

# ❖ RUNNERS' RAG ❖

Volume 20 Issue 3

OFFICIAL NEWSLETTER OF THE WINNER'S CIRCLE RUNNING CLUB

May, 1999

## There's Something About Boston

By Leslie Behan

Maybe running this year's Boston Marathon was not as painful as getting your frank and beans caught in your zipper (watch *There's Something About Mary*), but it sure wasn't as easy as last year. I guess those WCRC members who chose to "sit" this one out made a good decision. Bright sun and unexpectedly warm temperatures kept most runners' times far slower than goal pace.

Thanks to the efforts of Vicki Miller, marathoners were transported on a luxurious coach bus to Hopkinton and crashed (no, not the bus) in a sixth-floor corner room of the Lenox Hotel after the race. I hope you all remembered to wave!

During the race I knew I'd miss my goal of requalifying for Boston 2000. I set and achieved other goals: beat the fool dressed as a giraffe, don't walk, break four hours. Carol (The Little Engine That Could) Zanni also wanted to run under 3:50 but was plagued by asthma, dehydration, and the Big D after 14 miles.

According to Carol, "Shit happens." After she collected her finisher's medal, she vowed to return next year. Don't forget to pack the baby wipes, Carol.

Pam Houch had the most motivation to finish. Relatives drove all the way from Maryland to cheer her on. Although her finishing time was

well off last year's PR, she has analyzed (she's an engineer) her race and reportedly has learned from her mistakes. She figures she could've taken 15 minutes off her time if she hadn't walked. I think you're on to something, Pam.

Dave Kelly and I once discussed the various initials associated with marathons. Sometimes you sign up for a marathon but, because of illness or injury, never even make it to the starting line. That's DNS (did not start). I've had several DNF's (did not finish) in my career (damn Ed Rowe was always offering me rides!). Dave contends you haven't experienced it all until you've IV'ed -- gotten so dehydrated that you needed to take fluids intravenously. I'm proud to say my sister-in-law Sue Tashjian IV'ed in her first marathon attempt, but not before crossing the blue and gold paint on Boylston Street.

Because most people weren't pleased with their times, the marathon survivors at the post-race party at the Lenox resembled a group of ethnic Albanian refugees.

After persevering through 26.2 miles, we all enjoyed the game of "find the bus" for the ride home. It was a pleasure walking an extra two blocks on blistered feet through the wind-swept streets of Boston looking for our bus. After boarding the bus, we played hide and seek with Mike McCormick and Tom Roldan. They were nowhere to be found.

Seems they found a package store or bar while searching for the bus. Fortunately, we were more successful in tracking them down than the FBI has been in locating Whitey Bulger.

It's been only a week since the 103rd but I've already heard the majority of runners say, "Wait till next year!" Hope to see you on April 17 for the first Boston Marathon of the new millennium.

### WCRC Boston Marathon '99

		Clock	Net
Bob	Aucion	3:48:29	3:45:34
Brenda	Baxter	3:33:29	3:30:51
Leslie	Behan	4:02:24	3:59:06
Dave	Boucher	3:05:38	3:05:22
Gary	Brenner	2:53:48	2:53:29
Leo	Clarke	3:34:09	3:33:03
Jack	Cubbison	3:42:59	3:42:05
Peter	Dibiaso	3:37:01	3:32:38
Don	Dwight	3:07:52	3:07:27
Mike	Fiene	3:29:26	3:28:20
Pam	Houch	4:51:06	4:44:56
Mike	McCormick	2:57:11	2:56:56
Dave	McGuiggan	4:05:29	4:02:00
Jim	Morriseau	5:19:30	5:19:09
Cowman	Omooah	3:52:04	3:48:43
Janet	Parkinson	3:51:39	3:51:09
Ed	Rowe	3:21:05	3:18:40
Claude	Sequiera	3:01:38	3:01:11
Jay	Singleton	3:35:41	3:34:01

### Boston Awards

Carol Zanni - *Uta Pippig Award*-(Enough said),  
Jim Morriseau - *Gary Alexander Award*-(Sleeping on course)  
Janet Parkinson - *Gate Crasher Award*-(Quickest to starting line),  
Leo Clark - *Leo Clark Positive Splits Awards*

