

❖ RUNNERS' RAG ❖

Volume 18 Issue 1

OFFICIAL PUBLICATION OF WINNERS CIRCLE RUNNING CLUB

January, 1997

Storm Pounds the Valley; Relay Scrapped Clubs Will Try Again Feb. 9

NEW RELAY FORMAT ANNOUNCED PLEASE NOTE!

Renew Newsletter

Heavy snow and slush forced cancellation and rescheduling of the much-anticipated Mill Cities Relay December 8th. Despite the efforts to somehow go forward with the event, for which the Elks hall, as well as party food had been secured, there simply was no way.

The Relay has been reset for **Sunday, February 9th, at 9:00 AM.** And, there will a major change in the race this time around: Both the **START and FINISH will be at the Lawrence Elks Club**, with the entire event contested over a **2.5 mile LOOP COURSE.** The legs will be 1, 2, 3, 2, and 1 lap around the course. (You smartasses figure out the distances, or have someone with a calculator do it for you) This is the way relays are often run in Europe, easing logistics and allowing both team members and spectators to watch the race in progress lap by lap. It should be fun. The postrace festivities are scheduled for the Elks this time around. The Elks Club is located off I-93 (River Road Exit). Get

directions with race packet.

As for the WCRC teams, (which would have been decimated by the flu if the race had gone as scheduled) It is hoped that the original teams set up will be intact. Anyone not sure of their team should contact Team Coordinator Mike McCormick (508-462-0117). Anyone not planning to run should also contact Mike or, preferably, their team captain. **SAVE YOUR NUMBER FROM DECEMBER.** Captains will be in touch shortly. **LEG ASSIGNMENTS MAY BE CHANGED.** Especially for "A" teams, the fastest runners normally are assigned to the longest legs.

It is further urged that all participants come to the Feb. 1 meeting. This is a Saturday night meeting and the annual election meeting. Info elsewhere in the Rag.

Info is also available at the WCRC Web Page at <http://xenia.unh.edu/wcrc/>

Finally, remember that this Relay is for the Club Championship of the Merrimac Valley. So come, enjoy, cheer on your clubmates, and **RUN LIKE HELL.**

It's time once again to find out who still reads this drivel. As you know, the WCRC is a lifetime-membership. BUT..there IS one thing you need to do to let us know you still care, and want to receive the RAG.

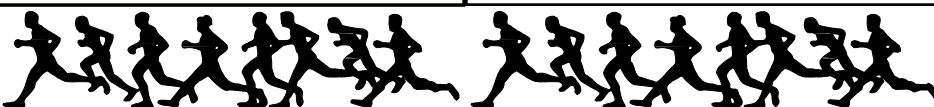
Once a year, you must renew your subscription, and NOW's the time.

The cost (to help defray printing and mailing costs) is a mere \$3.00 for the next year. AND there is good news for active members: If you have worked a CLUB race in the last year you need not pay the fee. But you still need to reply.

DETAILS: Please notify Bob Randall at 9 Middle Road, Merrimac, MA 01860 (508-346-9240) Enclose your \$3.00 or let Bob know which race you worked. Also, let him know any address, phone or E-mail changes.

New Race Directors Named For Ellis Race

Doug Eastman, Kevin O'Leary and Ron Houghton have agreed to direct the Bruce Ellis Race. The "Team O'Douls" trio will work with sponsor George & Phillips (Nike Outlet) and the early rumor has the race moving back to Exeter and abandoning the Couples format this year. Nice to see new directors come forward. .



HIGHLIGHTS OF CLUB MEETING HELD 1-2-97

Don Hennigar opened the meeting at 6:30 P.M. to a small turn out, one day after the successful Classic.



highly Hangover

Don congratulated Bob Manning and Bob Randall on the fine job they did on the 5K and 10K races. Over 600 runners signed up for both races, and 189 finished the 5K, while another 335 finished the 10K. Feedback on the new course was generally positive, without the snow on 12-31-96 the footing would have been even better.

The annual election for the board of directors will be upstairs at The Winner's Circle on **February 1st at 6:30.**

The current board will meet on 1/16/97 at 6:30.

