

❖ RUNNERS' RAG ❖

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October 1996

Yankee Races Highlight Summer Scene

Three Course Records Fall at 6th High Street Mile

by Ted Jones

Under near perfect conditions Newburyport's 6th annual High Street Mile, sponsored by FILA USA, was run on August 4th.

New Balance's Molly Watcke, who recently relocated to Winterport, Maine from the University of Michigan, ran all alone from the gun to break the women's course record by 4 seconds. The old course record of 4:50 was set in 1995 by Maryann Harring. Maria Karlsson from Houston finished second in 5:10 while Suzy Walsh finished third in 5:17, just beating Maureen Mahoney. Fourteen??? year old Emily Hampson of Exeter (sister of WCRC member Dave Hampson) finished 5th in 5:28.

In the absence of course record holder "Ned" Nedeau, Sean Livngston, who formerly ran for Ithaca College, cruised through the mile in 4:17. Chris Kealey of Newburyport finished second in 4:31, while Jay Mustapha of Malden finished third in 4:33. Jim Chute was right on Mustapha's heels in 4:33, while Newburyport High's Daniel Barowy closed out the top five in 4:36.

In the Masters heat Fred Doyle's 1992 course record of 4:36 was broken by CMS' Geary Daniels of Dudley in 4:29. In a very competitive race Daniels, Buddy Bostick, Bob Hodge and Brad Hurst ran as a pack for the first half. Bostick broke lose and lead until the final 300 meters, when Daniels surged in front and held off Bostick by two seconds.

Hodge improved on last year's time by 5 seconds, finishing third in 4:37, while Hurst finished in 4:42. Jim Morisseau of the WCRC, also bettered his time by 5 seconds, finishing in 4:45. In the Senior's "mile" page 6



Pictured above is Emily Hampson, near the finish of the High St. Mile. Emily, sister of Club member David, finished third overall despite needing special permission to bypass the age requirement. Emily was recently named "NH Athlete of the Month" by the NH Sunday News. Her 3rd place finish at HersheyTrack Nationals in the mile was achieved in the 13-14 age group despite not having reached her 13th birthday. For you fashion buffs out there she is wearing a vintage gold WCRC singlet.

Bulletin! Chace Wins Masters at DeMar

Lisa Chace ran 3:26 at the Clarence DeMar Marathon (Gilsum to Keene, NH) and in so doing mad it 2 in a row female masters victories in this fall classic. Last Year Vicki Miller was the 40+ champ.

Lisa has been a force this season both running and directing races, with her Riverwoods Masters 5K becoming one of the hot new races in the area. She ran great at Lake W, and it comes as no surprise

Cool Temps & Fast Times at 10 Miler

Ideal racing conditions produced fast times for many Circle runners at this year's Yankee Homecoming 10 Miler, with Chris Kealey (56:39) and Sue Passler (67:07) leading the way. The vast majority of the Club's runners scored either PR times or "long time bests" in the traditional midsummer test.

Human Highlight Films included comebacking Johnny Boyle who broke 60 minutes for the first time in years. John has been fighting chronic injuries for years and thinks he's still running slow. He was 5th senior in this N.E.A.C. Championship event. Top Circle Master was Jim Morisseau, whose 57:06 placed a mind-boggling 13th among 40+ men in this star studded field. But Jim gets the performance of the day award here, outkicking (and outralphing) top woman Mary Lynn Currier by 3 seconds. Even the usually stalwart WCRC "old women" settled for 5th place as a team, despite running well. Oh, well enough of the BAD news; fact is most of us ran really well.

Vicki Miller broke 70 minutes for the first time as did Kathy Long. (And Tom 'Kempainen' Miller did a nice job of pacing her....and it was easier than chasing Ken "the other Efinger" Mackie with a tummy ache. Sue "or is she the other Mackie?" Efinger also PR'd (with no help from Ken) but will have to wait another year for sub 70. Or maybe another 20 when the kids are grown.....

Another comeback was staged by Gil Emery, New England 50+ Runner of the Year just a few years back, who placed fourth in 55-59 and broke 65 minutes. Gil invited former WCRC runner Ginny Nichols to run with him, then, in proper "10 miler" page 3 racing etiquette, showed her the colors (circa 1985 or thereabouts) for the last

Carrying the Flame by Larry Fisher

On Friday, June 14th, I experienced one of the highlights of my otherwise lackluster running career: I got to carry the Olympic torch as it passed thru the state of Vermont! I was one of 3 lucky individuals from New Hampshire selected in a special drawing by CocaCola, sponsors of the Torch Relay. The nomination had been submitted by my wife, Alice.

