

❖ RUNNERS' RAG ❖

Volume 24 Issue 2

OFFICIAL NEWSLETTER OF THE WINNER'S CIRCLE RUNNING CLUB

September, 2003

Passler and Gaudreau Lead WCRC Up Mount Washington

by Leslie Behan

The silver bowls meant to be presented as awards to the top runners had been mistakenly engraved with "2002." Apparently, this was the only glitch in the 43rd Annual Mount Washington Road Race. Unlike last year's race, which was shortened to halfway because of icy conditions at the summit, great weather conditions allowed the runners to race to the top, 7.6 miles up the Auto Road. Last year's short course winner, Simon Gutierrez of Colorado, proved he could prevail over twice the distance and won in 1:02:54. Anna Pichrtova of the Czech Republic became the first woman to win in three consecutive years. Craig Fram went home to Plaistow, NH, over two grand richer as his reward for breaking his own master's record by about a minute (1:03:27) and finishing second overall.

Also called to the awards podium were WCRC members Vicki Miller (1:42:50) and Wally Kurz (1:46:03) for placing first in their age divisions. Vicki Miller, Paula Holm (1:47:01), recently injured Ann Kucharski (1:52:27), and Pamela Houck (2:01:07) took top honors in senior women's team competition.

The WCRC male seniors team placed second. Team members included Jerry Rosa (1:26:21), Ron Johnston (1:32:39), President Mike Fiene (1:34:57), Dick L'heureux (1:35:51), Tom Miller (1:37:50), Steve Reed (1:41:04, and Wally Kurz (1:46:03).

This year the best the Club could do in masters team competition was fifth place for both the men and women. Scorers on each team are as follows: Vicki Miller, Paula Holm, and Mary Jane Ryan for the women and Gary Passler, Jerry Rosa, Marc Sopher, Bob Strout, and Don Dwight for the men.

For the runners it may have been

even too warm the first couple of miles. I felt the sun's heat as I helped out at the first water stop, manned by Carol Zanni, Lynne Harris, Graham Wylie, Vicki Bush, John Pasquale, Kim Albertelli, and Diane Smith. Almost every runner grabbed one or two cups of our lukewarm water and most even uttered a "thank you" between their gasps for breath. In reply I said, "Thank you for not making me run!" You are missing a great experience if you've never worked a water stop at Mt. Washington. It's the only race where the leaders go by at about an 8-min/mile pace, slow enough to hand a cup of water without its contents being projected a foot into the air.

Quite a few blue and gold singlets were spotted among the runners passing by us about a mile and quarter up the Auto Road, which has an average grade of 11.5%. Everyone looked to be in good shape at this stage despite the heat. Cooler temperatures greeted the runners above the tree line but fortunately the 35 mph winds that had been predicted earlier in the week never materialized.

Every cup that had been passed to a runner who carried it a ways uphill and crushed it underfoot or tossed it into the woods had to be retrieved by the volunteers. We filled three giant trash bags and anticipated feeling sore the next day from all the bending we did. As we completed our cleanup duties, a park staff member offered to take a group photo with my digital camera. However, the batteries were dead so I got nothing in the way of photos for the newsletter. (Wanted: Rag Photographer. No skills required beyond ensuring equipment is operational prior to arriving at running events.)

Continued on page 2

MEN'S Mount Washington

Results:

61 12/123 M4549 1:23:40 Gary Passler
76 2/58 M5559 1:26:21 Jerry Rosa
82 15/123 M4044 1:26:59 Marc Sopher
83 18/94 M3539 1:27:00 Peter Dibiaso
85 17/123 M4549 1:27:08 Bob Strout
102 20/123 M4044 1:29:26 Don Dwight
106 23/94 M3539 1:29:37 Jeff Albertelli
113 23/123 M4044 1:30:09 Dave Boucher
139 14/83 M5054 1:32:39 Ron Johnston
146 28/123 M4549 1:33:28 Martin Frash
157 30/94 M3539 1:34:28 Cliff Chase
162 36/123 M4044 1:34:55 Robert Wile
163 7/58 M5559 1:34:57 Mike Fiene
171 37/123 M4044 1:35:26 Tom Roldan
181 18/83 M5054 1:35:51 Dick L'heureux
186 34/123 M4549 1:36:18A.Mclaughlin
206 21/83 M5054 1:37:50 Tom Miller
224 42/123 M4549 1:39:17 Kevin O'Leary
246 10/58 M5559 1:41:04 Steve Reed
247 48/123 M4549 1:41:05 Mike Kimball
298 1/18 M6569 1:46:03 Wally Kurz
304 74/123 M4044 1:46:21 Paul Comeau
307 2/18 M6569 1:46:28 Rodney L'italien
310 13/58 M5559 1:46:51 Ted Jones
357 73/123 M4549 1:50:36 Thomas Cross
365 6/18 M6569 1:51:15 Robert Randall
366 41/83 M5054 1:51:21 Doug Eastman
407 85/123 M4549 1:54:55 John Wile
458 35/58 M5559 1:58:38 Don Brabant
575 48/58 M5559 2:11:32 Thomas Wylie
601 116/123 M4044 2:16:50 G. Gaudreau

