

# ❖ RUNNERS' RAG ❖

Volume 19 Issue 5

OFFICIAL NEWSLETTER OF THE WINNER'S CIRCLE RUNNING CLUB

October, 1998

## Club To Host Millennium Run! Racing Teams Gear Up for Fall Events! New Warmup Suits Added to Wardrobe!

Plenty of news has been breaking since the last issue of the Rag a couple of months back. Fall marathons, team events, uniforms, parties, even millenium'e eve plans are already in the works. So here's a quick overview of whass happnin.

First and foremost, it's time for the big team event of the year. The **Mill Cities Relay** is December 6th, and teams are being formed to compete in every imaginable category. This year's scoring will be a bit different, with EVERY age division counting for the overall trophy. Scoring will be by place instead of combined time, in some sort of Grand Prix format. Final details are in the works, but we do know it will be to every club's advantage to field teams in as many divisions as possible. We hope for a big turnout of WCRC runners in all categories. *Important: Don't assume you're not fast enough! You might be surprised! It is always a problem finding enough depth for this race. So just sign up and let Mike decide where you fit in! You'll have a blast.*

Next news: **Uniforms!** The shorts & singlets were a success, and there are a few left. More will be ordered. Now Davey L is readying an order for warmup pants and jackets. Price will be under \$80 for the set, and you can order just the pants or jacket. Contact Dave Labrode 978-373-3408 for info.

The year 2000 will be sneaking up on us, and the WCRC is planning early for a New Year's Eve event worthy of the running community. **Millenium Midnight Madness** will include a midnight fun run as well as food and entertainment both before and after! This will be more than a club gathering, with plans for as many as 2000 people underway. Anyone who'd like to join the committee contact President Ted "Bill" Jones.

The *Runner's Rag* itself has a bit of news as well. Many times I've heard

someone say they had forgotten some event, only to respond "Don't you read the newsletter?" Well maybe it's time for a change. (No I'm not quitting 'til the end of the year, I'm talking about a cosmetic change in the Rag.) On page 5 you'll find a calendar containing, hopefully, all the important upcoming events. Call it the **Refrigerag**. Right, HANG IT UP. Right there with the kid's drawings. And guess what? On the back side of the caledar you'll find the event schedules in a bit more detail, along with the directory of key WCRC contacts. So put it to good use. We put this out for YOU the club member.

What are you up to next Memorial Day? You say that's too far off to plan? That's the idea. I want your attention *before* you commit to something else. Mike Fiene and I are planning a trip to the **Cabot Trail Relay** in Nova Scotia. This has been rumored for several years now, and this is the year. Check the info elsewhere herein.

A few notabe accomplishments by WCRC members deserve mention here. Susannah Landreth has been competing in the **New England USATF Grand Prix** road racing series. And in true Landreth fashion, Sue finds herself *in the lead*. She needs a solid finish at the Cape Cod Marathon (her first marathon) to come home the WCRC's first Open division champ. Gil Emery won the 50+ division a few years back. So wish her luck & good health, she's a nice person and fine club member.

Molly Landreth, a sophomore running for Don Hennigar's stalwart women's team at Newburyport High, broke the Maudslay State Park course record recently. 17:58 is pretty quick on that course, as most of us know, even from the high school starting point. (2.95 miles I'm told)

Other accomplishments by marathoners and triathletes I've listed in Roadkill.

Yes, I will be passing the newsletter torch on next year. It's a lot of fun, but after 2 1/2 years I'm ready to do something different, or maybe back off a bit. Meanwhile anyone who'd like to share their writing skills please let me know!

### MEMORIAL DAY WEEKEND 1999

**Cabot Trail Relay Race  
Baddeck, Cape Breton Island  
Nova Scotia**

**17 Stage Relay, each leg starts as a separate race, Approx 180 Miles. Legs vary from a fairly easy 12K to a 20K climb up "Cape Smokey."**

**Experience seaside mountain terrain, night racing, the Ingonish Beach region, wildlife in the road, hairpin turns, fishing villages, unpredictable weather, and the best scenery you'll find anywhere. Then a terrific post-race banquet.**

**Registration is \$40 per runner. Limit of just 50 teams. (First Come First Serve) Only requirement is that you can run roughly 7 minute pace (men) or 8 minute (women) over normal race terrain, so that we can keep things moving logistically. Travel options will be formulated shortly.**