At first I was told only that my run would be approximately one KM, that it would be within 150 miles of where I live, and that I wouldn't know when or where my leg would be until 2 weeks beforehand. I eventually learned that the torch would be coming to Nashua on June 14th, staying overnite, then heading for Boston the next day. I naturally assumed my run would be either coming into Nashua Fri. nite or leaving on Sat. a.m.

"Well, fame is fleeting, and things quickly returned to normal in my life"

June 1st came and went and I still hadn't heard anything. Call Coke at 1-800-etc. They say things are running behind and runners are only getting 2-5 days notice. Finally it's June 12. Why haven't I been notified by now? Had I been forgotten, fallen thru the crack? Call 1-800-etc again. Bingo! My assignment had been made; I was to run on Friday (2 days later) in Wilmington, Vt. Wondering to myself, "when were they planning to tell me?" and "where in the world is Wilmington, Vt.?" Also, not to worry if I don't receive my official uniform before then, they would have some at check-in.

I was a little disappointed that it would be over 100 miles away, and that it was on a Friday, because a lot of my running friends would have liked to be there. But fortunately my wife, one son, my daughter, and her boyfriend were all able to go with me.

So on Friday the 14th, we headed over to Vt. We met up with the Coca-Cola team; I was given the official uniform, and met the other runners. Turned out there were only 3 torch carriers for this town, myself and 2 brothers from Montreal. (not sure how they were selected). There was also an escort runner who would accompany all 3 of us, a young man who

had just graduated from high school as class valedictorian. His mission, I guess, was to keep the flame moving if one of us decided to get sick, fall down, or drop dead.

After an official welcome and briefing, we got on a shuttlebus to be dropped off at our exchange points. As I stepped off the bus, I had this sudden feeling that I was being pushed out on stage with the spotlight on me. When we had first passed thru town, it was still about an hour before the run, and the streets were quiet. Now the entire town had turned out! As the shuttlebus drove away, I turned around to find a CBS camera in my face and the operator asking if he could interview me. I don't know if they ever used the footage, however.

After only a few minutes, the second runner appeared. Before he got to me a motorcycle pulled up alongside and the driver turned on my torch. When the runner got to me the flame was passed from his torch to mine. The crowd let out a roar. As pausing momentarily, the escort and I were off and running. I had to keep reminding myself, "this is not a race, take your time and savor the moment."

The run only lasted a little over 5 minutes; I was doing around 9-min. pace. The 3 1/2 pound torch did get a little heavy after a while, as we told to hold it high so that it could easily be seen. At the completion of my leg, I passed the flame to someone on a motorcycle, who proceeded to transport it to Brattleboro. Then I was mobbed. Everyone wanted their picture taken with me; they wanted to touch the torch; they even wanted my autograph! This was surely the 15 minutes of fame predicted by Andy Warhol! It actually lasted more like 1/2 an hour.

Well, fame is fleeting, and things quickly returned to normal in my life. It is now just a pleasant memory, well documented in photos and even videotape. I had always wanted to participate, in some fashion, in the Olympics. Three runs later I ended up on the disabled list with a bum knee. Back to reality!

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Contributors this issue: Ted Jones, Larry Fisher, Mike McCormick, Bob Randall, Vickie Miller, Mike Fiene

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

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

Training Groups Forming

In the next RAG I hope to list all groups training together into the winter. Please let me know!

Salisbury: Winner's Circle, 4:00 Thursdays Club runs, something for everyone.

Exeter: Results Fitness Club, Tuesdays, 4:45 Doug Eastman 603-772-9529 Moderate (7:45-8:00) pace social runs.

Exeter: Results Fitness Club, Sundays 8:30 AM, Also Doug Eastman. Long Slow Distance,(7:45 - 8:00 pace) 10 miles and up...

Please Add your group or potential group next month.

RoadKill Wanted!!!!!!!!!!
Serious or Whimsical!
Help Cover the Club!!!

*Club Anniversary Approaches!
Still Debating dates.....
More to come!*

10 Miler...from page 1

Quote of the day came from Kathy Long, recent race rival of "running animal" Randall. When she passed Bobby licking his wounds early in the race, the "animal" quipped "Okay, say something." Kathy succinctly replied "See Ya!" and ran off into the sunset.

few miles. Next in that age group was Frank Salvatore, who never seems to have a bad Yankee 10.

