

# ❖ RUNNERS' RAG ❖

Volume 18 Issue 7

OFFICIAL NEWSLETTER OF THE WINNERS CIRCLE RUNNING CLUB

November, 1997

## Big Club Events Planned this Holiday Season Club's 20th Anniversary is This Saturday!

### November 22: Predict Your Time, Then Shmooze at Anniversary Bash

The WCRC 20th Anniversary will be celebrated in conjunction with the Annual Turkey Trot 5K, on November 22, at the Winner's Circle.

The Turkey Trot is a "fun run" in which runners predict their time, then run without watches, with the closest prediction winning. Run slow, run fast, but please come and run!

The Trot begins at 4:00 PM, and will be followed by a turkey raffle. Then, at around 6:00, there will be a cocktail hour followed by Pizza and some special fun concocted by the club. Desserts, salads, etc. will be welcomed! So will any memorabilia of interest.

There is **no charge** to members for this party. Many members who have not been active for a while are expected to return for this event.

### December 13: WCRC Christmas Party at The Hungry Traveler

The Annual Christmas Party will be held on December 20th at the Hungry Traveler in Salisbury, at 6:00 PM. The cost this year is \$12.50 per person.

Last year's party at the Traveler was an overwhelming success. Great buffet, dancing, Yankee swap and of course lots of good humor. Coming on the heels of the Anniversary party, this one promises to be even better this year. .

The "Yankee Swap" will again be held, so bring a \$10.00 gift if you'd like to take part. Last year's swap was great fun thanks to the antics of Doug Eastman, Bob Randall & Vicki Miller.

For more information contact Entertainment Director Vicki Miller at 603-868-7203 as time gets closer.

### December 7: Mill Cities Relay Returns to Point to Point Format

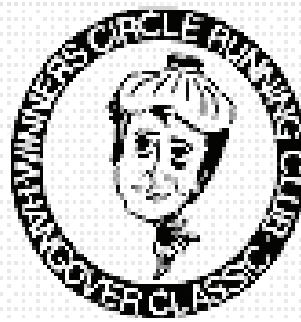
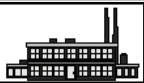
Yes, it IS that time again. Last year, (this year actually, due to the storm postponement) the Circle teams were somehow thwarted in a bid for three straight Mill Cities crowns. And, as has been the policy for the last few years, members can run the relay for free. *Yes that means you!*

Team Coordinator Mike McCormick will be assembling the fastest of the members into (hopefully) unbeatable teams. The rest of us will be in reserve, running on 'B' teams ready to move up on a moment's notice. (And I do mean US, judging by the way I'm running)

It's a tremendous team event, and LOTS of runners are needed. Nice party after, too. So call Mike

ASAP at:

(508) 462-0117



### January 1: Hangover Classic Races

#### Volunteers Needed

The Hangover Classic 5K and 10K Races will, as always, be held on New Year's Day, January 1, 1998, at The Circle. Race time is 11:00 AM.

This is of course our biggest club fundraiser, and is a large race for which lots of volunteers are needed. So if you're not planning to run, plan to come down and help out.

Bob Manning (508-462-1073) is the Race Director. An Application is enclosed with the RAG mailing.

## Stearns, Arcieri Win at Revamped Ellis Race

See Story on Page 2

## Bruce Ellis Memorial 5k

by Kevin O'Leary

**T**he weather prediction for Saturday, November 8 was ominous; heavy rain and gale force winds. As it turned out, the only significant wind was created by the blistering pace of Guy Stearns and Craig Fram over the brand new combination trail and road 5k course. Stearns outlasted Fram in a time of 15:15. Circle runner **Liz Arcieri** set the standard for the women in winning the female open category in a fast 18:44. A Circle sweep was accomplished by the second and third place finish of **Vicki Miller** and **Allie McGuinness**. Boy (I mean Girl) can those masters women run!

Two Hundred and Thirteen runners registered for the race and seemed to enjoy themselves both during and after the run. Among them was Ellis' wife, Nancy Duffy,

who is happily remarried and enjoyed touching base with old friends from the area.

