

❖ RUNNERS' RAG ❖

Volume 19 Issue 2

OFFICIAL NEWSLETTER OF THE WINNERS CIRCLE RUNNING CLUB

March, 1998

Club Gears for Boston, Leslie Reflects, Coach Search Continues

All This plus the *KELLZO*, in this Issue!

BLOOD IS THICKER THAN WATER, BUT IS IT THICKER THAN GATORADE?

by Leslie Behan

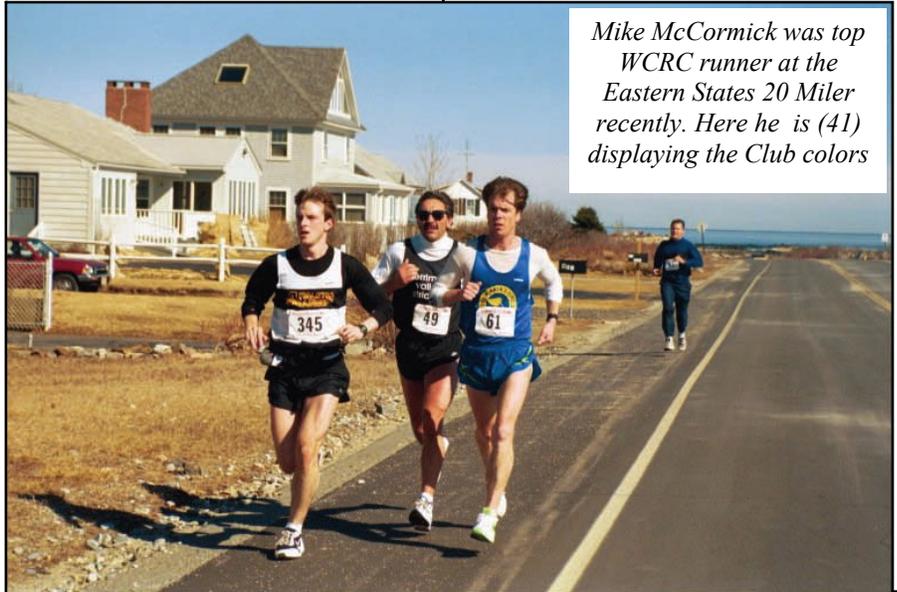
No, this isn't a column about the viscosity of liquids, it's about the bonds that we forge with our fellow runners. Over the years, I have observed that the friendships we make while on the run are as solid as granite. The Winner's Circle Running Club has become a second family for me. I've shared in the joy of fellow club members running PR's as well as their getting married, becoming parents, accepting job offers, and buying new homes.

When runners spend hours together on training runs, they bare their souls to each other. With no sit-coms, on-line chat rooms, or household chores to distract them, they engage in face-to-face (rather, side-to-side) conversation. On that long run, who hasn't discussed problems at work, troubles with teens, or that special person in your life? Running promotes strong friendships.

There's definitely a down side to this bonding phenomenon: the pain we feel when our running friends depart. I'm not talking moving to Australia, I mean departing this life. You got it: death.

Within the past year and a half, three people that I met through running have died. (They were members of other running clubs, not the WCRC.) In the fall of 1996, Don Anthony died of AIDS. He had been a member of the now-defunct

(Continued on page 4)



Mike McCormick was top WCRC runner at the Eastern States 20 Miler recently. Here he is (41) displaying the Club colors

Landreth, Behan, Passler Voted 'Most Improved' for 1997

At the recent WCRC election meeting, a vote was taken to honor the runners who had shown the most impressive improvement in 1997. A number of worthy candidates were nominated, and their stats were available for all to admire.

Sue Landreth seemed to be the overwhelming favorite among the fairer nominees, and indeed she emerged with the honor. Ms. Landreth emerged as the WCRC's premiere Open division talent last year, winning numerous races and posting PR times just about every time out.

Among the men, there was little agreement evident at the meeting with just about everyone I talked to leaning toward a different candidate. Rightfully so, since several guys had taken their "games" to a new level, while several others had rebounded from injuries and off-years with impressive comebacks. **Mark Behan** and **Gary Passler**, two longtime Circle aces, ended up in a dead heat tie in this vote, a testimony to both their resiliency and their loyalty to the WCRC. Mark had been out of the racing scene for a while, attending school and dealing with family matters, while Gary had been injured while in peak shape, had surgery, and bounced back to run well at year's end. A hearty congratulations to all three "Most Improved's" as well as to the others who were nominated. We all know how tough it is to post improvements, and let's hope for similar accomplishments for all our clubmates in 1998.