Others who had great runs here (and I'll guarantee there are more than I point out) were Dave LaBrode (outkicked the author/editor, an automatic mention), Dan DuVall, who is showing results of training with a tough Newmarket crew), Dave Kelly (6 minute PR), Leo Clarke, Ed Rowe (see High St. Mile also!) and Ken Mackie.

A few runners resurfaced from who-knows where for this race also. Great to see Bobby Paige down from Alton, and Don Tucker as well as the Michel-Cameron tandem.

Quote of the day came from Kathy Long, recent race rival of "running animal" Randall. When she passed Bobby licking his wounds early in the race, the "animal" quipped "okay, say something"

Kathy succinctly replied "see ya" and ran off into the sunset. Bob, after a brutal racing schedule the last month, dropped out with a bad hamstring, but is running again and vows revenge. Is this any way to treat your elders, Kath??

I must be pointed out that some WCRC runners failed to register as team members. Some ran extremely well, and would even have scored for the team. Members, regardless of ability, should ALWAYS declare their affiliation whenever a race app asks for one. The only exception would be for students, when eligibility rules may apply.

By the way Jerry Lawson, a 2:10 marathoner from California, won the race.

RoadKill

A fine showing by the WCRC **Masters & Seniors** at Lake W. But alas (or is that a lass) late entry **Sue Efinger** was the sole **Open division** runner in the colors. This is a great day of fun & running, for both the serious competitors and the mid-packers of the club. So, seriously, I hope someone steps up to mobilize the younger masses for next year's race. If interested please contact the RAG, or Team Coordinator Mike McCormick.

Hey, **TedW**.....there's no TURNAROUND on LOOP courses.....as far as I know???

Anybody got a picture of **Gary Rohr** at the finish of Lake W? "I'm OK, I'm OK" said Gary, doing his best "Manning wobbling home from the Dread" impression. Another "F-in Eddie" victim of the infamous 8th leg.

Dr. Tom Miller is rumored to be in line for a Nobel Prize in Science. Our own Robotics Whiz has been conducting field Trials in Cloning his wife. (Wouldn't Rodney Dangerfield love that). Reportedly Tom started with a simple blueprint of the classic **Chatty Cathy doll**, after which his latest clone has been named. Photo of both the original Miss Vickie & Chatty C. elsewhere in this issue.

Perhaps it's time **Ann T.** got herself a new WCRC singlet. Then we wouldn't have to decide who washes the one she borrows to run in WCRC team events.

As for the WCRC anniversary mentioned in the last RAG, there seems to be lots of debate about when the club really started, and I CAN'T BELIEVE we can have this tough a time finding an excuse to celebrate! Another sign of the Club's advancing age perhaps?????

Mill Cities Alert!

WCRC Defends Title on December 8th

Sunday, December 8th is the date Whether you are FAST or SLOW or IN BETWEEN, the Club needs YOU for the premiere team event of the season. The CLUB pays the entry fee. Just sign up, show up and run your heart out. Runners needed for 5 person teams in Open (men & women & mixed) Masters (men & women & mixed) Seniors (Men & Women & Mixed?) and also 60+ (in some form). Try to attend the Dec 5th meeting.

The race starts at 8:00 AM at Nashua YMCA and finishes in Lawrence. Plenty of food & drink to follow. This is for the unofficial club championship of the Merrimack Valley. Send in the entry form included in this Newsletter. Mike McCormick (Team Coordinator, 508-462-0117) is in charge, with captains to be named shortly.

WELCOME! !NEW MEMBERS!

<i>Kitty Fair,</i>	<i>Exeter</i>
<i>Tricia & Wayne Ferguson</i>	
	<i>Amesbury</i>
<i>Nathan Knowles,</i>	<i>Seabrook</i>
<i>Colin Ingram,</i>	<i>N. Hampton</i>
<i>Matt St. Germain,</i>	<i>Plaistow</i>
<i>David Marley,</i>	<i>Haverhill</i>
<i>Bryan LaRoch,e</i>	<i>Highland, NY</i>
<i>Scott Cameron,</i>	<i>Merrimac</i>

Lake W Relay Reports: Ladies Win; 3 Other Teams Loonless

“Old Women” Cruise as Chace Sets Pace by Vicki Miller

Team Winner's Circle Old Women brought home those precious loons from the Winnepesaukee Relay, winning the Womens Masters Division. The ladies blue the doors off the competition in the hilly, 64 mile, 8 leg relay. Watsamattaguys?

