

# ❖ RUNNERS' RAG ❖

Volume 20 Issue 2

OFFICIAL NEWSLETTER OF THE WINNER'S CIRCLE RUNNING CLUB

March, 1999



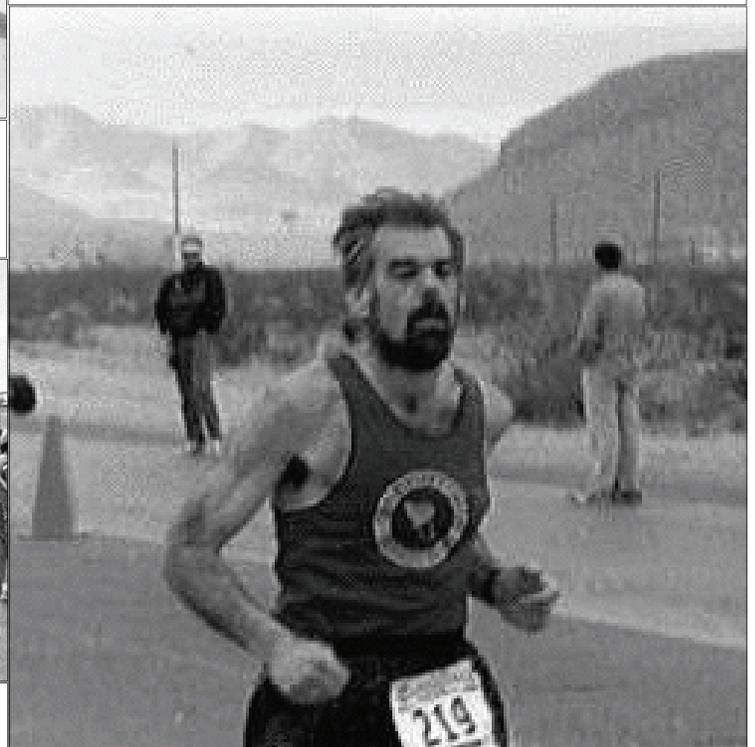
Kelly Bradbury finishing strong at Falmouth Road Race this past summer. Kelly has been a welcome addition to our recent Thursday night runs



The twins after Vegas -for a free beer, which one is Vicki and which one is Kathy?



The three amigos in Vegas, Mike, Jack and the Falcon, giving the Winner's Circle Running Club a bad name - Pepsi drinkers, where is Manning?



Tom really cooking at Vegas, great race Tom

## 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.  
**BUS TO BOSTON TAKING NAMES AND \$\$\$ V. Miller 603-868-7203**, see below  
**TRACK WORKOUTS**, Fuller Field Newburyport, Tuesdays 5:30 PM, starting March 16, cost of \$20 for 10 sessions, coach Ron Johnson

## WCRC Running & Racing Schedule

**RUN TO THE BEACH 30K, March 21, 10 AM**, North Andover to the Winner's Circle, No Charge, No Clock.

**APRIL FOOLS 4 MILER March 28, 1:00 PM** 978-465-2228

**NO - NO - NO 10 MILE RACE April 10, 10AM** No charge, no clock, no prizes starts Newburyport High School and traverses old Yankee Homecoming course

**BOSTON MARATHON, April 19, Noon**

**RUN FOR THE ROSES, May 12, 6:30PM** (978) 465-9924

**MERRIMAC OPEN SPACES 5K XC, June 6, 10AM** (978) 346-9240

**MT. WASHINGTON ROAD RACE, June 19** call (603) 863-2537 for details about competent EMTs

**AMESBURY HEARTBEAT 5 MILER,** late June more details to follow

**YOUTH SUMMER TRACK, JULY 7**

### *Still Limited Seats Available on Bus*

### ***BAA BOSTON MARATHON 1999*** ***Info on Bus Trip, Lenox Room, Numbers***

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

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

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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, Tom Miller