NEW in April: Two Thursday Runs!!!

***Groups will now leave the Circle at BOTH 4:00 and 5:00 PM! Help make it a success!
(Best to bring a friend since we're not sure of the response)***

Dave Kelly's Life On the Road: The Derry 16 *by Dave*

Trouble was brewing as a winner's circle crew of six departed from Exeter to the Derry Sixteen miler on a calm January morning. With **Neil blow-by Levesque** as the captain of the van, we left Exeter talking race strategies. As usual, the conversation quickly digressed to a discussion about lore of Clinton's crooked wee willy. Little did we know the Derry road race was going to have it's way with us and after the race leaving all of us with the feeling that wee willy had its way. We misjudged the distance to this race and ended up arriving a full hour and half early. Our systems needed to be purged but the restroom facilities at the Derry facility were desperate. With only one stall available for hundred's, it lead to desperate acts for some runner's. In fact, a member of our team became so desperate that he grabbed white only running applications and high tailed it outside to a non-compromising site for a drop and go.

The Winners circle team of **Marty Mc Fly Peters, Levesque, Eddie Goat Boy Liebfried, Kevin Miller O'Leary, Brad buzz Mezquita, and Dave small brain Kelzo**, set out to one of the most dangerous and torturous running events in recent history. They warned us about the black ice at the start but most people were not concerned. As the race ensued, people were slipping and falling on their heads. A runner, obviously suffering from a concussion, was seen running the wrong way. In quick succession, runners fell and the smart people dropped out of the race. The rest of the runners were running with their primordial brains. The cold, wind and relentless hills had created a rage inside them. The run and take flight protective mechanism had taken control. Urgent messages, from the large brain, to slow down and be careful were being ignored. In fact, the primordial brain was intercepting and altering cautious messages from its large neighbor above. The small brain was in control of these fools. The primary imperative was to run faster and quickly finish the hellish race. A sight to behold was the radio tower at the top a of hill near the end of the race. A calming affect overcame the runners for they knew this would be the highest point of the course. The primordial brain relinquishing control but the course had one last cruel hoax to play. With just a mile to go, a wind blast, strong enough to drive the heaviest runner side ways, caused the nerve trunk lines to fuse back to the small brain. Some of us this to this day are still functioning with just primordial brain because the terror of that race has permanently seared all nerve lines to the node just below it's large neighbor.

And from Another Corner: Another Set of Travlin' Companions: "Good Samaritan" Runs Derry 16-Miler

by Leslie Behan

While Fast Eddie and the other members of the "women-haters club" journeyed to this Boston Prep race in a van for their exclusive use (see elsewhere for story), the hardy club females made plans of their own. **Carol Zanni** provided limo-like service by picking up **Pam Houck and Leslie Behan** at the former's residence. We followed **Vicki Bush's** car to the race headquarters in Derry (she wasn't allowed to ride with us because she joined the Andover Striders, but we still associate with her). **Janet Parkinson**, who had recently run a Mickey Mouse marathon (a.k.a. Disney) in Florida, rounded out the female masters team. Too bad there wasn't a team competition

Now to the "good Samaritan" part. Carol not only drove us to the race, but she also let Vicki borrow her running gloves. Then, when I was at the starting line trying to put my stopwatch on the outside of my jacket, the gun went off unexpectedly. Who held my watch in place so I could fasten the strap while running? (I knew you'd get the answer right.) Carol also encouraged anxiety-filled Pam by telling her she'd do well at Derry because of all the hills, and Pam is famous for her "mother hill" workouts in Burlington.

How did I repay Carol for her selflessness? When she was stricken with asthma after the hills at miles 6, 7, and 8, I offered her my inhaler, BUT KEPT ON RUNNING. She had to sprint down the road to catch me to get the inhaler. What a friend! And how did Vicki repay Carol for the use of the gloves? She claimed she couldn't find them after the race, but was seen wearing them on a training run two weeks later. And how did Pam repay Carol? She invited her down to Burlington to run the "mother hill" repeats with her in April. Janet Parkinson didn't owe Carol a thing, so she beat us all, even on marathon-weary legs. Results may be found elsewhere in this newsletter. Then again, maybe not. Go to Coolrunning and find them yourself.