WOMEN

36 14/53 F2034 1:39:19 Laurie Gaudreau
45 1/21 F5054 1:42:50 Vicki Miller
57 11/39 F3539 1:46:20 Becky Harkema
59 3/21 F5054 1:47:01 Paula Holm 50 F
64 20/47 F4044 1:48:23 Mary Jane Ryan
66 6/24 F4549 1:49:07 Lisa Jewett
83 8/21 F5054 1:52:27 Ann Kucharski

WCRC Schedule of Events

CLUB RUNS Thursdays 4:30 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, 7:45 -8 min. pace approx, We run at **4:45 PM Tuesdays** also.
WINNEKENNI PARK FUN RUNS, Tuesdays, 5:30 PM SHARP 5.5 mile trail course, Kenoza Lake, Haverhill, meet at Tennis Courts, all running abilities welcome. In October start times are 5:15 then 5 PM.

WCRC Clothing Sale contact Dave LaBrode

Supplex running shorts all sizes - \$15
Running singlets Royal Blue Cool Max, all sizes -\$15
Warm-up pants, limited sizes -\$30
9 oz Crewneck Sweat Shirts WCRC Royal Blue -\$15
Short sleeve Royal Blue WCRC T-shirts -\$6
Long sleeve White WCRC T-shirts -\$9

New Items

HATS now available for \$12

WCRC Warm-up/running jacket - \$45
Royal Blue WCRC "Sport Bra" - \$19
White WCRC Cool Max running singlets - \$20

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The WCRC tent was located on a fine bit of real estate, which afforded a clear view of the Auto Road. Thanks to club members who assembled the tent and transported the food, beverages and grills. We got to see the runners who chose to run down after the race as well as vehicles returning to the base after lowering their trade-in value because of transmission damage and burned out break pads. (Only kidding.) Thanks to the volunteers who drove vehicles to summit so competitors wouldn't have to tear up their quads running down.

Kudos to Carol Zanni for organizing the cookout after the race. She slaved over smoking charcoals for hours so that everyone could have a burger or hot dog before the awards ceremony.

Most club members were happy with their times. Rod L'italien (1:46:28) of Newburyport was second in his age group behind Wally Kurz's 1:46:03. Third in the 50-54 age group was a fit and healthy Paula Holm in 1:47:01. In the 55-59 male age group Jerry Rosa was runner-up in 1:26:21. Mike Fiene and Pam Houck ran PRs. Lisa Jewett took many scalps on her way to the summit. MJ Ryan ran a strong race in her first full Mount Washington.

Mike Kimball, running his first Mount Washington road race, felt humbled as he posted a time of 1:41:05. He commented that one woman who finished near him said, "Hey, don't you usually beat me by about ten minutes in a 5K?" The Mountain will do that to you. Or so I have heard, having never run it!

Running legend Louise M. Rossetti of Saugus, MA, set a record for her age (81, 82 on June 29) by reaching the summit in 2:48:52.

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Contributors this issue: Ted Jones, Bill and Karen Steele, Pam Houck, Mary Ann Randall.