The board will vote on the most

improved male and female runner in 1996 on 1/16/97. If you have any ideas or suggestions or stats. on any club member, please talk to a member of the board before 1/16.

The following people were nominated for the board of directors and will have their names on the Feb. 1st ballot: Gary Passler, Sue Passler, Mike McCormick, Ted Jones, Bob Manning, Bob Randall, Edwin Liebfried, Vicki Miller, Byron Petrakis, Don Hennigar, Ken Mackie, Sue Galvin, Doug Eastman, Dave Kelly, Mike Fiene, Tim Galvin, John Wile, Paula Holm.

All club members are encouraged to attend the Annual Meeting (free pizza) and vote for the board.

Ed. Note: Minutes edited only to avoid redundant coverage of events. Minutes provided by WCRC Secretary Ted Jones. Hope to see everyone on Election

1996 WCRC Board of Directors

President: Don Hennigar (New Number) 463-2876
Vice President: Gary Passler -388-4322
Treasurer: Sue Passler 388 4322
Secretary: Ted Jones 465-2228
Newsletter Editor: Ed Liebfried (603) 772-6130

Coordinators:

Team: Mike McCormick 462-0117
Race: Bob Manning 462-1073
Special Events: Tim Galvin 465-9924
New Members: Bob Randall 346-9240
Youth: John Wile 465-7662
Publicity: Paula Holm 462-4685
Entertainment: Vicki Miller (603) 868-7203

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:

Ted Jones, Mike McCormick, Bob Manning, Tim Foley, Bob Randall

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

Predictions

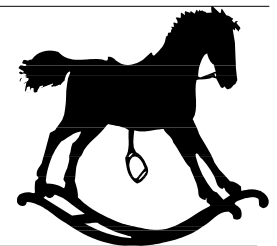
(Continued from page 5)

- for the 2020 Olympics.
- ◆ Someone runs a distance race at a WCRC summer track meet.
- ◆ **Gary Alexander** commits his knee for donation to the Smithsonian Institute.
- ◆ **Cathy Manning** commits hubby **Bob** to AN institute.
- ◆ **Ken Mackie** appears on "Inside Edition" to tell the TRUE STORY of what happened on the honeymoon. The piece is entitled: The Darkness Down there. **Sue Mackie** counters with her own piece entitled: What Distance Running Did For Me: How to Hurt 'Em Good.
- ◆ Screaming something about "split times," a worker at the Exeter Post Office goes berserk.



The Winner: Toys For Tots

From Bob Randall



The second annual "Santa's Toy Trot" Road Race was held January 15th in Merrimac. 170 Runners donated over \$2000 worth of toys to "Toys for Tots."

Race Director Bob Randall would like to give a special Thank -You to the Merrimac Savings Bank for sponsoring this event for the second year.

Also thank you to local and Merrimac merchants for their donations:

TLC, Towne Market, Hoyt's Hardware, Sloban Auto, Homestead Farm, Richdale, Northern Essex Fuel, Darrel Cox Massage, Apple Cart, Friendly's, Olde Newbury Brewery, Gold's Gym, Prolube, Whirlaway, Runner's Mitt, ASICS Athletic, and of course The Winner's Circle Running Club.

(Results on back page of this Rag)

Cold & Snow Can't Stop Hangover

Story By Race Direct Bob Manning

The 16th Annual WINNERS CIRCLE RUNNING CLUB HANGOVER CLASSIC was a great success due to the strong turnout of WCRC race Volunteers. The events feature a new 10K course which was well received by 98% of the runners. Old time Winners Circle guru Gill Emery was not too pleased with the course change and is believed to be still stationed out at the old Cargo Care 10K turn around point waiting for the runner to appear. a record 4 Bud Light Kegs were consumed by the Thirty First Day Field while reviewing the Duford Brother's Race Time Flick and Post race award/ raffle ceremonies.