**Contact Ed Liebfried 603-772-6130  
(roadruna@nh.ultranet.com)  
or Mike Fiene 978-462-1915  
(mike.j.fiene@ae.ge.com)**

<b>Merrimac Old Home Days 8/5</b>	<b>17th Annual Granite Man Triathlon</b>	<b>Bobby Bell 5 Mile 10/11</b>
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(WCRC GRAND PRIX EVENT)  
**WCRC RESULTS**  
*Open Men:* C. Kealey 2nd 10:07,  
 J Gurczak 4th 10:36, T. Short age 17 5th  
 10:37 S. Cameron age 16 12:05,  
 M. McCormick 17:12  
*Open Women:* K. Bradbury 2nd 12:31  
 S. McCormick 13:38 J. Perkins 15:09 D.  
 Podsden 15:10 L. Cameron age 15 17:02  
 M. McCormick age 9 17:11  
*Masters Men:* J. Morisseau 3rd, 1M  
 10:36 J. Webber 10:54 L. Clarke 11:32  
 K. O'Leary 11:55 P. Cameron 12:18  
 D. Labrode 12:31 T. Connelly 12:40  
*Masters Women:* S. Cannon 1st Overall F  
 11:54 V. Miller 13:52 L. Behan 14:09 P.  
 Houck 15:18 C. Zanni 15:22 L. Rossetti  
 (70+) 20:11  
*Senior Men:* D. Vasta 11:49 B. Aucoin  
 13:00 D. Hall 13:07 B. Schmottlach (60+)  
 13:23 N. DiDomenico 14:47  
 J. McLaughlin 14:59  
 N. Anastasi (60+) 17:32

Wolfeboro, NH  
 ¾ mi. swim/17 mi. bike /4 mi. run  
*from Pete DiBiaso*

Great weather once again greeted a  
 contingent of Circle Triathletes at this  
 annual end of summer race showdown.  
 The deceptively hilly bike course and  
 challenging on and off road run did not  
 prevent the Circle competitors from  
 grabbing 4 of the top age group finishing  
 spots in what is becoming a yearly  
 tradition for bragging rights.  
 Results:  
 Bruce Lander, 1:27, 1st age group  
 Peter DiBiaso, 1:29, 2nd age group  
 Laine Jones, 1:29, 2nd age group  
 Cathi Remington, 1:32, 2nd age group  
 Eduardo Rowe, 1:32, 5th age group  
*Ed. Note: In the recent Firmman 1/2  
 Ironman Tri in Rhode Island, Bruce  
 Lander 4:28 and author Pete DiBiaso  
 4:42 had excellent performances. Gary  
 Passler finished 5th overall at  
 Franconia's Top Notch Tri on 8/1. The  
 Triathletes are becoming more & more a  
 presence in the WCRC. Great job, all.*

*Won by Jim Garcia 26:24*

**WCRC Results**

Open Men:  
 M. Hays 30:34  
 P. Flink 30:52  
 M. Behan 34:02

Masters Men:  
 L. Clarke 30:34  
 J. Cocozella 32:33  
 D. McGuigan 37:43  
 B. Manning No Points 41:36  
 M. Shields 42:45

Senior Men:  
 D. Vasta 3rd 50+ 32:33  
 T. Jones 33:38  
 F. Salvatore 33:55  
 M. Fiene 34:02  
 B. Aucoin 34:41  
 D. Hall 35:42

Female:  
 L. Behan 40:26  
 V. Bush 42:28

**Late News Flash, Stop the  
 Presses! Diane Checks In!**

A big g'day to the WCRC, thanks for  
 the note in the last newsletter! I've only  
 run a few races in Australia, but last  
 October did the Melbourne Marathon.  
 I've mainly been concentrating on  
 travelling and last year did some  
 mountain climbs in Tasmania & New  
 Zealand. Toured through Vietnam 1  
 1/2 years ago and China this year. It  
 was such a thrill. I should be home by  
 next May, travelling for 2 months,  
 through Indonesia & Asia, as it's  
 simply fascinating to me. Looking  
 forward to seeing everyone.