WCRC Schedule of Events

(See Also: Race Schedule At Right)

CLUB RUNS Thursdays 4:00 PM and (NEW in March) 5:00 PM, SHARP from the Circle. All Welcome! (**YES WE ARE KEEPING THE 4:00 RUN**)

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

EXETER SUNDAY RUNS: NEW LOCATION! 8:30 AM at Synergy Fitness Center (at Exeter Hospital) All Distances, well attended, 8 min. pace approx.

CLUB RACE: APRIL FOOL'S 4 MILER March 28, (SEE BELOW RACE SCHEDULE) NEED VOLUNTEERS

NO NO NO 10 Miler April 5...(See Below)

WCRC Running & Racing Schedule

Circle tradition revived, 9:00 AM meet at the High School

FRED'S MARATHON & 1/2 MAR, Sunday, April 19, New Course Fitchburg MA, 9 AM.

BAA BOSTON MARATHON, Monday, April 20, High Noon YES THERE WILL BE A BUS! Details Elsewhere in RAG..

NHSPCA Run for the Animals 5K, May 10, Stratham, NH, SPCA Rte 108, 10 AM. Children's Fun Run (Obstacle Course) also

9th RUN FOR THE ROSES 5K (for women) Wed., May 13, 6:30 PM, Winner's Circle, Lots of team competition, including Twilight Tetrads. Susie Galvin 978-465-9924

6th Annual RACE AGAINST EXTINCTION 10K (Plover Race)

June 5, Friday, PARKER RIVER REFUGE, Newbury, 6:25 PM,

PR Course if the wind don't blo'

MARKET SQUARE DAY 10K, June

13, Portsmouth, NH, (New England Championship Race) *Note:* **38th MOUNT WASHINGTON ROAD RACE, June 20, Pinkham Notch, NH,** See notice page 5. Lottery entry. Drivers needed to bring runners down the hill.

NORTH HAMPTON OLD HOME DAYS 5K, N. Hampton Bandstand, 9:30 AM with Kids Run after. 603-964-1930

HAMPSTEAD Make a Wish 5 Miler, Sun, June 28, Hampstead NH Middle School, 6:00 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

MOUNT WASHINGTON ROAD RACE

WCRC members who applied for entry and were turned down, you may apply to the Club for one of a limited supply of "Club Numbers" which will be awarded based on past participation in this race, involvement in club activities, and the needs of the club's various teams. Tom Manning, as always, will be contact person. 603-926-6710 Also, there is a perennial need for waterstop volunteers and support people, particularly someone willing to drive a vehicle up the mountain.

There is always a great cook-out after.

Come & join the fun!

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

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*)

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 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, Doug Eastman, Mike Fiene, Paula Holm, Dave Kelly, Bob Manning, Tom Miller, Marty Peters, Bob Randall,

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

Leslie Behan Remembers her Running Friends

(Continued from page 1)

Northern Haverhill Striders, the club I used to belong to. Don had stopped running races some years ago, so I seldom saw him these days. But I could usually count on his being on the course, cheering us on, at the Tony Sapienza (another runner who died too soon) 5-miler in Haverhill, as the stream of runners passed by his house. I could usually count on seeing him as he watched the Valentine's Day race in Bradford, as it is run from the church he attended.

Even with this minimal contact over the past decade, Don had made his way into that place in my heart that is reserved for my running friends. He was there at my first race, the 1981 Northern Haverhill Striders five miler in Haverhill. He was so encouraging after the race as he checked for my name in the results and told me I'd just missed an award by one place. How he motivated me to continue racing! Then it was on to the Boston Marathon in 1982. On the sunny, warm day and I ran/walked as a bandit, Don waited at the finish line. By 4:30 p.m. common sense told him I must have dropped out. If I had had any common sense, I probably would have called it a day, but instead I struggled across the painted stripe shortly before five o'clock, long after he'd left. Despite my disappointment over my finishing time, on the phone the next day, Don congratulated me and convinced me to feel proud. Time didn't matter he said, finishing did.

