

❖ RUNNERS' RAG ❖

Volume 18 Issue 6

OFFICIAL NEWSLETTER OF THE WINNERS CIRCLE RUNNING CLUB

September, 1997

Club to Celebrate 20th Anniversary Reunion at Expanded Thanksgiving "Turkey Trot" November 22

Twenty years has passed since the first group of runners went out the door of The Winner's Circle Sports Bar, and little did they know they were making such history. Plenty of runners have done so since, as the little social club gradually grew to it's present day size of 300 or so members. Some of the original members have remained active, others have kept in touch, while a few have more or less disappeared. New members have been welcomed, and carried things forward, blending smoothly with the old and becoming "oldtime members" themselves. Some of them, many close friends, have since faded into the shadows. Still, there are ties that bind all of us together, through shared experiences, the timelessness of our sport, and our mutual friendships. And so it is that a reunion (for lack of a better word) is planned for this November 22nd, to coincide with our favorite non-competitive (speedwise, anyway) run, the annual "predict your time" Turkey Trot. It is hoped that the "lost legion" of members will come back and take part, if not in the 5K fun run, then at least in the fun to follow. Bring old photos, clippings, and especially stories to tell. So talk this one up to members old & new.

Details for 20th Anniversary Shindig Memorabilia Needed

The Program:

- 4:00 PM Turkey Trot (Predict Your Time, Raffle too!)**
- 6:00 PM Coctails and Conversation**
- 7:00 PM Dinner (Pizza)**
- 8:00 PM Entertainment**

Optional: We're counting on some salads, desserts, and the like to be brought by the members. Help out if you can!

**Also Needed: Pictures, old uniforms, newsletters, and any other memorabilia from the Club.
(Please get this stuff to Bob Manning Tel. 508-462-1073)**

Shearer and Franey Rule at 7th High Street Mile

A record turnout of 225 runners participated in Newburyport's 7th annual **High Street Mile** on August 3rd. Darren Shearer, who recently returned from Park City, UT, won the men's open division of the FILA USA sponsored race in 4:11. Two time winner, and course record holder (4:03) Erik "Ned" Nedeau closed in the last 100 meters, but had to settle for second with a 4:12 effort. Former Providence College standout Jose Libano finished 3rd in a time of 4:14. The 1996 winner, and CMS teammate of Shearer, Sean Livingston ran a 4:17 and Jim Roche of the Greater Hartford Track Club rounded out the top five in 4:17.

Nike's Kathy Franey of Newton, MA shattered the women's record of 4:46 with a time of 4:37. Canadian Courtney Babcock of CMS finished second in 4:43, while former record holder Molly Watcke, running for New Balance, ran 4:57. Tutiana Ivanova of Florida finished fourth in 5:11, with Suzy Walsh of Wilmington in hot pursuit at 5:12. The men's masters race was the deepest heat with eight runners under 4:40. Ed Sparkowski of Simsbury, CT and Buddy Bostick both broke Geary Daniels course record of 4:29, running 4:22 and 4:24 respectively. Sparkowski and Bostick were dead even with 200 meters to go when Ed finally pulled ahead. (Buddy improved by 7 seconds over 1996 and still ended up the brides maid). Don Salamone of Needham finished third in 4:32, while Allan Muir of Portland, ME ran 4:34 and Rick Smith of Acton, MA finished 5th in 4:35. Richard Murray of Ipswich lowered the mark he set

(Continued on page 9)

Christmas Party Set For Dec. 20

The Annual Christmas party will be held on Saturday evening, December 20th, at the Hungry Traveler restaurant in Salisbury. Details have not been finalized, and will be forthcoming in the next Runner's Rag.

Yankee Homecoming Ten Mile Results

BOB WINN 51:36:00
 DAVID B HAMPSON 54:57:00
 JAMES MORISSEAU 58:07:00
 MICHAEL MCCORMICK 58:21:00
 TOM ROLDAN 59:49:00
 DON HENNIGAR 1:00:04
 MARTY PETERS 1:00:29
 DONALD DWIGHT 1:00:45
 SUSANNAH LANDRETH 1:01:04
 JOHN WILE 1:02:00
 CLAUDE SEQUEIRA 1:03:13
 JEFF GOULD 1:03:14
 DAVID VASTA 1:03:22
 CHRISTOPHER SULLIVAN 1:03:33
 JIM COCOZELLA 1:03:55
 DAVID KELLY 1:04:02
 EDMUND CONNOR 1:04:12
 EDWIN LIEBFRIED 1:04:28
 BOB MANNING 1:05:16
 WILLIAM STEELE 1:05:18
 ED ROWE 1:05:53
 LEO CLARKE 1:06:15
 PETER DIBIASO 1:06:19
 ERIC L'ITALIEN 1:06:31
 KEVIN OLEARY 1:06:57
 DAVE LABRODE 1:07:02
 GILBERT EMERY 1:07:15
 MARTYN RICHARDS 1:07:26
 CATHI REMINGTON 1:07:59
 ROBERT NAJAR 1:08:24
 DAVID SOLTYS 1:09:12
 PAULA HOLM 1:09:18
 PETER CAMERON 1:09:19
 NEIL LEVESQUE 1:10:13
 JAMES VITALE 1:10:21
 STEVEN ADLER 1:11:15
 DOUGLAS EASTMAN 1:11:22
 BRUCE VOGEL 1:11:40
 SCOTT MICHEL 1:11:49
 NEIL GLEASON 1:11:52
 GEORGE BISSON 1:12:08
 JOHN ERIKSSON 1:12:14