Club President **Ted Jones** shocked the world of fashion with his new red running shoes and outdated black socks in placing second in the fifty to fifty-nine age bracket. I guess Ted's recent slide into the land of fifty has had more impact than we realize. **Brad Mezquita** placed second in the 'Weenie' division(20-29).

Sponsor Bert Freedman of George & Phillips was on hand also. Bert was the creator of this event and administrates the Scholarship fund. Thanks to the race's success, next year TWO scholarships will be awarded!

Many thanks to all of the Circle Volunteers for making the race such a huge success. Special thanks to



Bruce Ellis



Andy Schachat was on hand to announce the race and provide music at the finish. Thanks, Andy



Is this Jack Nicholson or the Race Director?

**Doug Eastman** and **Vicki Miller** for facilitating the weather (Humor them; they really think they have a special power!). Kudos to **Neil "The Kid" Levesque** and **Dave "Where is my brain" Kelly** for PR's.

Final thanks to the semi-rookie timing team of **Bob Randall** and **Ed Liebfried** and of course **Bob "Where is Exeter, N.H.?" Manning** for setting us up for the finish results so early in the morning. "What time are we meeting again, Bob?"

*Ed. Note: The real "kudos" go to the author of this article, rookie Race Director O'Leary. This race had struggled for years and Kevin brought it to a whole new level. For this we'll let him buy us a pitcher at the Circle on Thursday.*

*Thanks, Kev!*

## WCRC Schedule of Events

(See Also: Race Schedule At Right)

**CLUB RUNS Thursdays 4:00 PM SHARP** from the Circle. All Welcome!  
*Note: No change in time for winter this year. Wear Reflective Gear*

**MONTHLY MEETINGS: Second Tuesday each month. 6:30** at the Circle

**WCRC GRAND PRIX:** (For Members) 12 Races in 6 months, Contact is Mike McCormick, (462-0117) Andover Striders X-C is the final race.

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

**WCRC CHRISTMAS PARTY,** December 20. details on page 1.

**NOMINATIONS FOR WCRC BOARD OF DIRECTORS,** at regular Club Meeting, January 8th

**WCRC ELECTIONS & SPECIAL MEETING: February. Date TBA**

## Running & Racing

**THANKSGIVING TURKEY TROT Cross Country, 5K, Nov. 27, 8:20 AM**  
 Maudslay State Park Newburyport,  
 John Wile 465-7662

**ANDOVER STRIDERS 6K Cross Country, Nov. 30, Andover Country Club,** (Grand Prix Race & Team Race)  
 WCRC Contact Mike McCormick, Race Contact Davey LaBrode 508-373-3408

**MILL CITIES RELAY, (CLUBS OF THE MERRIMAC VALLEY) Dec 7, Nashua to Lawrence,** 5 person teams all abilities. *See Page one*

**SANTA'S TOY TROT 2M, 4M, 6M, Dec 14, Merrimac Ma., Sweetsir School, 1:15** with kid run 1:00. Bob Randall 508-346-9240

**HANGOVER CLASSIC 10K & 5K, January 1, 11 AM, Winner's Circle, Salisbury,** Bob Manning, 462-1073

**EAST DERRY "BOSTON PREP" 16 Miler, January 25, 10 AM, Boy's & Girl's Club, Hampstead Rd. Derry, Snow or Shine.** (603) 887-4289 A truly nasty "moderate hills" course

### 1997 WCRC Board of Directors

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

### *The Runner's Rag*

**Editor/Publisher:** Ed Liebfried (603) 772-6130  
 E-mail: [roadruna@nh.ultranet.com](mailto: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:** Leslie Behan, Ted Jones, Tom Miller, Kevin O'Leary  
 Bob Randall,

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



Bruce Ellis  
 one of New England's best



Our man in the street, Doug Eastman,  
 calling his broker

## Thinking About Running Boston in 1998?

It is looking like the we'll be back to our normal participation level at the Boston Marathon next year. That means we'll also be providing support with a bus and courtesy room. The Lenox has already been reserved thanks to Tom & Vicki Miller, and talk winter training has begun.

