

# ◆ RUNNERS' RAG ◆

Volume 18 Issue 4

OFFICIAL NEWSLETTER OF THE WINNERS CIRCLE RUNNING CLUB

May 1997

## Some Run Boston...

This was to be the year we all skipped the Boston Marathon. Back in February, nobody seemed interested. Maybe it was the new price. (\$75.00) Maybe it was marathon burnout from the 100th running. Or maybe it was last winter's *horrible* training conditions. For whatever reason, no bus was reserved, no room at the Lenox for post-race reveling, and no traditional Saturday night carbo-load was scheduled.

But Boston is still Boston, the world's premiere road race, right in our neighborhood. Plenty of Circle Runners DID in fact take part, as athletes, as volunteers and as support both social and athletic.

**Mike McCormick** led the WCRC pack in more ways than one, first as the only WCRC director to voice an interest in this year's race, and then as the club's first finisher in a fine 2:53.

Part-time WCRC runner and full time Rochester Runner **Ken Houle** (2:57) and **Bob Parisi** (2:58) joined Mike in the sub-3 club, While **Cindy Army** was top Circle female in 3:29/3:26. (The second time is the "chip" time measured from the start line.)

*(Continued on page 5)*



*The wily veteran, Mike McCormick, (above, with hat frontwards) led the small, but game Circle team with a nice 2:53.....*



*while Ron "the rookie" Houghton (above) gets a little help from a friend during a rough patch. The therapy must have worked: (Below) "All's well that ends well!"*



## While Some Run Fred's Instead

Fred's International Marathon, was born 100 years after "The Boston" as a no-frills alternative to the Patriot's Day classic, and an alternative it was.. A cheap price, (\$20) no prize money, no traffic, no sponsors and no crowds made it as low key an event as you'll find, held on an 8.7 mile loop in "the only town in Massachusetts where nobody lives," the former U.S. Army base now called simply "Devens."

**John Webber** was on a mission here, vowing to "Kamikaze" the marathon with a faster start (1:25 to 13.1) than he'd ever dared before. John was right on schedule, dropping the Rag editor at 8 miles enroute to a 4th place finish in 2:55.

**Leslie Behan** ran negative splits to a BAA qualifying time of 3:48, good for second master. **Matt Tilbury** finished his first marathon in 3:19, good for 13th.

There were 82 marathoners. The 8.7 mile loop was rolling with one tough finishing hill. The weather was perfect for running, with plenty of water available. There was also gatorade at the end of each loop.

The half-marathon was more popular with 226 finishers. This was run along with the marathon, a loop and a half.

**Tom Cross** finished 6th in 1:22, **Eddie Liebfried** 1:26, **John "The**

## Derderian: Giving Back To The Sport

**I**t was a rare occasion, some would say “out of character” for a club like the WCRC. But what better way could there be to combine the social and serious sporting aspects of running than to have a respected guest speaker in an informal setting at our “home” watering hole?

Tom Derderian, author of Boston Marathon, showed himself to be a runner who truly cares about his sport and it’s future, who respects it’s past and it’s present, and who can relate to both the “social” and competitive sides of running. He has tremendous knowledge of running history and provided some fine insights into the state of the sport today.

Derderian’s theme for the evening was “Where have all the good (American) marathoners gone?” Indeed, the number of sub-2:20 men has shriveled to a handful of mostly foreign elites. He limited his discussion to the male athlete, since women’s running is relatively new and never had the same great numbers of fast athletes.

Tom expressed some theories on the subject, yet at the same time seemed to be looking for more opinions, more answers from the WCRC membership. He related that the elite athletes of his day ran faster without prize money incentives than the pro’s of today. They ran, he said, because it was their art, and they wanted to produce the perfect result. And of course the times were different. Today’s youth lack patience, and have many opportunities for

instant gratification. Even the elites can win money without being at the very top. Around the world attitudes differ, and for now, the Kenyans, among others, want that perfection more.