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

# Las Vegas Marathon Road Trip, February 1999

This years road trip was to Las Vegas. It seems a popular choice for the WCRC. Weather is ideal, there is a good downhill section, and they seemed to be pretty well organized (except for the buses back to the MGM after the race). But it's still over 26 miles and you better be ready mentally and physically. This year there were eight of us running either the half or the full marathon. We all arrived on different flights and most stayed at the San Remo. Ed and Mike stayed with Mike's son Brent who lives in the area and provided transportation and some local knowledge. We opted not to take part in the pasta dinner at the Tropicana, but instead decided on a buffet with pasta at the San Remo. Unfortunately the buffet was not as advertised and it took a great deal of effort to get our pasta. But you could get an ice cream sundae for dessert, which may have been Kevin's downfall. This is definitely the town you can eat and drink inexpensively in, but they have the expensive side as well. So after dinner and some more gambling we all went to bed early so we could catch the buses to the start at 5AM.

The race starts in the middle of nowhere, except for the three huge casinos, and trailer courthouse and huge jail. Every start should have the number of Porta Potties per runners as this marathon. No waiting in lines! Another unusual aspect were the donuts and coffee for the runners at the start. The race starts shortly after sunrise and we start running a slight uphill for the next 8 or 9 miles. It's in the low forties and overcast, pretty ideal. As soon as you start the downhill you can see your destination still almost 20 miles away. But on the bright side we can still see the leaders and how many of us can say that after 9 miles into a marathon. We pass the half marathon start where Gary Rohr and Kathy Medford had started an hour and half ahead of us. Then we reach the fifteen mile mark where it is possible for spectators to see the runners. The WCRC banner and one person cheering section, Brent Fiene, was sitting and encouraging us along. This race is a bit different than Boston in the spectator department. So if

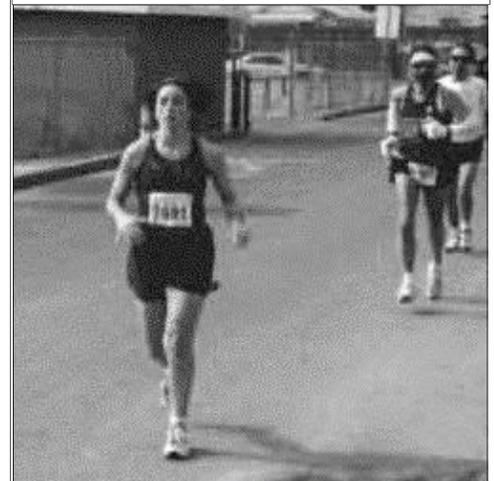
you need a cheering crowd to push you to the limit this is not your race; however if the desert and mountain scenery can get you to focus - this is it! At about 18 the course flattens out, a New Englander has know idea what flat really is. So as the course flattens out, the real race begins for most of us. After running 9 or 10 miles on a slight downhill you really have to increase the effort to keep the pace. It actually felt like hitting the wall. Without describing the next few miles which is different for everyone and sometimes quite painful, we all made it through to the finish. No one was disappointed with there times, but I really expected this to be Kevin O'Leary's break through, he was in great shape. Tom Miller set a PR by a couple of seconds, and was solidly under 3 hours. Mike Fiene and Ed Liebfried finished and ran most of the race together. When Mike was going through the chute, he heard his name and there was Vicki Miller. He thought she was behind him, and wondered what sort of injury could have stopped her. So he went back to the chute to commiserate and of course it was Kathy Medford, Vicki's twin. Jack Cubbison had a lousy race time for him but it was unbelievable since he hadn't run for a week because of a hip that was still bothering him. Vicki came through next and hardly made it through the chute before she collapsed, because she had nothing left. Kevin was a couple of minutes behind and though he set a PR, there are much better marathon times ahead for him. Then Beth Bolyn in her first marathon, came through. We all get our finisher's medals, which were pretty cheesy. On one side is a relief of the main sponsor of the race, a Las Vegas bookie. It's also the smallest I've seen, except for the first year Bay State handed out medals. We all went to the awards ceremony which were rather long and boring, but we wanted to see Vicki get her recognition for finishing first in her division, and Tom got his for fifth. Next year they promise an awards ceremony with food and dancing. I'm certainly planning on being there.