The BAA has maintained it's price tag of a rather hefty \$75 but has discontinued it's requirement of USATF membership, which will save some runners \$15.

To receive an Application for the 1998 race send your SASE to:

### BAA Application Request

**The Starting Line, One Ash Street, Hopkinton, MA 01748-1897**

The WCRC hopes to again have "Club Numbers" available for a few members who attempted to qualify but fell short.

**Look for Bus Info in the next RAG.**



## WCRC Members in Recent Races

WCRC vs. GDA Annual X-C Meet	The Marathon Report	Bruce Ellis Memorial 5K																																																																																																																																														
<p>The GDA men smoked the Circle guys this year, but the undermanned WCRC women were able to prevail. Muffins of course were great! The GDA teams went on to have a fine season.</p> <p style="text-align: center;">Men's Meet:</p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>M. Grant, WC</td><td style="text-align: right;">16:57</td></tr> <tr><td>A. Ramirez, GDA</td><td style="text-align: right;">17:54</td></tr> <tr><td>D. DiCicco, GDA</td><td style="text-align: right;">18:47</td></tr> <tr><td>P. Aloisi., GDA</td><td style="text-align: right;">19:14</td></tr> <tr><td>J. Garth, GDA</td><td style="text-align: right;">19:47</td></tr> <tr><td>J. Traister, GDA</td><td style="text-align: right;">20:31</td></tr> <tr><td>E. Liebfried, WC</td><td style="text-align: right;">20:40</td></tr> <tr><td>J. Spector, GDA</td><td style="text-align: right;">21:06</td></tr> <tr><td>J.M. Harris, GDA</td><td style="text-align: right;">21:13</td></tr> <tr><td>J. 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<b>Welcome New Members!</b>	<b>Trick Or Treat Trot 5K 11/2</b>
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A warm Circle welcome to the following new members:

*Cheryl Buckley, Durham, NH*

*Hugh Collins, Wenham, MA*

*Sharon Hickman, Newburyport, MA*

*Pamela McCleary, Newmarket, NH*

*Peter Souhram, Byfield, MA*

*Juliann Woodbury, Newmarket, NH*

We hope you'll find us to be your type of club. If not, let us know what you'd like to see happening! Hope to see you all at the upcoming events!

Jon Ellis winner	16:45
C. Kealey 2nd	17:00
J. Gangemi 3rd	17:17
T. Roldan 4th	17:25
Matt (son of Tom) Manning	17:53
E. L'Italien	18:29
K. Bradbury <b>1st Female</b>	19:57
B. Vogel	20:42
K. Long 2nd	20:45
B. Aucoin 2nd 50+	21:24
A. McGuinness 2nd 40+	21:37
L. Knapp	21:58
B. McCaffrey	23:35
R. L'Italien	23:55
F. Long	24:49
M. Menesale	25:08
N. Anastasi	28:31
Danny Tomasz	28:45
John Tomasz	28:46
Sarah Menesale	30:36

<b>Methuen XC 5K</b>
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<b>Old Nancy 5M</b>
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M. Behan 5th	17:00
T. Roldan	17:35
M. McCormick	18:08
S. Landreth	18:39
B. Parisi	18:53
T. Miller	18:57
J. Gurczak	19:01
G. Passler	19:30
D. Vasta 3rd 50+	19:35
E. Tan	20:08
K. O'Leary	20:12
T. Jones	20:38
S. Cannon 3rd 40+	20:44
D. Farmer	21:48
S. McCormick	21:53
S. Passler	22:03
G. Dirago 2nd 60+	22:46
D. McGuigan	23:37
L. Behan	24:16
N. Anastasi	28:27

Leo almost 40 Clarke 5th	31:15
Martyn Richards 6th	31:50
Rod L'Italien	40:17
Nick Anastasi	45:47
<i>58 Ran</i>	