This is of course a mere taste of Derderian’s talk, and from there the subject turned to local athletes and what the WCRC can do to increase youth participation and encourage talented youngsters to pursue the sport seriously. Many ideas passed back and forth, but the main thought which emerged was that we ALL should individually encourage the youngsters as well as doing so as a club.

The event was well attended and enjoyed by all. Too bad more youthful runners couldn’t have attended. Despite meeting upstairs at a Sports Bar, this event was certainly suitable for young runners, and we hope to feature more speakers in the future. If you know a good one, please contact a board member.

Tom Derderian is currently contributing to a fine bimonthly periodical called “Marathon & Beyond,” published by Human Kinetics, which deals with all aspects of marathons and marathon running. I have a copy and it’s excellent, so I’ll include info on how to get it:

Human Kinetics  
P.O. Box 576  
Champaign, IL 61825-5076  
1-800-747-4457  
Website:  
<http://www.humankinetics.com>  
(\$29.95 per year)

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### The Runner’s Rag

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**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, Tom Miller, Paula Holm, Rick Bayko

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

<http://xenia.unh.edu/wcrc/>



### Photos Sought for Web Site

What’s next for the WCRC on the World Wide Web? Of course, the possibilities are endless! So why not a project that includes EVERYONE.

The Runner’s Rag will be working with WebSite publisher Tom Miller to gather photos of Circle runners in action, to be published in full living color in our own internet “Rogue’s Gallery.”

What we need is color photos, up close & personal, of Circle runners in recent events. The more creative the better.

Photos can be sent to the Rag, given to Tom or Eddie, or E-mailed to either of us. Please let us know if you’d like the photo returned.

## Profile: Susannah Landreth

by Paula Holm

**S**usannah Landreth, "the extremely foxy Sue" (see the Hockomock Swamp Rat, April/May 1997), - yes, the male competition was fierce to do this interview, but I prevailed. It was time to generously volunteer to help with the newsletter. Oh all right, maybe I could learn some great training secrets from the WCRC 1996 Most Improved Female Runner and I'd keep just a few for myself. Yes, she did share tips, and yes, I will include them at the end of this column.

Although she uses some tried and true ingredients in her training, I learned that the key to this runner's rapid success is, once again, guts, hard work and determination. Sharing a gene pool with sister Molly (age 14, Nock Middle School cross country and track standout) and brother Travis (age 21, Jr. National World Cross Country Team just for starters) doesn't hurt. Throw some sibling rivalry in and you have a recipe for success!

It was the Pat Poletta 5 miler just under two years ago that got her started. She and Travis decided to rollerblade while Molly ran. She thought if her bother and sister could run, why not give it a try? The next morning, off she went on her own, albeit slowly, and less than a month later, found herself on the

starting line of her first race, the Yankee Homecoming 5K. That was the end of "slowly" for Susannah.

She enjoyed running right from the start but found the discipline required tough to take. In fact, she couldn't understand the wisdom of running through a New England winter so took those months off. She came back with a vengeance and with this past winter of training under her belt, has seen steady improvement. This past month she impressively finished Red's 5 miler in Dover in 30:41 and the WHEB 5k in

Portsmouth in 19:04. She feels her best distance is 5 miles.

Always gracious, Susannah remarked, "I enjoy the support I receive from the Winner's Circle. I'm glad I joined". Well, Susannah, we are very proud to have you wearing the singlet of blue and gold.

Oh yes, what training tips could I glean? Speedwork isn't necessary, follow Galloway's Book on

Running, alternate easy/hard days and the day before a race you'll find me in the canned fruit aisle at Shaw's.



Sue Landreth, circa 1996  
photo by Rick Bayko

## Fourteen Members "Run For the Animals"

**O**n a nice day for racing, not to mention for live music, the veggiefest, and all the other festivities planned at the Stratham S.P.C.A. on May 11th, **Jim Morisseau** and **Susannah Landreth** led the way for 14 Circle runners in a field of 367.

Morisseau was top master and 7th overall with 17:24, while Landreth, coming off several wins, settled for second in a PR (I think) 18:14.

**Dave Hampson Sr.** was 2nd master in 18:32. **Emily Hampson** (19:13) and **Molly Landreth** (19:50) topped the 19 and under age group despite being just 13 and 14 years old.

