

❖ RUNNERS' RAG ❖

Volume 18 Issue 5

OFFICIAL NEWSLETTER OF THE WINNERS CIRCLE RUNNING CLUB

July 1997

Mr. Hennigar, Mrs. Miller Top Hill Runners Female Masters Win 4th Straight, 12 Earn Bypasses

Most Members Run Well Despite Slow Course

Wind, fog and humidity slowed times a bit in this year's Mt. Washington Road Race, with winning times as well as midpackers generally two to three minutes slower than expected.

As usual the CMS men led the way behind Craig Fram (1:04:48), while Olympian Cathy O'Brien (1:12:24) easily defeated Joan Benoit-Samuelson for the women's crown.

Most Circle runners were undaunted, picking up numerous places in the standings from last year, and maintaining the WCRC position as the most visible club present. (At least most visible at the *bottom* since nothing at all was visible at the finish line!)

Don Hennigar was first Circle finisher, and (in the absence of Tom Manning who usually bestows this honor) I'll take the liberty to give him "Performance of the Day" for his stellar 1:17:32 just two weeks after placing third in his first Ultra, the Bay Circuit 50 Miler. Don was third in the 45-49 group, and moved up 9 places overall from 1996.

Vicki Miller led the women, finishing with a PR 1:37:14, and was 22nd female, up from 25 and 30 the last 2 years.

Young **David Hampson** took 2nd in the 19 and under group, completing his first Mt. W. in 1:20:44. **David, Sr** also joined the club while in attendance as a driver.

Tom Miller moved up from 89th to a lofty 58th place with a PR 1:23:19. Newcomer **Marty Peters**, who trains some with Miller, debuted with a nifty 1:24:43. Others with big gains include **Kevin O'Leary** (up 46 places to 150) 1:32:00, **Neil Levesque**, up 104 places to 206, with a 3 minute PR 1:36:14, **Kathy**

Mountain (Continued on page 7)

Fresh Legs Help Teams Prez Scores Bypass

Circle teams fared well again this year, fueled by new faces as well as strong showings by past scorers.

As usual, the female masters led the way, winning for the fourth straight year. No record this time around, but the trio of **Vicki Miller, Sue Passler & Paula Holm** maintained their domination by matching last year's 8 minute margin of victory. The trio's time of 5:07:47, five minutes behind last year's

record, reflected the tough conditions on The Hill this year. ."

The open women's team, running without star performer **Renee Reidel** this year (she's in Arizona, made it back last year but not this time around) nonetheless moved up a notch to second, behind a tough BAA team. **Kathy Bradshaw-Long** was the new scorer, joining Miller and Passler. Where are all the young ladies, ladies?

The men's open team, missing the injured **Gary Passler**, needed 3 new scorers to accomplish a 5th place finish a qualify for the coveted 1998 lottery bypasses. **Don Hennigar** repeated as top



*Nanook of the North?
No, It's just our own Donnie Hennigar
WCRC King of the Mountain 1997*

gun, with rookie **David Hampson**, first time open scorer **Tom Miller, Marty Peters**, another rookie, and reliable **Mike McCormick** making up the five man team.

The male masters were unable to weather the storm without the injured Passler, but relied on depth to finish third and bring home the bypasses. Hennigar & Miller were joined by rookie **Dave Kelly, Eddie Liebfried**, last year's #5, and Club President **Ted Jones**, scoring here for the first time, seconds ahead of **Neil Levesque**. Ted picked up 200 places from his last time here in

Mountain Teams (Continued on page 7)

The Singlets Have Arrived!

Wear The Colors! Order Now....Coolmax....\$14

Name: _____ Address: _____ City: _____ State: _____ Zip: _____

Number & Size Desired: _____ Phone: () _____ - _____

Mail Orders to: Bob Randall, 9 Middle Road, Merrimac, MA 01860, Phone 508-346-9240

Race Against Extinction: Perfect Weather + Fast Course = Fast Times

Susannah Landreth strikes again! Racing on her home turf, Ms. Landreth not only ran a PR and broke 38 minutes, she beat every male under the age of 34 in the process.

256 runners finished the flat, fast, & scenic 10K at the Parker River Wildlife Refuge on Plum Island, with many of them moving to the post-race party at the Dreadnought in Newburyport. CoolRunning's **Dave Camire** gave the event a thumbs-up review as he ran his first solid race in a while.

Other highlight performances included 50+ ace **John Boyle** going sub-35, Sue Passler as first master, **Tom Miller's** latest PR, **Kevin O'Leary** smashing the magic 40 minute barrier, and **Ted Jones** nipping **John Archacki** by a scant 1 second.

Bob Manning once again managed a superlative race, with help from both Circle members and Refuge volunteers.

Without further ado (adieu?) here are the key results. Hope I didn't miss anyone:

Tom Doody (1st overall) 32:54, John Boyle (5th, 1st 50+) 34:57, Bob Parisi 36:03, Tom Miller (2nd 40+) 36:33, Jim Morisseau 36:47, Bill Arcieri 37:26, Ed Connor 37:32, Sue Landreth (1st) 37:45, John Webber 38:17, Dave Camire 38:50, Kevin O'Leary 39:23, Ed Rowe 39:40, Brad Mezquita (1st 20-29) 39:53, Sue Passler (1st 40+) 40:16, Neil Levesque 40:31, Ted Jones 40:38, John Archacki 40:39, Kathy Long 40:55, Karl Erdmann 41:35, Vicki Miller (2nd 40+) 41:48, Tom Connelly 42:46, Gary Rohr 43:20, Kelly Bradbury 43:31, Jim Lynch 44:45, Dave McGuigan 45:07, Deb Farmer 46:09, George Dirago 46:22, John Parker 47:39, Fred Messina 48:03, Marty Cardoza 49:46, Dan Sturtevant 50:37, Ann Tassinari 51:07, Pam Houck 51:12, Laurel Tomasz 51:15, Mike Menesale 51:13, Nick Anastasi 51:55, Lisa Peters 52:04.



Sue Passler, enroute to winning the Master's division at the "Race Against Extinction"

WCRC Charity Donations

Treasurer Sue Passler reports that the Club has donated \$6000 to various charities since the beginning of 1996. And our largest donation of the year is about to be made, to A Safe Place and The Crisis Center, with funds from the "Run For The Roses."

