

# CIRCLE TIMES

A WINNER'S CIRCLE RUNNING CLUB PUBLICATION: FALL & WINTER 2017



## STROUT STRIKES 3,000

On the 26<sup>th</sup> of August Bob Strout completed his life-long goal of running 3,000 races. Strout, 61, began running competitively in high school and keeps meticulous records of each training run and race.

Continued on page 4

## STAND OUT PERFORMANCES

### PAT FULLERTON SETS A NEW RECORD

At the 28<sup>th</sup> Annual Wild Turkey Trot a new record was set by WCRC member Pat Fullerton in a time of 16:21. Fullerton outpaced the previous record of 16:46 set by Gregory Putnam in 2016.

Kristen Mackie, Amanda Burnham, Mike Leonard, Susan Mackie, Tom Miller, Ken Mackie, and Ted Jones placed respectively in their age groups on the demanding cross-country course of the Wild Turkey Trot.



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## PREDICT YOUR TIME 5K NOVEMBER 18<sup>TH</sup>

Dan Maguire predicted his time down to the second, finishing the 5k in 24:15. “I had run a 5k the week before, so I had a good idea of my pace,” shared Dan as he reflected on his win.

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## PREDICT YOUR TIME SPAM AWARD

Laurie Cyr was the proud recipient of the SPAM award, underestimating her performance by 4:35 minutes.

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## HARBOURSIDE HALF MARATHON

Mike Lenard finished 12<sup>th</sup> overall and 1<sup>st</sup> in his age group with a time of 1:32:25

Dennis Donoghue finished 1<sup>st</sup> in age group with a time of 1:51:10.

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## WCRC GRAND PRIX

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### THE TEAM RESULTS

**First Place:** Cirquede de Sore Legs: Jane Lemuth, Jason Bulman, Marianne Lucey, Rick Bayko, Rick Walsh & Tatum O’Sullivan

**Second Place:** Worst Pace Scenario: Amy Moody, Margaritt McNulty, Michelle Zoeller, Mike McCormick, Scarlett Smith, Sharon Chase & Tom Wylie.

**Third Place:** Pace Makers: Christine Habib, Don Clarke, Gail Clark, Holly Sullivan, Mike Leonard and Paije Moormann

**Fourth Place:** Diamonds & Rust: Charlie Farrington, David Carroll, Ginger Iola, Jean Herrick, Robert Randall, Tom Chase & Tricia Lavoie

**Fifth Place:** Running on Empty: Amanda Burnham, Jim Bailey, Bonnie Conway, Dennis Donoghue, Stephen Iola & Tony Martuni

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### INDIVIDUAL FEMALE RESULTS

#### W- 30-39

**First Place:** Paije Moormann  
**Second Place:** Amanda Burnham  
**Third Place:**  
Holly Sullivan & Scarlett Smith

#### W- 40-49

**First Place:** Amy Moody  
**Second Place:** Jane Lemuth  
**Third Place:** Tatum O’Sullivan

#### W- 60-69

**First Place:** Margaret McNulty  
**Second Place:** Jean Herrick  
**Third Place:** Gail Clark

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### INDIVIDUAL MALE RESULTS

#### M- 40-49

**First Place:** Rick Walsh  
**Second Place:** Don Clark  
**Third Place:** Jim Bailey

#### M- 60-69

**First Place:** Rick Bayko

#### M-70-79

**First Place:** Charlie Farrington  
**Second Place:** Tom Wylie

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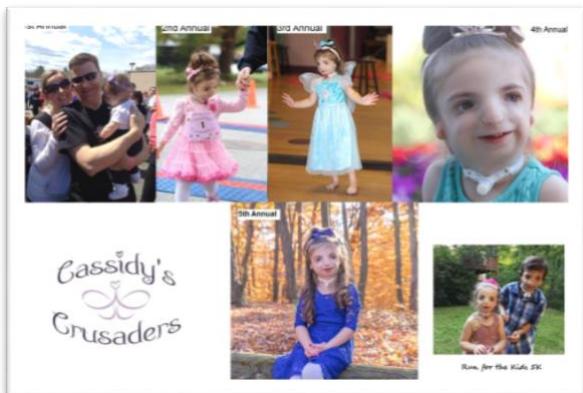
### WCRC GRAND PRIX IRON RUNNERS

Jane Lemuth, Jason Bulman, & Rick Bayko

Successfully completed all 8 races in the series.