**Ron Houghton**, fresh off his first marathon, as well as his 50th birthday (*sorry you were a no-show for the cake, Ron*) ran a PR and scooped his first age-group prize as 50+ runnerup in 20:11, just 6 seconds back. **George Dirago** was one spot better, winning the 60+ in 21:17. **Janet Parkinson** was third at 40+, in 21:32.

Comebacking **John Haberle** ran 20:00, injured **Jim Cocozella** was 22:17, **Ginny Steckowych** 22:57, improving **Sue Riley** 23:47, **Bob Wyman** 26:11, and **Judy Lamphere** 32:45.



## Welcome New Members!!

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**Carl Brown**  
Randolph, Mass.

**Rene Cave**  
Beverly, Mass.

**Chris Merritt**  
Danvers, Mass.

**Carol Zanni**  
Hampton, N.H.

## "Mountain Men" Tackle Kearsage Peters No Longer a "Sleeper"

**F**og and drizzle made this one feel a bit like Mt. Washington, only warmer.

**Marty Peters**, another new face from up in Exeter (and an OPEN runner, too) who has begun to show some talent, reached the summit in 1:04:57 to lead the Blue team.

**Dave "Who is this guy?" Kelly** (1:08)

left **Eddie Liebfried** (1:10) at 5 miles to join Peters in the top 20, while **Brad Mezquita** (1:17) bested last year's time by 25 seconds.

**John Parker** (1:25) was second 60+ runner, and **Larry Fisher** had a solid 1:27

**Matt Tilbury** was a late scratch, later blaming **Sue Landreth** for his no-show. Hmmm. *What's up with that, Matt?*



## April Fools 4-Miler: WC's 2d Largest Field

### 15TH ANNUAL APRIL FOOLS RACE

Salisbury, Ma, March 29, 1997

Weather: CLOUDY, 45 degrees

1 MIKE O'BRIEN	36 M	19:05
2. CRAIG FRAM	38 M	19:07
3 JAMES DANDENEAU	29 M	19:07
4 ERIC MORSE	32 M	19:07
5 DAN VERRINGTON	34 M	19:37
7 JIM CHUTE	28 M	21:04
25 MOLLY WATCHKE	25 F (1st F)	22:06
28 KEN HOULE	49 M	22:14
30 JULIA KIRTLAND	32 F (2d F)	22:22
35 THOMAS CROSS	38 M	22:44
38 TOM MILLER	46 M	22:58
39 JOHN WEBBER	39 M	23:00
40 JOHN WILE	38 M	23:05
51 LEO CLARKE	39 M	23:36
53 CLAUDE SEQUEIRA	31 M	23:45
58 MARTYN RICHARDS	48 M	24:13
59 STUART OLSEN	30 M	24:15
61 TOM ROLDAN	35 M	24:29
62 LIZ ARCIERI	34 F	24:32
64 KEN MACKIE	43 M	24:33
70 EDDIE LIEBFRIED	47 M	24:36
77 DAVE LABRODE	39 M	24:47
84 MARTIN PETERS	35 M	25:05
86 EMILY HAMPSON	13 F	25:14
87 JOHN ARCHACKI	50 M	25:14
92 TOM CONNELLY	39 M	25:41
93 LAWSON NOYES	55 M	25:42
94 BOB RANDALL	60 M (1st 60+)	25:45
101 KATHY LONG	38 F	26:01
118 DAVID SOLTYS	40 M	26:59
126 ROBERT AUCOIN	55 M	27:20
127 JOHN ERIKSSON	46 M	27:36
128 GEORGE DIRAGO	61 M	27:38
131 WALLY KURZ	60 M	27:46
144 DAN JONES	51 M	28:13
164 BRUCE VOGEL'	44 M	28:38
176 NORM BEERS	52 M	28:58
178 JIM LAVALLEY	63 M	29:05
198 KATHY MENESALE	41 F	29:55
237 MICHAEL MENSALE	42 M	31:03
292 RAY PIKE	51 M	32:13
298 JEFF DUFORD	35 M	32:23
311 FRED MESSINA	69 M	32:38
312 DAN COONS	42 M	32:39
336 MATHEW TILBURY	32 M	33:35
412 MARSHALL JESPERSEN	54M	36:11
423 RICK ROAF	42 M	36:25
435 SARAH MENESALE	16 F	37:25
494 LOUISE ROSSETTI	75 F	44:55

## ANNOUNCING WCRC GRAND PRIX

Team Coordinator Mike McCormick has announced the schedule of races for this year's Grand Prix Series.