Lisa **Chace**, clad in the blue and gold, picked up the blue baton and started our team off on the toughest? 10.7 mile leg. In trying to outrun our Lisa, Byron **Petrakis** on the WCRC's seniors team, worked so hard he developed blue balls. (Take care in Greece!) He was seen last minute hydrating on too much of that blue water in the port-o-potty pre-race. Starting at the Fun Spot in Weir's Beach, she deftly averaged a 7.13min/mile pace. (Great training run for and will you win DeMar?) Lisa earned a 7 minute lead against the Greater Boston Track Club in 1hr 17min 33.

Janet **Parkinson** picked up Lisa's blue sky attitude and ran her 11 mile leg along the blue lagoon in short order ripping up her legs for the next week. Gary **Rohr** took lessons from her for his last leg. (Gary, we admire your blue cyanosis!) Janet kept it going, finishing ahead (you hear that Gary? ahead!) of the competition in 1hr 22min (7:27 pace). She intensified the lead to 8 minutes from the next team which now turned to Ladies of the Lake.

Twirling the blue stick over her head, Vicki **Miller** rose up that fearsome hill out of Alton Bay like a Blue Chip stock. The third leg is short **Coco**, what was your time? Ladies of the Lake (LOL) placed their power here and began closing in. 11 hills and 9.3 miles later, we now were 61/2 minutes up. Vicki blue up those hills in 1 hr 10 (7.31) passing of to Kat **Kantak**.

Kat, looking kool in her blue suede sneaks really boogied with her baton to the beat of her best performance in two years! Thanks Kat! Which one of you guys can say the same? Bob **Manning**? Oh, you weren't there, sorry! LOL made up some great time here closing to 21/2 minutes. Kat maintained her Kool for 4 miles passing the pole to Paula (with the power) **Holm**. Kat 33.05 (8.15 pace)!

Suspense held us at the next exchange since we couldn't drive along the 10.8 miles on the northeast side of the lake Lolling in the blue grass at Morgan Farm, we awaited the arrival of Paula's baby blues. Suddenly, a new “Old Women” page 5

“Old women” from page 4

team appeared passing the blue baton 2 minutes ahead of Paula! Where did this team come from? Are we Blue? Paula made great time against LOL anyway clocking 1hr 19min

“Baby Boomers” 5th in Tight 40+ Men’s Race

Here comes **Mackie**! Right on schedule! A solid run for the love-struck leadoff man! 68:50 for a TOUGH 10.7 miles. But alas...most of the masters teams (Baby Blue Batons) seem to have stacked this leg with Kenyan-legged studrunners. How CAN we be 9th????

Pouring rain. Cold, too. Gary “Ultimate Team Man” **Passler** says “this is the worst.” Likes HOT weather and hills. It’s a downhill leg. Triathlon fatigue. His warm-up: an 11 mile UPHILL mountain bike ride while scoping out the course. No matter, here comes Gary into Alton Bay in 4th place. Wanna cookie? Bagel? Stomach won’t take it. This guy HAMMERED. And now we’re in the race, just 5 minutes out.

Go EASY on that first hill, Coco! Jim **Cocozella** is running for pride. South Shore buddies vowing to kick our butts. Ruel can’t catch him, though. But WHO THE HELL IS THAT YOUNG LOOKING GUY WHO JUST BLEW BY OUR BOY?? Coco runs well, breaks 60 on the 11 hills of leg 3. Supposed to be 11 miles. Millers drive it and measure 9.3. Old Fred Brown Measured this one, rest his soul. But it FEELS like 11 for sure. More HAMMERS on this leg. The youngish shirtless guy runs 55 something. Jeeez...Can’t be 40, right? Leader fades. Just 4 minutes back..

Ted “I’m a thorn between 2 roses” **Jones** is up. Biking a lot. Running a little. Hangs in. Still within 5. Nice Job, Ted. Hand it to the not-so-secret weapon.....

Where’s Jim? Mike Fiene delivers number to Jim at isolated starting point by bus. This is it. Can Jim “Mr. 5th leg” **Morisseau** destroy the competition as he has in past years? Morgan Farm...Ef’n Eddie awaits. 1,2,3,4 blue batons. Oh, no...I’ve got to catch these guys. Another good run. 66 and change. More Hammers out there, held Jim off. Why can’t he be Superman *all the time*?