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Special thanks to Ginger Iola for organizing the WCRC Grand Prix series!!!!!!



## 5<sup>TH</sup> ANNUAL CASSIDY'S 5K

One hundred and eighty-six runners flocked to Salisbury on September 17<sup>th</sup> to participate in the 5<sup>th</sup> Annual Cassidy's Run for the kids 5k and fun walk.

This race benefits Cassidy Nicholas, who was born with Treacher-Collins Syndrome, a rare genetic disorder. Cassidy's 5k is an opportunity to share our love and support for Cassidy and her family. The funds raised by the race also help to offset medical related expenses which are not covered by insurance. The resources from last year's race helped Cassidy to obtain a second BAHA hearing device. The BAHA device has already started to help her process spoken language. Her vocabulary has increased steadily. Cassidy has grown so much since the 1<sup>st</sup> annual Cassidy's 5k, we are all so proud of the progress she has made. This year the after party was moved to Silvan Street Grill, because many of Cassidy's family members work there. The move was a success! Next year's Cassidy's 5k will take place on June 3, 2018.

Thank you to all of the runners, donors, volunteers, and organizers who made this race a success. A special thank you to Winner's Circle Sports Bar and The Silvan Street Grill.

### HEARTFELT THANK YOU FROM CASSIDY'S MOTHER

I am completely overwhelmed by the love and support for Cassidy and my family. Not only were people running in the U.K and New Mexico for her there was an adorable little boy who is fighting his own battle of cancer there for her. He just touched my heart and could not believe he was there with his family to help Cassidy. It was a hot day and people were dripping sweat, 3 of the volunteers are pregnant and still smiling and helping. Rachel Jones, Scott Walsh, The Winners Circle Running Club, all the sponsors and donators, all the runners, walkers, people just cheering everyone on, the amazing volunteers, and everyone that donated raffle items we can't thank you enough. My little girl has the world with her and it has made it that much easier for us! We are forever grateful and blessed to have such amazing people in our lives. Thank you all!! We love you!!

~ Eva

### WCRC AGE GROUP WINNER'S

1 ROBERT RANDALL SPRINGVALE, ME	34:57
1 JANET PARKINSON PORTSMOUTH, NH	25:24
1 JOHN WEBBER HAMPTON, NH	21:13
1 STEPHANIE SUPRIN NEWBURYPORT, MA	24:41
1 THOMAS CHASE NEWBURYPORT, MA	21:19

## STROUT STRIKES 3,000

CONTINUED FROM PAGE 1

“Bob Strout was one of the best 800 meter runners at the High School level.” shared Bayko. “Very few runners can run a half mile in under 2 minutes, Bob Strout was able to do it in 1:55:0 in 1974 and the mile in 4:19:4.” Rick has a pair of Strout’s shoes displayed at his store, The Yankee Runner. These shoes were the pair Strout raced in in 1974. On which he recorded his records for the year.

“I have heard Strout has rooms in his home where the walls and ceiling are covered in bib numbers... There is something truly amazing about a person who can maintain a singular focus throughout the decades.” remarked Tom Chase. Bob Strout has continued to log his miles, complete training, and has always competed at a competitive level. It is unusual for Bob to run a race without placing overall or in his age group. The 62-year-old continues to run 20 minute 5ks.

Carpenter by trade, Strout is well respected for his work. He is also known for riding his bicycle to all of his jobs and most races, while towing a heavy wooden trailer, filled with his tools. “He must ride 10,000 miles on his bike each year” says Strout’s long time friend and training partner, Rick Bayko, adding “A lot of his exercise comes from riding his bike. He also shows a lot of mental toughness, after working a long day at a physical job, he has gone straight to running a race.” Not even weather deters Strout, as Scott Walsh shares “Bob Strout rides his bike on days I would not even dream of going out.”

In a time when many look towards the perfect running app, pair of shoes, or GPS watch to accomplish running goals, Bob Strout stands out as an anomaly. Bob does not have an email address, cell phone, and you will not find him on Strava. Bob has demonstrated that in order to achieve a life time of running greatness, you do not need the next new running gear, rather consistency, perseverance, and mental toughness.

