

❖ RUNNERS' RAG ❖

Volume 17 Issue 2

OFFICIAL PUBLICATION OF WINNERS CIRCLE RUNNING CLUB

March 1996

EXTRA! EXTRA! MACKIE GRABS THEIF!

by Ed Liebfried

EXTRA! Seabrook, NH 1996

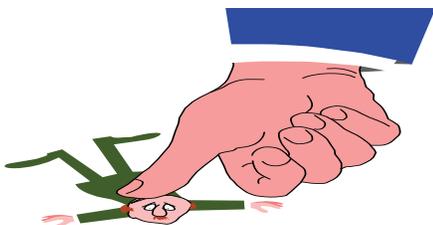
Perhaps jealous from all the press received by Circle Significant Other Sue, Ken "Supermack" Mackie emerged from his phone booth to take the early lead in the WCRC "performance of the year" competition. This one even outdoes recent courtroom heroics and near perfect trivia scores.

It seems a shoplifter tried to escape from the local Wal-mart with 3 Bags of fertilizer and 4 power drills. Or maybe 4 bags and 3 drills. (Whatever) A physically challenged management employee began to give chase thru the parking lot. The alert Mackie sized up the situation and realized this guy would never catch the perpetrator, and immediately started stretching and warming up, like any well trained athlete would. Meanwhile the shopping cart was headed down Rte. 1 like Ted Wendt in the Yankee Homecoming Bed Race. Well maybe not QUITE like Ted, but you get the picture.

"Supermack" then donned his racing flats and cape and gave chase in the name of truth, justice and the American (Wal-mart) way. Siezed by the scruff of the sweatshirt, and gasping for breath, even after abandoning the goods, the burly suspect exclaimed "I give up, don't hurt me" and was soon in custody.

A hearty round of applause for Ken. But next time, let's not forget the Winner's Circle Singlet.

By the way Ken, now's the time to



BOSTON 100TH HERE WE COME!

by Ted Jones

W.C.R.C. Bus to the 100th BAA Marathon

. The composition of the runners riding the bus to the 100th BAA Marathon. The story behind the story.

Who	Where	When	How	Comments/Prediction
Gary Alexander	W.C.R.C. lottery.			Just a warmup for run back to Merrimac
Bill Acieri	Baystate	10/95	3:17	W.C.R.C. lottery
Liz Acieri	Baystate	10/95	3:18	
Diane Antille	Las Vegas	2/95	3:42	Up from down under
Dean Arnold				
Deb Bunting				Running to raise funds for cancer research
Vicki Bush	Maine	9/95	3:47	

"Charlie from New Hampshire"

A Story of a BAA Qualifier

by Ed Liebfried

There are 37,000 stories in "The Naked City" of Hopkinton. This is one of them. "Charlie from New Hampshire," as he was called in the March issue of Runner's World, has one of the most unusual qualifying stories you'll run across.

Circle member Charlie (no, not Chip, that's another guy) Nelson dreamed, like the rest of us, of running the Boston Marathon. He had never come close to the qualifying time, but with the hoopla of the 100th running he decided to dedicate himself to making it in 1996. In Charlie's words: "I have made Boston that passion but realize it is a longshot at best." Charlie felt he needed a combination of a fast course, sacrifices and hard training, good bio-rhythms, favorable weather, a lot of luck, and maybe even "a little DIVINE INTERVENTION." to make the dream come true.

His PR for 26.2 was 3:43, and he needed 3:25.

Charlie set out to make it happen. First the plan. (the easy part) Research told Charlie that St. George, Utah, was the fastest course in America. Hal Higdon said so in Runner's World. A 2500 ft. drop from start to finish has to help, if the quads don't rebel. So Charlie and his friend (WCRC member John Huttunen of Rockport) would go to Utah.

Next came the hard part. You want

sacrifices? Try this on for size: Charlie gave up his 10 year golf membership and hit nary a ball all season. Instead he resolved to train harder than ever before, follow a proper diet, and even do track work. He didn't just resolve, he DID it.