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

Quotes from finishers of the Mt. Washington Road Race:

"Fantastic day! The weather gods smiled on us. Now if they could only do something about Dave Kelly's questions..." Marc Sopher

"I knew the training had gone well, but that has happened before. I went out with plan A and never hit the wall. But I was still waiting for Paula Holm, Ted Jones or Wally Kurz to tap me on the shoulder or fanny as they went on by. Thank you Gary Passler for the mental push on the last steep section to the finish." Mike Fiene

"I was afraid to run it this year (not being in great shape) but if I had known Johnny Wile was jet going to Walk it, I would have joined him. (Nice day for a stroll.. so I am told..) Congratulations to brother Robert Wile.. The mountain man of the Wile Clan." Bob Manning

"The weather was great this year and the spectators were a big help, but the bugs at the top were not welcomed. I was hoping to be under 90 minutes, but missed by three. This year I went for the gusto and ran back down. All was great until the road was open to the traffic again. What a bunch of jerks (non-runners) driving up the mountain. Got run off the road more than once. The WCRC party at base camp was great as always. Burgers were good, Carol, great cook! All the brew variety quenched the bodily fluids just grand. Thanks Vicki and Tom for all the fixin's! Where was Mike M???" Marty Frash

"The first 3.5 to 4 miles were pure agony especially from the heat. Once above the tree line and you start to traverse and the pain seemed to disappear from the beauty of the mountain." M.J. Ryan

"After Ten Years in a Row, it still does not get any easier. As Dave Kelly would say, 'It cooks us!'" Kevin O'Leary

"The run was not as bad as the flies on the summit" Dave Boucher

"Carol deserves a lot of credit for all the cooking in the heat, and Vicki and Tom for getting the food and setting up the tent, etc." Ted Jones

"Has the era of the dominance of the Winner's Circle at the Mt passed? I am concerned about the reduced numbers of bypasses earned at this year's event. Paula Holm needs to change her name to Lance. How do we get awesome weather like we had this year again? Louise Rossetti incredible!!! For me, it pays to get old and be free of ticks!" Vicki Miller

WCRC Grand Prix Series Underway

Remaining races:

Bobby Bell 5 miler, Haverhill, 10/12
(cute race director)

Baystate 10K/Half-Marathon/
Marathon, Lowell, 10/19

Trick or Treat 5K, NBPT, 10/26

Turkey Trot 5K, Newburyport,
Thanksgiving, 11/ 27

Check home page for rankings.

Running shorts

The weekend of May 17-18 was one of the most unusual ever. There were so many races they had interesting results. At a small 5K in Wakefield two of the top four were in their 60s: Charles Sawyer and Bob Randall. The winner was the only sub-20 minute finisher. Mike Kimball of Kittery Point, Maine, deserves a lot of credit. Kimball has been racing all over Maine, New Hampshire, and Massachusetts and finished in the top 10 in a race in Lexington, Mass., this past week. Kimball has represented the Seacoast area well in races outside the local area.

David Kelly of Exeter, N.H., ran away from a national field of runners to take victory recently in the humid conditions at the Jack Sharkey Memorial race. Leading the race the entire time, he seemed to put his little brain into gear and run the final mile in 5:16.

Editor's Correction: Bob Aucoin, not Byron Petrakis, ran his 21st Boston Marathon in April.

Dave Abusambra invited the WCRC to race against the boys and girls XC teams at Governor Dummer Academy on September 17. WC member Chris Kealey was top finisher, leading the WCRC to the win over the boys. GDA beat the WCRC females.

Welcome, New Members!

Sally Gallagher, Amesbury

Patty Mellon, Amesbury

Lisa Hart, Portsmouth, NH

Vicky Sherwood, Merrimac

Jim Dooling, Byfield

6/12/03 Fugowee Run

by Leslie Behan

Ten brave souls showed up at the Winner's Circle on June 12 to be blindfolded, handcuffed, and driven to a remote location about seven miles away. Only joking about the handcuffs. President Mike Fiene and Byron Petrakis drove two teams to two different locations, instructed the runners to remove their blindfolds, and wished them good luck in finding the quickest route back to the Club. Cross-country scoring determined the winning team.

I happened to be driving down Rabbit Road to the Circle when I came upon Marty Frash taking a shortcut through Lena's parking lot, Gary Passler looking quite bloody from cutting through a lot filled with thorns and apparently barbed wire, and Tom Roldan approaching the Rte 110 intersection.

Derek Dorval had been the first finisher from Team A. Dave LaBrode finished next as top finisher for Team B. Based on his time, he either set a PR or Bryon dropped the runners off just short of seven miles. Dave's an honest lad and admits to the latter being the case.