Circle Runners Rule at Amesbury 5M

In the best little race nobody knows about, Circle runners cut thru the muggy summer air to clean up most of the prizes, as well as most of the fine pasta dinner and refreshing postrace nectars.

Jimmy Morisseau outdueled **Tom Roldan** for the open win, while **Susannah Landreth** easily topped the female entrants. Here are the full WCRC results:

| | | |
|--------------|----------------------|-------|
| J. Morisseau | 1st place | 28:23 |
| T. Roldan | 2nd place | 28:47 |
| J. Webber | 3rd place | 29:22 |
| S. Landreth | 4th, 1st Fem. | 30:08 |
| T. Miller | 6th, 1st 40+ | 30:23 |
| E. Liebfried | 8th, 2nd 40+ | 31:34 |
| K. Mackie | 9th 3rd 40+ | 31:41 |
| D. Vasta | 10th | 31:55 |
| D. LaBrode | | 32:00 |
| S. Passler | 2nd Fem | 33:22 |
| J. Archacki | 1st 50+ | 33:34 |
| L. Knapp | | 33:52 |
| D. Eastman | | 34:10 |
| V. Miller | 3rd Fem. | 34:44 |
| B. Durkin | | 35:17 |
| R. Harvey | 2nd 50+ | 36:11 |
| M. LaPoint | | 36:29 |
| J. LaValley | 1st 60+ | 36:58 |
| D. Farmer | 1st 40+ | 37:22 |
| R. Zannini | | 37:49 |
| J. Parker | 2nd 60+ | 38:11 |
| L. Behan | 2nd 40+ | 38:20 |
| D. Keefe | 3rd 50+ | |

New Members:

They Just Keep Coming!

New Members coordinator Bob Randall reports the following people have joined the club since the last newsletter:

Mina Adamovage, Dawn Ebbetts, Dave Hampson Sr, and Mike Martone, all of Exeter, Brad Mezquita of Brentwood, Dave Vasta of Haverhill, Janet Boggess of Hooksett NH, Peter DiBiao of Amesbury, and Rob Burnham and Julie Caniffe of Newburyport.

A heartfelt welcome to you all and we hope you can make some

| | | |
|---------------|-------------------|-------|
| | 38:44 | |
| D. Sturtevant | | 40:19 |
| L. Deschenes | | 40:47 |
| M. Shields | | 41:18 |
| J. Parkinson | 3rd 40+ | 41:56 |
| N. Anastasi | 3rd 60+ | 42:02 |
| J. Farren | | 42:54 |
| G. Folsom | | 42:54 |
| D. Winders | | 46:22 |
| M. Farren | | 46:23 |
| B. Aucoin | 1st Walker | 48:07 |

1997 WCRC Board of Directors

| | |
|--|----------|
| President: Ted Jones | 465-2228 |
| Vice President: Gary Passler | 388-4322 |
| Treasurer: Sue Passler | 388 4322 |
| Secretary: Paula Holm | 462-4685 |
| Coordinators: | |
| Team: Mike McCormick | 462-0117 |
| Race: Bob Manning | 462-1073 |
| New Members: Bob Randall | 346-9240 |
| Youth: John Wile | 465-7662 |
| Publicity: Don Hennigar | 463-2876 |
| Entertainment: Vicki Miller (603) | 868-7203 |
| Special Events: Ken Mackie | 521-6918 |

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 Farrens, Ted Jones, Hugh McCabe, Allie McGuinness, Tom Miller, Sue Passler, Bob Randall, Gary Rohr, Don Staruk

Visit the WCRC Website, maintained by Tom Miller, at:

<http://xenia.unh.edu/wcrc/>
(New feature coming soon: photo gallery)

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

SUMMER TRACK WORKOUTS Tuesdays. 5:30, Newburyport Track, Low St.

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) Unlisted races are the Salisbury Beach race (Aug), Yankee Runner XC (Sept), and the Oct./Nov. races.

SUMMER TRACK SERIES: Wednesdays Beginning July 9, Newburyport Track at Nock Middle School, Youth events free, \$1 per event for adults. (John Wile, 465-7662) Volunteers needed

SALISBURY BEACH RUN & PICNIC: July 12, Beach at Salisbury/Seabrook line.

Road Trips?

Are you bored with the usual circuit of 5K, 5 mile and 10K races? Enjoy road trips? Aspire to be a "running animal?" Would you like to take "time out" and do something different? How about a competition in which non-elites can excel? If you answered yes to any of these questions, read on. But beware, you could get hooked into something painful.

Every 3 years, Peter Wallan of the Hockomock Swamp Rat running magazine organizes it's own series of 20 races, beginning July and ending the following June. There is a point system based on not only placement but on course difficulty, weather, consistency, and even bonus points for dying on the course. Prizes include the very attainable yet prestigious "Rat" butt patches.

The races start July 20 with the Lowell East End Club 5M, and include many of the toughies like Derry 16, Nute Ridge, Boylston, Bristol NH 26.2, Temple Mtn, Cape Ann, Marshfield & Bridge of Flowers, among others.

The catch? You must be a HSR subscriber. (It's an entertaining & informative mag.) That costs \$9 for a year. If interested, send to :

Peter Wallan/HSR
44 Highland St.
Sharon, MA 02057

note: not an ad. no fee paid, just good fun.

Meet 8:30 AM to run, Family Beach party, Volleyball, etc. (Ken Mackie)

YANKEE HOMECOMING BREWFEST! August 1, Newburyport Waterfront, Tickets \$15, Details later. (Ken Mackie)

RELAY FOR LIFE, Aug. 16-17, Portsmouth High School, 3:00 PM Friday until 3:00 PM Sat, 24 Hour relay, runners do 1 hour shifts. Cancer Fund Raiser, Pledge sheets available, (Jim & John Archacki, 462-8201)

More Races:

4:00 PM, Salisbury Square, Reg. at Memorial School, **Teams Pre Only FRED BROWN RELAY (LAKE WINNIPESAUKEE) Sept. 20, 8:00 AM,** Starts & Finishes at Funspot, Weirs Beach, NH. See Article herein.
WEST NEWBURY APPLE HARVEST 5M, Oct. 5, 1 Mile kids & 2M walk, (508) 363-2195, LJR@RSCOMM.com
BOBBY BELL 5M, Oct. 12, Lasting Room, Haverhill, (508) 373-3408, (Davey LaBrode) No Women's Division
BRUCE ELLIS 5K Nov. 8, Exeter Healthcare (At Exeter Hospital) 11:00 AM, Kevin O'Leary (603) 778-9114