4th place in sight. Coco’s got that “Mad Hatter” hat on. Work the downs. How much did I lose on that hill? I didn’t? This is me Eddie **Liebfried** running. Doing OK. Gaining. Broke 40 easily! Can Kellzo catch him?

Dave “who is this guy” **Kelly** Mini-legend. Pump the arms Dave! Mile and a half to go, clicks in the “small brain” He’s HYDROING! 4th place. Wow 52 minutes.

Gary “last minute replacement” **Rohr** on the infamous “Susie Galvin” leg. Passed. Goes hard as he can as long as he can. Dies with honor. Stays conscious. Barely. **5th place.**

Senior Field Tough Geezers Settle for 5th by Mike Fiene

The seniors found a very competitive division at Winnepesaukee. Four teams (almost 3 teams) finished in front of a solid Winners Circle team. We started out with our lead runner Byron **Petrakis** using most of his adrenalin just getting to the starting line 1 minute early. (ed. note: See comments in column 1, this page, for related info)

Gil **Emery** picked up a couple of spots on his leg even after straining a muscle doing fast downhill intervals the week before.

Gil passed the dayglo yellow baton to John **Boyle**, who picked up a few more spots on his leg which he ran 2 minutes faster than any other senior, in spite of thinking his leg was REALLY 11 miles and having all kinds of energy leftover.

John passed to Gary 'gippy' **Alexander**, who was saving himself for a 50 miler early in October.

Mike **Fiene** picked up the baton and gained a couple of spots, and then passed off to Dan 'you're how old?' **Edson**. A young woman came up to Dan after his run and asked how old he was (must be the hair). She was convinced that we were definitely conspiring to steal the division. If she could have seen Dan stretching during his run because of severe cramping.

Anyway Dan hands off to Dennis **Krause** who does an excellent job (second fastest senior on his leg) and brings us back to fourth with our ace in the hole closer ready to go. Bob **Randall** grasps the baton and heads for the fun spot with a comfortable 20 second lead. But reminiscent of a 5K race a week earlier, he's passed with the finish line in sight.

(Ed. Note: Mr. Fiene, always the gentleman, declined to hurl insults at Ms. Miller's “Old Women.” It’s a fine, or is that Fiene?, gesture, but won’t get him nominated as Cub Reporter. Bet that hurts, eh Michael?)

By The Way

We had a “B” team at the Lake. And it wasn’t really a “B” team at all. The OPEN team was actually a mix of 1 senior (Dan **Jones**, captain) one woman (Ace **Mackie**) and 6 masters. Ed **Lopes**, Bruce **Vogel**, John **Huttunen**, Charlie **Nelson**, Neil **Gleason** and Gary **Stachuski**. The group finished 32d of 49 men’s open teams. Most didn’t know each other prior but enjoyed teaming with new friends.

"Mile" from page 1

Division 50 year old Richard Murray broke Kirk Randall's 1992 record of 4:48, finishing in 4:47. John Boyle of Newburyport finished second in 4:53, while Bob Nelson finished third in 5:23.

On the women's Masters race Sue Passler finished first in 5:42, Vickie Miller ran 6:05, improving 5 seconds over last year, while Ann Walsh finished third in 8:03. Wendy Burbank won the senior's race in 6:33.

The, sponsored for the first time by FILA USA, drew a record 182 runners who competed in four separate heats. The Winner's Circle Running Club did its usual outstanding job organizing the race. (as did race director Ted, ed.)

Men (Overall):

1. Sean Livingston, 4:17; 2. Chris Kealey, 4:31; 4. Jim Chute, 4:33; 10. Tom Roldan, 4:52; 11. Kyle Tighe, 4:56; 15. Chris Sullivan, 5:07;

Masters: 1. Geary Daniels, 4:29 (CR: old record 4:36, Fred Doyle, 1992) 2. Buddy Bostick 4:31; 5. Jim Morisseau, 4:45.