While wife Karen waited at the finish, Bill Steele gashed his already wounded knee, but please don't bury my heart there (Byron, I know you'll get this literary joke) and still wound up in third place, second on Team A. Sue Passler heroically finished her run despite twisting her ankle, hearing something snap, and spending the next three weeks in an air cast. (These Passlers are made of steel. But are the Steeles made of passler?) Bob Randall and Vicki Miller finished quite a while ahead of husband Tom (Vicki's, not Bob's). He was on the other team so Vicki should have been glad but she was actually quite concerned about his whereabouts. I give her "Wife of the Year Award." This award is strictly titular (not a dirty word) and has no monetary value. But every wife wants it.

So, Team A (Derek, Bill, Sue, Marty and Tom) narrowly beat Team B (LaBrode, Roldan, Gary, Bob and Tom).

President Mike Fiene also ran the course, but since he had been a driver and hadn't worn a blindfold for safety reasons, he politely withdrew from the team competition. Otherwise, it would have been like stuffing the ballot box, but Mike wouldn't know about that!

Bill Steele weighs in on the run: We really didn't know where we were going when we piled into Byron's car. As he drove us away from the Circle, he purposely drove down some dirt roads, did some 360's in a parking lot and drove in the opposite direction to "throw us off the scent." We were joking as we were being driven out how this must look to people in other cars. We thought that next year they should gag us as well as blindfold us for "greater effect"! Byron told us after the race that a South Hampton police officer had looked over suspiciously at him but didn't stop him. If we had been pulled over, Byron's fate would have rested with us, as I'm sure the officer would have been more inclined to believe the blindfolded "victims" rather than the suspect!

Looking Back Ten Years

by Leslie Behan

It was a decade ago that the WCRC organized a bus trip to the Montreal Marathon.

In the Maine Marathon John Webber set a PR of 2:57. Ed Liebfried qualified for Boston by a mere 12 seconds by running 3:19:48. Bob Randall turned in his best marathon in four years with his 3:24. Allie McGuinness was second master in the half-marathon in a time of 1:32.

Club president was Mike McCormick and VP was Bob Manning.

Byron Petrakis traveled to France to run the French Wine Marathon and completed the 26.2 mile race in 3:41 perfectly sober.

1993 was the year of the first X-Country Jamboree in which the WCRC raced the local high school harriers at Maudslay State Park.

Two-time Olympic marathoner Pete Pfitzinger represented the Winner's Circle when he raced the Exeter 10K.

The average pre-entry fee for races was \$7.

Chris Sullivan and Sue Passler were leading the club's grand prix series.

Paula Holm placed third in the female masters competition in the NEAC Grand Prix series, which concluded with the Cape Cod Marathon.

Leslie Behan DNF'ed at Lowell.

Trav's Trail Run

The third annual Trav's Trail Run 3 miler was held on May 25 at Maudslay State Park. This year's race attracted 271 runners even though there were other local races held the same day.

The rain ended before the race, Dave Hinga (14:49) came close to breaking the course record, and Seana Carmean was top female in 17:03. Paula Holm (22:16) and Bob Randall (21:56) won their respective age groups.

Those who hung around for the awards ceremony had a great chance to win some high quality raffle prizes.

This year \$3,500 was raised for the Travis Landreth Memorial Scholarship fund. This fund is used to sponsor scholarships to NHS, ZAPFitness, Green Mountain Running Camp, and the "Roads Scholarship."

Special thanks to sponsors Nike, New England Runner magazine, and the Newburyport Institution of Savings.

A letter to Trav from Leslie Behan

Dear Trav,

I stopped on my run this morning to look at your memorial stone and plaque at Maudslay. Another runner passed by and commented on how great it looked, but how sad. I noted the short span of time that your life covered. I hadn't realized when I ran Trav's Trail Run this year that it was held just one day after your birthday. There will be so many years of "Trav would have been XX years old today."

I think you'd like the location of the memorial stone. It's right near the turn where so many of your fans stood when you raced in high school.

I suppose you're wondering why I am writing to you. After all, we never met. But I had heard so many stories about you over the years. You see, my

husband (Mark) is a friend of Coach Hennigar's. Besides talking to Don about your impressive performances in high school, Mark followed your progress when you ran for UConn and the Nike Farm Team. He often told me how well you were running and used to share newspaper articles about you.

Your image adorns my Trav's Trail Run T-shirts and sweatshirt. I always seem to run a little harder when I wear those shirts because of the inspiration I feel as I study your face. Every time I see your sister Susannah at races, I notice the strong family resemblance. You shared more than the same facial features. How talented she has proven to be, finishing at the top of so many races. You must be quite proud of her.