This is a series of 12 races, in which Club members compete within their age-groups for points awarded based on their finish with respect to other club members.

Here are the upcoming races through September:

### June

Market Square Day 10K

Amesbury 5 Mile

### July

Yankee Homecoming 10 Mile

Greenland 5K

### August

Salisbury Beach 10K

Saunders 10K

### September

Around Cape Ann 25K

Yankee Runner Cross Country

**October & November races to be announced.**

**Consult race schedule on page 6 for more info.**

## Passler Excels in Gulf Coast Triathlon

**Gary Passler** traveled to Panama City, Fla., this month to compete in the Gulf Coast Triathlon, in hopes of landing a bid to the Hawaii Ironman.

Gary was in great shape and was rewarded for his efforts with a very fast 4:26:22 for the half-ironman event. He failed to win the coveted Hawaii bid, but was elated with his performance.

Congratulations to Gary on a well earned performance.

## Spring RoadKill

- **Foxes!** The Hockomock Swamp Rat recently (and rightfully) described three of the WCRC's top female athletes, who happened to finish 1-2-3 at the Frigid Fiver, in the following manor:

*"the extremely foxy Sue Landreth beat the extensively foxy Sue Passler, who in turn beat the excruciatingly foxy Allie McGuinness."*

- **Pete the Rat** will likely be seen in these parts more often from now on. But then again, he's seen **Gary P.** so maybe not....
- The RAT also mentioned some club with an interesting name, claiming it was the best name he'd heard for a running club. (So memorable in fact I can't remember it, even sober) Guess he's never heard of **Brian Hamel's** Aroostook Musterds from WAY down Maine. (That's pronounced Moose, not Muss, for you linguists)
- **Hey, Leslie....**were you really a cheerleader? And we thought runners and "pom-poms" were mutually exclusive!
- Note to **Bobby Boy M....** Guess its about time for that cleaning party: "Rumor" has it that a very large BUG was spotted in the ladies shower recently. Yeah, yeah, the 8 legged kind, **Doug.**
- **John Leary III** made quite a first impression on his clubmates at Fred's, while copping the day's "pound 'til you puke award" with a fine chorus of "Ralph & Beulah" at the 1/2 Marathon finish. Would have been more impressive if he's made it to the pub with us after, though..
- **WHOSE IS** that voice in the women's shower room that announces "I'm all soaped up" each Thursday?
- Finally, best wishes for a speedy recovery to **Gary Alexander**, who recently underwent major surgery, soon after finishing his annual 50 miler.

(Continued from page 1) Boston Marathon

Others running included **Claude Sequeira** (3:08/3:07), triathletes **Bruce Lander** (3:11/3:10) and **Peter Flink** (3:13/3:10), **Tom “why would anybody run 26 miles” Roldan** (3:13/3:12), **Don Dwight** (3:14/3:13), **Ed Tan** (3:16/3:14), 50+ stalwart **Dennis Krause** (3:18/3:16), **Bill Steele** (3:20), **Randy Chamberland** (3:24), **Leo Clarke** (3:32/3:31), **Bill McCarthy** (3:37/3:36), **Janet “Clarence deMar winner” Parkinson** (3:44/3:41), **Dr. Jim Vitale** (3:46/3:44), **Gary “Mr. Stratham Fair” Rohr** (3:56/3:51), **Dave McGuigan** (4:19/4:16), **Ron “the rookie” Houghton** (4:20/4:16), and **Jim Laprel** (5:07/5:04).