Cheers,  
 Diane

*Ed. Note...If we're nice to Diane while  
 she's gone, maybe she'll bring some good  
 Aussie Brew back with her! Great  
 hearing from old friends, By the way,  
 Diane, Susan may have some news for  
 you...*



**Charlie Nelson & John Huttunen display their hardware from the Sri Chinmoy Marathon in New York City. Hampton once had a marathon by the same name.**

## WCRC Screws Up a Free Lunch

Editorial Commentary from Leslie Behan

How painful it was to race at Saunders at Rye Harbor this year! I'm not talking about the usual pain one feels when pushing hard during a race. Rather, it was the pain of knowing the WCRC would not win the team competition in **any** category. How can the club get shut out at Saunders? I'll tell you how. By not submitting a team roster **before** race day.

In previous years team rosters were allowed to be submitted on race night, even though the letter sent out with entry forms stated that teams must register before race day. At the monthly club meeting in August, I tried to find out who was running Saunders so I could submit their names. Few were in attendance so I volunteered to register teams the night of the race.

The night of the race I was pleased to see a tidal wave of blue and gold uniforms. Lots of runners to include on team rosters! In the past Saunders provided a \$25 gift certificate to its restaurant as the prize for each member of winning teams. At the race I saw Liz Arcieri, who undoubtedly would be the top female on a women's or mixed team for the WCRC. I was already imagining her and hubby, Bill, enjoying their meals using Liz's winnings from the race. Jim Morisseau was racing that night too- I was certain he would relish a free meal. There were more than enough runners to field teams in several categories. I enthusiastically conducted my business as team coordinator for the night. Imagine my dismay when race officials rebuffed my attempts to submit the rosters. I was greeted with "The letter said..." and "We've turned other teams away tonight so it wouldn't be fair to them." I argued that not everyone got the letter, some people just got the entry form. The application was misleading; people thought they were signing up as a team member when they checked the box on the form. But no, race officials stuck to their guns and prohibited us from registering. I argued, pleaded, cajoled, and threatened, but all for naught. (And then I apologized for my behavior so as not to embarrass myself and the club.) Bottom line, no free lunch for anyone from the Winner's Circle.

I have a suggestion: Next year, let me or the club's team coordinator know if you plan to run at Saunders. The club was well represented and winning in at least one category should have been as easy as getting Clinton to drop his pants for Monica. Hope to see you at this New England classic next year!

## RoadKill

**Fall Marathon Report...**A number of members have gone "the distance" this fall, and all are to be congratulated. **Larry Fisher** braved the heat at the Air Force Marathon in Ohio and got a discus size finisher's medal for his 4:34. **Jack Cubbison** ran Twin Cities and qualified for Boston. 3:23 I think. **Jim Morisseau** finds the tough ones to his liking, and did Bristol, NH's New Hampshire marathon. Jim was 4th overall and first master in 3:06 as just 2 runners broke 3 hours there. Slap me if I decide to run that one... **Ginny Steckowych** (3:40) and new member **Lisa Hart** (3:32) made qualifying times at Clarence deMar. **Laurinda Currier**, who we haven't seen much of lately, ran 3:31 at Maine and **Mike Menesale** finished his first 26.2 there as well, in 4:08. **Sue Klatt**, a seldom seen member since joining a couple of years back, ran her first marathon too, with a chip time of 4:51 and a sub-5 clock time as well. **Pam McCleary**, who I think is a member, "chipped" 4:24 there, too.

**Charlie Nelson & John Huttunen** continued their marathon travels, most recently at deMar where **John** ran 3:39. John also had a 3:34, and Charlie a 3:56 at the Scotty Hanton Marathon in Michigan in Sept., where it was hot, and at Paavo Nurmi in Wisconsin in August, John did 3:50, his worst yet, behind Charlie's 3:49. This one was in Hurley, Wisconsin, a town with a bar for every 17 people, Then there was the Sri Chinmoy in New York City, a one mile loop course on Wood's Island, where both intrepid travelers placed 3rd in their age group. John at 3:35 and Chas at 3:47. Charlie thought Sri Chinmoy was a religious cult or something, Actually the Sri Chinmoy Marathon Team puts this one on monthly and **Nick** might like it since it's \$5 pre/ \$7 post. Keep it in mind if you need a December qualifier. (See Photo Pg. 2) Next stop was Scranton, PA., for the Steamtown Marathon which Cahrlie says would be a good road trip, about 5 1/2 hours away. John state #15 under 4 hrs in 3:32, Charlie's 17th state 3:54. A runner's race dedicated to becoming the best mid-size marathon in the US. Next stops Kansas City, Missouri (or is that

(Continued on page 4)

### Masters Impress at Lynn Woods Relay

WCRC runnersf Mike McCormick, Jim Cocozella, Don Hennigar & Gary Passler took first Masters Team at the recent Lynn Woods Relay. Four person teams ran 2.5 mile legs over a tough, hot cross-country course. The final combined time of 60:05 was more than 4 minutes ahead of second place 40+ team GAC Kenyans.