Now that I think about it, our paths did cross once. In 1995 on Thanksgiving morning at Maudslay, you ran with your 12-year-old sister Molly at the Turkey Trot 5K. I remember this because you two passed me on the last uphill and you finished one place ahead of me in the results. I was disappointed with my race, but also missed my chance to say "I once beat Travis Landreth!" Mark tells me how well Molly is doing at Penn State in the steeplechase. I know you are with her in spirit.

Your running accomplishments are summarized on the plaque: All-Scholastic runner at Newburyport High, captain of the track and cross country teams at UConn, 1995 Jr. National 5000 meter champion, Pan Am Games National Junior Team member, USA Junior Cross-Country Team member and 1997 Big East and NCAA Division 1, District 1 champion and All American. Of course, what's missing is that you were a fine son, a wonderful brother and a dear friend to so many, too numerous to count. I, a perfect stranger, mourn your passing. I can't imagine the void you have left in the lives of those lucky enough to have known you.

Upcoming Events of Particular Note

Mark your calendars: The Mill Cities Relay will be held on Sunday, December 7, starting in Nashua, NH and finishing in Lawrence, MA.

The annual Christmas party will take place in December, most likely before Christmas. Details to follow in a subsequent newsletter.

Quotes of Note for Fall Marathoners

"If you feel bad at 10 miles, you're in trouble. If you feel bad at 20 miles, you're normal. If you don't feel bad at 26 miles, you're abnormal." Rob de Castella

"The marathon is a charismatic event. It has everything. It has drama. It has competition. It has camaraderie. It has heroism. Every jogger can't dream of being an Olympic champion, but he can dream of finishing a marathon." Fred Lebow

"To describe the agony of a marathon to someone who's never run it is like trying to explain color to someone who was born blind." Jerome Drayton

"I definitely want to show how beautiful the marathon can be. I am the opponent of all those who find the marathon bad: the psychologists, the physiologists, the doubters. I make the marathon beautiful for myself and for others. That's why I'm here." Uta Pippig

"The marathon can humble you." Bill Rodgers

"I'm not going to run this again." Grete Waitz after winning her first of nine NYC marathons.

"I'm never going to run another marathon." Oprah Winfrey

"Me neither." Leslie Behan

Kelly achieves marathon goal Extra inspiration helps him break three hours

by Sean Doyle
(Reprinted with permission of FPL Energy Seabrook Station Corporate Communications)

Dave Kelly of Operations went into April's Boston Marathon with a goal of breaking the three-hour mark. Hot and sunny conditions on Patriot's Day quickly put that goal out of reach, and he chose to treat Boston as a training run for his next marathon.

Just a month after Boston, Kelly headed north for the Vermont City Marathon in Burlington, where the recent stretch of cool, rainy weather translated into ideal conditions. Running in what he called "perfect weather" and with an added bit of inspiration, Kelly achieved his long-standing goal, completing the course in two hours, 59 minutes, and 31 seconds.

"I was so exhilarated by breaking three hours," Kelly said. "My wife was there, and I had some friends up there, and that's a lot of pressure when your friends are rooting you on and they've made the trip up there."

It wasn't just the fans in attendance who helped push him across in less than three hours. It was actually one friend who was missing who may have played the biggest part.

Kelly had intended to visit his friend Leo Joyce while in the Burlington area. However, Joyce was struck with back cancer, and the disease spread quickly and took his life before Kelly got the chance to see him again. So he decided to dedicate his run in the Vermont City Marathon to his friend, and he ran with the words "In memory of my friend Leo Joyce," written on the back of his shirt. Joyce was on his mind throughout the race, and Kelly said

hat thought really did help him keep up the pace he needed to in order to break three hours.

"Not only was that my goal, but I also wanted to break three hours for him," Kelly said. "He was a runner too, so he understood that, and I wanted to make it special for him."

After five years of trying, Kelly knew it would be a big day once he did finally run a sub-three-hour marathon. Being able to do it in honor of a late friend just made it that much more meaningful.