Any member who worked the race and has not received a T-shirt should contact

10 K RESULTS

1 VERRINGTON DAN	31:49
2 WINN BOB	32:06
5 HAMPSON DAVID B	34:12
14 ROLDAN TOM	36:24
18 MILLER TOM	37:37
19 CROTEAU BIG JOEL	37:42
20 GOULD JEFF (AGE?)	37:47
24 STEELE BILL	38:05
27 DURKIN BRIAN	38:30
30 SEQUEIRA CLAUDE	38:41
36 CLARKE LEO	39:04
44 LABRODE DAVEY	39:32
51 BAYKO RICK	39:59
52 FLINK PETER	40:01
59 O'LEAHY KEVIN	40:20
61 TAN EDWIN	40:26
99 EDSON DAN	42:52
102 FRAM CRAIG	43:10
103 LEVESQUE NEIL	43:13
107 AUCOIN BOB	43:31
108 MILLER VICKIE	43:34
125 VITALE JAMES	44:25
131 PARKINSON JANET	45:03
135 McGUIGAN DAVE	45:14
142 DIRAGO GEORGE	45:40
147 MATHIAS RICHARD	45:47
157 MACKIE SUSAN	46:22
177 JONES DAN WILDMAN	47:22
178 PIERCE JOHN M	47:24
180 CAMIRE DAVE	47:26
209 MENESALE KATHY	48:33
210 MENESALE MICHAEL	48:36
213 COONS DAN	48:48
218 BEHAN LESLIE	49:04
250 JESPERSEN MARSHALL	50:55
259 VAUGHN JIM	51:34
262 TOMASZ JOHN	51:40
263 TOMASZ LAURIE	52:06
288 HOUCK PAMELA	55:29
334 ROSSETTI LOUISE M	1:18:24

5 K RESULTS

1 SEAN DONNELLY	15:52
2 JIM CHUTE	16:36
3 BRUCE BUTTERWORTH	16:48
9 JIM COCOZELLA	17:32
10 ROBERT PARISI	17:39
12 GARY PASSLER	17:57
15 MARTYN RICHARDS	18:32
16 KENNY BOY WHITE	18:40
20 EMILY HAMPSON	19:30
21 TED JONES	19:34
24 JOHNNY ARCHACHI	19:48
26 TOM CONNELLY	19:49
56 MIKE COPPINGER	22:50
72 LARRY FISHER	24:11
73 SHARON HICKMAN	24:17
79 JOE CUDDY	24:53
93 SCOTT DUFORD	25:40
94 JEFFREY DUFORD	25:43
105 NICK ANASTASI	26:01
150 JIM FARREN	28:31
167 JOHN MORIARTY	30:20

**A Big
Thank-U
to Tom Miller
for his resources
and expertise
in upgrading
my computer
and making the job
of RAG editor
much, much easier!**

Running & Racing Schedule

FRIGID FIVER January 19th at 1:00

P.M. at the Bresnahan School off High Street in Newburyport. (508-462-1073)

EAST DERRY 16 MILER, January 26, 10:00 A.M. (603-887-4289) (TOUGH ONE)

BRADFORD VALENTINE Road Race, February 8, Bradford Common. Two Races 5 Mile & 6K. (508-374-6406)

CHERRY PIE 5M, Lawrence? 11 AM (508-687-1469) *Verify Date & Details*

MILL CITIES RELAY, February. 9, Lawrence Elks 9:00 A.M. *Details all over the Rag*

HIBERNIAN 5K, March 16 at the Hibernian Club, 58 Lowell St., Peabody, MA, 2:00 PM (Good feed & Brew, DJ, etc) (508-530-1413)

RUN TO THE SEA 30K, March 23, North Andover to the Winner's Circle, (508-373-3408)(Date Tentative)

APRIL FOOL'S FOUR MILER, March 29, 11:00 A.M. Winner's Circle (Club Race Workers Needed)

RANDALL'S BRUNCH RUN and demolition derby? April 6, (8:30 AM) 9 Middle Rd. Merrimac,

FRED'S MARATHON & 1/2 MAR, April 20, Devens, (Low Cost Altern)

BAA BOSTON MARATHON. (\$75 plus USATF) April 21 (*See blurb elsewhere this issue concerning WCRC plans*)

WCRC CLUB BIATHLON (members) **May 8, Winner's Cir.** (508-388-4322, Gary P)

RUN FOR THE ROSES 5K, May 14, (6:30) Winners Cir., Women's Race/ Triad Series, (Club Race Need Workers) (508-465-9924-Galvins)

PLOVER 10K, May 16, (6:15,) Plum Isl. (508-462-1073)

GALE LIBRARY 5M, May 17, (10:00) Newton NH Memorial School

MT. WASHINGTON, June 21, (Lottery), Entries due March 15, For App, send SASE to: Granite State Race Services, PO Box 990, Newport NH 03773, in Early Feb. Entry forms mailed out March 1.