Those memories of Don live on, as do remembrances of a despondent Don, forced by injury to drop out at the seventeen-mile mark of the Maine Coast Marathon in 1984. His encouragement and kindness to me will not be soon forgotten.

For fourteen years I've been a regular at the Tuesday night Fun Runs at Winnekenni Park in Haverhill. Last year I was introduced to Ralph Rockwood, a member of the Merrimack Valley Striders. A tall, lean man of 53, Ralph possessed a great sense of humor and was a welcome addition to the group. I was the unofficial

attendance taker, and at first I had trouble remembering his last name.

Ralph...Woodman??? No, Rockwood. I wrote his name on my list almost every week.

Ralph was just getting back into racing this year and was determined to run all the USATF New England Grand Prix races. He persevered through the horrendous conditions at a marathon in Rhode Island, the final event, and earned the title "Ironrunner." It's not easy to race just a week after a marathon, but Ralph ran a cross-country race for his MVS team in Franklin Park the following Sunday. He ran well, and beat some fine competitors. Twenty minutes later he was dead of a heart attack. His death shocked everyone. In the end he couldn't beat his family history of heart disease.

I haven't returned to Winnekenni Park yet because the Fun Runs won't resume until late April. I know that when I go back, I will be expecting to see Ralph, milling about at the start, chatting with friends, or thumbing through the printouts of race results off Coolrunning. It saddens me that I'll never again write his name on my Fun Run attendance sheet.

Not as shocking, but certainly as painful, was the loss of long-time runner Dean Peterson, also of the MVS. Only 48, Dean recently passed away after bravely battling cancer. I knew Dean because over the years he frequently ran the Fun Runs and competed in the local road races and Boston Marathon.

I remember Dean offering me words of encouragement at the start of Bob Randall's Old Fashioned two-mile race in Merrimack a couple years ago. Not about the race, but because my husband, Mark, was going through some rough times. Dean was there to offer support and understanding.

Throughout last summer Dean's close friends gave us updates at the Fun Runs regarding Dean's condition. His situation was very grave. As I anticipated his death, I did not suspect that Ralph Rockwood's

death would come first. Like the song says, "Isn't it ironic."

I felt connected to these people. And that's the point I'm trying to make. I shouldn't have felt such strong emotional attachments, as they were really just acquaintances, not close friends. I'd never been to their homes, couldn't tell you what Ralph did for a living or that Dean loved to skate. Hell, I didn't even know that Don had been HIV positive for ten years. I believe it's because we bonded through the shared experience of running.

They all died too young. If I didn't run, I would never have experienced the pleasure of knowing them. But now that they're gone, the bitter taste of grief is in my mouth. I am sure I'll never forget them, no matter how many miles I run, or how many years go by.

See page 6 for fun run details.

Where Next for Charlie & John?

It seems the traveling road show of Charlie Nelson and John Huttunen is gearing up once again for a season of marathon "state bagging"

Charlie tells me the duo plans to do 6-8 marathons in different states this year as their goal of Sub-4 in 50 states becomes more & more serious.

First stop this year is Camp Lejeune on April 4. It's a small marathon in which many of the participants are Marines. After that, a quick recovery and on to Oceanport NJ in late April.

As always we hope to hear some great post-trip stories, and of course wish the boys well on the road!

Janet Parkinson Runs Disney
And here are a Few of Her Thoughts on the Subject:

I've always wanted to run this race as we've been to Disney 4 times with my son Jordan (he's only 6!). Running through the parks & high-fiving the characters sounded like fun - and it was, but running to and from the parks was not.

Our Epcot resort was wonderful - The Beach Club- & we stayed there to avoid the hassle of getting to the start. However, we discovered Saturday A.M. on our way to the 5K (Steve) and the Kids Run (Jordie) that you couldn't get there from here (locked gate at that early hour). So we found ourselves on the bus at 4:15 Sunday morning to make the 6 A.M. start, where they wanted everybody to be by 5 A.M. The bus ride was eventful in that I managed to keep my sneakers dry as my son got sick beside me.

Waking up at 3:45 did not agree with him. The mile walk to the start would have been more enjoyable if it had been a little warmer. I managed to gather around what I thought was a nice gesture by Disney to warm the

runners. Steve told me later that it was most likely a generator lighting up the parking lot so we could see where we were going in the dark. Hercules & friends kicked off the start (I literally got kicked in the head by someone stretching) with fireworks.