Here are some triathlon/ duathlon results submitted by Pam Houck

4/27 St. Anthony's Triathlon in St. Petersburg, FL S-1.5k; C-40k; R-10k

Overall and Age Group
119/1849 Edward Rowe 2:14:51
11/129
190/1849 Peter DiBiaso 2:18:35
31/193
164/1849 Bruce Lander 2:17:23
23/181
428/1849 Cathi Remington 2:28:54
9/109

6/7 Rye By The Sea Duathlon Rye, NH R-5K/B-17 miles/R-5k
Overall and Age Group

7/242 Bruce Lander 1:23:54 1/25
11/242 Peter DiBiaso 1:24:20 1/29
16/242 Ed Rowe 1:25:48 3/21
112/242 Vicki Miller 1:42:39 2/3
186/242 Pam Houck 1:57:19 3/3
203/242 Bob "Flat Tire" Randall
2:01:37 1/2

Teams
1 Tom Cross Team 1:13:50
16 Bob Strout/Lisa Jewett 1:31:37
20 Janet Parkinson/Ginny Steckowich 1:38:43

10K Road Race
4th male Tom Miller 43:53 1st 50-54
1st female Liz Mooney-Arcieri 41:09

Triple Crown Series Has One Champ by Leslie Behan

Claire Sherman of the Greater Lowell Road Runners accomplished what no other woman has: She won every race in the women's 5K race series and took home the Triple Crown and the \$500 bonus.

The series began with the Run for the Roses 5K, continued with the Louise Rossetti 5K in Beverly and finished with Berna's Great Legs Road Race in Lowell. Each runner who completed all three races was awarded a fleece vest with the Triple Crown logo emblazoned on it.

Congratulations to WCRC members **Debby Podsen** and **Sharon Yu** for completing the full series.

Louise Rossetti 5K June 18

61 LESLIE BEHAN 23:04
77 CHRISTINA BELLINGER 23:44
93 SHARON YU 24:38
96 DEBRA PODSEN 24:45
127 KATHLEEN DURNING 26:02
287 DEB HAMMER 38:58

Berna's Great Legs Road Race Lowell, MA, July 11

54 DEBBY PODSEN 25:09
57 SHARON YU 53:25:28

Timberman Half-Ironman Triathlon Lake Winnepesaukee 8/17/03

Stu Olsen of NBPT, age 36, 4:45:46, 37th out of 746, 6th of 120 in age group

Ed Rowe of NBPT, age 47, 4:55:53, 75th, 4th of 46 in age group

Bruce Lander of Dover, age 44, 4:58:41, 88th, 10th of 80 in age group
Peter DiBiaso of Groveland, age 37, 5:05:19, 119th, 23 out of 120 in age group

ELY, COOGAN AND SERVIN WIN AT HIGH STREET MILE

by Ted Jones

Matthew Ely and Maria-Luisa Servin did a training run on High Street the Tuesday before the race to familiarize themselves with the course. They also ran an additional 9 miles and became two of the top finishers the Yankee Homecoming 10 mile race.

Matt finished 9th in a time of 52.06 and Maria-Luisa was the second woman in a time of 58:07, not too shabby for someone who recently turned 40. After many attempts at the High Street Mile Ely brought home the bacon this year – he finished first in a time of 4:17; 12 seconds faster than last year. 1996 winner thirty-four year old Sean Livingston finished second in 4:20, while another regular at this event, Kevin Alliette beat out Chris Simpson for third by one second.

The race saw a significant increase in the quantity and the quality of the runners this year, as the race was sponsored by New Balance for the first time.

On the women's side Kristen Coogan, of Hanover, NH led from wire to wire in a time of 5:01. First place prize money should last a little longer as Kristen no longer has to fly back to Boulder, CO. Joan Bohlke of the GBTC placed second in a time of 5:08 and 40 year old Maria-Luisa Servin from Middleboro shattered the master's record by 15 seconds finishing 3rd overall. Miae Jacobs of Atkinson, NH was awarded the first master's prize as she ran the same time as last year (5:24) when she set the female master's mark. Jayne Tallarico was second in 5:42 and Diane Press third in 6:14.

Paul Hammond turned the tables on Chris Spinney from Tuesday night in the 10 miler by outlegging Chris by 6 seconds for the top prize. Kevin Connor was third master with a time of

4:52. The top senior male was Eric Pugh in 5:33 and the top female was Christine Heywood in 7:03.

In the 15 and under heats, Dan Wang won in 5:09, DJ Buschini was second in 5:17 and 3rd was awarded to Kevin Kearney in 5:19.

On the female side 12 year old Maura Welch was first in 6:23, 11 year olds Hannah McCormick and Devin Tatro placed second and third in 6:30 and 6:37 respectively.

The first Clydesdale was Troy Dagres with a time of 6:31 and the first Filly was Barbara Foster in 6:39.