Running & Racing Schedule

WINNIKENNI PARK FUN RUNS, 5 1/2 miles, every Tuesday at the park, Haverhill, 5:30 PM, 5:10 warmup. Just Show Up

GREAT LEGS (WOMEN'S) 5K, July 11, 7:00 PM Lowell, MA, (Tetrad Series Race) (508) 692-7866

JASON HUSSEY 5K, Greenland, NH, Central School, July 19, 6:00 PM, (603-431-0056) (GP)

TONY SAPIENZA 5 MILE, July 18, 6:45 PM, Haverhill High Sch. , (Kids 2K) (508) 372-9522

STRATHAM FAIR 5.7 Mile, July 26, Stratham, NH, 9:30 AM, Stratham Hill Park, Gary Rohr, (603) 772-5183

YANKEE HOMECOMING 10 MILE & 3 Mile, July 29, Newburyport High School, 6:40 & 6:30 PM, 465-0977 (Yankee Runner) (GP)

HAMPTON FALLS 5 MILE, August 2, 8:30 AM, Lincoln Akerman School, Kids Runs Also, (1 mile 8:00 AM ages 7-12) (2 mile 8:30 AM ages 13-19) Lisa Chace (603) 778-3031

7th HIGH STREET MILE, August 3, Atkinson Common, Newburyport, Separate masters, women, open races (WCRC RACE NEED WORKERS) Ted Jones (508) 465-2228

HEATWAVE 5K, August 6, Lawrence, (Tetrad Series Race)

MERRIMAC OLD HOME DAYS 2 MILER, August 9, 5:15 PM, Church St., Bob Randall, 346-9240, 1/2 Mile Fun Run for ages 1-8 at 5:00 PM.

SAUNDERS 10K, August 21, Rye Harbor, NH, no race day entry, Teams to be formed, contact Mike M . before you enter, (GP)

EXETER KIWANIS 10K & 5K, August 23, Downtown Exeter, 9:30 and 9:00 AM NOTE NEW FORMAT AND TIME! Fun Run age 1-12, at 8:00 AM, (603) 772-9030

AROUND CAPE ANN 25K, Sept. 1, 9:00 AM, O'Maley School, Gloucester, (508) 283-0470, Teams formed race day. (GP)

20th ATKINSON, NH, 5K, Thurs, Sept 4, 6:00 PM, Pope Field, Sandy Cannon (603) 362-8329