Seniors: 1. Richard Murray, 4:47 (CR: old record 4:48, Kirk Randall, 1992) 2. John Boyle, 4:53;

Women (Overall): 1. Molly Watcke, 4:46,(CR: old record, 4:50, Maryann Haring, 1995); Emily Hampson, 5:28; 6. Susan Passler, 5:42; 12. Susan Efinger, 6:00; 13. Vicki Miller, 6:05;

Master: 1. Sue Passler, 5:42; 2. Vicki Miller, 6:05;

Seniors: 1. Wendy Burbank, 6:33. Newburyport, MA 01950-1914

GraniteMan Triathlon Results

This event, in Wolfeboro NH, consisted of a 3/4 mile swim, 15 mile bike and 4.2 mile run. Congrats to Don Dwight on his 3d place overall finish.

(Place in age group in parenthesis)

- 3. Don Dwight (2) 1:28:07
- 7. Bruce Lander (2) 1:30:42
- 8. Stu Olsen (3) 1:31:12
- 9. Peter Flink (3) 1:31:25
- 10 Laine Jones (2) 1:32:33
- 28 Cathi Remington (3) 1:37:47
- 29 Ed Rowe 1:37:56

Morisseau, Boyle, Strazdins Win Shriveled Exeter 10K

What's going on here? Attendance at this year's Exeter Kiwanis/First Savings 10K dipped below the 300 (finishers) mark, and despite good weather, a team competition and its inclusion in the WCRC Grand Prix, Circle participation shrunk as well.

Nevertheless, the Blue & Gold maintained a presence here. Boyle's 36:08 was an age-group standard clocking, one of just 5 in the entire field, as Long Thin John (Smooth Talkin' John) took top 50+ honors while finishing 24th overall. Morisseau's 34:58 was 1st WCRC and top 40+, and Strazdins was 1st female 60+ with 55:49. Liz Arcieri was top Club lady in 38:47, good for 8th overall.

Others near the top of their group included Jim Lavalley (45:11, 3rd 60+) and Vicki Miller (44:05, 2d 40+).

Young Nathan Knowles of Seabrook, a newcomer to the sport currently out for X-Country at Winnacunnet High had hoped to break an hour and ran 52:56 in his 1st 10K. Good luck, Nate and stay with it!

Barb Liebfried (66:37) did her first race in a while and Dave Kelly (37:51) had ANOTHER PR. Others include Pete Cameron (40:40), Kev O'Leary (41:27), Steve Mazurka (42:48), Cindy Army (44:03), Bob Aucoin (45:36), Dave McGuigan (45:40), John Parker (47:34), Dan Sturtevant (48:12), Donna Mazurka (52:21), Bob Woodburn (52:28), Nick Anastasi (53:02), Jim Shuchman, (60:26).

WCRC Grand Prix

The Following are the remaining races in this years' Grand PrixSeries:

- Oct 6 W. Newbury Apple Harvest 5M*
- Oct 13 Haverhill Bobby Bell 5M*
- Oct 20 W. Newbury Beth Brodie 5M*
- Oct 27 Boston Mayor's Cup X-C*
- Nov 3 Newburyport (Matt Manning's) 5K*
- Nov 28 Maudslay Thanksgiving X-C*
- Dec 1 Andover Striders X-C*

Standings unavailable at this time; please check the board at the Winner's Circle.

Passler Leads WCRC Quartet at Sunapee

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Gary Passler narrowly missed qualifying for a berth in the Hawaii Ironman with a strong showing in the "long course" event at the Sunapee Triathlon Festival. Gary's time of 3:30:23 for the 1 mile swim, 44 mile bike and 9 mile run placed 3rd among masters, in a very strong field looking for that elusive single spot in Hawaii. Stu Olsen also had a strong race, finishing in 3:43.

Ted & Allie McGuinness-Jones also renewed their summerlong rivalry in the short course (3/4 swim, 22 bike, 6 run) with Ted squeaking in seconds ahead of the missus. Allie finished just one spot out of the prizes, but sure looked better than Ted. And Ted was subject of a video on "How not to transition" which will not be a selected "short subject".....

Couples Race Proves Fun For All

The Bruce Ellis Couples Races, while not producing the number of entries anticipated, received positive reviews from everyone who took part.

Liz Arcieri powered to a PR win in the women's race in 18:09. She looked as strong as Uta, without the mess, in the video. The men's race was a duke - out between Lou Ristaino & Jay Mustapha, neither of whom had partners. After dodging traffic and a Mustapha protest of an alleged push on the last turn (which was reviewed in the video and found to be incidental contact with elbows out on both sides) Ristaino won in a kick in 15:54. . But next time these

guys ought to discover the opposite sex and enter this thing right! Anyway it was good video, though not as good as watching Liz....