<b>Run Safe! Wear Reflective Gear!</b>
--

<b>Sandown Trail 10M 11/8</b>	
Bob Hoppler 3rd	68:27
C. Army	90:21
John Leary	98:45
Carol Zanni	109:00
<i>Check the pictures on the 'net' This</i>	

<b>BayState 1/2 Marathon NEAC Championship</b>
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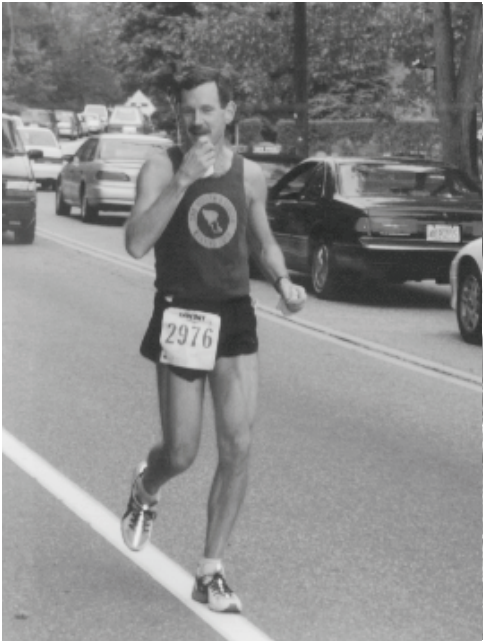
Eddie, Kevin, Doug, the Millers, Neil, Ron, Marty, Gary and others invite you to join us to run in Exeter at 8:00 AM Sundays, and 4:45 on Tuesdays. call Doug 603-772-9529

Tom & Vicki Miller went down to Lowell to support the efforts of training partners Marty Peters & Kevin O'Leary, who were running the 26.2 hoping to qualify for Boston. The Millers got into a serious race of their own, as a field of 1260 ran the "half." It was the NE Championship for the distance and the field was the toughest ever seen here, particularly the men. Twelve runners broke 1:10 led by Scott Cody's 1:06:46. Lisa

Senatore won the women's side in 1:19:07. Tom ran a PR of 1:20:44, averaging 6:10, and yet settled for 27th in the great masters field. Vicki's 1:33:38 failed to make the top 10 masters females, despite a 7:09 pace. Many clubs were taking part as teams here, something we could consider if there's interest in the NEAC series.

## More Photos from Recent Events

Courtesy Millers & Adopted Son O'Leary



Clockwise from bottom  
Carol Zanni hands off to Ann Lake W.

Allie gets support from Tom

Kevin squeezes "gu" at BayState.

Marty looks TOO happy for a guy at 25 miles. Maybe he'll need to run Derry to wipe that smile off his face!

Bill at BayState

## Assorted RoadKill

**S**orry if I've been "out of the loop" the last month or so. It was time for a break. (Some of my 'friends' seem to think it was losing to **Ted** that caused my demise, maybe it was...) Three weeks no running, and just started back a couple of weeks ago. Now a *sprained foot*. Better now than April 15th or June 15th I guess.

**T**here's *Always* a "**Kellzo**" story. Seems our boy has started to win the occasional bit of hardware in the local races. Well recently he got a little caught up in the glory, wearing his *third place* age group medal to bed, hoping to impress his better half. Did **Randall** tell him to do that? Dave wouldn't say if he wore it around his neck...

**M**ark Behan has been seen near the front of several lead packs of late. Third at Bobby Bell, Second at Beth Brodie and fifth at both Shirt Factory and the Methuen XC, where the fields were strong. Mark has been laying low for some time and it's great to have him back. No nicer guy.

**S**peaking of the Behan clan, **Leslie** has agreed to be my slave. Or at least my "Cub Reporter." Ever read her comments in the *Hockomock Swamp Rat*? Might be the fresh new angle this Rag needs.