## 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**, Fuller Field Newburyport, Tuesdays 5:30 PM, starting March 16, ends in June. cost of \$20 for 10 sessions, coach Ron Johnson. Next session starting in August  
**WINNEKENNI PARK FUN RUNS**, Tuesdays, 5:30PM run, see article elsewhere in RAG for directions  
**YOUTH SUMMER TRACK**, starts July 7th, Wednesdays, primarily for Youth but some adult events

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**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, Leslie Behan, Mike McCormick, John Leary, Byron Patrikas, Sue Passler, Bob Randall, Ted Jones  
**Visit the WCRC Website, maintained by Tom Miller, at:**  
<http://xenia.unh.edu/wcrc/>

## WCRC Running & Racing Schedule

**Club Biathlon, May 26, 5PM (978)**  
 465-2228 tedjones@Newburyport.net

**Merrimac Open space 5K XC, June 6, 10AM (978)** 346-9240  
 RANDMEMBER@aol.com

**Market Square 10K, June 12 morning start, 9AM maybe**

**Mt. Washington, June 19**  
 racetime@gsrcs.com, starting time 9 or 10 AM

**Hampton Old Home Days 5K June 19, 9AM (603)** 964-1939  
 tslonim@ici.net

**Amesbury Heartbeat 5 Miles, June 24, 6:30PM (978)** 388-3881

**Pat Polleta 8K, July 9, 6:15PM, (978)** 462-7622

**Sea to Summit Triathlon July 11**  
 contact: Dave Anderson  
 gclub@earthlink.net

**Exeter 5K/10K July 17 9AM (603)**  
 644-7200

**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

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

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

## Winnekenni Fun Runs on Tuesdays

Winnekenni Runs are Tuesday in Haverhill. The course is almost entirely run on dirt paths along the lake and is just over 5½ miles. Runners generally gather about 5PM for warm-ups before the 5:30 PM start near the tennis courts. All runners are welcome there is no water, mile markers, or changing facilities, but there is camaraderie, friendly rivalries and a

few hills on a soft trail in a beautiful environment. Directions: from 495 take exit 52 (Haverhill/Merrimac), head west toward Haverhill for one mile. Go past Kenoza Lake on your left, and after the next body of water (Winnekenni Basin) go left through the stone gateway. There is a sign that read "Winnekenni Castle". Park at the bottom of the entrance.