Then came the "Divine Intervention" Charlie had hoped for. The staff of Runner's World would go to Utah and pace runners to their eventual qualifying times. Led by Boston winner Amby Burfoot, pacing groups would be set up for each 5 minute interval. Leading Charlie's group was none other than olympian Don Kardong. The plan was for the groups to stick together, run negative splits, and help each other to a mutual goal.

So how did it go? Charlie did run negative splits. The congested start, much like Baystate, made for a slow first mile, but the pace & group were steady. 23 Runners made Olympic Trials. Charlie ran a PR by over 17 minutes. The BAA had announced a 59 second adjustment for this race to make up for the start. Charlie needed 10 more seconds. (3:26:09) Kardong told his new pal to send his entry in with a letter telling his first mile split, and to mention his name. Charlie got in. (John's 3:22 got him in, too)

Charlie Nelson believes he'll never improve on his new PR. It was, in more ways than one, the race of his life. But I wouldn't bet against his continued improvement.



Senior Writer & Olympic Marathoner, Don Kardong (L), with Charlie after the St. George Marathon

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The Runner's Rag

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The Runner's Rag is the newsletter of the Winner's Circle Running Club, 371 Elm St. (Rt. 110), Salisbury, MA 01952

Please note: Mailed contributions / announcements / etc. for **publication in The Rag** should be sent to: Publisher, Runners Rag, 28 Myrtle Ave., Newburyport, MA 01950
Feel free to use E-Mail.

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NEW YEAR - NEW BOARD

After a night of tight security, fingerprinting, and oath taking, Ted Jones released the results of the balloting.

The results of the Board of Directors election meeting in held in February are listed above.

Congratulations to the winners, (and to those not elected, as well), we thank you in advance for your efforts over the next year.

A thank you is in order also for those outgoing board members for their contribution over the last year.

One change that affects me, (Bruce), is that Ed is now been handed the Editorship of the **RAG**. I will continue to work with Ed as *publisher, etc.*

As always, ideas, insights, thoughts - are welcome.

Peter Cameron	Boston	4/95	3:16	
Carol Carter	Boston	4/95	3:49	
Lisa Chace	Baystate	10/95	3:34	
Jim Cocozella	Houston	1/95	2:54	Stay off the bike
Tom Connelly baby)	Baystate	10/94	3:16	Early Bird (before
Ed Connor	Boston	4/95	3:05	
Jim Dever	Boston	4/95	3:01	
? Duffy	friend of Brian Hamel's	Maine Moose Turds		
Dan Duvall	Vermont	5/95	3:13	Also ran New York
Sandy Duvall	Vermont	5/95	3:30	Also ran New York
Don Dwight	Vermont	5/95	3:03	Another cake walk!
(Boston pg 3)				
(Boston)				
Dave Dyer				
Doug Eastman	W.C.R.C. lottery			He'll get to Boston by nightfall
Sue Efinger	Marine Corps	10/95	3:31	Excellent training
Walt Eull				Paula's friend
Al Felenchak		Lottery		
Mike Fiene	Baystate	10/94	3:06	Low number for Boston
Tim Foley	Boston	4/95	3:11	Healthy as a horse
? Freme	Brian's buddy			Maine Moose Turds
Maureen Gage	Baystate	10/95	3:51	What's a minute!
Janet Gerber	Marine Corps	10/95	3:43	Paula's sister
David Gordon	Houston	1/95	3:20	Coming from Texas
Margie Gordon				
Brian Hamel	Philadelphia	11/95	3:29	Still shoveling out
Valerie Hamilton	New member	W.C.R.C.		Lottery winner
Don Hennigar	Boston	4/95	2:47	Shouldn't get lost
Paula Holm	Marine Corps	10/95	3:20	Wanted one more min.

NOTES - DON'Ts and THEN SOME

contributed by Ed

Wanted: Female Runners (No, not for Dave L's Black Book!)

Study of the benefits of Cross-Training at UNH needs female runners currently running at least 20 miles per week, and do not generally crosstrain. For Information contact: Wendy O'Malley, University of New Hampshire, Exercise Physiology Lab, (603) 862-1854.