18th OLDE SALISBURY DAYS POLICE CHASE 4 Mile, Sept. 6

WCRC Members in Recent Races

| | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| <p style="text-align: center;">Kittery Outlets 5K (5/18)</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>M. Grigware</td><td>17:09</td></tr> <tr><td>M. Tilbury</td><td>17:39</td></tr> <tr><td>Colin Ingram</td><td>18:15 1st 19-</td></tr> <tr><td>J. Croteau</td><td>18:29 1st 50+</td></tr> <tr><td>S. Landreth</td><td>18:58 2nd Fem</td></tr> <tr><td>L. Noyes</td><td>19:27</td></tr> <tr><td>L. Gaudreau</td><td>19:46</td></tr> <tr><td>M. Landreth</td><td>20:36 2nd 19-</td></tr> <tr><td>B. Aucoin</td><td>21:39</td></tr> <tr><td>D. Sturtevant</td><td>24:23</td></tr> <tr><td>J. Shuchman</td><td>25:48</td></tr> </table> <p><i>Note: Lots of raffles here. 333 Ran</i></p> | M. Grigware | 17:09 | M. Tilbury | 17:39 | Colin Ingram | 18:15 1st 19- | J. Croteau | 18:29 1st 50+ | S. Landreth | 18:58 2nd Fem | L. Noyes | 19:27 | L. Gaudreau | 19:46 | M. Landreth | 20:36 2nd 19- | B. Aucoin | 21:39 | D. Sturtevant | 24:23 | J. Shuchman | 25:48 | <p style="text-align: center;">Kennebunk 5M (5/25)</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>M. Grigware</td><td>27:15 3rd</td></tr> <tr><td>K. Houle</td><td>28:16 1st 50+</td></tr> <tr><td>T. Miller</td><td>29:17 2nd 40+</td></tr> <tr><td>J. Croteau</td><td>29:57 2nd 50+</td></tr> <tr><td>T. Morrisse</td><td>30:38 2nd Fem</td></tr> <tr><td>S. Landreth</td><td>30:40 3rd Fem</td></tr> <tr><td>L. Gaudreau</td><td>32:22</td></tr> <tr><td>B. Randall</td><td>33:32 1st 60+</td></tr> <tr><td>V. Miller</td><td>33:37 3rd 40+</td></tr> <tr><td>M. Landreth</td><td>35:09 1st 19-</td></tr> <tr><td>J. Parkinson</td><td>36:09</td></tr> <tr><td>J. Parker</td><td>37:53 3rd 60+</td></tr> </table> | M. Grigware | 27:15 3rd | K. Houle | 28:16 1st 50+ | T. Miller | 29:17 2nd 40+ | J. Croteau | 29:57 2nd 50+ | T. Morrisse | 30:38 2nd Fem | S. Landreth | 30:40 3rd Fem | L. Gaudreau | 32:22 | B. Randall | 33:32 1st 60+ | V. Miller | 33:37 3rd 40+ | M. Landreth | 35:09 1st 19- | J. Parkinson | 36:09 | J. Parker | 37:53 3rd 60+ | <p style="text-align: center;">Market Square 10K (Grand Prix Race 6/14)</p> <p><i>Note: Those with no age division in parentheses represented another team in the race and will not score in the series.</i></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Bob Winn (O)</td><td>31:01 WINNER</td></tr> <tr><td>David Hampson (O)</td><td>34:29 2nd 0-19</td></tr> <tr><td>Mike Grigware (O)</td><td>34:54</td></tr> <tr><td>Ken Houle</td><td>35:14 1st 50-59</td></tr> <tr><td>Marty Peters (O)</td><td>36:40</td></tr> <tr><td>Matt Tilbury</td><td>37:05</td></tr> <tr><td>Don Dwight (O)</td><td>37:53</td></tr> <tr><td>Bill Arcieri (O)</td><td>38:17</td></tr> <tr><td>Teri Morrisse (FO)</td><td>38:37 3rd 30-39</td></tr> <tr><td>Bruce Lander (O)</td><td>38:47</td></tr> <tr><td>Tom Miller (M)</td><td>38:51</td></tr> <tr><td>Liz Arcieri (FO)</td><td>38:55</td></tr> <tr><td>Stu Olsen (O)</td><td>39:37</td></tr> <tr><td>Ken Mackie (M)</td><td>40:09</td></tr> <tr><td>Kevin O'Leary (O)</td><td>40:22</td></tr> <tr><td>Pete DiBiaso (O)</td><td>40:28</td></tr> <tr><td>Laurie Gaudreau (FO)</td><td>40:53 2nd 20-29</td></tr> <tr><td>Robert Najjar (M)</td><td>41:42</td></tr> <tr><td>Cathy Remington (FO)</td><td>42:25</td></tr> <tr><td>John Haberle (M)</td><td>42:49</td></tr> <tr><td>Doug Eastman (M)</td><td>42:52</td></tr> <tr><td>Don Cloutier (M)</td><td>44:45</td></tr> <tr><td>Brad Stevens (O)</td><td>44:54</td></tr> <tr><td>Gary Rohr (M)</td><td>45:20</td></tr> <tr><td>Janet Parkinson (FM)</td><td>46:08 3rd 40-49</td></tr> <tr><td>Mike Martone (O)</td><td>46:33</td></tr> <tr><td>John Parker (S)</td><td>47:48 1st 60-69</td></tr> <tr><td>Rich Collins (M)</td><td>48:07</td></tr> <tr><td>Ginny Steckowych (FO)</td><td>48:57</td></tr> <tr><td>Dan Sturtevant (M)</td><td>52:30</td></tr> <tr><td>Sally Strazdins (FS)</td><td>53:27 1st 60-69</td></tr> <tr><td>Sue Riley (FM)</td><td>57:45</td></tr> </table> <p><i>1242 finishers. Nice racing weather.</i></p> | Bob Winn (O) | 31:01 WINNER | David Hampson (O) | 34:29 2nd 0-19 | Mike Grigware (O) | 34:54 | Ken Houle | 35:14 1st 50-59 | Marty Peters (O) | 36:40 | Matt Tilbury | 37:05 | Don Dwight (O) | 37:53 | Bill Arcieri (O) | 38:17 | Teri Morrisse (FO) | 38:37 3rd 30-39 | Bruce Lander (O) | 38:47 | Tom Miller (M) | 38:51 | Liz Arcieri (FO) | 38:55 | Stu Olsen (O) | 39:37 | Ken Mackie (M) | 40:09 | Kevin O'Leary (O) | 40:22 | Pete DiBiaso (O) | 40:28 | Laurie Gaudreau (FO) | 40:53 2nd 20-29 | Robert Najjar (M) | 41:42 | Cathy Remington (FO) | 42:25 | John Haberle (M) | 42:49 | Doug Eastman (M) | 42:52 | Don Cloutier (M) | 44:45 | Brad Stevens (O) | 44:54 | Gary Rohr (M) | 45:20 | Janet Parkinson (FM) | 46:08 3rd 40-49 | Mike Martone (O) | 46:33 | John Parker (S) | 47:48 1st 60-69 | Rich Collins (M) | 48:07 | Ginny Steckowych (FO) | 48:57 | Dan Sturtevant (M) | 52:30 | Sally Strazdins (FS) | 53:27 1st 60-69 | Sue Riley (FM) | 57:45 |
| M. Grigware | 17:09 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M. Tilbury | 17:39 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Colin Ingram | 18:15 1st 19- | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J. Croteau | 18:29 1st 50+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S. Landreth | 18:58 2nd Fem | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| L. Noyes | 19:27 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| L. Gaudreau | 19:46 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M. Landreth | 20:36 2nd 19- | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| B. Aucoin | 21:39 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| D. Sturtevant | 24:23 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J. Shuchman | 25:48 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M. Grigware | 27:15 3rd | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| K. Houle | 28:16 1st 50+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T. Miller | 29:17 2nd 40+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J. Croteau | 29:57 2nd 50+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T. Morrisse | 30:38 2nd Fem | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S. Landreth | 30:40 3rd Fem | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| L. Gaudreau | 32:22 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| B. Randall | 33:32 1st 60+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| V. Miller | 33:37 3rd 40+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M. Landreth | 35:09 1st 19- | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J. Parkinson | 36:09 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J. Parker | 37:53 3rd 60+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bob Winn (O) | 31:01 WINNER | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| David Hampson (O) | 34:29 2nd 0-19 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mike Grigware (O) | 34:54 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ken Houle | 35:14 1st 50-59 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Marty Peters (O) | 36:40 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Matt Tilbury | 37:05 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Don Dwight (O) | 37:53 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bill Arcieri (O) | 38:17 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Teri Morrisse (FO) | 38:37 3rd 30-39 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Bruce Lander (O) | 38:47 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Tom Miller (M) | 38:51 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Liz Arcieri (FO) | 38:55 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Stu Olsen (O) | 39:37 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ken Mackie (M) | 40:09 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Kevin O'Leary (O) | 40:22 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Pete DiBiaso (O) | 40:28 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Laurie Gaudreau (FO) | 40:53 2nd 20-29 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Robert Najjar (M) | 41:42 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Cathy Remington (FO) | 42:25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| John Haberle (M) | 42:49 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Doug Eastman (M) | 42:52 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Don Cloutier (M) | 44:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Brad Stevens (O) | 44:54 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Gary Rohr (M) | 45:20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Janet Parkinson (FM) | 46:08 3rd 40-49 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Mike Martone (O) | 46:33 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| John Parker (S) | 47:48 1st 60-69 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Rich Collins (M) | 48:07 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ginny Steckowych (FO) | 48:57 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Dan Sturtevant (M) | 52:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sally Strazdins (FS) | 53:27 1st 60-69 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Sue Riley (FM) | 57:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p style="text-align: center;">Covered Bridges 13.1M (Vt)</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>D. Hampson Jr</td><td>77:38 1st 19-</td></tr> <tr><td>T. Miller</td><td>80:55</td></tr> <tr><td>D. LaBrode</td><td>87:15</td></tr> <tr><td>K. O'Leary</td><td>88:18</td></tr> <tr><td>V. Miller</td><td>90:27 2nd 40+</td></tr> <tr><td>K. Bradshaw-Long</td><td>91:52</td></tr> <tr><td>N. Levesque</td><td>95:11</td></tr> <tr><td>B. Randall</td><td>95:20</td></tr> <tr><td>D. Eastman</td><td>95:42</td></tr> <tr><td>P. Houck</td><td>117:18</td></tr> </table> <p><i>Notes: PRs here by the Millers(again) , Long, and O'Leary, who broke 90 for the first time. 1652 Ran. Young Dave Hampson is an up-& comer. He'll represent the WCRC at Mt. W. Results in this issue</i></p> | D. Hampson Jr | 77:38 1st 19- | T. Miller | 80:55 | D. LaBrode | 87:15 | K. O'Leary | 88:18 | V. Miller | 90:27 2nd 40+ | K. Bradshaw-Long | 91:52 | N. Levesque | 95:11 | B. Randall | 95:20 | D. Eastman | 95:42 | P. Houck | 117:18 | <p style="text-align: center;">Run For the Animals 5K</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>J. Morisseau</td><td>17:24 1st 40+</td></tr> <tr><td>S. Landreth</td><td>18:14 2nd Fem</td></tr> <tr><td>D. Hampson Sr.