Editor's Intervals	Financial Report by Sue Passlar	1999 Grand Prix Events by John Leary																																
<ul style="list-style-type: none"> <li>Cowman visited his cub again this year. Last visit was after Boston's hundredth. Cowman is certainly a unique guy and I enjoyed the opportunity to listen to him. Hang Loose Cowman and good luck at</li> </ul>	<p><b>WCRC Charitable Contributions 1998</b></p> <table border="0"> <tr><td>Maudsley State Park</td><td>\$ 350</td></tr> <tr><td>Leary Scholarship</td><td>\$ 40</td></tr> <tr><td>Dana Farber</td><td>\$ 50</td></tr> <tr><td>Hopkinton Fire Department</td><td>\$ .50</td></tr> <tr><td>Jimmy Fund</td><td>\$ 1,500</td></tr> <tr><td>Yankee Homecoming</td><td>\$ 50</td></tr> <tr><td>Track and XC Teams</td><td>\$ 1,065</td></tr> <tr><td>Jamboree</td><td>\$ 835</td></tr> <tr><td>Class of 2000</td><td>\$ 245</td></tr> <tr><td>Friends of Parker River</td><td>\$ 1,136</td></tr> <tr><td>Toys for Tots</td><td>\$ 1,300</td></tr> <tr><td>Toy Value (Toys for Tots)</td><td>\$ 3,700</td></tr> <tr><td>Womens' Crisis Center</td><td>\$ 2,200</td></tr> <tr><td>A Safe Place</td><td>\$ 2,200</td></tr> <tr><td>Race Insurance Donations</td><td>\$ 250</td></tr> <tr><td><b>Total</b></td><td><b>\$ 14,971</b></td></tr> </table>	Maudsley State Park	\$ 350	Leary Scholarship	\$ 40	Dana Farber	\$ 50	Hopkinton Fire Department	\$ .50	Jimmy Fund	\$ 1,500	Yankee Homecoming	\$ 50	Track and XC Teams	\$ 1,065	Jamboree	\$ 835	Class of 2000	\$ 245	Friends of Parker River	\$ 1,136	Toys for Tots	\$ 1,300	Toy Value (Toys for Tots)	\$ 3,700	Womens' Crisis Center	\$ 2,200	A Safe Place	\$ 2,200	Race Insurance Donations	\$ 250	<b>Total</b>	<b>\$ 14,971</b>	<p>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 16 road &amp; cross country races of various distances.</p> <p>June 12 Market Square 10k  July 9 Pat Polletta 5M  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</p>
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	<p><b>Welcome New Members</b></p> <p><i>Kristan Anderson</i> Plaistow, NH</p> <p><i>Pamela Basttistone</i> Bradford, Ma</p> <p><i>Brenda Baxter</i> Groton , Ma</p> <p><i>Gary Brenner</i> Madison, Wi</p> <p><i>Paul Comeau</i> Haverhill, Ma</p> <p><i>Donna DeLone</i> Ipswich, Ma</p> <p><i>Andy McLaughlin</i> Georgetown, Ma</p> <p><i>Gregg Pearsall</i> West Newbury, MA</p> <p><i>Jay Singleton</i> Georgetown, Ma</p> <p><i>Marc Sopher</i> Stratham, NH</p>	<p><b>Scoring:</b></p> <p>Points accumulated through the 'season' June-Nov. Top 3 in divisions will receive awards at annual election party in Feb. 2000</p> <p><b>Scoring System:</b></p> <p>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 WCRC woman at this race. If there are more than 10 WC females at a race scoring will be adjusted ie. 14 WCRC female masters invade Saunders, the first will get 14 etc.).</p> <p>All attempts will be made to get updated scoring in newsletter and on</p>																																
<ul style="list-style-type: none"> <li>Louise Rossetti did 11 races in March and 10 races in April and is up to 38 for the year - an absolutely amazing women to everyone.</li> <li>Jon Pearson is looking for volunteers from the WCRC to help at this years Yankee Homecoming Race. After last years fiasco, help is desperately needed. So if your not planning on running the 3 or 10 miler, let Bob Randall know.</li> <li>Since we haven't seen Ed Liebfried in a while, when can at least email him at his new address: roadruna@tiac.net. Ed please come back!! (Ed sighting at Roses, he couldn't resist being around all the lovely ladies)</li> <li>Would you believe the WCRC was responsible for almost \$15,000 in charitable contributions in 1998. Something to be proud of members.</li> <li>Heresheis - Another daughter for Ken and Sue Mackie, Alexandra Faith born on April 15</li> <li>Notes from board meetings - no meetings!</li> <li>Master's Men-McCormack, Brenner, Boucher 8<sup>th</sup> Master Team, Master's Women-Parkinson, Behan, Zanni 16<sup>th</sup> Masters Women</li> <li>Run for the Roses, Wow! Over</li> </ul>	<p><i>Howard Spitz</i> Exeter, NH</p> <p><i>Maureen Wecal</i> Newburyport, Ma</p> <p><i>Heather Weldon</i> Newburyport, Ma</p>																																	

# Running Without Motivation, Maybe a Trip to Haiti is Needed

by Byron Patrikas

## WCRC in the Tropics

Port-au-Prince, Haiti

Ed Lopes, WCRC's standard bearer in the third world, has urged fiscal restraint but irrational physical exuberance as a way for Haitians to deal with their monetary and bodily futures. In his capacity as an International Monetary Fund employee and advisor to the Central Bank of Haiti, Mr. Lopes knows first hand the difficulties the citizens of Haiti are experiencing as they try to do their banking in an antiquated, 19<sup>th</sup> century uncomputerized system. Given imminence of the Y2K problem, Mr. Lopes is advising an ingenious strategy to the Haitian banking officials; wait until after the year 2000 to computerize its operations. In other words, just skip the 20<sup>th</sup> century and jump from the paper and pencil system of the 19<sup>th</sup> century to a computerized 21<sup>st</sup> century system.