**C**oach **Tim Foley** sandbagged us again. Always hurt. Never in shape, Not running much. 3:15 Marathon. Did it on his good looks, maybe. Nah maybe not. See you at Boston, Tim.

**B**utt patch update: Looks like **Ann Tassinari** will be able to adorn her derriere with that "coveted" butt patch from the Rat this time around. She's even run 2 of the toughest fall marathons 3 weeks apart for those coveted points.

**M**e? I'll just use my Hangover Classic app. clipped from the Rat, and get me the coveted "imitation" HSR patch from my man **Manning**. I might have been born yesterday, but I wasn't born *last night!*

**A**nd speaking of **Bobby**, how will the saga end? Will this be the first yaer in 15 he Won't go 26.2? Spanning the globe...Stay tuned!





## Circle Teams Struggle But Enjoy Relay



**N**o big victories to claim this year from the Fred Brown Relay around hilly Lake Winnepesaukee, but Circle teams generally ran competitively and all had a great time.

The men, with no superstars in tow, finished ninth overall in a field of 165 teams, the largest in several years.

**Don Dwight** led off with a solid sub 67 clocking for 10.7 miles, followed by **Bruce Lander's** steady 69:43 on leg 2. (11 miles) **Steve Riddle**, running hurt, then broke 60 on the tough (aren't they all??) but NOT 11 mile third. This leg is 9 1/2, but hilly as hell. **Matt Tilbury** then ran 22:21 for the 4 mile 4th leg, the 6th fastest time of the day. **Tom Roldan** followed with a 64:00 on the 10.8 miler, passing several runners along the way before handing off to Co-captain **Tom Cross**. Tom, coming back from an injury, ran 39:23, still one of the day's better times. The other Captain, **Peter DiBioso**, went 57:11 on the 8.5 mile leg, a solid run for him. **Bill Arcieri** took on the nasty 4.4 mile finishing leg and his 28:21 clocking was the best WCRC time recorded in several years, good for 9th overall in the race, and bettered by only 4 of the 7 teams in the division finishing ahead of the Opens. This one might rate "performance of the day" honors for this team.

The Women's team, led by **Liz Arcieri**, took fourth place of 16 teams. Liz herself led off with a nifty sub-72 clocking, third woman to the handoff. **Laurie Gaudreau** was next, covering 11 in 75:02, third best among the top 5 women's teams. **Andrea MacPherson** then ran one of the best legs of the day, 63:17, just 2 minutes off John Boyle's time from 1996! **Pam Houck** then did a nice job with 33:36. **Teri Morrissette** ran fast too, second among the women on leg 5, finishing in 71:26. Then came two new members, friends of Captain Liz, who did a great job of holding this team together in the last week. **Julie Woodbury** had a solid 47:52 in her first Wearing of the Blue, followed by **Pam McCleary's** sub-70 from Moultonboro to Meredith. **Ginny Steckowych** handled the anchor in fine fashion, in 33:20, as the team settled for 4th place.

The other Women's team, the over 40

set, had heard rumors of a superteam from Maine. Sure enough, the "Ghost of Pease" entry was gunning to break the WCRC stranglehold on this division. Plus, three of the top Circle masters were unavailable. When the first Maine runner finished just ahead of our OPEN star Liz, and 7 minutes ahead of Captain **Vicki Miller**, who ran 5th among women OVERALL, we knew it was more than hype.

**Allie McGuinness** followed with a tremendous run, her 79:43 the only leg to beat the "Ghost of Pease" and 5th best woman overall. Late addition **Jane Palmer** posted a fine 75:04 on the hills of Wolfeboro, as the "ghost" ran off the horizon and the nearest 40+ team behind, Greater Boston, faded 20 minutes back. **Kate Benson**, in her first competition for the Circle, ran 31:08, another steady run. **Paula Holm** pounded her sore foot (she's having surgery soon) to a sub-80, another 5th among overall women on this leg, **Carol Zanni**, still another first timer on the 'A' squad, ran 53:51 for the 6.4. Then endurance specialist **Ann Tassinari**, on her always tired legs, handled the tough 8.5 in 68:22. **Cathy Petersen** then bested her '96 time on the final leg by a couple of minutes to bring the team in second place, in 8:20, just 10 minutes slower than last year's 15 minute winners.