Prizes were awarded for first, second and third in 9 age groups in addition to the open and heavyweight categories in this annual Yankee Homecoming fixture.

Louise Rossetti completed her run in just under 11:00 minutes to extend her streak as the oldest participant in the race.

On the lighter side, the timing and race logistics were *almost* flawless. Thanks to Bob Manning we got everybody's time correct. I am really glad I am so anal about timing the heats three different ways, as it sometimes pays off. Case in point, in the first heat John Boyle skipped the command, "timer's ready." So the gun went off, and the timing truck left without Ted in the truck, Robby had the Timing clock, but did not know how to use it. Thank God, both the walkie talkies and the cell phones were able to transmit the sound of the gun to the finish line. It must have been pretty funning watching the race. Imagine seeing me trying to run faster than the kids (the leader finished in 5:09) and jump in the truck ahead of the first heat. I finally gave up after about 200 yards.

To everyone who worked (about 25 club members) I thank you all from the bottom of my heart. The race would never have been this successful year after year without the

outstanding volunteers that come back each year and do whatever is asked. Every job is equally important, from the traffic marshals to the timers.

Special thanks to Bob Randall, Bob and Cathy Manning, Sue Passler and Ted Wendt for the incredibly fast and accurate results this year.

Thanks again for giving up your morning to help the club and raise money to support students involved in the track and cross country

Two out of Three Ain't Bad

by Leslie Behan

Being married to an excellent cook, I don't often choose to dine out. But on the third Thursday of August, there is no place I'd rather be than Saunders at Rye Harbor Restaurant for its annual 10K road race.

In the team competition the WCRC won in two of three categories: mixed and women's. Thanks, Dave LaBrode for assembling a men's team, which placed third. All winning team members won a \$25 gift certificate to the restaurant. Carol Zanni will organize a night out for all the winners and friends.

Jim Morisseau was second senior in 38:07 on a hot and humid night. (Can Jim really be 50?) Tom Roldan was second master in 38:39.

Liz Mooney-Arcieri was top master in 40:02 and third female overall. Vicki Miller and Pam Houck were second and third seniors in 47:40 and 52:05, respectively.

Liz, Pam, Carol, and Laurie Gagnon comprised the women's team while Bill and Karen Steele, Vicki, and Rob Robertson scored on the mixed team. Tom Miller and I got a free lunch by being on the winning mixed team, though we didn't score.

Thanks, teammates.



Thanks, Greg Hogan, for submitting this photo taken at the People's Beach to Beacon 10K Race in Cape Elizabeth, Maine, on Aug. 2.

From left to right are WCRC members Mike Grigware (46:21), Joel Croteau (46:22), Bob Randall (45:07), Greg Hogan (48:00) and Trevor Hogan (42:40)

Gilbert Okari of Kenya won the race in 27:27, a 4:26 min/mile pace. Former Boston Marathon winner Catherine Ndereba of Kenya topped the females in 31:52, a 5:08 pace.

Joan Benoit Samuelson's 15-year-old daughter Abigail Samuelson ran a chip time of 48:40.

Reach The Beach Relay – 2003 by Karen Steele

The enthusiastic 12-member team left Chester College at 7:30 on Friday morning (9/12/03), arriving at Bretton Woods Ski Area with plenty of time to see Captain Byron Petrakis gloriously kick off the relay at 10:20 a.m. The 208-mile relay was divided into 36 legs, so each team member ran 3 legs through the heat of day, the cold and dark of night, and the exhaustion from lack of sleep with the singular goal of reaching Hampton Beach!

In addition to Byron, other WCRC members on the team included Tom Miller, Vicki Miller, Tom Roldan, and Karen Steele. Other members of this illustrious team included attorney Keri Marshall, Pinkerton Academy's Head Cross Country Coach Amy Bernard and Chester College students Dan Brady, Brent Holmes, Carrie Connolly, Tracy Canavan & Marc Cloutier.

With 2 support vans, provided by Chester College, we drove from transition area to transition area to

drop off one runner and pick up the other, providing water support along the way. Runners 1-6 were in the first van and 7-12 in the second. While van #1's runners were running, van #2 had some time to eat, rest, snooze, etc. and vice versa. Most transition areas had huge spreads of food available – they were all competing for "Best Transition Area" and the teams all benefited.