Ed's banking expertise has also opened his eyes up to the physical condition of the



inhabitants of Haiti. During the past month, disgruntled bank employees seized by force control of the bank where he was working, causing bank customers and bank officers to flee in terror. Observing that the pursuers were armed with machetes instead of guns, Ed reasoned that the people in good condition could easily outrun their attackers. Thus, ED has started a tropical branch of

the WCRC and is urging all those who fear for their lives to pursue physical fitness with an irrational exuberance usually reserved for Mardi Grass celebrants. (Bob Manning is this enough motivation?)

Byron Petrakis, Ed's New Hampshire connection, promises to keep readers posted on "Voodoo Economist's" latest fiscal and

## Track workouts Update

The spring track workouts under coach Ron Johnson are winding down, the reports and feedback are that they have been an overwhelming success and positive experience. This despite some horrendous weather featuring northerly gales almost every week. The group has been diverse with many levels of experience and abilities. Early results are very positive with

several satisfying Bostons, and others reporting sizzling early season 5Ks.

The discussion for the next session takes into account Ron's philosophy of seasonal training whereby one takes 'breaks' from intense speed work and focuses on other types of training - miles, tempo, or pure racing. The current thinking is to resume in early to mid August and go through September. This will give people time to regroup, build some miles, and

enjoy the heat. The venue is yet to be determined. Input will be asked from those who are participating in the Spring sessions.

If you are curious come down and try a session while they last. You will find a very friendly, tough, lean, group circling the track at a very reasonable and, for the most part, intelligent paces. Shelter and bathroom available. Baby-sitting intermittent. Wisecracks always available.

## How About a Category Revolution!

by Mike McCormick

One of the newest innovations in our world is the Clydesdale and Filly divisions. This movement has made a sudden and dramatic impact on the scene-including the High Street Mile(or is it Low St. Yet?). That's cool. After all you can't expect those big boners to compete with us skinny, caloric deprived types-and this is America where fairness is crucial and we always attempt to level the playing field, or the road as the case may be. But really we ought to continue to level this road. What about those of us who have young kids? Surely you cannot expect us to compete with young singles and the DINKS? We're sleep and energy deprived, and must sacrifice intervals for taxi service! So why not the Breeders Division or BD+2<10, or BD+3<10 for short! And what about those poor souls who work mega-hours and/or two jobs, who struggle to put food in their families mouth, maintain the lawn, and pay for the Lexus!! They should compete with people in similar situations. We could call this the EM+50 (as in 50 hours of more of employment) or EM+II(as in 2 jobs)or perhaps the "Stress Bombs". Have you ever gone to a race after a good night out having a Sahara mouth and a head feeling like it has been in a vice grip? You say to yourself, 'this ain't fair, how am I suppose to compete with those monk-like athletes who take this seriously? Wonder how they would do after downing 16 Schaeffers? Well how bout a "Ain't Takin' This Serious" division, or an actual "Hangover" division where competitors actually have to use the breathalyzer and prove their commitment to fun over athletics!! Now you could prep for a race by going out and really warming up!! Think of the possibilities for a National Championship for this one!! I always felt bad for those runners who, shall we say, aren't the sharpest tacks on the board. You know, the ones who ask the distance of this marathon, or who run in black tights in the middle of June, or the ones who wear their numbers on their backs. Surely they must be given special consideration. We could call this the DOLTS and give them a quick test to find out if they qualify. Questions: Like what is longer a mile or a kilometer? What do you write after the line that says

AGE on an entry form? What does 'signature' mean? How many awards are given when it says 'top 3'?