DAVID G HAMPSON 1:12:24
 MICHAEL FIENE 1:13:45
 BYRON PETRAKIS 1:13:46
 RONALD HOUGHTON 1:14:31
 DEAN ARNOLD 1:15:53
 MICHAEL SHIELDS 1:15:58
 GINNY STECKOWYCH 1:16:12
 MARK FISH 1:16:18
 DAVID MCGUIGAN 1:16:31
 JIM LAVALLEY 1:16:32
 ANN TASSINARI 1:18:06
 RIC MELLOW 1:18:11
 KATHY MENESALE 1:18:46
 RICHARD MATTHIAS 1:18:47
 JOHN PARKER 1:19:15
 JACK CUNNINGHAM 1:20:11
 LESLIE BEHAN 1:20:37
 CAROL ZANNI 1:20:47
 BRIAN MACAFFREY 1:21:26
 KARL ERDMANN 1:21:27
 DON TUCKER 1:22:18
 TIM GALVIN 1:22:34
 MIKE COPPINGER 1:22:34
 FRED MESSINA 1:22:49
 HARRY KATZAN 1:25:23
 NICK ANASTASI 1:25:48
 JAMES FARREN 1:26:08
 CINDIE COLLINS 1:26:17
 PAM HOUCK 1:26:23
 JAMES VAUGHN 1:27:05
 DAN STURTEVANT 1:27:17
 SUE RILEY 1:27:59
 LAUREL TOMASZ 1:28:45
 JOHN TOMASZ 1:28:45
 ROBERT AUCOIN
 (Racewalker) 1:28:45
 JANET PARKINSON 1:31:52
 BOB GIBB 1:40:35
 LOUISE ROSSETTI 1:56:51

McCormick & Bradbury Cop Police Chase

MMcCormick easily outclassed a field of 58 runners at this year's Police Chase 4 miler, winning the event by almost a minute, in 22:42. Master Randy Frost and Eric L'Italien were closed to McCormick, running 23:30 and 23:44.

Kelly Bradbury (25:54) won the women's prize over fellow WCRCer and top master Paula Holm (26:16).

WCRC Results:

M. McCormick **1st** 22:42
 Kelly Bradbury **1st** 25:54
 Paula Holm **2nd, 1st 40+** 26:16
 Lee Knapp **1st 40+** 26:51
 Bruce Vogel **2nd 40+** 26:53
 Brad Powers 26:54
 Kathy Long **3rd** 26:58
 Richard Harvey **2nd 50+** 28:19
 Jim Lavalley **1st 60+** 28:58
 Leslie Behan **2nd 40+** 30:54
 Mike Shields 33:18
 Nick Anastasi 33:31
 Kathy Titus 33:49
 Louise Rossetti **1st 70+** 43:57
 Ted Wendt **2nd 70+** 49:59

1997 WCRC Board of Directors

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The Runner's Rag

Editor/Publisher: Ed Liebfried (603) 772-6130
 E-mail: roadruna@nh.ultranet.com

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: The Archackis, Peter DiBiao, Ted Jones, Allie McGuinness, Tom Manning, Tom Miller, Sue Passler, Bob Randall, Ed Sienkiewicz (poem provided by Evelyn Emery)

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

Note: These results are for Informational purposes only, and not for WCRC Grand Prix scoring. Some of the above members run for other clubs as well as ours and may have done so in this race. Naturally, their times would not count in the grand prix.

WCRC Singlets Available

Coolmax (blue & gold)
 Price \$14.00

Contact Bob Randall at 508-346-9240
Or mail order to 9 Middle Rd., Merrimac, MA 01860

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 Tuesday each month. 6:30 at the Circle

WCRC GRAND PRIX: (For Members) 12 Races in 6 months, begins in June. See article elsewhere in Rag. Races are denoted in race schedule as (GP) Contact is Mike McCormick, (462-0117) Upcoming races include: West Newbury 5M, Bobby Bell 5M (or sub Lynn Woods X-C), Methuen X-C, Andover Striders X-C

WCRC 20th ANNIVERSARY REUNION AND ANNUAL TURKEY TROT, November 22, Winner's Circle, Predict Your Time 5K at 4:00 PM, with Festivities to follow. See Details Page 1. Members in Hiding please show up!

WCRC Christmas Party, December 20. details TBA

Running & Racing

WINNIKENNI PARK FUN RUNS, 5 1/2 miles, every Tuesday at the park, Haverhill, 5:30 PM, 5:10 warmup. Just Show Up
15th YANKEE RUNNER SHORT RUN 5K Cross Country, Sept 21, Governor Dummer Acad., Byfield, Separate races for Junior (2.5 mi., 18-under) at 10:00 AM, Male Masters and above (10:30) and ALL Women (11:00) and Open Men (11:30) Course tours prior Peter Southam (508) 465-1763 ext 636 days or 462-1319 eves

VOLUNTEERS NEEDED

WEST NEWBURY APPLE HARVEST 5M, Oct. 5, 12:30, 1 Mile kids 12:00 & 2M walk,(Grand Prix Race) (508) 363-2195, LJR@RSCOMM.com

AMESBURY HIGH SCHOOL

5 MILER, Oct. 11, 9:00 AM

BOBBY BELL 5M, Oct. 12, Lasting Room, Haverhill, 11:00 AM (508)

373-3408, (Davey LaBrode) Clydesdales but No Women's Division (Grand Prix race)

LYNN WOODS Cross Country Oct. 12, (Grand Prix Substitute for Bobby Bell race), Contact Mike McCormick, team race.