Houghton, and Rohr had some welcome support on the course as **Doug Eastman, the Millers, and Kevin O’Leary** jumped in at 10 miles to run with their pals. Rumor has it Ron actually received massage therapy from his entourage enabling him to actually *run* the last couple of miles. Now THAT’S teammates!

Numerous others volunteered their time at mile markers, as spotters and doing miscellaneous chores for the BAA. And of course a few more were loyal spectators either in person or in front of the tube.

So it appears that Patriots Day will remain the biggest running

(Continued from page 5) Fred’

**sComeBack Kid” Eriksson** 1:34, **Robert Najar** (1:34), **Bob Randall** 1:39 (a rare 60+ loss, settling for 2nd), **John “Roadkill” Leary** 1:43, **Larry Wilson** 1:43, and **Pam Houck** 1:56. (1st and only WCRC woman)

### Red’s Shoe Barn 5M

Dover NH’s big race, Red’s Soe Barn, was won by **Craig Fram** (24:13) and 46 year old Canadian **Diane Legare** (29:37, a Canadian age-group record).

The Circle’s women made their mark,, sweeping the 2nd, 3rd and 4th spots behind Legare. in the persons of **Sue Landreth** (30:41), **Liz Arcieri**, (31:09) and **Terri Morrisse** (31:48).

First WCRC member over the line was Ken Houle, representing Rochester Runners. So the title of first Circle runner goes to **Marty Peters** who ran 28:56.

**Molly Landreth** (34:34, 1st under 16), **John Parker** (38:08, 1st over 60), and **Sally Strazdins** (42:43, 1st over 60) all won age groups.

Others: **Bill Arcieri** 30:19, **Jim Cocozella** 32:29, **John Eriksson** 33:56, **John Haberle** 34:48, **Norm Beers** 36:59.

### Landreth Wins WHEB 5K as Circle Women Dominate

Sue Landreth is literally “off & running” this spring, after notching a victory April 20th in Portsmouth. Sue edged out fellow Circle runner Terry Morrisse, running 19:04 for to Morrisse’s 19:29. Mike O’Brien won the men’s race in 15:29.

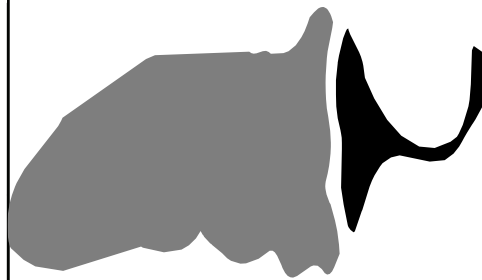
All WCRC runners in attendance placed well in the 253 finisher field. Tom Miller and Vickie Miller were top masters in 17:58 and 20:41, Tom finishing 6th overall and Vickie 5th female. Laurie Gaudreau was just ahead at #4 in 20:09. Allie McGuinness was second master with 20:59, and John Parker was top 60+ runner in 23:15. The only non-scorer was Kevin O’Leary who placed well at 14th with a 19:22.

Watch for big improvement for Kevin this year.

*Ed. Note: See related story on*

### Gaudreau Wins Pepperfest

Laurie Gaudreau gets faster with each race this spring, and was fast *enough* in her home town of Barrington, NH, May 3rd, winning the Pepperfest 5K in a swift 18:51.



Laurie was the only Circle runner in attendance, so we hope she’ll tell us what a Pepperfest IS! Does this sound like a Gil Emery

### And Wins Again In Durham Spring Fling

It was Landreth again a week later in Durham, running a fine 18:45 for a easy win. Laurie Gaudreau grabbed 2d in 19:42. Tom Miller was top Circle runner finishing 2d master in 17:59, while Mike St. Laurent won the 40-44 age group with 18:14.

Vickie Miller won yet another Master’s race in 20:23, another lifetime PR. Allie McGuinness is also back in form, winning the 45-49 in 20:51, while Molly Landreth was top youngster in 21:00.

Bob Randall (20:37) was top 60+, with Bob Aucoin (21:15 ) 2d 55-59 and John Parker (22:58) 2d 65-69.