## AN END OF AN ERA: THE PAT POLLETTA 2 MILER AND EVELYN’S RUN FOR THE ROSES HAVE BEEN DISCONTINUED

Two of the WCRC’s oldest annual road races will not be held in 2018. The Pat Polletta has been a 37 year tradition and the Run for the Roses, a 28 year tradition. Both races ran their final lap in 2017.

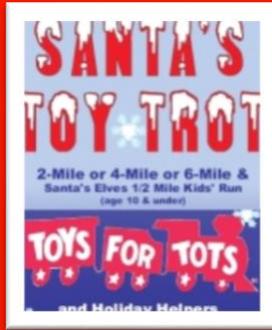
On the September 7<sup>th</sup> board of directors meeting, the board voted to eliminate the Run for the Roses and the Pat Polletta from the 2018 race calendar. The main reasons for this change include a lack of race directors and a challenge associated with finding a new race director. Offering 8 races a year is a large undertaking for the club, and the club might experience some success by decreasing their number of annual races from 8 to 6. “This would give the club an opportunity to focus it’s attention on it’s more successful races.” Shared president Lavoie. “It is also a great opportunity to create a new and exciting new race” shared Scarlett B.

It is important to note these events raised money for the club and also supported a local charity. Board members argued the expense to the club was in the form of energy and resources, which could be better used in other events. As a result of this change, Cassidy’s 5k was moved from September to June 3, 2018, which may improve the attendance and the success of Cassidy’s race.

As with any event which has had such history, it is normal to have a sentimental attachment and be saddened by its ending.

A very warm thank you to all who have participated, volunteered and supported these races in the past and to those who continue to support the club in the future.

Read an account of the 2017<sup>th</sup> Run For the Roses on page 10.



## SANTA'S TOY TROT 2 MILE, 4 MILE, OR 6 MILE

On December 10<sup>th</sup>, 2017 runners flocked to a Merrimack, MA Elementary school. This event draws a happy crowd to participate in the road race, elves run, and gift giving! Race director, Patricia Lavoie, shared "I love this race because it is a great way to celebrate the holidays while helping others."

As with most of the WCRC races for 2017, the weather gods have not played in WCRC's favor. This year was reminiscent of the 2013 Santa's Toy Trot, when the race was canceled due to a snow storm. Fortunately, in 2013 many still brought toys, and participants were happy to learn their entry still went to provide toys for children in the local community. Nick Defusco even donated the money he made shoveling peoples' driveways to Toys for Tots. "This race is a time we all come together to help others" said Lavoie continuing "This race is a lot of fun too! people can pick their distance at any time, which makes for a unique race format."

The format of the race gives the WCRC runner a unique opportunity to use their problem solving skills. "Most of the time we just have to run fast, this race requires a lot of brain power" scientist Chip Cody shared "The slushy conditions did not deter runners this year, but many did select the shorter distance. 54% of runners competed in the 2-miler, 26% ran the 4-miler, and only 20% ran the 6-miler. Statistically you had the best chance at placing in the 6-mile, but you also have a higher chance of slipping on the ice."

Many runners devise a strategy about which distance they run. Tom Chase shares "You really have to look at your age group results. Most of the time it is not the event you are the fastest in, but you can look at past years results and see where you have a chance to make an age group award."

Other runners are superstitious about sharing which event they will run, like power couple, 2016 defending 4 mile champions, Matthew & Abby Cirinna. Matt shared at a pre race group run "It really depends on the weather which distance I will run, but even if I knew, I wouldn't tell." Matt would go on to win his age group in the 4 mile. Abby Cirinna used the quit-while-you're-ahead strategy when she finished at the 2-mile mark in a time of 13:47, placing first overall in the 2 mile event. "I knew I was the first female at that point, so I figured if I stopped then I would be insured a first place finish" shared Abby. Paije Moormann and Amy Moody using the tactic of avoiding the crowds "I heard everyone was running the 2 mile because of the snow and ice on the roads, so I decided to go a little longer" shared Amy who won her age group in the 4-miler, as Paije won the 6 Mile overall.