BAYSTATE MARATHON, 1/2 MAR., and 5K, Oct. 19, Lowell/Tyngsboro, 508-597-5204

BETH BRODIE 5 MILE Oct. 19, 12:00 Noon, West Newbury

TRICK OR TREAT Newburyport HS 5K, Nov 1, 3 PM

Joe Manning 462-1073

METHUEN (Country Club Classic)

Cross Country Nov. 2, Grand Prix and Team race)

Club Contact Mike McCormick, Race Contact 508-794-9888

BRUCE ELLIS 5K, Nov. 8, Exeter

Healthcare (At Exeter Hospital) 11:00 AM, Kevin O'Leary (603) 778-9114

THANKSGIVING TURKEY TROT

Cross Country, 5K, Nov. 30, 8:20 AM Maudslay State Park Newburyport, John Wile 465-7662

ANDOVER STRIDERS 6K Cross

Country, Nov. 30, Andover Country Club, (Grand Prix Race & Team Race)

WCRC Contact Mike McCormick, Race Contact Davey LaBrode 508-373-3408

MILL CITIES RELAY, (CLUBS OF THE MERRIMAC VALLEY) Dec 7,

Merrimac Old Home Days

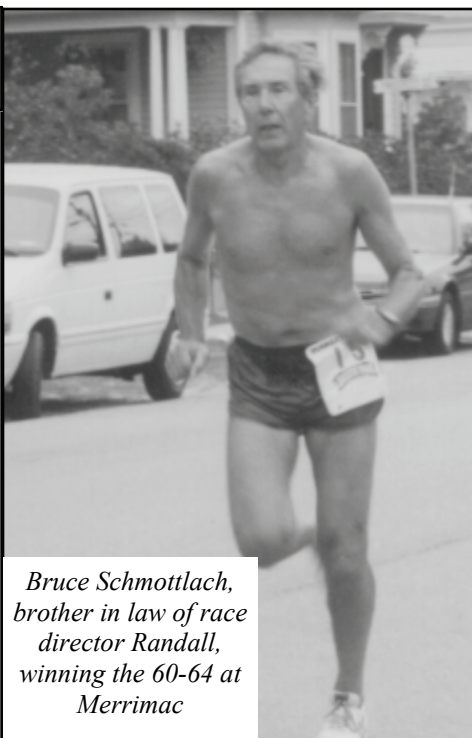
August 9th, 2 Miles

Winner's Circle runners **Chris Kealey** and **Sue Landreth** took top honors this year in "Bob Randall's race," the best value for the dollar to be found anywhere.

Kealey led a stream of WCRC men to the finish line, followed by Jay Lavalley, Mike McCormick and almost-master John Webber in the top 4 places. Landreth had an easier time, leading top master Sue Passler and little sister Molly Landreth by over a minute at the finish.

Club Results:

Chris Kealey **1st** 10:13
Jay Lavalley **2nd, 1st 20-24** 10:22
Mike McCormick **3rd, 1st 35-39** 10:42
John Webber **4th, 2nd 35-39** 10:55
Sue Landreth (**6th**) **1st Fem.** 11:23
Dave LaBrode **1st 40-44** 12:14
Sue Passler **2nd 1st 40-44** 12:15
Molly Landreth **3rd 1st 14-19** 12:16
Paula Holm **4th 2nd 40-44** 12:26
Tom Connelly 12:31
Bruce Vogel **1st 45-49** 12:38
Pete Cameron **2nd 40-44** 12:42
Kelly Bradbury **5th 1st 30-34** 12:52
Bob Aucoin **1st 55-59** 12:52
Dave Hall **2nd 50-54** 13:09
Bruce Schmottlach **1st 60-64** 13:24
Stella McCormick **2nd 35-39** 13:47
Bob Averill 14:24
John Parker **1st 65-69** 14:32
Devin King of the River Galvin 14:42
Nick Anastasi **2nd 60-64** 16:13
Lindy Davis **1st 50-54** 17:55
Jim McGloin 18:13
Traci Webber 19:03



Bruce Schmottlach, brother in law of race director Randall, winning the 60-64 at Merrimac

Nashua to Lawrence, 5 Person teams, all abilities and divisions needed. **This is for the club championships of the area—Entries Paid by Club—**Contact Team Co-ordinator Mike McCormick
SANTA'S TOY TROT 2M, 4M, 6M, Dec 14, Merrimac Ma., Sweetsir School, 1:15 with kid run 1:00. Bob Randall 508-346-9240
HANGOVER CLASSIC 10K & 5K, January 1, Winner's Circle, Salisbury, Bob Manning, 462-1073

Know anyone who'd enjoy becoming a WCRC member?