Mike McCormick paced the well balanced Circle team with 14:23, followed by Cocozella (14:57) Hennigar (15:10 and Passler (15:35)

Runners are sought for other fall team events culminating with the Mill Cities Relay in December, for which all members are welcome & needed!

### Exeter Research is now Converse Lab

Converse, Inc., Converse Functional Innovation Lab, formerly Exeter Research, is once again looking for people to participate in some athletic footwear testing to take place in Nov/Dec at the lab at 8 Chestnut St., Exeter.

Requirements are men's shoe size 8 1/2, 9, or 9 1/2, be able to run 20 minutes and 5 intervals of 5 minutes on treadmill, and fill out a Profile Sheet.

Contact Valerie at CFIL, 603-772-2505, for personal profile sheet and/or information. A mutually convenient test time can be set up.

*Ed. Note: Wonder why they test men's shoes on such little feet?*

# 10 WAYS TO IMPROVE RACE TIMES

...REGARDLESS OF AGE

## Roadkill Overflow

By WC RC Coach Ron Johnston

There are at least 10 things that each runner can control, and change, in order to run faster race times. Some of these things just take commitment, while others take time, energy, and drive! It all depends upon what the athlete is willing "to sacrifice." My top 10 list is as follows:

1. An increase in mileage: This will improve your running economy (of muscles and connective tissue, and the aerobic energy system (the amount of oxygen taken in, delivered to the muscle, and used by the muscle). A shift in weekly mileage from 20 to 30, 30-40, 40-50, or 50-60 has demonstrated improvements in performance.

2. An increase in the long run: The long run is another important factor in developing muscle strength, as well as further enhancing the cardiovascular system, particularly improving the body's ability to use fat and other food substrates more efficiently. A 10 mile long run may be enough for the 5 km race distance, but a 15-18 miler may be needed for the 10 km distance, and an 18-24 miler may be needed for optimal performance in the marathon. This does not mean that the long run needs to be done each week throughout the year, but it should be done during the build-up period to the target race.

3. Hill workouts: Another excellent training tool is running hills. This develops running economy by improving running form or mechanics. Hill running also improves a runner's leg strength and power, thus increasing the stride length when running "on the flats." A 30-60 second, rather steep hill, is all that is needed. Run hard up the hill, then jog easily back down. Begin with 6 repeats and work up to 12 repeats. This workout can be done one or two times weekly during the training period that precedes interval training. It can also be done once every week or two during the race season. Running a more gradual hill that is 3-4 minutes in length will also improve your aerobic or cardiovascular system, but will be less effective in developing running economy, strength,

and power.

4. Intervals: The primary purpose of running interval sessions is so that a runner can train with more intensity and more volume than if he/she were to run the workout continuously. Recovery will be enhanced by doing intervals as well. The trick is to run the fast segments just a bit quicker than 5 km race pace, for 3-5 minutes in length. Then take an equal or less than equal recovery interval. As fitness improves, the recovery interval can be shortened. Intervals are typically performed once per week during a 6-10 week build-up to a target race. The interval training will improve your maximum aerobic capacity (the ability to take in, transport, and use oxygen maximally).

5. Repetitions: These repeats, done usually on the track, are short in length (200-400 meters), and are run much quicker than 5 km race pace. The pace can be about 1 mile race pace or 5-7 seconds quicker per 400 than 5 km pace. Because of the speed involved, the rest interval is usually 3-4 times longer than the fast repeat. This workout develops a runner's strength, power, and running economy. Reps can be performed once per week during the appropriate time of the training cycle. If we can feel smooth running 400 meters in 75 seconds (5:00 pace), then running a 5 km race at 5:45 pace should feel easy.

6. Strides: Running fast, looking good, and feeling smooth over a short distance can best describe strides, pick-ups, or accelerations. It is not meant to be a "workout." In fact, strides can be run at the end of an easy day, 3 or 4 times per week. Make sure that you take a full recovery between each stride, and limit the number of strides to 6-10.