Tom Miller gets the "trooper of the RTB" award for our team. Not only did he finish his first leg, after inhaling a bee, getting stung in the throat and his throat swelling shut, but also he ran his last 2 legs after being all pumped up with Benadryl! Thank goodness we had a very calm Nurse Vicki there for this medical emergency!

Amy Bernard's Pinkerton Cross Country team met her at the beginning of her third leg in Chester, thinking that she'd be tired enough that they'd be able to keep up – WRONG! Amy still smoked these teens and earned a bit more of their respect.

At Hampton Beach Saturday afternoon, the group ran, walked and limped across the finish line together as team as Marc Cloutier carried the official baton to end the race with a time of 30 hours and 27 minutes. The team then enjoyed an awesome barbecued chicken and clam chowder dinner at the beach!

Teams flew in from as far as Minnesota and Texas to "Reach the Beach" and most vans were wildly decorated. The other teams were all very friendly and everyone was there to have a great time. The relay reached their maximum of 200 teams several weeks before the race. For more details, please check out the website at "www.RTBRelay.com". According to Tom Roldan, "The Circle's gotta have a team next year!!" And Byron said, "Of 30 years of racing, this is the most fun I've had!"

Let's go WCRC – Let's Reach The Beach in 2004!



The 15th Annual Bruce Ellis Memorial 5k Road Race

10:00 a.m. Saturday, November 8, 2003
Synergy Health and Fitness, Exeter, NH

*All proceeds to benefit the
Bruce Ellis Memorial Scholarship Fund*

Certified course over roads and maintained trails

Certification #NH99021WN

Course Records: Guy Stearns - 15.21 / Cathy O'Brien – 17.55

Registration

Send application & entry fee payable to “Bruce Ellis Road Race” c/o George and Phillips, 173 Water Street, Exeter, NH 03833. \$12 before 10/27, \$15 after 10/27, \$15 race day from 8:00 a.m. to 9:30 a.m. in the lobby of Synergy Health and Fitness.

Gift

The first 150 registrants will receive a long sleeve T-shirt. A commemorative coffee mug will be given to all finishers.

Awards

Awards will be presented in the lobby of Synergy Health and Fitness immediately following the race. Medals and merchandise will be awarded to the top three male and female finishers in all race categories (no double awards). Award categories include: Open, 0-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+ .

Post Race

The post race festivities will take place at Synergy Health and Fitness. Plenty of refreshments and raffle prizes.

Last Name

First Name

Address

City

State/Zip

Sex Age on 11/10 Shirt: M L XL

Send application & entry fee payable to “Bruce Ellis Road Race” c/o George and Phillips, 173 Water Street, Exeter, NH 03833. \$12 before 10/27, \$15 after 10/27, \$15 race day from 8:00 a.m. to 9:30 a.m. in the lobby of Synergy Health and Fitness.

Directions

From Route 95 north or south: Take the Exeter/Hampton exit of Route 95 and proceed west on Route 51. Exit Route 51 at Route 111, turning left towards Exeter. Follow Route 111 to Route 27, turning right (west) towards Exeter on Route 27. Route 27 becomes High Street in Exeter. Turn right onto Buzell Avenue at the Exeter Hospital sign. Turn right onto Alumni Drive just before the hospital. Synergy Health and Fitness is on the left side of Alumni Drive, just past the hospital building. Follow the signs for race day parking. *From Route 101 from the west:* Follow Route 101 to the Route 108 exit. Follow Route 108 (Portsmouth Avenue) south into Exeter. Turn left onto Alumni Drive at the lights just before Dunkin Donuts. Synergy Health and Fitness is on the right side of Alumni Drive, where the road curves to the right. Follow the signs for race day parking.

Need More Information?

Contact Kevin O’Leary: 603-778-9114,
kevin.oleary2@comcast.net. Or check the web at
<http://xenia.unh.edu/werc/bellis.htm>.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I assume all risks associated with running in the event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and the conditions of the road and trails, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of you accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release all sponsors, Exeter Health Resources, Inc. and all subsidiary corporations, the Winner’s Circle Running Club, the Town of Exeter, Phillips Exeter Academy, representatives, successors, and volunteers from all claims or liabilities of any kind arising out of my participation in this event even though the liability may arise out of negligence or carelessness on the part of the person named in the waiver.

Signature Date

Signature of Guardian if under 18

WCRC Runners Reach Mt. Washington Summit



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EVERY THURSDAY - 4:30 PM -**

THE RUNNERS' RAG

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

First Class Mail