WCRC Members in Recent Races

| Kingston Races | Pat Polletta 5M | Jason Hussey 5K Greenland, NH (7/19) |
|---|--|---|
| <p style="text-align: center;">5K CROSS-COUNTRY</p> <p>D. HENNIGAR 1ST PLACE 17:45 J. WILE 2ND PLACE 18:21 E. HECKMAN 22:47 J. LYNCH 2ND 50+ 23:33</p> <p style="text-align: center;">5 MILE ROAD RACE</p> <p>J. BOYLE 4TH, 1ST 50+ 28:31 B. PARISI 29:36 T. MILLER 1ST 40+ 29:58 M. PETERS 30:12 C. SEQUEIRA 30:50 J COCOZELLA 2ND 40+ 30:57 B. STEELE 31:01 R. HUNTINGTON 31:38 E. LIEBFRIED 31:53 K. O'LEARY 32:13 S. PASSLER 1ST FEMALE 32:35 E. LOPES 33:17 P. HOLM 1ST F 40+ 33:46 K. LONG 34:22 R RANDALL 34:28 R. HOUGHTON 34:33 B. STEVENS 35:12 K. MEDFORD (TWINNIS) 39:03 J BOGGESS 39:23 P HUNTINGTON 40:18</p> | <p style="text-align: center;">Big Circle Turnout Looked Like Club Reunion!</p> <p>D. Verrington (CMS-WCRC) 1st 25:31 J. Chute (Whirl-WCRC) 27:04 D. Hampson(CMS-WCRC) 27:13 J. Boyle (CMS-WCRC) 27:39 J. Morisseau (On Our Side) 28:04 K. Houle 28:23 T. Roldan 28:31 J. Wile 29:15 M. Peters 29:19 S. Landreth 1st fem. 29:35 C. Sullivan 30:20 J. Gurczak 30:29 B. Manning 30:34 R. Huntington 31:05 K. O'Leary 31:39 M. Fiene 32:00 D. LaBrode 32:17 B. McCarthy 32:59 P. Holm 33:11 K. Bradbury 33:52 K. White 34:31 B. Vogel 34:40 V. Miller 34:49 K. Erdmann 35:15 T. Miller 35:40 M. Landreth 35:40 M. Fish 36:09 J. LaValley 36:30 A. Sapienza 36:50 C. Petersen 37:12 B. O'Neill 37:12 J. Parker 37:47 J. Martin 38:01 M. Coppinger 38:39 L. Wilson 38:44 L. Deschenes 38:47 C. Zanni 39:11 M. Cardoza 40:52 B. Bridges 40:48 D. Sturtevant 41:36 N. Anastasi 42:29 M. Shields 42:43 J. Bailey 42:58 J. Cuddy 43:43 C. Schissel 48:17 T. Wendt 1:04:05</p> | <p>JIM MARCHESE 1ST 15:57 JOHN BOYLE(50+Course Rec) 16:45 MIKE MCCORMICK 17:01 TOM MILLER (1st 40+) 17:39 CHRISTINE REASER 17:47 SUE LANDRETH (2nd F) 18:02 MICHAEL ST LAURENT 18:16 LIZ ARCIERI (3rd F) 18:17 BILL ARCIERI 18:27 KEVIN O'LEARY 18:37 ED LIEBFRIED 18:42 KEN MACKIE 18:49 LAURIE GAUDREAU 19:29 NEIL LEVESQUE 19:44 TED JONES 19:44 KARL ERDMANN 19:51 B RANDALL (60+ Course Rec) 20:00 GARY ROHR 20:07 ALLIE MCGUINNESS 20:39 GINNY STECKOWYCH 20:43 VICKI MILLER 21:10 BRIAN MCCAFFREY 21:49 JIM LYNCH 21:58 DAN STURTEVANT 24:12 NICK ANASTASI 26:55 ROBERT AUCOIN (1st Walker) 29:20</p> |
| <p style="text-align: center;">Tony Sapienza 5M 7/18</p> <p>J. MORISSEAU 4TH, 1ST 40+ 28:21 C. SULLIVAN 31:27 D. VASTA 31:37 D. LABRODE 33:06 M. BEHAN 35:20 B. AUCOIN 36:46 J. BOGGESS 39:17 L. FISHER 39:29 D. STURTEVANT 41:35 K. FOLSOM 42:30 N. ANASTASI 42:43 L. ROSSETTI 55:54</p> | <p style="text-align: center;">Sandown, NH 5 Miler</p> <p>Larry Fisher 2nd 50+ 39:36 Dan Sturtevant 40:54</p> | <p style="text-align: center;">Great Legs 5K, 7/11</p> <p>A. MacPHERSON 9TH 18:46 A. McGUINNESS 22:00 D. FARMER 22:36 J. PARKINSON 24:50 L. ROSSETTI 33:56</p> |
| <p style="text-align: center;">Day at the Beach 5K Kennebunk, Me, 7/13</p> <p>M. GRIGWARE 1ST 16:24 D. HAMPSON 2ND 16:38 J. CROTEAU 1ST 50+ 18:08 L. NOYES 20:01 J. HAMPSON 1ST FEM JR 20:52</p> | <p style="text-align: center;">Hyannis Sprint Tri 9/6</p> <p>J. LEARY 1:04:38 B. PARISI 1:05:38 T. JONES 1:05:50 A. McGUINNESS 1st 40+ 1:05:59 P. MOYER 4th 30-34 1:06:33</p> | |

Sorry if anyone was missed in these results. Or if YOUR Race was missed.

New Format a Hit at Exeter Races Men Score Team Prizes in Both 5K and 10K

Exeter's Kiwanis Club decided to try a new format this year, adding a 5K to its already popular 10K event, and moving the Saturday evening race to the morning. Numbers had been dropping steadily the last few years and it was hoped this would reverse the trend. The change proved an immediate success, with numbers up slightly.