Others in a strong WCRC showing included Bill Arcieri (18:19), Kev O’Leary (18:56, a PR),, Dan Sturtevant (24:49), Sue Riley (24:56), Art Randlett (26:55) and Jim Shuchman 29:35.

Running & Racing	Other Upcoming “Stuff”	
<p><b>PLOVER 10K, May 16, (6:15) Plum Isl.</b> (508)-462-1073)</p> <p><b>VERMONT CITY MARATHON, May 25, Burlington, VT.</b> (800) 880-8149</p> <p><b>RIVERWOODS MASTERS PLUS 5K, May 31, 9:00 AM. Exeter 40+ only, 5 Year Age Groups to 75+!</b> (800) 688-9663</p> <p><b>TEMPLE MTN 10 Miler, June 1, 9:00 AM, Wilton, NH</b> (603) 880-9479 5 Yr. age-groups, &amp; team competition.</p> <p><b>MARKET SQUARE DAY 10K, June 14, Portsmouth, NH,</b></p> <p><b>LOUISE ROSSETI (WOMEN’S) 5K, June 18, Beverly, Tetrads Series</b> (508) 927-4203</p> <p><b>MT. WASHINGTON, June 21,</b> (Lottery), <b>CLOSED</b> but good time, need drivers to summit.</p> <p><b>NORTH HAMPTON (NH) OLD HOME DAYS 5K and Kids Run, June 21,</b> (603-964-4745)</p> <p><b>AMESBURY 5 MILE, June 26, 6:30, The Mill Restaurant, Mike Farmer,</b> (388-3881)</p> <p><b>PAT POLETTA 5 MILE, July 11, Newburyport YMCA, 6:15 PM,</b> 465-9922</p> <p><b>GREAT LEGS (WOMEN’S) 5K, July 11, Lowell, MA,</b> (Tetrads Series Race) (508) 692-7866</p> <p><b>GREENLAND 5K, July 19, 6:00 PM,</b> (603-431-0056)</p> <p><b>TONY SAPIENZA 5 MILE, July 18, Haverhill,</b> (Kids 2K) (508) 372-9522</p> <p><b>STRATHAM FAIR 5.7 Mile, July 26, Stratham, NH</b></p> <p><b>YANKEE HOMECOMING 10 MILE &amp; 3 Mile, July 29, Newburyport High School, 6:40 &amp; 6:30 PM,</b> 465-0977 (Yankee Runner)</p> <p><b>HAMPTON FALLS 5 MILE, August 2, Kids Run Also,</b> (603) 778-3031</p> <p><b>7th HIGH STREET MILE, August 3, Atkinson Common, Newburyport,</b> Separate masters, women, open races (WCRC RACE NEED WORKERS) Ted Jones (508) 465-2228</p> <p><b>HEATWAVE 5K, August 6, Lawrence,</b> (Tetrads Series Race)</p>	<p><b>WCRC CLUB BIATHLON, May 22, 5:30 PM at The Winner’s Circle (Members and Their Guests)</b> Bike 10 Miles, Run 4 Miles, Free, Fun low-key event.</p> <p><b>SUMMER TRACK WORKOUTS Begin May 21, Wednesdays, until June, Then Tuesdays.</b> 5:30, Newburyport Track. (Money back guarantee????)</p> <p><b>FAGOUWEE RUN, May 29, The Winner’s Circle,</b> Groups transported blindfolded to secret sites yet to be determined, race back to the Circle. (DRIVERS NEEDED) No Charge</p> <p><b>WCRC GRAND PRIX:</b> (For Members) 12 Races in 6 months, begins in June. See article elsewhere in Rag. (Mike McCormick, (462-0117)</p> <p><b>MYSTERY RACE: June 28. Meet at Winner’s Circle, 8:00 AM, car-pool to unknown race.</b> Not over 10 Miles Entry Fee \$10, (Name, address, age, T-shirt size, plus fee to any board member by June 13th) Or mail to Ken Mackie, 24 Erie Ave, Newburyport, MA, 01913)</p> <p><b>SUMMER TRACK SERIES: Wednesdays Beginning July 2, Newburyport Track at Nock Middle School,</b> Youth events free, \$1 per event for adults. (John Wile, 465-7662) Volunteers needed</p> <p><b>SALISBURY BEACH RUN &amp; PICNIC: July 12, Beach at Salisbury/Seabrook line.</b> Meet 8:30 AM to run, Family Beach party, Volleyball, etc. (Ken Mackie)</p> <p><b>YANKEE HOMECOMIN BREWFEST! August 1, Newburyport Waterfront,</b> Tickets \$15, Details later. (Ken Mackie)</p> <p><b>RELAY FOR LIFE, Aug. 16-17, Portsmouth High School, 3:00 PM Friday until 3:00 PM Sat,</b> 24 Hour relay, runners do 1 hour shifts. Cancer Fund Raiser, Pledge sheets available, (Jim &amp; John Archacki, 462-8201)</p> <p><b>Other Stuff in the works:</b> Golf Tournament, Wine Tasting, Runner’s Rally.</p>	
	<p><b>Twilight Tetrads Series 5K Women’s Races</b></p> <p>WCRC women are invited to take part in the “Twilight Tetrads” 5K series, beginning with the “Run For The Roses” and including the Louise Rosseti 5K June 18, the Great Legs 5K July 11, and the Heatwave 5K August 6.</p> <p>T-shirts will be awarded to all who compete in all 4 races.</p> <p>Cash prizes to top 3 runners in each age group, independent from individual race prizes.</p> <p>The races are listed in the race calendar at left.</p>	<p><b>Newton 5 Canceled</b></p> <p>The (Newton, NH) Gale Library 5-mile race, which was listed in the last Rag, has been cancelled. This was a small town, high quality race which has been well attended by WCRC members in past years.</p> <p>Apparently no new blood has come forward to organize this race, and it will be missed. Many thanks to former Race Director (and WCRC member) Pat Huntington, as well as to the others who made this a fun event. We hope somebody will revive this race in the future.</p>