Note: Non Club races are listed only as a service, as races which may be of interest to many members.

Baptism Of 97

By Tim Foley

The supposedly accurate thermometer read 0.0 F whenst we started our sojourn into the unknown of 1997. The time was just after the hour of 6. The destination lay 2.2 miles down the Plum Island Turnpike to the historic sands of Plum Island center (or Montel Williams' playground). The participants were Bob Manning and John Wile. I was just the innocent bystander / photographer / wimp.

The jog down the macadam was uneventful, with just the usual banter about the upcoming event. Comments like "It's cold, but I think it was this cold last year," kept cropping up. None-the-less, the run continued until we ran through the parking area onto the nearly pristine snow covered sand of the Island of Plum. The two "manly men" made their way to the surf's edge where they quickly removed their running garb. (Curiously, it looked to this observer that they had practiced this aspect of their endeavor before.) Then, with only the slightest hesitation Manning entered the Atlantic Ocean with a dive reminiscent of one of the Circle's Seabrook Beach runs in August. Wile, on the other hand, made a less dramatic entrance into the ocean spray. He semi-swam into the rolling waves of liquid ice. In less than a few moments, both individuals exited the water in an extremely efficient and rapid manner with a joint comment that "it *definitely* wasn't as cold as this last year!!!"

Then, they had the ordeal of attempting to put their clothes back over their salt drenched bodies. (Manly men shun towels) Wiley was incredible as he was somehow able to get everything back on in less than a minute Bob vainly attempted to follow suit, yet he found out that upon leaving Neptune's home, his fingers had formed quite appropriately into the shape of the claws of crabs. He wound up sitting on the sand trying rather desperately to pull up his tights and to literally jam his feet into his shoes. During this entire time a photographer other than myself (*ed. note: so where ARE the pics?*) happened upon us and took the opportunity to snap some photos of our sea faring lads as they frolicked around in the warmer than air, Atlantic. Manning

finally managed to tie his laces off we headed for the trek homeward. I say *headed*, for as soon as we turned around, we hit a head wind. At this point, Bob & myself saw how John had managed to get dressed so fast. He had never tied his shoes, so that was our first pit stop, much to Bob's dismay. The breeze was uncomfortable to me *the wimp*, the non Jacques Cousteau of the bunch. I couldn't imagine what was going through their water-soaked craniums (It's hard to say brains here). Wiley, ever the trend setter, opted for the frozen hair look, au natural, one might say, as he decided not to wear any type of chapeau for the ordeal. Manning looked like Admiral Byrd with his choice of headwear. No matter what, those 2.2 miles were long, slow, painful, freezing, as we lumbered back to the homeport of the Mannings.

Finally we made it back to Lorum Drive. Cathy Manning, the astute bride of our Admiral of this expedition, knew there was a problem, when no one was speaking when we entered the house, and that Wiley's ears looked like the running lights on a 747.

The Mannings' spa brought some much needed relief, though both had well fonded fears, of parts that may not be functioning or even there any more. After the steam clouds had appeared over the frozen bodies, some sense of normalcy (?) returned to our brothers of Lloyd Bridges.

All in all it was a most unusual way for this reporter to view the initiation of a New Year. We saw the beauty of the ocean with its frost rising up into the air a few hundred yards out and the sun just starting to lighten the sky. And we saw the ugliness of John Wile's expressions as he desperately covered his ears to keep them from exploding off his head. It's something Bob & I hope never to see again.

Happy New Year to all. Tim Foley

Holiday RoadKill

Race Director *par excellence* **Bob Manning** instituted a new innovation for this year's Hangover Classic: The 5 1/2 mile water stop. Water (Ice?) Stop workers Mark Behan, Ken Mackie & Yours Truly headed out Jan 1, driving the course, and after passing the 5K turnaround and then some, turned back thinking we'd missed our station. Well we found it, yup, at 5 1/2. Anyone locating one closer to a finish line may stop in for a Thursday Sam Adams, courtesy of the RAG.