Even more important was the rave reviews from the runners themselves, who seemed to all be in agreement that morning was better. How they'd have felt had the temps been in the 90s (and the sun beating down) aside, most seemed happy to have the rest of the day for other summer things

Another big plus for WCRC runners was the opportunity to compete as teams in both events. The men (there was open competition only) placed second in both, and while far behind the winning units, copped cash for their efforts.

Ron & Claudia Houghton graciously hosted a pool party in the afternoon for a sizable group of WCRC pals. It was a gala affair in which Normie Beers dominated the horseshoe pitching with a hindrance from partner Bob "almost" Randall.. Norm & Huge "Ringers" McCabe should team up for some serious shoes next year.

RoadKill (Endangered Column, Send Stuff)

Dave Kelly just returned from a working vacation in the Ukraine. Rest easy, since he now has been briefed in what NOT to do at Seabrook, having toured Chernobyl. The high point of Dave's trip was the "boiled hamburger and Vodka" diet. He ought to be tougher than ever now.

Jim Coco and Ann Tass look serious about collecting those "Rat Points" Ann even vows to run the Bristol, NH, marathon to earn her butt patch.

Dave Abu, now a Brentwood, NH, resident for 2 1/2 years, has been wondering what **Doug E.** pays his publicist, since he's lost count of the times he seen the Exeter Building Inspector in the local paper.

What's up with the "gym short roll-up" look sported by **Mike McC.** this summer? Hot fashion statement?

Running Wacko Tough-as Nails **Passler/Emery/Boyle/Randall** totally Unofficial dubious distinction achievements to Recognize:

1) How about **Allie McGuinness** as the first WildWoman to complete the Wildman Bi....2)**Leslie Behan** with TWO spring marathons...3) **Don Hennigar** who followed up his 50 miler with that great effort on the Mtn....4)**Sue Landreth** who has stuck to 10 miles and below but has run about a bazillion PRs this spring, including a 61 minute Yankee (We'll just ASSUME she'll get really nuts soon...) 5) Hey, what about **ME??** 2 Half-marathons and 4 mountains by the Fourth of July, hence the "Goat Boy" handle. Any other masochists to report?

The EAST END CLUB 5 MILER is a top quality race I attended this year with **Jim Coco.** I went because it's a Swamp Rat Race, but will go back because it's a GOOD race. Unlimited burgers & dogs, not to mention cold brew and live entertainment which included belly dancers. **Mike** take note this would be a good series race. Nobody ran real fast but we all stayed a while after.

Pam H found the secret to running Cape Ann. No contacts. Then you can't SEE the hills. It just seems "foggy" Hmmm.....

Exeter Kiwanis 10K 8/23

| | |
|-----------------|---------|
| MATTHEW TILBURY | 37:03 |
| MARTIN PETERS | 37:13 |
| DAVID KELLY | 38:23 |
| PETER FLINK | 40:39 |
| ED LIEBFRIED | 41:16 |
| CHERYL BUCKLEY | 42:19 |
| CHRIS HAVEN | 43:08 |
| BRAD STEVENS | 43:59 |
| DONALD CLOUTIER | 44:09 |
| BOB AUCOIN | 44:25 |
| BYRON PETRAKIS | 44:52 |
| STEVE MAZURKA | 45:19 |
| JIM LAVALLEY | 46:25 |
| DAVID MCGUIGAN | 46:43 |
| GERRY RIGBY | 47:07 |
| JANET BOGGESS | 47:36 |
| KATE BENSON | 50:32 |
| WILLIAM BENSON | 50:33 |
| ARTHUR RANDLETT | 53:05 |
| LAUREL TOMASZ | 53:51 |
| MARK LAROCHE | 54:24 |
| DONNA MAZURKA | 55:05 |
| JAMES SHUCHMAN | 58:41 |
| NICK ANASTASI | 1:03:27 |

Exeter Kiwanis 5K 8/23

| | |
|--------------------|-------|
| NIVALDO FILHO | 15:06 |
| MIKE O'BRIEN | 15:11 |
| JIM CHUTE | 16:16 |
| DON HENNIGAR | 16:52 |
| MAGGI MURRAY | 16:54 |
| JOHN WILE | 17:45 |
| TOM MILLER | 17:57 |
| MICHAEL ST LAURENT | 18:08 |
| CHRISTINE REASER | 18:15 |
| DAVID HAMPSON | 19:08 |
| LAURIE GAUDREAU | 19:10 |
| KEVIN O'LEARY | 19:23 |
| EMILY HAMPSON | 19:24 |
| GARY ROHR | 20:10 |
| KARL ERDMANN | 20:27 |
| GEORGE DIRAGO | 21:21 |
| BRIAN MCCAFFREY | 21:53 |
| JANET PARKINSON | 22:16 |
| HARRY KATZAN | 22:38 |
| NICK ANASTASI | 26:05 |
| ROBERT WYMAN | 26:28 |
| MINA ADAMOVAGE | 26:47 |
| ROBERT RANDALL | 28:37 |
| JAMES PESCHEL | 33:56 |

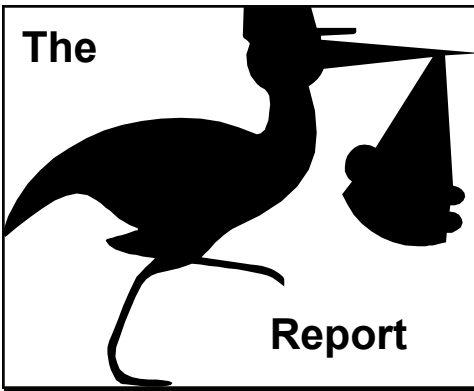
Running a marathon????