After about 7 miles I realized that it was not going to be a great race for me. It was too overwhelming to be in Disneyworld with your family & thinking about all the other things going on there, to concentrate on running a marathon.

I did enjoy running in the Florida sunshine after coming from NH in January, but I probably would not do it again. My finishing time of 3:48 told me that I hadn't run hard enough, especially since I was running again by Tuesday & feeling fine. Consider it a training run for Boston!

ed. note: Jan's not the first to say this is no "stroll in the park"

Iworsky, Amesbury Girls
Win League Crowns

The Amesbury High School Girls' Track team won the Cape Ann League Championship on Feb. 17th at the Reggie Lewis Track in Boston.

The team is coached by Circle Member **Mike Farmer**, and got plenty of points from the distance runners, led by league 2-mile champ **Kristin Iworsky**, also a WCRC member.

Congratulations to Kristin, Mike and all the team members!

No-No-No Race
to be Revived April 5

There's a new Yankee Homecoming 10 mile course this year, all the more reason to join your clubmates for a long-time WCRC tradition: The No-No-No race.

Called No-No-No because there are no entry fees, no water stops, no splits, no awards, no publicity, no traffic control, and no post-race mosquitos or party, this event is basically a fun run. Fast or slow, it's a great chance to sample the new Yankee course and test your fitness over a measured distance, all for free.

Meet at Newburyport High at 9:00 AM (We THINK the start is still there!) on April 5. And bring a friend.

Come to Winnekenni Castle!

Beginning on April 28th, cross country fun runs will be held at 5:30 PM on Tuesdays. Several WCRC members are among the regular participants. Meet at the Basin by the tennis courts at Winnekenni in Haverhill (Rt. 108) All ages & abilities welcome!

Relays for Life

There will be two relays this year. The first is May 29-30 at UNH.

The second is June 12-13 at Northern Essex.

The WCRC directors voted last year not to field teams in 1998 due to low participation last year. However, if anyone would like to take part, or to organize a team, here are the contacts:

(NECCo) Kerry Ellen Enright 978-454-0900

(UNH) Jackie Tarbox 603-430-8570

More Race Results of WCRC Members

Eastern States 20M

Maine to Mass., 2/22

Mike McCormick 2:09:49
 Don Dwight 2:09:56
 Joe Gurczak 2:15:35
 The Terminator Kelly 2:16:20
 Tom Miller 2:16:25
 Marty Peters 2:16:28
 Greg Lowe 2:18:53
 Leo Clarke 2:19:40
 Bruce Lander 2:20:16
 Barry Fussell 2:27:06
 Liz Arcieri (9th opn F) 2:28:21
 Tim Foley 2:29:08
 Brad Mezquita 2:29:51
 Vicki Miller (3rd 40+) 2:34:11
 Neil Levesque 2:38:28
 Steve Mazurka 2:41:08
 Janet Parkinson 2:51:28
 Pam McCleary 2:57:18
 Ryan Zannini 3:34:02
*458 Finished. 40s & Breezy
 Liebfried & Fiene Sucked (Wind)*

Teams:

Women 2nd,
(Arcieri, Miller, Parkinson)
Men 3rd
*(McCormick, Dwight, Gurczak,
 Kelly, Miller)*

Stu's 30K

Circle Women Make the Trip:

Leslie Behan 2:37
 Janet Parkinson 2:42
 Carol Zanni 2:43
 Pam Houck 2:44
 Ellie Whitney 3:03
*The 3 Musketeers have become 5??
 Note the Janet ran all the long ones
 this winter. Hope to see her at N.
 Andover.*

Bradford Valentines 2/14

6K Race

Bob Parisi 21:52
 Kathy Long (1st) 24:36
 Kelly Bradbury (2nd) 25:39
 George Dirago (1st 60+) 25:51
 Cathy Petersen 28:12
 Jim McLaughlin (2nd 60+) 28:24
 Nick Anastasi 32:32

5 Mile Race

Claude Sequeira 30:55
 Leo Clarke 31:35
 Leslie Behan 40:03
 Mike Shields 44:24
 Laurel Tomasz 45:52
 Louise Rossetti 55:45
 John Kane 63:32