*Note: Non-WCRC events are listed only as a courtesy to the membership and are generally well attended by Club Members. Some may have team competitions, so please list your WCRC affiliation on the entry form where appropriate.*





*Above: It's a "shark attack" as John Archacki nears the finish at the April Fools 4 Miler.*

*Right: Gary Rohr steadily makes his way along the Boston Marathon course. Gary directs the Stratham Fair race and was a key figure at the "Run for the Animals last week.*



*Left: At the fifteen mile mark at Boston, Bobby tries to steal the show from the athletes.*



*Above: Bob Aucoin at the April Fools race. Bob has also been racewalking with some success. Bob has also agreed to act as racewalking coordinator, if there is interest. Contact him at (603) 926-8255 for info.*

*Below: Team Hoyt and friend after the April Fool's Race.*



**GET NEW CoolMax Singlets NOW!!!!  
Great New WCRC Club Uniforms!  
Use Order Form Below!**

**LAST CALL!  
Renew RAG Now  
or It's All Over!**

These new CoolMax racing singlets are cooler & more comfortable than the present nylon ones, yet have the same distinctive look! The first order should be in any day, in time for summer racing. The price is \$14, and includes NO profit to the club.

*Support the WCRC by WEARING THE COLORS!*

**ORDER FORM FOR WCRC SINGLET**

*Note: Please send form EVEN IF you have already given your name to Bob. Make checks payable to Winner's Circle Running Club.*

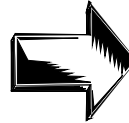
Indicate total number of singlets ordered:

( )

Number Each Size:

Medium: ( ) Large: ( ) XL: ( )

Please enclose \$14.00 for each singlet ordered.  
(Mail or see Bob Randall, 346-9240)



This is the LAST REMINDER to renew the WCRC newsletter. To do so, please send \$3.00, or let us know which WCRC race you worked last year. We'd hate to lose you.

While you're at it, why not order a Club singlet for your summer running. Send this all in

**Your Name & Address:**

**Your Phone Number:**

**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  
ELM STREET Rte. 110  
SALISBURY, MA 01952**

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**First Class Mail**