</td><td>18:32 2nd 40+</td></tr> <tr><td>E. Hampson</td><td>19:13* 1st 19-</td></tr> <tr><td>M. Landreth</td><td>19:50* 2nd 19-</td></tr> <tr><td>J. Haberle</td><td>20:00</td></tr> <tr><td>R. Houghton</td><td>20:11 2nd 50+</td></tr> <tr><td>G. Dirago</td><td>21:17 1st 60+</td></tr> <tr><td>J. Parkinson</td><td>21:32 3rd 40+</td></tr> <tr><td>J. Cocozella</td><td>22:17</td></tr> <tr><td>G. Steckowych</td><td>22:57</td></tr> <tr><td>S. Riley</td><td>23:47</td></tr> <tr><td>B. Wyman</td><td>26:11</td></tr> <tr><td>J. Lamphere</td><td>32:45</td></tr> </table> <p><i>Note: Emily Hampson & Molly Landreth both achieved 'age group standard times' in this race. Not sure how these are figured but they are VERY tough to get. Who says there are no good young runners around ? Also, Ron "fudgepacker" Houghton celebrated old age with his first age-group prize, in his home town of Stratham, NH.</i></p> | J. Morisseau | 17:24 1st 40+ | S. Landreth | 18:14 2nd Fem | D. Hampson Sr. | 18:32 2nd 40+ | E. Hampson | 19:13* 1st 19- | M. Landreth | 19:50* 2nd 19- | J. Haberle | 20:00 | R. Houghton | 20:11 2nd 50+ | G. Dirago | 21:17 1st 60+ | J. Parkinson | 21:32 3rd 40+ | J. Cocozella | 22:17 | G. Steckowych | 22:57 | S. Riley | 23:47 | B. Wyman | 26:11 | J. Lamphere | 32:45 | <p style="text-align: center;">Plaistow Old Home 5K (6/28)</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>M. St Germain</td><td>15:39 1st Place</td></tr> <tr><td>T. Roldan</td><td>16:44 4th</td></tr> <tr><td>J. Morisseau</td><td>16:53 6th, 2nd 40+</td></tr> <tr><td>L. Clarke</td><td>17:45 9th goodjob</td></tr> <tr><td>R. Huntington</td><td>17:56 3rd 40+</td></tr> <tr><td>S. Cannon</td><td>18:49 2nd Fem.</td></tr> <tr><td>R. Randall</td><td>19:58 1st 60+</td></tr> <tr><td>J. Lynch</td><td>21:10 2nd 60+</td></tr> <tr><td>D. McGuigan</td><td>21:21</td></tr> <tr><td>J. Pekalsky</td><td>21:44 5th Fem</td></tr> <tr><td>P. Huntington</td><td>22:50 2nd Fem 40+</td></tr> <tr><td>V. Bush</td><td>24:05 3rd Fem 40+</td></tr> <tr><td>N. Anastasi</td><td>25:10 3rd 60+</td></tr> </table> | M. St Germain | 15:39 1st Place | T. Roldan | 16:44 4th | J. Morisseau | 16:53 6th, 2nd 40+ | L. Clarke | 17:45 9th goodjob | R. Huntington | 17:56 3rd 40+ | S. Cannon | 18:49 2nd Fem. | R. Randall | 19:58 1st 60+ | J. Lynch | 21:10 2nd 60+ | D. McGuigan | 21:21 | J. Pekalsky | 21:44 5th Fem | P. Huntington | 22:50 2nd Fem 40+ | V. Bush | 24:05 3rd Fem 40+ | N. Anastasi | 25:10 3rd 60+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| D. Hampson Jr | 77:38 1st 19- | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T. Miller | 80:55 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| D. LaBrode | 87:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| K. O'Leary | 88:18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| V. Miller | 90:27 2nd 40+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| K. Bradshaw-Long | 91:52 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| N. Levesque | 95:11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| B. Randall | 95:20 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| D. Eastman | 95:42 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| P. Houck | 117:18 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J. Morisseau | 17:24 1st 40+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S. Landreth | 18:14 2nd Fem | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| D. Hampson Sr. | 18:32 2nd 40+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E. Hampson | 19:13* 1st 19- | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M. Landreth | 19:50* 2nd 19- | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J. Haberle | 20:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R. Houghton | 20:11 2nd 50+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| G. Dirago | 21:17 1st 60+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J. Parkinson | 21:32 3rd 40+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J. Cocozella | 22:17 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| G. Steckowych | 22:57 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S. Riley | 23:47 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| B. Wyman | 26:11 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J. Lamphere | 32:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M. St Germain | 15:39 1st Place | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T. Roldan | 16:44 4th | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J. Morisseau | 16:53 6th, 2nd 40+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| L. Clarke | 17:45 9th goodjob | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R. Huntington | 17:56 3rd 40+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| S. Cannon | 18:49 2nd Fem. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| R. Randall | 19:58 1st 60+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J. Lynch | 21:10 2nd 60+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| D. McGuigan | 21:21 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J. Pekalsky | 21:44 5th Fem | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| P. Huntington | 22:50 2nd Fem 40+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| V. Bush | 24:05 3rd Fem 40+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| N. Anastasi | 25:10 3rd 60+ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <p style="text-align: center;">USATF/NE Mountain Series</p> <p style="text-align: center;">Mt. Kearsage 8.5M (5/10)</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>M. Peters</td><td>64:57</td></tr> <tr><td>D. Kelly</td><td>68:04</td></tr> <tr><td>E. Liebfried</td><td>70:32</td></tr> <tr><td>B. Mezquita</td><td>77:00</td></tr> <tr><td>J. Parker</td><td>2nd 50+ 85:04</td></tr> <tr><td>L. Fisher</td><td>87:32</td></tr> </table> <p style="text-align: center;">Wachusett Mtn 4.3M (5/24)</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>E. Liebfried</td><td>32:42</td></tr> </table> <p style="text-align: center;">Temple Mtn 10M (6/1)</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>Ed GoatBoy Liebfried</td><td>1:20:25</td></tr> <tr><td>Ted Jones</td><td>1:25:15</td></tr> <tr><td>Neil Greenslime Gleason</td><td>1:33:41</td></tr> </table> <p><i>(E. Liebfried 4th master in series)</i></p> <p><i>Ed. Note: I very much enjoyed this series and hope more WCRC members take part in the future. 3 well organized races, AND I won free entry to Mt. Washington 1998 in the series raffle. As for how it works for training for Mt.W? I'll find out shortly.</i></p> | M. Peters | 64:57 | D. Kelly | 68:04 | E. Liebfried | 70:32 | B. Mezquita | 77:00 | J. Parker | 2nd 50+ 85:04 | L. Fisher | 87:32 | E. Liebfried | 32:42 | Ed GoatBoy Liebfried | 1:20:25 | Ted Jones | 1:25:15 | Neil Greenslime Gleason | 1:33:41 | <p style="text-align: center;">Hyannis Sprint Triathlon</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>T. Jones</td><td>1:08:05</td><td>180/402 men</td></tr> <tr><td colspan="3" style="text-align: center;">200th swim, above midpack!</td></tr> <tr><td>P. Moyer</td><td>1:09:44</td><td>8/37 age gr.</td></tr> <tr><td>A. McGuinness</td><td>1:10:18</td><td>1/4 age gr.</td></tr> </table> <p>Solid showing for a trio of hoofers. The McJones family rivalry continues with Ted in front after the swim. Will Ron H. take this sport up next? With fat tires? Stay tuned.....</p> | T. Jones | 1:08:05 | 180/402 men | 200th swim, above midpack! | | | P. Moyer | 1:09:44 | 8/37 age gr. | A. McGuinness | 1:10:18 | 1/4 age gr. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| M. Peters | 64:57 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| D. Kelly | 68:04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E. Liebfried | 70:32 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| B. Mezquita | 77:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| J. Parker | 2nd 50+ 85:04 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| L. Fisher | 87:32 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| E. Liebfried | 32:42 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ed GoatBoy Liebfried | 1:20:25 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Ted Jones | 1:25:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Neil Greenslime Gleason | 1:33:41 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| T. Jones | 1:08:05 | 180/402 men | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 200th swim, above midpack! | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| P. Moyer | 1:09:44 | 8/37 age gr. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| A. McGuinness | 1:10:18 | 1/4 age gr. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Who Is That Guy???