No matter which strategies runner's used they all had a wonderful time and helped put gifts under the Christmas trees of local children.

**RUNONYMOUS ASKS: BING, HOW DO THE BOSTON MARATHON WAVERS WORK? I TRIED TO GET A CLUB WAVER THIS YEAR, AND I AM VERY DISAPPOINTED THAT I WAS NOT SELECTED.**

Great question, Run! Not getting a waver is disappointing. This year especially, many qualified athletes applied for the wavers. All of the applicants were well-respected long-term WCRC members, who have been participating in WCRC events throughout the years. All 18 applicants were well qualified club members making the choice very difficult for the board of directors. Scott Walsh shared "I've never seen so many qualified applicants, and the club has never been given so few wavers."

The BAA gives a small number of Boston Marathon Invitational Entries to local running clubs. There is no set number each club receives, but last year we were given 6. This year we were given 5.

The club then sent out an email to membership asking members to fill out an application. The application asks questions like: "In the past two years what WCRC events did you participate in? What WCRC team events did you compete in? What events did you volunteer in? Which marathons have you run in the last 2 years? Did you qualify for Boston? Would you be willing to host a WCRC training run?" Finally, "What additional information would you like to share?"

Some years WCRC can give entries to all who apply. This year we received 18 applications!

The applications are then voted on by the board in blind ballot style. The board members are not permitted to discuss the applications in a positive or negative way. Many times, there are applicants

who are not known to a board member, which is why the application is so important. Even if a board member does not know you, they can make an educated decision solely on the basis of the information you provide.

Pro Tips:

1. **Take your time**, it is extremely important to take the time to answer all questions thoughtfully and completely.
2. **Tell them how much of an impact you have on the club!** When filling out the application assume the reader does not know you at all.
3. **Time matters**, the turnaround time to submit the application is often less than a week. Which means applicants needed to keep an eye on their emails and listen up at the meetings.
4. **Don't give up**, this year's competition was steep. Last year we only had 11 applications, this year we had 18 well qualified applicants. If you did not get a waver this year, try again next year. While you wait for the year to go by join us at WCRC Grand prix events, group runs, meetings, volunteer, submit articles to Circle Times, run the USATF-NE Grand Prix for WCRC, and when next year rolls around you will be in awesome shape to PR at Boston!!!!!!

This is a similar application protocol for Mt. Washington Wavers (only that one requires you to have tried to get in through the lottery too)

If you have any suggestions or recommendations about how the waver process could be improved, please email President Trisha Lavoie. She can arrange a time for you to come to a board of directors meeting and share your thoughts, ideas, and recommendations.

If you want the application process to change, please help the board of directors by making a suggestion and making time to attend a meeting. The board will be happy to see you and eager to hear your ideas!!!



## BING'S REFLECTIONS: A REPORT ON OUR FURRIEST MEMBERS

This has been one Bark of a fall season. WCRC has really picked up speed throughout 2017. Did you hear WCRC came in second at Mill Cities Relays? A full 59 points ahead of last year!!!! With a team score of only 7 points behind first place team, Gate City Striders. You know who to watch next year, WCRC!

Scarlette and Laurie sure did a great job! I cannot wait to see what is in store for next year. Will The Honey Baggers and The Wolf Pack make a return to USA-TF NE? Will Scarlette bring us on a magical Disney road race adventure? I sure hope so.

In other news, Pepper was feeling really sick this fall, but she has made a full recovery! We were all so worried about her. On one of her most challenging days she still went to Mill Cities to cheer everyone on. BOW WOW, that is commitment to the club. Pepper also attended the Hangover classic! We are all so happy to hear you are feeling better Pepper.

Speaking of dogs at Mill Cities, Alison Herrick has a new puppy named Truman. Alison was pretty busy running at the Mill City's Relay on the winning team, Spice Girls. Truman really wanted to start cheering for Blue and GOLD, so Truman's Dad Rob postponed his trip to Florida to introduce Truman to WCRC. Hopefully Alison and Rob teach him how to write soon so he can have his own column.



Wags and Kisses,

Bing

## BING'S PICKS

# 26.2

### CLARENCE DEMAR MARATHON

Despite the unusually warm weather, WCRC was seen across the leader board at this year's Clarence Demar September marathon. Amy Moody ran her first marathon! Congratulations Amy! Amazing performance!