Know someone who is???

We need those results and comments!

The RAG hopes to recognize all members who go the 26.2 route.
Send photos!

The



Report

The WCRC youth movement was helped recently by none other than the feathered fellow pictured above.

Most recently, last year's WCRC "romance of the year" blossomed into a full fledged family, with the arrival of **Kristen Lee Mackey**.

According to the pink package wrapper on the "Heresheis" Chocolate Bar announcement, Kristen was born August 27th at a healthy 20" and 8 lb. 1 oz. Susan & Ken are all smiles (aren't they always?) despite a slow recovery by Susan. But she hopes to be back running soon.

Also in recent months, Deb Bunting gave birth to a daughter **Rachel MacKenzie Gundersen** on May 7th. Vital stats 8 lb. 4 oz, 20 1/2" and quite lovely judging by recent photos.

Tom & Kristen Connelly were similarly blessed last March 19th, with the birth of **Rachel Connelly**. Tom is training a bit less these days but enjoying the family.

Taylor Murphy Rowe arrived March 12th, the daughter of Ed Rowe & Gail Murphy. Ed must thrive on fatherhood; he's in great shape.

So it's been a run on baby girls this year. Congratulations to all the proud parents of the WCRC.

Relay For Life, August 15th Telling It Like It Is

Jim and John Archacki coordinated this year's WCRC relay effort for the American Cancer Society. Their efforts resulted in \$659 being raised for the charity.

The brothers would like to give special thanks to the members who took part, including (in addition to themselves) **Mike Fiene** (who ran the most time and laps) **Jim Farren, Ed Liebfried, Mike Menesale, Tom Roldan, John Wile, Tom Manning, Bob Manning, Bob Randall, Dan Sturtevant, Ted Wendt, and Meredith Wilson**.

Also taking part was **Bob Aucoin**, who

captained his own team from his work, and supplied the awning for the WCRC team.

That's the good news.

The bad news is that the WCRC not only was clearly outdone by the Rochester Runners, we also failed to cover nearly half the hours of the relay. Perhaps it wasn't clear that runners were needed even without fundraising, or that walkers could be used. It is clear however that we who participated were disappointed by the lack of club spirit.

Incomplete Race Results.... What's Up With That???

Jeannine Bailey sent the following letter to the Rag editor recently, and I thought it would be appropriate, in the heat of racing season, to address her concerns.

To whom it may concern:

I recently received my July issue of "Runners Rag". I have been a member of the WCRC for almost one year now, although I have participated in your sponsored races for a few years.

I am writing because I am sure I am not alone in this oversight, but that there must be a simple way for you to track all WCRC members from a race list. The WCRC encourages members to wear the "blue and gold" singlets and even then, we are left unmentioned or unrecognized-even with a reference number. On page 7 "can you name the ladies of the club", I am the bottom right lady. In addition to the Run For The Roses, I participated in the Race Against Extinction, Covered Bridge 13.1 Vt., April Fools, Pat Poletta and Yankee 10 mile. On all occasions I did wear the "blue and gold".

My suggestion would be a cell on the registration forms that could be checked if you belong to a running club. This might help in acknowledging all members.

Thanks for listening!

First of all, apologies to Jeannine, as well as to anyone else we (I) have missed. Our

race tracking is a very inexact process, and I wish there WERE a simple way to track members. Most of our results come from the internet from the Cool Running website. Unfortunately these results don't list club affiliations so even if you listed your club at a race, it doesn't make it to my copy of the results. I rely on scanning these results by eye, (sometimes thousands of names) and if I don't personally know someone, or if the name doesn't catch my eye, it's easy to miss some. Likewise, wearing the singlet helps us to get to know members, but is no guarantee you'll show up in the Rag!

It is possible that at some point we'll have the capability to search these files by computer, but time restraints remain a problem.

In the meantime, I hope anyone who is missed will send me a note as Jeannine did. I certainly want the whole club included in the Rag!

Thanks, Jeannine, and here are the missing results:

Covered Bridges 13.1 1:54:53
April Fools 4M 33:27
Run For The Roses 5K 24:53
Race Vs. Extinction 10K 51:28
Polletta 5M 42:58
Yankee 10M 1:30:11

**4th Annual "Sea to Summit",
New Castle, NH, to Mt.
Washington Summit, July 13th**

Race director and Winners Circle member Tom Cross organized yet another fantastic day long adventure race. Unfortunately mid season injuries prevented Tom from fully competing this year however, several Circle members successfully finished the grueling event. The race begins with a (12) mile kayak from New Castle, NH to Berwick, ME followed by a (93) mile bike to Jackson, NH. After an uphill run from Jackson to Pinkham Notch the course proceeds a total of (8.5) miles to the summit of Mt. Washington. Circle members competing included the following:

- Stu Olsen, 2nd, 8:56
- Don Dwight, 4th, 9:10
- Bruce Lander, 8th, 9:50
- Peter DiBiasco, 13th, 10:15
- Cathy Remington 2nd Fem, 10:39
- Matt Tilbury, 23rd, 11:36

Brewery Exchange 5K

- Jim Morisseau 17:03
- John Boyle (CMS) 17:30
- Jim Cocozella 17:44
- Jeff Gould (NMC) 18:47
- Lawson Noyes 19:05
- Dave Vasta 19:06

