet Parkinson	3:50:03
Leslie Behan	3:50:18
Pat Messer	3:56:36
Carol Zanni	4:04:07
Pam Houck	4:06:41
Dave McGuigan	4:07:34
Dave Hall	4:12:11
Jeannine Bailey	4:27:45
Sheila Roy	4:28:35
Gail Staples	4:32:00
Richard Zannini	4:51:41
Ryan Zannini	4:52:42

Merci Voorhees	4:53:19
Gary Folsom	4:55:35
Jennifer Manning	5:03:14
Mark LaPointe	5:36:55
Judy Lamphere	5:39:46
Robert Parisi	DNF (it happens to us all eventually)

(Continued from page 4)

BIKE, RUN, & FINISH TIMES

1. Gary Passler	26:53	19:26	46:25
2. Pete DiBiao	27:33	19:54	48:01
3. Ed Rowe	29:47	19:28	49:52
4. John Leary	29:48	20:29	50:54
5. Ted Jones	29:43	21:51	52:27
6. Dave LaBrode	31:53	20:43	54:16
7. Don Staruk	29:55	24:57	55:00
8. Allie McGuinness	30:10	DNF	(injured)

ed. note: unfortunately the timing, or lack thereof, of the RAG, prevented many members from finding out about this one. Sincere apologies.

Bobby's Baaack!

Bob Aucoin ran Fred's (instead) this spring and qualified for Boston '99 with a solid 3:32. Bobby's a vet of the 2:50 qualifier days, and looks like he's on his way back!

Lucky Lindy?

We sure hope so, since **Lindy Davis**, the 1st official treasurer of the WCRC, has turned 50 and plans to celebrate by doing her first ever marathon this June. Lindy chose the first ever Rock'n Roll Marathon, to be held on the 21st in San Diego, to help her relive her "rock'n roll" days. *We expect a full story and photos for the RAG, Lindy...don't forget to wear the colors!*

Time To Renew Newsletter!!

YES!!!

I want to receive the *Runner's Rag* again this year.

Actually it's past time to do this...So here's the story:

We annually need to pare the mailing list to those members who actually want to receive the Runner's Rag, and update our address list. We will renew, free of charge, all members who have worked a race or served the Club in the last year.

But we're not perfect, and omissions can be made. So please send the form to Bob Randall (9 Middle Rd, Merrimac, MA 018 or Send E-Mail to the Rag (Eddie) and remind us that you're active.

If you have not worked a race, there is a \$3.00 charge for renewal. This shows us you still have interest in the club, and helps defray printing &

Name:

Address:

Phone:

E-Mail:

Check one Box below:

Enclosed \$3.00

Worked Race (please note which race)

**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