## **Speed use it or lose it**

**Come to Fuller Field at 5:30**



Vicki finishing and still standing, once again she gave it all she had



Beth Bolyn, the niece of Vicki and Kathy finishing the last 100 yards of her first marathon

**on Tuesdays for coached speed work with Ron Johnson. 10 sessions for \$20. Starts Tuesday 3/16.**

## Editor's Ravings

Hi, I'm Mike Fiene and I've taken over for Ed Liebfried as editor of the Rag. My primary reason for taking over was to reduce violence in our post offices because Ed was getting burnt out, and secondly so that Ed will take the job back after a year. Ed did a great job and really enjoyed editing this Rag, but he needed a break. I'm looking for any suggestions how we can make this a better communication tool. We also have an excellent web site (see info on web site, next column over) for better communication. Also I will take any of your contributions, pictures or text. Send them by email, give them to me at the Circle, or mail them conventionally. In future editions I hope to present some articles on the good things the club does. I think a lot of you would be amazed how much we have contributed to charitable causes. We recently had an election of officers and then a board meeting to decide who does what. The list of officers is on page two and I'll provide specifics of their duties in coming issues.

### Why do I run?

I never really thought about it. I started so I could eat and drink more without gaining weight, but three things occurred during the Las Vegas trip to make me be a bit more introspective. About the time we were celebrating finishing the marathon over margaritas, my brother had a heart attack. He is 11 months older than I am and not over weight and no family history of heart problems. On the way home I stopped to see him in the hospital and it occurred to me that I run for better cardiovascular health. While in Vegas, my son who smokes (I think everyone in Vegas does) would like to be running and quit smoking but his current circle of friends smoke and are overweight. So I guess I run to be with friends with similar interests. Another odd thing about the Vegas marathon was it sponsor - a bookie. I not sure who the beneficiaries of the race were, but I don't think they were charitable. When I think about the unselfish people at the Circle who organize and work the races for great causes (after beer money is subtracted of course), I guess I run to give something back to the sport.

## WCRC Member E-Mail Directory and Photo Gallery

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

["wrcr@xenia.unh.edu"](mailto:wrcr@xenia.unh.edu).

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

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

## New Race!!!

### Merrimac Open Space 5K XC Race

June 6th

10AM

Starts and ends: McLaren Trail

contact: Bob Randall (978) 346-9240

P.O. Box 323

Merrimac, MA 01860-0323

[RANDMEMBER@aol.com](mailto:RANDMEMBER@aol.com)

### Welcome New Members!

**Mike Harding**

Melrose, MA

**Allan Howland**

Durham, NH

**Meredith Wilson**

Newburyport, MA

**Sharon Yu**

Andover, MA

### Youth Summer Track

The summer track series will be on Amesbury High School's new track this summer. Meets will be on Wednesdays at 5:30 PM starting July 7th.

## Some More Wisdom from Coach Ron Johnston:

(especially for those who have or are considering joining GAC)

### RUNNING AN ULTRA

Like death and taxes, some things are inevitable when running an ultra. During the race, you will have to drink, eat, and excrete...probably in that order. Not only that, but you will need to give up an entire day, quite possibly an entire weekend for this event. The good news however, is that you will be able to resume training sooner than if you had run a marathon due to the slower pace of an ultra. Before we go any further, let's define an ultra or ultramarathon. An ultramarathon is any running event that is longer than a marathon. Usually the shortest of the ultras is a 50 km or 31 mile race. Other typical ultra distances are the 50 mile, the 100 km, the 100mile, and the 24 & 48 hour races.