The Men's Masters, another team slowed by injuries this year, hoped to run well enough to equal last year's time of 6:51, which was good for 5th in a tough but closely matched masters field. Not available this year were Jim Morisseau, Jim Cocozella, Gary Passler and Ken Mackie, all regulars at WCRC team races. Still, the depth looked good, so we hoped.

At least for a while we had hope...**Tom Miller** ran his usual strong leg, sub 68 and just 2 minutes behind the second master. This was a full minute faster than Ken's time last year, and looked good. Next up: **John Webber**, newly 40 and ready to rock. This was fun! John was gaining right from the start. But suddenly his calf twinged, reducing him to a near-jog for 5 long miles. John gamely finished, keeping us, technically at least, in the race. His 71:52 really wasn't bad, just not the 66-67 minutes we envisioned. Crushed and apologetic, the heroic Webber passed the

baton to **Dave Kelly**. Kelly, who loves relays, followed with the run of his life, clocking 60:38. This is just a minute slower than Coco ran last year. Kelly's run, while maybe not world class, was as inspirational as I've seen in a relay. We were back in the race. **Mike Fiene**, a 50+ regular helping out the younger set, then ran a blistering sub-six pace for 4 miles. Among the top 8 masters teams, Fiene's time ranked #2! **Jeff Goddard**, a new member took the baton from Fiene and smoked the infamous "Morisseau Leg" in under 66 minutes, faster than Jimmy himself had run it the last two tries!

At this point it seemed that with three excellent runs we might have a chance to at least snag second. Greater Hartford was well ahead, but 4 other teams were just ahead. **Barry Fussell**, our own last minute fill-in, went out fast, and cut the gap down before fading a bit at the end. His 41:52 doesn't tell the story of his aggressive run. **Eddie Liebfried** (that's me) took the same approach, no need to be conservative here, only a perfect run could help. I, too faded in the last hills, unhappy with my 56:05. It was faster than 2 of the 4 ahead, but wouldn't help now. **Ed Rowe**, whose newborn son was reported here as a daughter, felt no ill effects, and didn't club me with the baton, instead running a fast 29:15 to cap a 6:56 performance by the team. We were 5 minutes slower than last year. But we'll be back.

A "B" team of mostly masters men ran as well, Captained by **Bruce Vogel & Charlie Nelson**. Regrettably I have only 7 names from that team. **Ed Tan** was the standout, running leg 7 faster than anyone in the club this year, 53:19. Times for this team, which dueled the Open Women to the final leg: Nelson 83:59, **John Huttunen** 77:36, Vogel 70:51, **Bob Randall** 27:15, **Dave Soltys** 76:40, ??? 48:05, Tan 53:19, Mark Laroche 36:28

## You Are Invited!

Don't Miss the 20th Anniversary Celebration On Nov. 22

**L**et's make this a special day for the WCRC. Lots of members we haven't seen for a while have been contacted, old photos and other memorabilia are being gathered, the Circle is providing food, and the annual "Turkey Trot" predict your time run will also be held, with the usual Turkey Raffle to follow.

Most of all, *your* friends want to see *you* at the

Anniversary Bash. The active members look forward to renewing old acquaintances, and the more who show up, the merrier. You can even sign up a new member!

Plan to run the Turkey Trot, at whatever pace you wish. Bring old Photos to add to the fun. The Club has meant a lot to many of it's members, and it's time we said so!

The run (5K, flat) starts at 4:00 PM, with the Turkey Raffle to follow. Then at 6:00

or thereabouts, we move upstairs to the Circle function room for cocktails, pizza and whatever extras the members bring along.

Remember there is no charge; this is just too good to miss.

**Hope to see you there!**

**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

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**First Class Mail**

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