Mike Lenard	3:24:21	8:11	8D
Tom Case	3:26:43	7:54	4D
Rick Walsh	3:33:52	8:10	7D
Amy Moody	4:14:55		12D



LEFT AMANDA AND TATUM COMPLETE THE YMCA OF METRO NORTH HALF MARATHON

RIGHT SCARLETTE, PAIJE, AND TATUM CELEBRATE FINISHING THE HARBOURSIDE HALF

### ATHLETE SPOTLIGHT:

#### TATUM O'SULLIVAN

Tatum has been running and racing consistently throughout this fall season. Stand out performances included completing two half marathons in two days. Tatum ran the Harborside Half Marathon on November 19<sup>th</sup> and the YMCA of Metro North Half Marathon on November 18<sup>th</sup>.

## A WCRC CHRISTMAS STORY

'Twas the night before Christmas, and all through The Chase House not a creature was stirring, not even a mouse. Sharon hung the stockings by the chimney with care, in hopes that St. Nicholas soon would be there.

As the sounds of the clock striking midnight and reindeer hooves landing on the roof combined, Tom was awoken and lurched out of bed. "It can't be Christmas..." Tom muttered in a hushed tone as he descended the stairs to the living room. What Tom saw then removed all doubt from his mind: Santa Clause himself placing a squeaky toy in Pepper's Christmas stocking.

"Santa, you've gotta help me!" exclaimed Tom, "I have been so worried about Pepper's health I forgot to buy a Christmas gift for Sharon." "Hohoho Dear, Tommy! The Elves at the North Pole make a specific number of gifts for the girls and boys on the nice list... unfortunately, you and Sharon are both on the Naughty list," said Santa. "How is that possible?" retorted Tom. "Hohoho I do prefer milk & cookies over Miller Light and paleo seed snacks and what happened in Key West didn't stay in Key West, Hohoho. I know who can help you, put on your running shoes!" said Santa as he pulled Tom up the chimney and before Tom knew what had happened he was riding in Santa's sleigh. Tom tied his shoes as they flew above the homes of Newburyport, over Main Street in West Newbury to stop on the roof of Rick Bayko's house. Tom noticed a WCRC bumper sticker on Santa's sleigh, and turned to Santa who shrugged and said "Lifetime member." Before Tom could even ask Santa about the plan, they were down the chimney and Santa was slipping a bicycle bell into a stocking marked "The Polish Rifle." "Rick can help you, HOHOHO!" said Santa before he disappeared up the chimney. Tom watched through the window as his sleigh disappear into the night's sky.

"Rick! Rick!" yelled Tom. Rick rubbed his eyes sleepily and walked towards Tom, saying "Is it 5am already? Did we make plans to go for a

long run this morning?" "No, no, I need your help, I forgot to buy Sharon a Christmas gift!" shared a bashful Tom. "I have just the thing! K.D. Mason just released *Canceled Out: A Jack Beale Mystery*. I heard the book features a runner as the main character. The rumor is K.D. Mason is actually Doug, who organizes the WCRC Christmas party, but I don't believe it! Anyway, I just got a shipment for the store, it is your lucky day," said Rick as he reached into a cardboard box of books. Rick extended the volume towards Tom saying "Hey Tom, you should also buy Sharon some Circle clothing, studies show it makes any runner at least 10% faster." "How will I get into the Circle in the middle of the night?" asked Tom.

"Rumor is that Jean Herrick has been so excited to receive a Boston Marathon waver through the club that she has been running laps around the Winner's Circle to burn off the nervous energy. She is in charge of the clothing department. She will help you!" said Rick. Tom moved towards the door saying, "Thanks for the tip, I've got to get to the Circle."