Wanted: Hungry Runners

WCRC & Family Saturday Run and Brunch, April 6, 8:30 AM, at the Randall Residence, 9 Middle Rd., Merrimacport, MA. Call Bob or Mary at (508) 346-9240 for directions. All distances from Marathon to Wimp training. Walkers Welcome, and especially food contributions. Come Early, Stay Late

Wanted: Partner for Sightless Runner

Longtime Circle member John Kane writes that he is working with a sight-impaired runner in hopes of competing in the 5K race at Yankee Homecoming. In the process he has met physically fit lady in Newburyport who needs a similar partner in order to run the same 5k. She trains on a stepper primarily and would need a few runs on the track with a partner to prepare. This is a great way to give something back to the sport as well as to a motivated athlete. Contact John Kane Sr. at 18 Lakeridge Dr., Georgetown, MA 01833.

Check the race calendar:

2 Miles for Women, Exeter NH, thru campus & trails at Phillips Exeter Academy, 2:30 PM April 16, Benefits Breast cancer Research, Nancy Otterson, 603-778-4684

RiverWoods Masters Plus 5K Road Race & Fitness Walk, Exeter, NH. 1st annual by 5K and 3mi walk. JUNE 1st, 9 am, RiverWoods at Exeter. Open to those **40 and over**. \$8. pre / \$10 post, \$5 for walk to Noreen Page, 7 Riverwoods Drive, Exeter, NH, 03883, 800-688-9663; or Lisa Chase, 603-778-3031.

Pat Huntington	Baystate	10/95	3:29	
John Huttunen	St.George, UT	10/95	3:22	
Ted Jones	Baystate	10/95	3:23	This is the last one
Leeroy Knapp	Boston	4/95	3:14	One bad wheel
Dennis Krause	Baystate	10/95	3:11	
Wally Kurz	Baystate	10/95	3:20	59 and still running
Ed Liebfried	Baystate	10/95	3:23	Happy to beat Ted
Ken Mackie	Las Vegas	2/95	3:00	Oh, for one minute

Runners' Knees No Worse for Wear

A recent article in Health Magazine stated that in studies conducted at Stanford University and the University of California, runners' knee joints showed no more wear and tear than those of less active people.

So "Jogging will ruin my joints" is no longer an excuse for "lolling on the couch." 55 men & women aged 50-72 took part in the testing, half of whom were regular runners. For nine years x-rays were taken. "It looks like people with normal joints can jog forever," said Nancy Lane, a California Rheumatologist who led the study. She did caution, however, that people with damaged knees were more apt to develop arthritis, and that knee pain should not be ignored by anyone, so ease off the training when that happens. Now if we can just find a study to show that we won't freeze our lungs in cold weather we can shut the rest of our critics up.....



E-Mail City Blues

Will the contributor of this E-Mail message please repeat the mail...

In the process of moving this stuff around I blew it and lost most of the info to the Internet Gods...

No doubt someone who reads this RAG is frothing to partake...

- ...1)Mt Everest Challenge Marathon
- 2)Darjeerling 10k
- 3)Sikkim Half Marathon
- 4)Himalayan 100 Mile Stage Race

If you decide to go to these races, and you book the trip online through the web page, you get a \$100 discount.

The URL is (and I lost it just about here...!!! sorry... bv.

WELCOME!! NEW MEMBERS!

Valerie Hamilton, David Hampson, Jose Harrison, Tim Houten, Robert Parisi, Julie Pekalsky, Cathy Peterson, Martyn Richards, Ann Bartlett (RRCA Rep), Andrew Schachat, Robert Schmitt, Bradley Stevens

Derry 16...No Ordinary Course

by Ed

Cape Ann - Lake W - Boylston - Nute Ridge and now East Derry. Yes, this course is bound to join the other legendary "tough courses" of New England. One downhill mile, then one climb after another until about 14. Some of the climbs are legitimate "walkers". AND the downhills are steep enough to inflict lasting pain!