TO EACH HIS DUE: Well I guess we the **Ice Stop Workers** deserve a mention here too: Our coffee run got us to our post TOO LATE to hydrate the 5K runners. But then they weren't too dry, as the first runner we saw said "that's OK I need to take a leak"

Dan Coons came down from Wolfeboro, where the lake is Froze up solid, for his post race dip in the Atlantic. Look elsewhere in the RAG for a report on the two other .WCRC "Brownies"

So, **Ron**, where IS the best place to park Thursdays at the Circle? And what's with the onion breath lately?

Welcome! New Members

Sarah Menesale
Newburyport,
Mass

Catherine Seymour
W. Newbury, Mass

Theresa Ruane
Amesbury, Mass

Richard Zanni
Amesbury, Mass

1996 -In Review

The Mackies, The 100th & Johnny B

by Mike McCormick

'96, ah, another strange, strange year in the runner's world. Snow, snow; walks disguised as marathons; heatless summers; runners biffed by cars; older runners faster than the youngsters. What will '97 hold? (See Predictions) Here we go with high and low lights in the world of The Winner's Circle Running Club, running's "institution" in this area:

ATHLETE OF THE YEAR:

John Boyle

John was NE champ in cross-country for seniors, running 28:10 for 8K in the MUD. For those of us who have witnessed John's struggle to come back from injury and his unrelenting training style, success for this long-time road warrior is well deserved. (John also ran 59:10 for 10M at 52 years old.

(ed. note: Mike is not alone in his choice for this unofficial honor. The RAG staff concurs unanimously, although Cub Reporter Ted, a close friend of Boyle, might not admit it in front of Johnny)

PERFORMANCE OF THE YEAR:

Choice of **Boyle's** run at NE's, member but still in college **Travis Landreth's** 24:10 for 8K at the Mayor's Cup XC, where he finished 10th against the pros; **Lisa Chace's** master's victory at Clarence DeMar Marathon.

TEAM PERFORMANCE OF 1996:

The WC masters women won the 3-race 5K series - The Twilight Triad. Members included: **Sue Passler, Lisa Chace, Vicki Miller, Paula Holm, Janet Parkinson, Allie McGuiness.**

RACE OF THE YEAR:

Bob Randall's Merrimac 2 Miler.

Old time race feel; shirts, food, suds, long course—all for ZIP! Yes, a free race!

COMEBACK OF THE YEAR:

Mark Behan

From 151 lbs. overweight (*that's how Mike wrote it...ed.*) in May to 27:10 5 miles in October.

TRAINERS OF THE YEAR:

Jim Cocozella gets the nod for his secret concoction of ginseng & vodka. You read right, folks! This near-fatal brew led Jimmy to a 27:25 5 miler. (*he also has some kind of Chinese*

linament..ed.)

Honorable mention: **Paula Holm**, whose search for the right training secrets resembles the look for the Holy Grail, and **Bob Manning**, whose miscalculations of his training pace gave him 100 mile weeks, not months.

SANDBAGGERS OF THE YEAR:

Gary Passler,

Never training, never is going to run hard. Yeah right and running marathons is good for ya. Honorable mentions:

Paula "I'm not in shape" **Holm,**
Buddy "I'm hurt, I'm hurt, I'm hurt"
Bostick.

SPLAT AWARD:

John Wile

Literally had splatified shoes from his attempt to climb the wall at Boston. Or was it a lack of socks?

QUOTES OF THE YEAR:

- ◆ "I haven't been training"
- ◆ "Are you in the BAA's 26.2 mile fundraiser?"
- ◆ "No I don't" (in response to USATF Official's demand that athlete needs a membership card)
- ◆ "How's the Border to Border" ad hoc committee?"
- ◆ "My adjusted time was..."