By "Huge" McCabe

For the first 5 miles or so of the recent Club biathlon, Wheel-Suck Bob Randall closely followed his much larger opponent, Huge McCabe, who finally thought at mile six that he was putting the old boy away.

Opening up a small lead, and breathing a bit easier, Huge glanced in his mirror only to see a rider in the distance. Who is That Guy? - thought Huge, remembering the pursued Butch Cassidy and the Sundance Kid in flight in Bolivia- ("Who are Those guys?")

Huge pushed a bit harder- to no avail, the result was as disastrous as that infamous final shoot-out in the movie. Huge was dead meat as the sexagenarian blasted by at mile 9 and into the transition area.

Still hopeful, the wily Randall's younger opponent thought that he could still beat the senile senior citizen, who exited the transition area still helmeted. "I've got him now" thought Huge, who was just beginning his strong event- "Randall will never remember the way judging by that comical transition."

A few minutes later as Huge tripped and fell on Rabbit Road, he surmised that Randall is smarter than he looks, and wished that he, too, had kept the lid on.

Mumbling something about quitting these stupid activities and playing a man's sport, horseshoes, Huge stumbled across the finish -dead last.

Adding insult to injury during the post race interview, the Animal (Wheel-Suck) announced that he had run 9+ miles prior to the event.

Bob—Nice Race, (You —hole)

And Speaking of the Club Biathlon...

Here are the results:

| Name | Bike | Run | Total |
|--------------------------|-------|-------|-------|
| Gary Still Champ Passler | 27:00 | 21:41 | 48:41 |
| Peter TheNewGuy DiBiasco | 28:29 | 23:12 | 51:41 |
| Ted BiGuy Jones | 31:38 | 24:31 | 56:09 |
| Inspector Eastman | 32:45 | 24:04 | 56:49 |
| Lowrider Mackie | 34:59 | 22:03 | 57:02 |
| Fattires Houghton | 33:17 | 24:40 | 57:57 |
| Sporty McGuinness | 33:05 | 25:43 | 58:48 |
| Wheelsuck Randall | 32:03 | 28:34 | 60:37 |
| Huge McCabe | 32:42 | 32:27 | 65:09 |

Note: Passler directed the race, set up the course, and had his family timing & scoring, so the event may have been rigged.....

HillKill

Notes From the Notch

Upon noting the winning time in his (new) age-group, **Bobby Randall** commented, deadly serious, "I could have won! If I had finished! "WE understand, Bobby....

Club treasure (or is that treasurer?) **Sue Passler** gets the Phallic Phixation

award for being the only one to notice that the post race "naughty" pasta, which was coveted at December's Yankee Swap. I guess being observant IS a key quality for she who handles the pursestrings.

Delerium Award to **Wrongway McCabe**, for attempted detour at Summit.