East Derry 16 Mile

Slippathon

Dave Scribe Kelly 1:50:25
 Marty *McFly* Peters 1:52:12
 Kev O'Leary 1:59:24
 Eddie Liebfried 2:00:04
 Martyn Richards 2:02:12
 Brad "*Weenie*
 Division" Mezquita 2:01:30
 Neil *Blow-by* Levesque 2:02:17
 Janet Parkinson 2:23:00
 Leslie Behan 2:25:00
 Carol Zanni 2:27:29
 Gary Folsom 2:43:59
 Pam Houck 2:45:28
*367 Finished, Wind & Black Ice
 See also article by Kellzo, this guy
 has a different slant on things...*



*Brad Mezquita (226) & Neil Levesque (365) in the early
 stages of the recent Eastern States 20 Miler.
 Brad will be on the Bus to Boston, Neil is already thinking about "The Hill"*

Good Luck at Boston!!!

"Race Against Extinction"^{6th Annual}

10K ROAD RACE

FRIDAY-JUNE 5, 1998 @ 6:25 P.M. & 4 MILE WALK

**@ The Parker River National Wildlife Refuge
Plum Island --Newbury MA**

Please Register Early -- Race Limited to 300 Runners

Come Enjoy a Spring Evening Sunset Run on the Most Scenic Course in New England!!! This 10 Kilometer Course is Run on Plum Island within the confines of the Parker River National Wildlife Refuge. A flat, fast, Wheel Measured, Breathtaking Course.

**Organized By: THE WINNER'S CIRCLE RUNNING CLUB
& FRIENDS OF PARKER RIVER NATIONAL WILDLIFE REFUGE
All Proceed to Benefit: (Friends of PRNWR)**

Commemorative T-Shirts available to 1st 150 Entrants
Commemorative Sweatshirts may also be order on registration form

Pre-Entry:\$10.00(With Shirt) or \$6.00 (No Shirt) RACE AWARDS: 1st-3rd Female & Male Finishers

Post-Entry:\$8.00 (No Shirt) Age Groups Awards: (1st, 2nd & 3rd):

Come Dressed to Run: under 19, 19-29, 30-39,

Race will Start Promptly at 6:25 pm 40-49, 50-59, 60-69 70 +

More Info: Call Bob Randall @ (978) 346-9240

Checks Payable to: The Winner's Circle Running Club

. Mail to: "Race Against Extinction" , c/o Bob Manning, 1 Lorum St., Newburyport Ma. 01950

Name: _____ Age _____

Sex: _____ Address: _____

City: _____ State: _____ Zip: _____

Enclosed: \$10.00 (With Shirt) _____ \$6.00 (No Shirt) _____

I would also like to purchase a Commemorative Sweatshirt @ \$20 _____ Sweatshirts must be ordered by May 27, 1998-

Total Enclosed \$ _____ *Checks Payable to: The Winner's Circle Running Club*

In signing this entry, I for myself, my executors, and administrators, release the manager of the race, the Federal Parks Dept., and all sponsors and promoters from any and all liability and damages in case of death or injury received in or any way associated with this race.

Signature: _____ **Walkers Please Check here** _____

BAA Boston Marathon Club Bus and Activity Info

VICKI MILLER (603-868-7203) will be coordinating the Bus to Boston this year, and spots on the bus are going fast. Preference is given to WCRC members provided they act fast. Price is \$25.00 payable to the WCRC. As usual the bus will depart from the Circle for Hopkinton at 8:30, leave Hopkinton after the start, and return to the Circle late in the day. A room at the Lenox Hotel has been reserved for the Club, and arrangements for bringing gear to the room prior to race day should be made. Also, there is *No Carbo Load Dinner* planned this year. A number of runners are, however, planning to go out for Pasta on Saturday.

Women's X-C Team Second in Fall USATF Series

In the five race USATF Cross-Country series held this fall, the WCRC ladies fared well, finishing a close (2 points) second to the Greater Boston Track Club team. Contributing team members included **Liz Arcieri, Sandy Cannon, Debbie Farmer, Sue Landreth, Kathy Long, Stella McCormick, and Sue Passler.**

In related news, the Circle teams swept the divisions in the Merrimac Valley x-c series, in fact not losing a race in any division. Not much news from those teams, but some nice plaques are (sort of) on display in the men's locker room.

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

THE RUNNERS' RAG

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

First Class Mail