Just as your training will differ slightly for each shorter race distance (1600, 5000, 10,000 and marathon), it will also vary depending upon which ultra distance you elect to run. However, in general, if your goal is to finish your first ultra, then your training will not be much different than if you were running a marathon...physically. Mentally, it is a whole different story!

If you choose to run a 50 km (31 miles) race, I would recommend that you train just the same as if you were running the marathon. Just begin the race at a pace that is 15 to 30 seconds slower than your current marathon pace. Also make an effort to drink caloric beverages (Gatorade, etc.) at every aid station. You will need extra calories to finish an ultra! Power Gel with water is a good alternative to Gatorade or Coke when stopping by an aid station for energy replacement. The mental aspect of ultra racing can be difficult to master. Just break the race into 5 mile segments, regardless of the course (point to point, ten-3 mile loops, six-5 mile loops, etc.), and focus on one 5 mile segment at a time. Alternatives to this are to focus on running from aid station to aid station, or running one loop at a time. Whatever you do, **DO NOT** think about how many miles are left..."Well, I just finished 5 miles, now I have 26 more to run..." get my point?

As for the 50 mile race, a few additional training tips may be necessary. Mileage may be the same as training for a marathon, but the arrangement of daily mileage will differ during the last 12 weeks leading up to the ultra. If you are training 50 or 60 miles a week, your schedule may look like this: Monday 6, Tuesday 8, Wednesday 6, Thursday 10, Friday 0, Saturday 20, and Sunday 8. During the final preparation phase for a 50 miler, the training might look like this: Monday 0, Tuesday 6, Wednesday 12-15,

Thursday 6, Friday 0, Saturday 25, Sunday 12-15. At no point do you need to run beyond 30 miles on your long run, nor do you need to do a 30 mile run more than once during the final build-up period. Speed is the least important part of an ultra training program. Some folks choose to race 5 km and 10 km distances for their speedwork. Others do a 6 to 10 mile half marathon or marathon paced run once per week. As for track work, running fast 400's, 800's, or miles? **Forget it!** An important component to training for an ultra that is commonly overlooked, is "training the stomach." When running the longer training distances, set up food stations and practice drinking and eating on the run. Foods and beverages that are usually offered at ultra races are Coke, Gatorade, water, Power Gel, bananas, cookies, and pretzels. Try to be quick at these training, aid stations...partying is not part of the plan. If you are planning to race your ultra by mixing walking breaks with running, then this needs to be practiced too. Try running for 20 minutes to an aid station, grab what you need to eat and drink, and walk for 5 minutes. Then run again for 20 minutes and walk for 5 minutes, repeating this to the end of your run. Do not look at how much distance is left to run. Focus on the next segment of running only. When racing the 50, plan on hitting a "tough patch" at 30 to 34 miles...as a matter of fact, it remains tough for the remainder. Just hang in there.

The 100 km (62 miles) is perhaps the toughest race distance. Training is the same as for the 50 miler. However, those additional 12 miles are far worse than any final 10 km of a marathon...**there is no comparison.** I will leave it at that.

The 100 mile race distance is easier than the 100 km due to the fact that the race is so long, that people respect the distance and slow their running pace by 2 to 4 minutes per mile compared to their marathon pace. Not only that, but the 100 milers are usually run on nice, soft trails with plenty of variation. Because of the slow pace, the digestive system can handle all kinds of foods and beverages throughout the race...and you better load up throughout the race since you will be out there for 16 to 28 hours, depending on your pace and how much walking you do. And this brings me back to the point of being willing to spend your entire weekend at a race! I think that I will leave you with that thought.



Beth, Eddie, Brent, Jack, Tom, Vicki, Kathy and Kevin at the Las Vegas Awards banquet

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

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## **THE RUNNERS' RAG**

**WINNERS CIRCLE RUNNING CLUB  
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**First Class Mail**