RoadKill

First Things First! **Gary Alexander** is on the mend after major surgery. **ALL** seems fine. Gary worked all this around his schedule somehow, completing his annual 50 Mile ultra shortly before his hospital stint. He's back the roads & trails already!. Welcome Back, Gary!

Congratulations to **Gary Passler**, who competed an an Ironman qualifying half-iron triathlon down in Panama City, Fla. in May. Gary narrowly missed the coveted Iron slot, but was totally pleased with his race, which he completed in 4:26:22, good for 4th place master.

Just when you think you can beat him....Based on Age-Graded tables, **Bob Randall's** 1:35 half-marathon converts to a 1:16:37 for a 30 year old. So only **Dr. Miller** really beat him at Covered Bridges, with a converted 1:13:21. Maybe some of this type competition might go over well within the club???

Louise has been in the news lately. Ms. Rossetti was interviewed on national TV by none other than Peter Jennings (no relation to Lynn), and that was followed by a piece in "Runner's World" (July) Thanks Louise, for mentioning the WCRC in *RW*.

Dennis Krause recently won the over-50 category at the Manchester (NH) End to End 5K in 18:28. Didn't know we were watching, did you D.K.?

Jim Chute ran 7th at the prestigious Riverside 5 miler, in 27:08. (Another internet tidbit)

Three Members completed the Vermont City Marathon. **Leslie Behan**, just off Fred's in April, ran a solid 3:53 in warm conditions and was pleased despite a slower time than at Fred's. **Chris Haven** also "broke 4" with 3:58. And oh, yes **Dan Verrington**, scorched to a 2:27. Dan's still one of those Polar Cola Elites, but he'll be back.

Why is it those of us who are *always* in a fog didn't do better on the "hill" ???

From a recent phone conversation:
Caller: "**Bob**, I don't think the new singlet will fit. I laid it on the old one and it was smaller."

Bob: 'Did you try it on, **Bruce**?'

Caller: "No"

Murray Wins Roses Whirlaway, Circle Teams On

Outkicking the strongest (and deepest) field to date, Whirlaway Racing Team's Maggi Murray brought home the bouquet from this year's Run For The Roses.

Murray's 16:55 clocking for the 5K narrowly outdistanced former champion Lisa Senatore (17:03) and Christine Reaser (17:06), the star of the Run 2 Win ladies of Portland, Maine.

A total of twelve women ran times under 18 minutes, and a whopping 22 broke 20. Susannah Landreth was top Circle finisher with a PR 18:02. A total of 410 women finished the Run, a new record.

Murray led Whirlaway to the team championship, with 4th place Gina Rocha (17:43) and Brenda Clarke-Warne (18:31) also scoring. The Circle women won out in a close battle for second with Run2Win and Greater Lowell. Landreth, Liz Arcieri (18:26) and new member Andrea MacPherson (18:55) were the scorers.

The master's race was a thriller with GLRR runner Sue Maslowski (19:26) winning over Carol Hogan of Run2Win by a scant second. Our own Paula Holm was a close third in 19:38. Holm was helped by Vicki Miller, who ran a PR 20:24 on just 3 days rest from a PR half marathon effort, and triathlon-trained Allie McGuinness (20:31) in squeaking out the master's team victory by just 3 seconds.

Top senior was Wendy Burbank (21:41) while Circle runner Sally Strazdins was the best over-60 with 24:38. Top junior runner was Melanie Austin (20:57).

Allie & Caitlin McGuinness won the mother /-daughter prize in a record (combined) 44:28, and Maureen Forsyth and Teresa Kirby were the fastest sisters in 44:27.

Sue Galvin did a terrific job as race director despite numerous other commitments, and Bob Manning provided timing & scoring in his usual businesslike manor.

Many thanks to all the volunteers, as well as to those who raised money for the battered women's shelters, and of course to the runners who made this year's race the best yet.

Run For the Roses 5K Club Results

| | | |
|-------------------|------------------|-------|
| S. Landreth (7th) | 1st 25-29 | 18:02 |
| L. Arcieri (9th) | | 18:26 |
| A. MacPherson | 2nd 25-29 | 18:55 |
| S. Cannon | | 19:20 |
| P. Holm | 2nd 40-44 | 19:38 |
| V. Miller | | 20:24 |
| K. Bradbury | | 20:30 |
| A. McGuinness | 2nd 45-49 | 20:31 |
| J. Parkinson | | 21:55 |
| D. Farmer | | 22:22 |
| G. Steckowych | | 22:52 |
| L. Peters | | 23:11 |
| L. Behan | | 23:23 |
| C. McGuinness | 2nd 11-14 | 23:57 |
| S. Strazdins | 1st 60-64 | 24:38 |
| C. English | | 24:40 |
| P. Houck | | 25:07 |
| B. Levesque | | 25:17 |
| J. Hennigar | | 26:28 |
| J. Lamphere | | 32:32 |
| M. McCormick | | 33:24 |
| S. McCormick | | 33:26 |
| 410 Finished | | |



*Men At Work
Bob Manning & Crew doing what they do
best??? at the "Roses"*



*Don & Gary at 22 miles in the Bay Circuit
50 miler. Gary was 2nd, Don 3rd
in their ultra debuts*

Relay For Life August 15th

The "Relay For Life" will be held Aug. 15-16 at the Portsmouth, NH High School track. The relay runs from 3 PM Friday to 3 PM Saturday. There is a candle lighting ceremony where runners can honor a cancer victim.

Jim & John Archacki will organize the WCRC team. (508)- 462 8201. They need runners, pledges, and a screen tent for the event. The Club annually runs the most laps of any team but faces a challenge from the Rochester runners this year.

There will be a small fee (\$10) per runner, and runners are encouraged (but NOT required) to collect pledges.

Anyone not running who would like to make a contribution can send a check, made out to the American Cancer Society, to the Archacki's at 10 Fenders Ave, Newburyport, MA, 01950. These contributions will be turned in at the relay in the name of The Winner's Circle Running Club.

Old Friend Al Mazza Checks In:

It seems the WCRC Colors have been flying proudly over Dixie of late, as long-time member Al Mazza is back on the roads after a 4 year absence. Al moved to N.C. from Exeter 3 years ago, and reports having turned 60 recently. (Maybe he'll fly up for Winnepesaukee, Bob)

Al reports from several 5K races in places like Pine Level, N.C. with a best so far of 22:40, with some 2nd place finishes in the 50-59.