Fortunately Vicki & I drove the course pre-race and adjusted our goals accordingly, after more that once exclaiming "Oh, God." (! pub.)

By the time the race started most of the field (a reported 196 starters) had been duly warned. Fortunately many were just using the event for Marathon training. I was not, instead deciding to test my fitness with a run for time.

The small (6) Circle contingent (Most were at frigid 5) actually did quite well. **Ms Miller** (What does one call a female "running animal", anyway?) won the master's division with 2:05:52, a 7:52 pace, and bounced back to run a solid 9 miles with "the guys" in Exeter on Tuesday. I

was happy with my 1:54:37 clocking, but not with the residual soreness and the cold I caught afterward. **Ginny Steckowych** cracked the top 10 women with 2:03:24. **Janet Parkinson** ran 2:12:59 and **Vickie Bush** logged a solid training run in 2:22:05. New Members **Ed Conner** (2:02:39) and **Dennis Krause** (first WCRC, 1:52:28 at age 49...Randall Take note) were on hand but we never actually met them, as cold weather kept us all out of uniform.

Overall winner was Byrne Decker of Londonderry, who out dueled Moatacim Hamcha (age 20) by 35 seconds in 1:30:18. This was a great time on this course (5:39 pace). Peg Donovan, a former Mt. Washington recordholder, won the women's side overall in 1:53:41, showing that as a master she can still run the hills.

The food after was great. Soup, pastries, fruit and Vicki's favorite-doughnuts. That's right our 1995 "Runner of the Year" revealed her posttrace recovery secret, munching three of the greaseballs after a soup appetizer. As Manning would

Miscellaneous Thoughts on the Road (Roadkill)

Martial Bliss take 1...

Overheard on a recent training run in the Newburyport area: "Gee, those are nice tyvek jackets; how do you get those?" Reply "Ya gotta run fast, dear."

(Almost? Martial Bliss? Take 2...

"**Honey?** Can I tell them what kind of new car I talked you into getting?"

"Oh, OK..."

"A FOUR DOOR!!"

Guess which member of the club now goes by the name "ACE", and you'll know who forgot to her running bra when going to a winter race, and you'll know who's friend wrapped her up in an ace bandage for support. P.S. The bandage didn't serve its purpose.

Another member of the club recently tried to eliminate a fellow masters runner, by driving away while **Ted Jones** only had one foot in the car. The driver has a new Chevrolet and almost ripped off a door against a parked car.

Frank S. has recently been seen training with the MVS, watch for the black singlet at races this summer.

Try never to end up stranded on a desert island with **Ed Rowe**, especially if he is carrying the water. On a recent 20 mile run, Ed said to Ted, "don't bother to stop at the designated water stop at 15 miles, if you get thirsty you can have some of my water from my back-pack", Ted said, sounds good to me. At about 17 miles Ted said I really need water now, but Ed didn't answer, as he couldn't hear Ted. Ed failed to mention the fact that he may not be around at 17 miles. Thanks Ed.



CLUB NOTES, MARCH MADNESS

by Ted Jones

The major emphasis at the general meeting and the March Board of Directors was focused on the **100th BAA Marathon**.

Mike Fiene downloaded Marathon numbers from the internet and gave everyone a peek at their official number. They go from **Jim Morisseau** at 2493 to **Gary Alexander**, number 36273.

Ed Liebfried will send a special flyer out to all runners who will be taking the bus to Boston, just so they won't be late. *We are in!* Ed was able to get **two buses** into Hopkinton. However, they will only allow the buses in with official runners, sorry no bandits. We have to be in Hopkinton by 8:30. The bus will leave the circle at **6:30**, anticipating mucho traffic. The bus will **not** stop in Haverhill this year. This is the only way to get 94 people into Hopkinton, so either bring a deck of cards or a book, and plenty of toilet paper. (or buy it from Ted, he always has plenty. bv)

The marathon buses will not be able to get near the **Hotel Lenox** on April 15th, so if you want to have a **bag of dry clothes** to change into after run, please make arrangements for a friend to bring your clothes to the hotel, or bring your bag to the **Millers** room at the Hotel Lenox on Saturday, April 13th between 3:00 - 5:00 P.M. Ask for **Tom Miller's** room number at the front desk, and bring your bag up. If you go to the room at any other time there will be no one there, so don't waste your time. This could work out well if you are going into the runner's expo on Saturday.