MOMENTS TO REMEMBER:

- ◆ Wayward driver biffs speedster at High Street Mile
- ◆ 5, yes 5, timers at High Street Mile
- ◆ Back Bay Road Runners getting lost in Seabrook during freezing rainstorm at "Almost Border to Border" training run
- ◆ **Doug Eastman** letting his hair down, and attempting to let other unspeakables down at the Xmas party
- ◆ **WC Members** sporting numbers like 35,954 at Boston
- ◆ Feeling like part of a parade there
- ◆ The look on the **McCormick** kids' faces as **Lee Knapp & Bob Randall** cut through their house as part of their Fugouwee Run
- ◆ **Tom Miller** dying on Rt. 95 during the Fugouwee
- ◆ **The Mackies** breaking the tape at their wedding
- ◆ **Eddie Liebfried's** elation at being a

scorer for the masters team at Mt Washington

- ◆ Running XC during the surreal conditions of the October rainstorm
- ◆ **John Wile's** ears on New Year's day (*see article on page 4*)
- ◆ Montanian **Phil Clarke's** first look at the "nice part" of Roxbury that surrounds Franklin Park
- ◆ **Renee Reidel** returning to run Mt. Washington; out of shape even

PREDICTIONS FOR 1997:

- ◆ The BAA requests previous year's tax returns with entry.
- ◆ Boston course rerouted through Dover, Sherborn, Weston, Lexington, to "better serve their clientele.
- ◆ After finally seeing his '96 nickname "ears" fade, **John Wile** is nicknamed "Willy" following his '98 New Year's plunge
- ◆ After runner #3 is swiped by a steering-impaired car, the Low St. Mile is cancelled.
- ◆ The Hangover Classic is run on I-95 to ensure good road conditions.
- ◆ Maudslay State park is renamed Dogsley
- ◆ The April Fools Race is renamed April Drools (after noting the average age of Club members)
- ◆ Dave Kelly is named Exeter's "Runner of the Year"
- ◆ A lift is installed to bring cars leaving The Winner's Circle back to sea level
- ◆ **Dick LeBlanc** publishes his autobiography entitled A Big Dick
- ◆ **Bob Aucoin** gets a patent for his "sanitary napkin headband"
- ◆ It is revealed that **Vicki Miller's** twin has been dashing from the undergrowth to complete her long races
- ◆ The Circle changing area for at Boston is the Pine Street Inn
- ◆ After his experiences in Greece, **Byron Petrakis** is allowed to lead every training run.
- ◆ **Bob Randall** goes to work for Ernie Boch selling used running shoes.
- ◆ **Randall** also puts in Merrimac's bid

(Continued on page 2)

Results of Santa's Toy Trot Merrimac, MA. December 15

2 Mile Race:

Winners: Mike DeMauro 10:52, Sue Passler 12:26

Circle Runners: Male: Luis Rios 11:06, Scott Michel 12:34, Nick Anastasi 16:51

Female: Passler, Kathy Long 13:24, Caitlin McGuinness (age 13) 14:37, Maureen Farren 19:05

4 Mile Race

Winners: Craig Fram 20:25, Allie McGuinness 27:48

Circle Runners: Male: Fram, John Webber 23:29, Leo Clarke 24:22, Ted Jones 25:53, Bob Aucoin (1st 50+) 27:16, Bruce Vogel 27:49, Dan Jones 28:02

Female: McGuinness, Sue Mackie 28:09, Kathy Menesale (1 master) 30:47 Catherine Seymour (1st 50+)43:53

6 Mile Race

Winners: Lionel Kervella 34:17, Kathleen Walsh 41:09

Circle Runners: Male: Gary Passler (1st 40+) 34:58, Davey LaBrode 38:24, Richard Zannini 46:39,

Female: Ann Tassinari 51:30

(See Race Director's note on page 3)

Dear Winner's Circle Running Club,

On behalf of the class of '98, I would like to thank you for your sponsorship of our recent 'Trick or Treat Trot' road race. The race raised a considerable amount of money, the majority of which was donated to those families in our community in need. Due to your sponsorship and much help, the race went off very smoothly. Hopefully your continued support will ensure this cause to continue well after our class graduates. Once again, the class, and those families who had a fine thanksgiving thank you for your support.

Sincerely,
Nathaniel Suda

Secretary, Class Of 1998

This Letter was received from The
Class of 1998, Newburyport High

**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

ELM STREET Rte. 110

SALISBURY, MA 01952

First Class Mail