Nice hearing from you, Al, and keep up the good work.

By the way, are there any other missing members reading this?? We'd love to hear from you.

This means you, Tim H., Bobby P., John M., Dana W., Ed S., Jill M., Chris G. and Merrimac Twins Scott M. & Pete C.

North Shore 13.1 (6/28)

| | |
|-------------|---------|
| Greg Lowe | 1:34:57 |
| Robt. Najar | 1:38:15 |
| H. Katzan | 1:53:57 |
| J. LaPrel | 1:56:38 |

Great racing weather Clear & Dry



A focused Gary P. chases the leader in the late stages of the 50 miler



Mount Washington Results

Women

| | | |
|------------------|---------|-------|
| V. Miller | 1:37:14 | 22nd |
| K. Bradshaw-Long | 1:41:03 | 31st |
| S. Passler | 1:41:06 | 33rd |
| P. Holm | 1:49:27 | 69th |
| C. Zanni | 1:58:47 | 102nd |
| P. Houck | 2:02:08 | 111th |

181 Female Finishers

Men

| | | |
|---------------|---------|--------------|
| D. Hennigar | 1:17:32 | 29th, 3rd45+ |
| D. Hampson Jr | 1:20:44 | 46th, 2d-19 |
| T. Miller | 1:23:19 | 58th |
| M. Peters | 1:24:43 | 67th |
| D. Dwight | 1:26:22 | 84th |
| M McCormick | 1:26:45 | 88th |
| D. Kelly | 1:27:21 | 97th |
| T. Roldan | 1:27:43 | 101st |
| E. Liebfried | 1:30:11 | 122nd |
| P. DiBiaso | 1:30:24 | 124th |
| T. Cross | 1:31:42 | 145th |
| K. O'Leary | 1:32:00 | 150th |
| E. Tan | 1:32:41 | 156th |
| J. Webber | 1:35:01 | 187th |
| T. Jones | 1:35:44 | 194th |
| N. Levesque | 1:36:14 | 206th |
| W. Steele | 1:36:54 | 215th |
| E. Rowe | 1:39:37 | 250th |
| J. Wile | 1:40:08 | 257th |
| M. Fiene | 1:40:51 | 271st |
| R. Houghton | 1:41:37 | 290th |
| B. Stevens | 1:42:11 | 306th |
| D. Eastman | 1:42:26 | 314th |
| D. Tinker | 1:43:48 | 329th |
| T. Foley | 1:44:01 | 334th |
| J. Leary | 1:47:16 | 377th |
| K. Erdmann | 1:47:37 | 380th |
| J. Parker | 1:54:30 | 497th |
| D. McGuigan | 1:55:52 | 524th |
| R. Tilden | 1:56:15 | 533rd |
| B. Vogel | 1:58:22 | 563rd |
| D. Coons | 1:58:48 | 571st |
| H. McCabe | 2:01:06 | 602nd |

**Don't Forget:
Wear the WCEC "Colors"**

Mountain(Continued from page 1)

Bradshaw-Long, up from 43rd to 31st woman at 1:41:03, and **Mike Fiene**, up 97 places to 271, at 1:40:51, a 2 minute PR.

The water-stop and driving volunteers were in short supply this year due to the number of day-tripping runners, but did their usual great job. The food was great and much appreciated as well. **Mary Randall, Barb Liebfried, Becky & Darren Levesque, Jenna & Gary Passler, The Shark Bros., Merrilee Kelly, Allie McGuinness, Sharon Doherty, Dave Hampson Sr, Ellyn Eastman** all contributed to a great day. The **Aucoins** provided a brand spankin' new tent canopy for the occasion, for which we thank them!

Mountain Teams (Continued from page 1)

1995. The masters were just over 3 minutes out of second, and about 7 out of first.

On the men's side there was plenty of competition within the club. More women are certainly needed. The WCRC has been the premier all-around club in this event, and we also have the most fun, that's a given. All in all it was another great year on the rock pile.

Can you name the "Ladies of the Club?" Scenes are from the "Run For The Roses"

New Member Profile Andrea MacPherson

Andrea sent some introductory background info with her Club App., then before I could print it, introduced herself more properly running sub 19 at the Run For the Roses.

She started with mother/daughter races in Maine in 2nd or 3rd grade, and ran track in high school. She then rowed in college.

Andrea now competes for GE in track, and does triathlons. Two years ago a torn ACL and broken Kneecap set her back a bit, but she was back to a 20 minute 5K last year.

Bob Manning intro'd her to the WCRC and to the BAA qualifying times, and she was improving nicely until, you guessed it, injury struck in the form of a stress fracture. Sounds like a Randall type. eh?

Andrea enjoys all types of cycling, skiing, snowboarding, as well as chocolate.

So Andrea don't let Manning scare you off, there are some great people in this club, so don't be a stranger.

See you soon?

SIGN UP NOW FOR "LAKE W" RELAY!!!
All Abilities Welcome, (Team Captains Needed, Too)

Saturday, September 20th is the date of this year's Lake Winnepesaukee Relay. It's a 64 mile, 8 leg event with distances varying from 4 miles to nearly 12, lots of hills, unpredictable weather, great camaraderie, tough competition, great scenery, the famous "loon" awards, and of course plenty of stories to bring home.

This year the WCRC hopes to field numerous teams in various age categories from open to (hopefully) over-60. There will be men's teams, women's teams, mixed teams, as well as "A" and "B" levels.

Competitively, the Club has enjoyed success in this event, with the female masters (Winner's Circle Old Women) winning big last year.

The Relay will cost \$15 per

"There will be men's teams, women's teams, mixed teams, as well as "A" and "B" levels."

person, payable A.S.A.P. With your money, please let us know if you have any special requests, such as an early A.M. leg, a short distance, etc.

As soon as we have captains lined up, runners will be contacted

to work out team arrangements, carpools, and time schedules.

Below is a form with the info needed to help us set up teams effectively. Or you can respond by phone (603) 772-6130, or E-mail: roadruna@nh.ultranet.com

Name:

Address:

Telephone:

E-mail?:

Age on Sept 20:

Sex (not a yes or no question):

APPROXIMATE 10K time:

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