**Around Cape Ann 25K
Labor Day**

- Don Dwight 1:39:44
- Jim Cocozella 1:39:51
- Marty Peters 1:41:02
- Janet Parkinson 2:12:45
- Ann Tassinari 2:14:38
- Carol Zanni 2:15:41
- Leslie Behan 2:19:34
- Vicki Bush 2:24:21
- Pam Houck 2:27:38

Small Turnout this year by WCRCers. Leslie continues running animal quest, sick & on meds. Coco & Ann chase Swamp Rat points

Newmarker Old Home Days

Winners:

- Mike Brien 15:17
- Cathy O'Brien 16:32

WCRC:

- Mike St. Laurent **1M** 17:48
- Tom Miller **2M** 18:06
- Bill Arcieri 18:12
- Liz Arcieri **3rd** 18:12
- Neil Levesque 19:43
- John Parker 22:58
- Kevin St. Laurent **age 9** 23:09
- Sue Riley 24:42
- Bob Woodburn 24:42
- Nick Anastasi 25:37

**16th "Granite Man"
Triathlon, Wolfeboro, NH**
By Peter DiBiasco

August 16th, 1997

(.75 Swim, 15 Bike, 4.2 Run)
Once again, local Triathletes from the seacoast area were well represented in the awards categories for the sixteenth running of the "Granite Man" in Wolfeboro, NH. Winners Circle members accounted for several top age group slots in this annual race favorite. Circle members successfully completing the challenging and quite hilly course include the following:

- Don Dwight**, 2nd age group, 4th overall, 1:27
- Bruce Lander**, 3rd age group, 10th overall, 1:32
- Peter DiBiasco**, 3rd age group, 12th overall, 1:32
- Ed Rowe**, 2nd age group, 15th overall, 1:34
- Paula Moyer**, 5th age group, 53rd overall, 1:47

*Ed. Note: New Member **Barry Fussell**, sailing partner of Tom & Vicki Miller, also finished this one, in 1:38:27*

**Thunder Chicken 5K
Portsmouth, Aug 7**

- Sue Landreth **1st Fem** 18:11
- Teri Morrissette **2nd Fem** 18:40
- Bob Randall **1st 60+** 20:10
- Molly Landreth **1st Jr** 20:32
- Janet Boggess 23:16
- Dan Sturtevant 24:01
- Janet Parkinson 24:15
- Becky Levesque 24:40
- Joe Cuddy 24:32
- Bob Woodburn 25:09
- Nick Anastasi 26:22

**Club Prez Turns 50
Announces Bash in his own honor!**

Ted Jones is turning 50! And to celebrate, club members are invited to gather at the Jones-McGuinness residence on Saturday evening October 25th, at 7:00 PM.

There will be LOBSTERS, clams, steaks for you meat eaters, and all the beer you can handle, courtesy of our birthday boy!

Don't bring a thing, except for donations for the "money tree." This is tax deductible of course, Ted has his own Tax-exempt number!



*Due to a technical snafu, mostly the fault of the editor, last month's pictures came out HORRIBLE. These deserve a reprint. I think the problem is solved, but we'll see when the final copy is back from the printer's. Above, **Gary Passler** is shown enroute to second place in the Bay Circuit 50 Miler. Below, Gary and **Don Hennigar**, who finished third, are shown together at 22M*



RUN

A Poem by Ed Sienkiewicz

**Run from evil.
Run from strife.
Run to save your very life.**

**Run for pleasure.
Run through pain
Run at leisure, run in rain.**

**Run with others.
Run alone.
Run to build up flesh and bone.**

**Run, yes run,
Not knowing why.
Run to live, before you die.**

(Continued from page 1)

last year (4:47) for the Senior division with a time of 4:42. Newburyport's John Boyle also bettered the previous record with a time of 4:46.

Club Treasurer, Sue Passler won the women's masters race for the second straight year with a time of 5:49. Cathy Col of Ipswich 5:58 and Allie McGuinness of Newburyport (assistance race director) 6:00 finished second and third. Wendy Burbank of GAC won the Senior's race for the second time in 6:38. 72 year old Lou Peters finished in 7:59, while 76 year old Louise Rossetti ran 10:18. Race director Ted Jones attributed the increase in entries to lowering the minimum age from 14 to 10. Sixty eight boys and girls ran in the first heat, with notable performances from: the Donais', Christopher 11 (5:51), Jennifer 11 (6:07) Melissa 13 (5:52), Emily Hampson 5:24 and Molly Landreth 5:39. 19 year old Darren Talbot of Wellfleet ran 4:25 to win the 16 to 19 age division. This small town race continues to draw some of the best milers from New England and beyond. Many of the runners commented on the encouragement from the large crowd waiting for the Yankee Homecoming parade, and the precision race management and timing of the Winner's Circle Running Club. All in attendance enjoyed a post race cookout and awards ceremony before the skies opened up.

Men (Open): 1. Darren Shearer, 4:11; 2. Ned Nedeau, 4:12; 3. Jose Libano, 4:14; 4. Sean Livingston, 4:16; 5. Jim Roche, 4:17; 6. Jason Porter, 4:20; 7. Mick Grant, 4:23; 8. Darren Talbot, 4:25, 9. Paul Hammond, 4:27; 10. David Beasley, 4:27; 13. Jim Chute, 4:35; 14. Chris Kealey, 4:36;

Masters: 1. Edward Sparkowski, 4:22 (CR: old record 4:29, Geary Daniels, 1996) 2. Buddy Bostick, 4:24; 3. Don Salamone, 4:32; 4. Allan Muir, 4:34; 5. Rick Smith, 4:35. 6. Brad Hurst, 4:37.