And let's face it many runners are attracted to certain races not for the run but for the flesh. A chance to be seen, to look and really hangout. For the muscle, lycra, and butt-floss crowd we could have a category based on how good one looks(you know the old 1-10 scale, added to the amount of flesh hanging out. They wouldn't even have to run the race! We could set up some mirrors and perhaps some dumbbells (you'd have to redirect the DOLTS) outside the Circle and let them ogle each other. It could almost be like a singles club for the ever-so-vain. We could call Circle Singles, with Don S. as head ogler and judge (drool buckets not included). And the one I feel most strongly has to do with what is most important to running-LEGS!! Now really is it fair when those of us who have stumpy, bowed, fleshy, or cellulitic legs have to compete with those long and lean limbs attached to hips the size of a Bud can? A Volvo wagon wouldn't race a dragster!! We could have several categories just in the LEGS: Stumps or Bowed or Chubby or Knocked KNEED.

And lastly what about those who just are not runners. How many times have you spoken to someone or a work acquaintance who corner you for 2 hours and tell you about a race they ran, punctuated with lines like "I play hoops, I'm not a runner. Or I don't have the time you have to train, or I just run to finish, I don't race" Now they can have their own category! And a special prize-a voucher to not show up at the race next year and/or a free T-shirt if they don't talk to anybody about how they don't run!!

The possibilities are endless!! Almost everyone would be a winner and the awards ceremony would be a great event going on for hours and hours and hours. It would revolutionize the sport. Or if we get tired of this we could just give something to the first across the line and send everyone home early. Now then there would be a revolution!!

## Club Members Only Biathlon

by Ted Jones

### The Winner's Circle Running Club presents the 5th Annual Club Biathlon

**Date: Thursday, May 27th at 5:00 P.M.**

**Where: Meet at the W.C.R.C.**

**Bike Start & Finish: Old Elm Street (Run for Roses Start)**

**Distance: Bike 1st - 10 miles-relatively flat**

**Run: 5 kilometers, Run for Roses course**

**Prizes for overall male and female winners and several ages group winners, depending on turnout in each group.**

**Postponed to following Thursday, June 3rd if heavy rain at start time.**

**Any questions, call Ted Jones at (978) 465-2228 or e-mail [tedjones@Newburyport.Net](mailto:tedjones@Newburyport.Net)**

**No excuses, just be there. Bring a friend if you can find one.**

**Don't forget Youth summer track at Amesbury High School new track startng July 7th.**

**SPEEDWORK: THE NEXT PHASE**  
**by Coach Ron Johnson**

Most of us are thinking “speed” now that the weather has become warmer and the weekend races have begun. Therefore, I thought that I might share a little more information concerning the benefits and hazards of speedwork. First, I would like to use one of our seacoast’s elite runners as an example for this discussion. As all of you may know Mike and Cathy O’Brien have been expecting the birth of their first child during the month of March. When talking with Mike about his training, he mentioned that he had been inconsistent recently, doing little speedwork...just putting in the miles (very few miles on some days). To make a long story short, Cathy finally gave birth to baby “Patrick” on April 2<sup>nd</sup>. Needless to say, since becoming a father, Mike’s training did not change much during the next two weeks. However, he ran Red’s Shoe Barn April 11<sup>th</sup>, and finished 3<sup>rd</sup> over-all in a time of **24:52**. This isn’t to say that he might have run 15 seconds quicker with adequate speedwork preparation, but it does reinforce the fact that just running the miles (sometimes less miles) with occasional tempo work and avoiding over-training certainly can produce fast times. Mike is a master of “knowing what his body needs,” avoiding any over-training. So, what is the point?

The point is that most of us over-train. As distance runners, mentally, we are very tough. We are mentally able to put our bodies through the most vigorous of workouts on a consistent basis. The problem is that we subject our “less than elite bodies” to high stress training too often. We don’t see the signs of over-training. We just keep pounding away. The end result usually is poor race times, but often can be a season ending injury. We are usually able to “over-train” for a while, achieving **training target times** which are too fast for our current fitness level because we perform speedwork (faster than race pace) over shorter than race distances. But when we try to **improve our race times (run faster) for the race distance**, it doesn’t happen. Then we continue to train harder and harder, hoping that this will eventually lead to faster race times. Believe me, it won’t! Usually we continue to achieve our times for shorter distance speed workouts (with an increase in effort), while race times continue to plateau or slow. We need to train smarter. Here are some important training tips to remember:

1. Our bodies need at least 2 or 3 days of easy running (1 ½ to 2 minutes per mile slower than 10 km race pace) between harder sessions which include speedwork, hill sessions, races, and the long run. The older we get, the more easy time we need between hard sessions.
2. We need to keep the speed training segments long-600 to 1200 meters (2 to 5 minutes) **initially** in order to reduce running them too fast.
3. We also should keep the rest interval taken between the longer speed segments short-200 meters (1 to 1 ½ minutes) in order to reduce running that speed segment too fast.
4. Take at least 2 or 3 easy running days between a race and the next hard workout. **Occasionally a very easy long run** can be done the day after a race...but beware! Definitely take 3 easy days of training after doing something like this.
5. Listen to your body. Continue to train easily if you are tired, but do little training if your muscles ache and are sore.
6. Once you have performed 3 or 4 weeks of hill sessions or longer speedwork, you may begin running quicker speed segments. However, these segments should still be run at only race pace or slightly faster by 1 to 4 seconds per 400 meters. Also the rest interval needs to be a little longer, possibly equal in time to your speed segment.
7. Only run about 5 to 8% of your total weekly mileage as speedwork.
8. About 8 to 10 weeks of speedwork is enough for one race season. Then it is best to take a break and revert back to easy running with occasional tempo work and long runs...just building back your base. This means that by mid-June we need to be basebuilding again in order to begin mid-August speedwork for the fall racing season.
9. Drink! Drink! Drink! Here comes the heat. Dehydrated muscles are more likely to get injured and a dehydrated body will run much slower than optimal.
10. When in doubt about your training, sometimes doing less gives **you more payback!**

Good luck this year,  
Ron

\$ CASH \$ - Top 3 Overall Finishers - Men & Woman



**HEART-BEAT**



# FIVE-MILE ROAD RACE

(WALKERS WELCOME)

**Amesbury Ma.**



**THURSDAY—June 24, 1999**



Sponsored By: **THE MILL RESTAURANT**

**Start/Finish Staffed by The Winners Circle Running Club**

**Time:** Runners Start 6:30 PM

--Walkers Start 6:15 PM-

**Start/Finish: THE MILL RESTAURANT**

23 Friend St., (Downtown) Amesbury Ma.

**Entry: Pre-Entry-\$8.00**

**Post-Entry--\$10.00**

Proceeds to Benefit the **AMESBURY HIGH SCHOOL CROSS COUNTRY TEAM**



**RACE AWARDS:**

Open Awards: Top 3 Male & Top 3 Female

Age Groups Awards : under 19, 19-29, 30-39,  
40-49, 50-59, 60+

## Race T Shirts to 1<sup>st</sup> 100 Entries

**Post Race Party @  
The Mill Restaurant**

Mail application

Mail application & entry fee to:  
**HEARTBEAT ROAD RACE**  
c/o Michael Farmer  
59 Orchard St.  
Amesbury Ma. 01913

For more information call (978) 388-3881

**Make Checks Payable to: AMESBURY CROSS COUNTRY**

**PLEASE PRINT CLEARLY**

--cut here-----fast accurate course-----cut here-----splits given every mile-----cut here--fast scenic course----cut here-

NAME \_\_\_\_\_ SEX \_\_\_\_\_ AGE \_\_\_\_\_

Address \_\_\_\_\_ Town \_\_\_\_\_ Zip \_\_\_\_\_

WAVAR: I HEREBY WAIVE AND RELEASE ANY AND ALL RIGHTS AND CLAIMS FOR DAMAGES I MAY HAVE AGAINST RACE OFFICIALS AND/OR RACE SPONSORS.

SIGNATURE (Parent or Guardian if under 18) \_\_\_\_\_

WALKERS PLEASE CHECK HERE:



On the bus after arriving at Hopkinton, its already 62F and two hours to go to the start - anyone anxious?

**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**

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**First Class Mail**