Linda & Mike St. Laurent were couples' champs, and virtually everyone who stayed won something either in the race or raffle. Ted Wendt & Louise Rossetti ran as a team, with a total age of 149! Now that's a goal!

Thanks to all who helped, and to George & Phillips for major sponsorship. Most of all thanks to the late Bruce Ellis, whose influence continues to contribute to the local running scene.

Which One Has The Toni?

So THIS is the famous twin sister...Well, one of them is, anyway. No, Tom has NOT been cloning at his laboratory. Cathy (or is it Kathy???) is the one on the right. Er...left....aw sh* (%\$#@)!! you tell me.

Actually Cathy's quite an athlete. (Surprised?) She's world class in a river Kayak.



RoadKill II

(B.A.A. Humbug)

Anyone sympathetic to the BAA and it's latest price increase to **\$75.00** for the 1997 Marathon? That of course does NOT include your USATF membership, at another \$15.00. The WCRC directors are considering possible alternative plans for the day of BAA 97. Feedback from the membership is welcome on what is now a hot issue in NE running.

Now for the GOOD news. The **Bruce Ellis Scholarship Fund**, which we support thru the Bruce Ellis Races, has become large enough to be self-sustaining. **Bert Freedman** of **George & Phillips** Nike store has been the force behind this fund which benefits graduating seniors from the Exeter High track & XC programs.

ULTRAS: **Ann Tassinari & Gary Alexander** are planning ultras this fall. Ann ran a 26.2 in 90 degree heat for a tune-up.

WCRC Upcoming Events

+++++

- Oct 6 **Apple Harvest 5M** Batchelder St. West Newbury
Noon Kathy Long 508-363-2456
- Oct 13 **Bobby Bell 5M** Lasting Room Haverhill
11:00 AM (Men's) Dave LaBrode 508-373-3400
- Oct 20 **Beth Brodie 5M** Pentucket High W. Newbury
- Oct 26 **Mackie Invitational Entries Closed**
- Oct 27 **Halloween Pub Crawl** Dreadnaught, Newburyport,
2:30 PM (Costumes/Judging) Bob M. 508-462-1073
- Nov 3 **Trick or Treat Trot** High School Newburyport
11:00 AM Joe Manning 508-462-1973
- Nov 7 **Club Meeting David Abusamra Slide Show from Atlanta Olympics.** 6:00 PM Winner's Circle.
- Nov 23 **Turkey Trot Predict Your Time Run** Winner's Circle
4:00 PM Gary Passler 508-388-4322
- Nov 28 **Thanksgiving Cross Country 5K** Maudslay Park
Newburyport 8:20 AM John Wile 508-465-7662
- Dec 8 **Mill Cities Relay** (Club Teams Only, See App in this RAG)
Nashua Y to Lawrence Elks 8:00 AM Start
- Dec 13 **Club X-Mas Party** Hungry Traveler Salisbury
6:00 PM. Plan Now!
- Dec 15 **Santa's Toy Trot** 2 mi, 4mi, and 6mi races Church St.
Merrimac Kid's Run also 1:00 PM, Road Race 1:15
See App in this issue.
- Jan 1 **Hangover Classic 10K & 5K** Winner's Circle, Details TBA

Mill Cities Relay

Unofficial Club Championship of the Merrimack Valley

Winner's Circle Running Club Application Form

Name:	Address:	Telephone:
Birthdate: Age on Dec 8:	Sex: (Circle one, a yes no answer will not do!) <div style="display: flex; justify-content: space-around; width: 100%;"> M F </div>	Willing to run on "A" or "B" Team? Circle one: YES NO

Please note in this space: Special requirements, i.e. short leg wanted, need to run early in AM, prefer particular leg, need transportation to/from, etc. We will try to oblige.

Send this form to Mike McCormick 16 Norman Ave, Newburyport, MA 01950 (No Fee)

My approximate 10K time (now) is: (Circle one) 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 Other:

I know that running is a potentially hazardous activity. I declare here that I am trained and medically able to beat my brains in for the Blue & Gold of the WCRC at this great event. I forever release from liability should I be injured, killed or sickened by this event the organizers of this race. Also the cities & towns along the route and any idiots encountered. I also release sponsors, teammates and especially the Runner's Rag and its parent club the Winner's Circle Running Club. That said, I offer my signature.....**Signature:.....**

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