7. Drills: Leg drills are another addition to a runner's over-all program that can improve running economy. In this case, by performing drills, we are trying to eliminate wasted motion and consequently, wasted energy, thus improving race performance. Drills can be done 3 or 4 times per week before

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(Continued from page 3)

misery??), Chickamaugua, Georgia, and Tucson, Arizona. Any interest in Vegas, boys? That's in Nevada you know...Feb 7th I think, and some members are looking at it.

**Now Here's a surprise for both of you...Al Mazza**, who lives in N.C., sent along a copy of the *Running Journal*, the area's best publication, and in it were results from the Camp LeJeune Marathon, which I reported on a while back.

**Huttunen** didn't know it but he got 3rd in his age group there as well. Thanks, Al. **Sadly**, the marathon season has had it's usual casualties. **Bruce Vogel** got hit by a car while biking ("let that be a lesson against cross-training" says cub reporter Behan...) He's not running yet as of Columbus day. Paula probably deserves more sympathy however since she has to live with the injured runner. On second thought she's just coming back herself so maybe this is just "tit for tat", If you'll excuse the expression...

**Cathi Remington and Steve Gangemi** completed the Hawaii Ironman with great results. Cathi 12:27, Steve 10:53. 20th & 22nd in their respective age groups. Congrats to both. Another group went to British Columbia last month to take part in Ironman Canada and had some terrific results. **Don Dwight** finished 81st of 1700 fit athletes, in 10:29. **Stu Olsen** was 184th in 11:24 and **Tom Cross** 235th in 11:24.

**Gravitationally Challenged?** I'd say not, in the case of **Don Dwight**, who recently scored not one but 2 "Mile High Apple Pies" at the Applefest Half Marathon in NH. Don not only placed in his age group, but in the Clydesdale division as well. Good Pies, good race, bad timing the same weekend as Great Island and Bobby Bell. But **Leslie Behan** had a solution, running the 13.1 Saturday and the "Bobby" on Sunday. Nice seeing **Mr. Behan** too. Come Back, Mark, all is forgiven...

You know, I *really* need a couple of comedy writers here...too serious lately.

# Winner's Circle Running Club Fall Activities Calendar

## November 1998

S	M	T	W	T	F	S
<b>1</b> Methuen XC  <b>Exeter Run</b> <b>8:00</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b> <b>Club Run</b> <b>Directors</b> <b>Meeting</b>	<b>6</b>	<b>7</b> <b>Bruce Ellis</b> <b>Race</b> <b>(See Scedule)</b>

## December 1998

S	M	T	W	T	F	S
<b>8</b> <b>Exeter Run</b> <b>8:00</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> <b>Club Run</b> <b>MONTHLY</b> <b>MEETING</b>	<b>13</b>	<b>14</b> <b>GDA Prep</b> <b>Meet</b> <b>Come &amp; help</b> <b>(See</b> <b>Schedule)</b>
<b>6</b> <b>Mill Cities</b> <b>Relay</b> <b>(See</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> <b>Club Run</b> <b>MONTHLY</b> <b>MEETING</b>	<b>11</b>	<b>12</b>
<b>13</b> <b>Santa's Toy</b> <b>Trot</b> <b>(See</b> <b>Schedule)</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b> <b>Club Run</b>	<b>18</b>	<b>19</b>
<b>20</b> <b>Run Turkey</b> <b>Exeter Run</b> <b>8:00</b>	<b>21</b>	<b>22</b>	<b>23</b> <b>Christmas</b> <b>Party</b> <b>(See Notice in</b> <b>this issue)</b>	<b>24</b> <b>No Club Run</b> <b>Club Run</b>	<b>25</b>	<b>26</b> <b>Turkey Trot</b> <b>Predict Time</b> <b>(See</b> <b>Schedule)</b>
<b>27</b> <b>Exeter Run</b> <b>8:30</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b> <b>No Club Run</b>	<b>JANUARY</b> <b>1</b> <b>Hangover</b> <b>Race</b>	

## WCRC Schedule of Events

(See Also: Race Schedule At Right)

**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:** 8:00 AM at Synergy Fitness Center (at Exeter Hospital)  
 All Distances, well attended, 7:30 -8 min. pace approx, Time moves to 8:30 in December.  
**PREDICT YOUR TIME TURKEY RACE, Nov 21** (SEE BELOW for details)  
**WCRC CHRISTMAS PARTY, Friday, Dec 18, Hungry Traveler, Salisbury, Cocktail Hour 6:00 PM, Buffet, Yankee Swap, Dancing, Approx. \$10 per person, final details in the works. Contact Sue Passler 978-388-4322**