If you want to run on a **club team** in the Marathon **do not send in the form** the BAA sent you, see your team captain. To be on a WCRC team call the following:

Open men and women.....

Mike McCormick 508 462-0117

Male masters.....

Gary Passler 508 388-4322

Female masters.....

Paula Holm 508 462-4685

Senior Men.....

Bob Randall 508 346-9240

PRE- MARATHON BRUNCH

Bob Randall will be having his annual pre-marathon family brunch on April 6th at 8:30 A.M. Come one come all. Location: 9 Middle Rd., Merrimac. For directions call Bob or Maryann at 508 346-9240. The run is at 8:30, any distance. After the run: pancakes, waffles, eggs, juice, bagels, bacon, ham, beer, and of course, more spaghetti. The Walkers are welcome.

PRE-MARATHON CARBO LOAD PARTY

Carbo loading party at the Masonic Temple in Merrimac at 6:00 P.M. on Sat. April 13th. The building is white, on the right, right before the firehouse on Route 110. This affair will be a spaghetti dinner, salad, bread, etc. Price around \$6.00 per person. The affair will be catered by our own **Mark Behan**. If you want to attend let **Vicki Miller** know by April 6th. Her phone number is (603) 868-7203.

Race Calendar:

BAA Marathon April 15th 12:00 a.m.

Covered Bridges Half Marathon May 5th, 11:00 a.m. Woodstock, VT

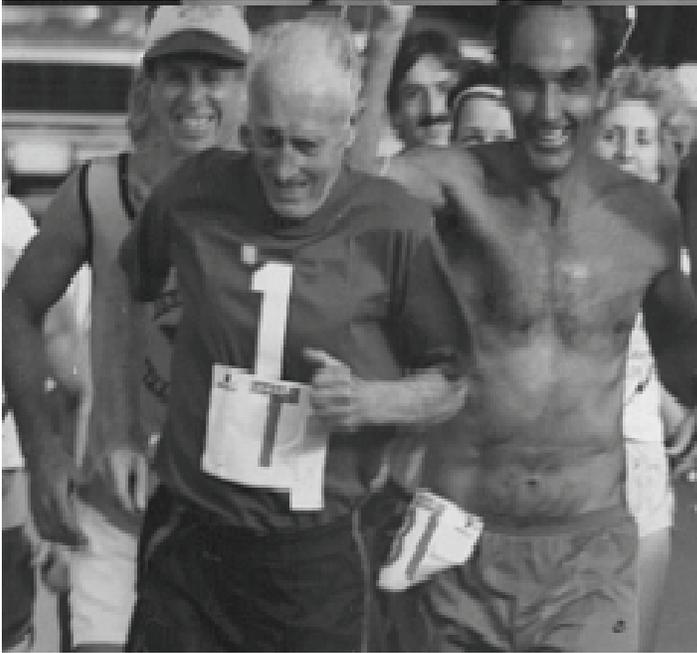
Run for the Roses May 15th 6:30 p.m. 5K WCRC

Race Against Extinction (Plover Race) May 17, 6:15 p.m. 10K Plum IS

Vermont City Marathon and Relay May 26th 8:05 a.m. Burlington, VT

High Street Mile, August 4th, 10:00 a.m. 1 Mile Newburyport, MA

PHOTO CONTEST



WHO IS THIS WITH THE
NUMBER 1?

NAME ALL THE
FACES...

WHAT THE OCCASION
WAS...

WHERE....

RACE.....

PRIZE TO BE
DETERMINED!!!!

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

RUNNERS' RAG

**WINNERS CIRCLE RUNNING CLUB
371 ELM STREET
SALISBURY, MA 01952**

IN THIS ISSUE...

FULL YEAR RACE SCHEDULE
(suitable for framing)