Seniors: 1. Richard Murray, 4:42 (CR: old record 4:47, Rich Murray, 1996) 2. John Boyle, 4:46; 3. Dave Vasta, 5:12.

Women (Open): 1. Kathy Franey, 4:37

Ed Sienkiewicz Passes Away at 83

Long time Circle member Ed Sienkiewicz died recently at age 83. Ed was a friend and an inspiration to many of the early WCRC members.

Tom Manning provides this memory: *"I used to marvel at Ed's stories of the golden days of running. I guess, I was always in awe that he had actually known 'running gods' of an earlier era. Whether he was talking about Tarzan Brown or Fred Brown, one could not help but to marvel and draw inspiration from the dedication and determination of these heroes"*

Ed was also a poet, and one of his poems is featured in this issue.

(CR: old record 4:46, Molly Watcke, 1996); 2. Courtney Babcock 4:43; 3. Molly Watcke, 4:57; 4. Tutiana Ivanova, 5:11; 5. Suzy Walsh, 5:12; 6. Meredith Fitzgerald, 5:13; 7. Karyn Ferdella, 5:13; 8. Jennifer Rappaport, 5:13; 9. Mary Donahue 5:14; 10. Maureen Mahoney, 5:18.

Masters: 1. Sue Passler, 5:59; 2. Cathy Col, 5:58; 3. Allie McGuinness, 6:00; **Seniors:** 1. Wendy Burbank, 6:38, 2. Debbie Ian, 7:23.

WINNER'S CIRCLE RUNNERS

Buddy Bostick (CMS & WCRC) 4:24
Chris Kealey 4:36
John Boyle (CMS & WCRC) 4:46
Bob Parisi 4:55
John Webber 4:57
Jim Morisseau 5:01
Dave Vasta (WCRC & AS) 5:12
Tim Short 5:13
Mike Fiene 5:20
John Archacki 5:35
Victor Perry 5:37
Gibby Emery 5:58
John Parker 6:45
John Tomasz 6:49
Nick Anastasi 7:30
Larry Streeter 8:02
David Allard 8:21

Mike McCormick 9:39
Ted Jones would like to thank the 35 WCRC volunteers who showed up to make this race a success, and promises an even better race in 1998.

WCRC Benefits 12 Charities

Over the years the WCRC has supported various charities. In the past year alone we have provided funds to the following:

- A Safe Place
- Newburyport Crisis Center
- Maudslay State Park
- Hopkinton, MA Fire Dept
- American Cancer Society
- Yankee Homecoming Committee
- Newburyport HS Track & XC
- Other Local Track Programs
- Friends of Parker River
- Toys For Tots
- AJS Free Medical Fund
- The Jimmy Fund

Most Recently the Club donated nearly \$4000 to both the Women's Crisis Center of Newburyport, and A Safe Place Inc., of Portsmouth. Both have sent heartfelt letters of thanks. The funds for these donations came from the Run For The Roses 5K last May, superbly directed by Sue Galvin

New Members

- Tim Arseneau
Amesbury
- Jeff Goddard
Exeter
- Joe Gurczak
Newburyport
- Brad Powers
Plaistow
- Josh Richards
Amesbury
- Tim Short
Amesbury
- Tom Wylie
Bradford
- Kathy Titus
Amesbury

Circle Will Field Teams in Cross Country This Fall

Dear WCRC Athlete,

Fall is upon us and that of course means that it is cross-country time. This year there are 2 series, or leagues, that we hope to be involved in. The 5th annual USATF series commences September 21 at Gov. Dummer and proceeds as follows:

Oct. 12 Lynn Woods; male 4 miles, females 2.5.

Oct. 26 Mayor's Cup Franklin Park, Boston; male 8k, female 5k

Nov. 9 HFC Stoneham 5k (boys and girls run together in this one)

Nov. 16 NE Champs Franklin Park; male 10k, female 6k.

In this series there is only an Open category.

Five males are needed, while 3 are needed for the females. Although the series has

become very competitive we have held our own when we have had complete teams. Our females could very well contend for the top spot if we get teams to every race.

The second series, in its first year, is another collaborative effort by the clubs of the Merrimac Valley. This three race series has Masters categories (both male and female) as well as Open. Three athletes are required for both female categories, five are required for both the males. The races are:

Nov. 2 Methuen 5k, Merrimack Country Club

Nov. 27 Thanksgiving 5k, Maudslay State Park

Nov. 30 Andover Striders 6k, Andover Country Club

While prizes and T-shirts are in short

supply at these no nonsense races, the competition is fierce and the camaraderie fantastic. Cross-country is a very efficient way to make you a stronger runner and a refreshing change from the road race scene. You won't set PR's, but you'll be running against people who will make you better and running for others as well as yourself. Give it a try!

Please call me for additional information. See you in the mud.

Mike McCormick
978-462-0117

Ed. Note: The USATF Series has NOT been included in the race schedule, so be sure to note these dates.

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

THE RUNNERS' RAG

WINNERS CIRCLE RUNNING CLUB

371 ELM STREET (Rte. 110)

SALISBURY, MA 01952

First Class Mail