## WCRC Running & Racing Schedule

**TRICK OR TREAT TROT 5K, Oct 24, Newburyport High, 2 PM, Grand Prix Race, Jill Manning, 978-462-1073**  
**COUNTRY CLUB XC 5K, Methuen, Merr. Valley Golf Club, 9:30, 978-960-5144, brianmartin@lucent.com**  
*(Not the Grand Prix race, See Nov 29)*

**BRUCE ELLIS 5K, Nov. 7, 10:00 AM, Exeter Hospital Campus, Grand Prix Race 603-772-9114 or koleary@prodigy.net**

**DIV. III Prep X-C Championships @ Governor Dummer, Byfield, Afternoon of Nov 14. Club's help requested by coach Abu. David Abusamra 603-778-6276 or abusamra@nh.ultranet.com**

**RUN YOUR TURKEY OFF 15K, 5K, Nov 15, Tewksbury, 978-851-4088**

**MEMBERS PREDICT YOUR TIME TURKEY RUN & RAFFLE, Nov 21, Saturday, 4 PM Fun Run Be There**

**THANKSGIVING TURKEY TROT, cross-country Maudslay St. Pk., Nbpt., Thanksgiving Day Nov 26, 8:20 AM, Grand Prix Race 978-462-4620**

**ANDOVER COUNTRY CLUB XC, Nov 29, 12 Noon, Grand Prix Race, Dave Labrode, 978-373-3408 or email David.Labrode@state.ma.us**

**MILL CITIES RELAY, Dec. 6, 8 AM, This is the 'big' team event of the year so ALL members should plan to run. Faster members go on faster teams, but EVERYONE has a good time! The Club Championship of the Merrimac Valley Contact Mike McCormick 978-462-0117.**

**SANTA'S TOY TROT, 2,4,6 mile races, Dec 13, 1 PM, Merrimac, with 1/2 mile kids run, 978-346-9240**

**HANGOVER CLASSIC 10K & 5K, Jan 1, 11 AM, Winner's Circle Sports Bar, 978-462-1073**

**EAST DERRY INFAMOUS 16 MILE BOSTON PREP, Jan 24, 10 AM, 603-887-4289 or email jeff.litchfield@wcom.com**

### Welcome New Members!

Bob Randall reports the following new members have joined since the last issue. Welcome to you all!

<b>Michael Bebko</b> Newburyport	<b>Dave Boucher</b> Reading
<b>George Buzzell</b>	<b>Ned</b>
<b>DiDomenico</b> Ipswich	<b>Hampton Falls</b>
<b>Lisa Hart</b> Durham	<b>Doug Houghton</b> Kingston
<b>George Nihan</b> Merrimac	<b>Lisa Nihan</b> Merrimac

**Dave Pizon**

## ABU Needs YU

**Governor Dummer Academy will host the NE Prep XC Championships on November 14 and coach David Abusamra would like some volunteers to serve as course marshals, etc.**

**Contact David Abu at dabusamra@GDA.org or call him at 603-778-6276 or if you can't do that just show up.**

## 1998 Board Of Directors

### President

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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 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, Peter diBiaso, Don Dwight, Ron Johnston, Dave Labrode, Bob Manning, Al Mazza, Charlie Nelson, Bob Randall

*Thanks also to www.coolrunning.com the best running site for all info.*

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

## Club Grand Prix Update

### Upcoming Grand Prix Races:

**Bruce Ellis 5K, Exeter**  
**Trick Or Treat Trot, Newburyport**  
**Maudslay Thanksgiving XC 5K**  
**Andover Country Club XC**

### Current Leaders:

#### Female:

**Open, Kelly Bradbury**  
**Master, Vicki Miller**

#### Male:

**Open, Joe Gurczak**  
**Master, Tom Miller**  
**Senior, Bob Aucoin**

*Upcoming race details in race calendar.*

*Any Questions Contact Team  
 Coordinator Mike McCormick*

## Yankee Runner XC Results 9/27

### Male Masters

M. McCormick 3rd	18:46
J. Boyle 5th, 1st 50+	18:42
G. Passler	19:21
D. Abusamra	21:04
T. Jones	21:54
B. Randall 1st 60+	22:15
E. Wrong Way Liebfried	22:27
B. Aucoin	23:39

*Note: Randall's time was a new 60+  
 Course Record, beating Dick Sullivan's  
 1993 mark of 23:10.*

### Male Open

C. Kealey	17:58
J. Gurczak	18:59
M. McCormick*	19:14
M. Hays	19:55
G. Passler *	20:43
E. Liebfried*	22:41

*Runners with (\*) ran masters race first*

### Female

K. Bradbury	21:50
M.B. Chelser	22:32
K. Long	22:49
S. McCormick	22:51
P. Holm	23:39
L. Carpenter	25:18

*Note: WCRC Won Team Title*

## Johnston's Advice in Layman's Terms

*(Continued from page 4)*

or after an easy run. If done before the run, make sure you do an easy 10 minute warm-up jog.

8. Strength training: Due to an immense variety in programs, protocols, and exercises, I cannot specifically give an example of a strength program in this article. In essence, what we are trying to do, is improve over-all skeletal muscle strength, particularly core body strength (mid-thigh to mid-chest), so that we can eliminate wasted motion and energy, and direct most of the force into propelling our bodies forward. Improved strength may also allow our bodies to recruit less muscle for a given speed, thus preserving invaluable energy. And finally, improved strength may add inches to our stride length due to a stronger push-off with the rear leg, and a stronger knee drive with the forward leg. All of this adds up to improved race times.

9. Nutrition: Energy sources for exercise are carbohydrates, fat, and protein. Carbohydrates are the food of choice, although some fat is used as well, throughout the day, regardless of what we are doing. In fact, fat is used in a carbohydrate flame (it takes carbohydrates to use fat). The higher the exercise intensity, the greater percentage of carbohydrates used. Likewise, the lower the exercise intensity, the greater percentage of fat used. We have enough fat on our bodies to sustain exercise for days. However, we have limited carbohydrate stores. In fact, an endurance trained athlete has only 1600-2000 calories of stored carbohydrates-enough to sustain a 16 to 22 mile run. Think of your body as a car with a full tank of gas. If each day we take the car for a little drive, but do not replace the gas, by the end of the week, we will be on empty! If we do not completely replace the carbohydrates used for the daily run, the reserves will get smaller and smaller, until finally our 3 or 4 mile run at the end of the

week will feel like we are climbing Mt. Everest. Fluid replacement is essential too. For every pound of weight lost during a workout, we need to drink a pound (16 oz.). A runner can lose up to 3 or 4 pounds of water during an intense workout in the heat and humidity! Performance will be effected with as little as a 2% weight loss due to dehydration.

10. Body weight: Everyone has an optimal body weight. Thinner is not always better or faster. Of course, carrying excess weight can seriously impair performance too, particularly with the longer race distances. A runner's maximal aerobic capacity is impacted by body weight. It is the total amount of oxygen used per minute of exercise, per kilogram of body weight. The lower the body weight, the higher the maximal aerobic capacity (assuming there is no strength lost during weight loss). As runners, we want to increase strength without an increase in body weight due to fat or muscle mass.

So there you have it. My "two cents" or "ten cents" worth of running tips that may enhance your running performances at all race distances. One more bit of advice. Try to incorporate into your program just one or two of these tips at any one time. More than this, and you may be entering the valley of fatigue and over-training, where injury and staleness occur. Keep the body fresh and keep the mind hungry for more! Best of luck with your training and let me know if you have specific questions concerning your training.

Ron.

*Mill Cities Relay is Just Around the Corner! App. in this Rag*



## MILL CITIES RELAY IS DECEMBER 6th

*Sunday, December 6th, First leg at 8:00 AM, from the Nashua YMCA, 5 Legs, Point to Point to the Lawrence Elks Club, Club Championship of the Merrimac Valley, All Abilities Invited!*

### Sign-up Form For Mill Cities Relay

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Telephone: (    ) \_\_\_\_ - \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Age on December 6th: \_\_\_\_\_ Sex: \_\_\_\_\_

Send this form or e-mail the info required to:  
the WCRC Team Coordinator:

**Mike McCormick**

**16 Norman Ave.**

**Newburyport, MA 01950**

**E-mail Address:**

**mlmccormick@methuen.k12.ma.us**

*Remember, All ages & abilities are needed!  
We can't all run fast, but we CAN run hard!  
Great Season's End party after!*

**BE SURE TO JOIN IN THE WEEKLY CLUB RUNS FROM THE WINNER'S CIRCLE  
CHOICE OF TWO RUNS 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**

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