With a beautiful Christmas morning in his sights, Tom ran the 8 miles to the Winner's Circle, Fugauwee style. Through yards, over fences, running in the breakdown lane of 95 northbound, and maintaining a steady 7-minute mile pace. Finally, turning a corner Tom stumbled into Jean and exclaimed, "Jean, I need to buy some Circle clothing for Sharon for Christmas!" "Great, you're my fourth customer tonight. Brian Roderick bought a vest for Amanda. Vicki Miller bought Tom a new hoodie, and you just missed Ken Mackie, he bought new singlets for the whole family!" said Jean as she brought Tom inside the Circle, up the stairs and into a dimly lit room filled with WCRC gear. "I'll take one of those new hoodies and a new running vests," said Tom, relieved his Christmas shopping trip was nearly complete. Jean exclaimed "Great choice, those are new orders for 2018 and sure to sell out soon. I'll even gift wrap it for you and throw in a few green bananas," she passed the parcel to Tom, and he ran into the night. Slowing as he approached his home, he gingerly opened his

front door, taking off his running shoes, and placing the gifts under the tree. He tiptoed up the stairs and snuck into bed, careful not to wake Sharon. Tom was suddenly alarmed as Pepper rolled over, only to fall back asleep. Soon, Tom did the same.

Tom and Sharon awoke to sunbeams filling their bedroom. Sharon, filled with the joy of Christmas cheer, ran downstairs with Tom following close behind. Sharon peered into her Christmas stocking... "Ever since we met, Santa has given me coal," said Sharron disappointedly.

Tom then handed her gifts from under the tree. Her smile grew bigger and brighter as she opened each gift. "Thank you, Tom, how do you always find the perfect gift?" gushed Sharon. "I asked some WCRC friends for advice this year," confessed Tom as he gave Sharon a hug and a kiss. The loving couple went on to have a joyous holiday season.

## SHOP LIKE TOM CHASE

Just like Tom, you can pick up your copy of *Canceled Out* and the entire Jack Beale Mystery Series at The Yankee Runner. Run to downtown Newburyport! Get your copy today!



## WCRC LOSES LONG TIME MEMBER

James "Jimmy" Banyas, passed away on Sunday, November the 12th, following a short battle with cancer. A longtime member, Jimmy was the former Santa's Toy Trot race director, member of the board of directors, and volunteer of the year.

Jimmy truly had the heart of a runner. He raced distances from 5k to 50k, but his athletic career did not begin with running; he was a competitive hockey player, attending UMass Lowell on an athletic scholarship. He demonstrated speed and endurance on the ice and later went on to use it on the roads and trails.

People who knew Jimmy would describe him as a person who had the ability to be there for you when you needed him.

Chip Cody described a particularly challenging marathon, "Running with Jimmy was the best part of my race. He helped me to get through it."

Other stories include Jimmy giving expert advice on the trails, helping to wrap sprained ankles, and encouraging people to join WCRC.

Tanya Anderson shared, "I am grateful for the help he gave my Mom when we had to clean out her house to ready it for sale." His ability to be there for others was not accidental. Jimmy knew that people fall on hard times and he made an effort to help those he could.

Jimmy truly enjoyed running with friends and was never seen running alone. Many say he could count the number of training runs he completed alone on one hand. Jimmy had not been active in the last few years, but had a long history of positively impacting the club.

This year's Santa's Toy Trot honored his life by placing "In Memory of Jimmy" on all the race shirts. Although Jimmy is no longer with us, his spirit will live on in our club. We will honor his memory by running together, volunteering, and remembering the good times.

## THE 28TH ANNUAL EVELYN'S RUN FOR THE ROSES

BY DENNIS DONOGHUE

Ignoring the AMA's guidelines regarding risk factors for hypothermia, 109 sodden and shivering souls crossed the finish line in this year's Evelyn's Run for the Roses, thereby demonstrating that distance runners have zero in common with their sane and sedentary counterparts.

"I'm a little annoyed," said Karen Casey, winner of the master's division in 19:48, as she accepted a cold bottle of water from a soaked volunteer. "I could have run considerably faster had I not missed the ferry taking us across that puddle on Fanaras Drive. By the time the next one came I had totally tightened up."

The single water station at the halfway point was another example of the WCRC's tradition of finding irony in every situation. No one stopped, though a few expletives were cast in the direction of volunteers standing in fishermen's oilskins behind the table.

"Actually, despite the insults, it was a pretty easy assignment," said Mike McCormick. "All we did was set empty cups out before the gun. Mother Nature did the rest."

Runners who elected to skirt puddles found themselves targeted by irate motorists leaning on horns.

"It's Friday night in Salisbury," said a sympathetic Laura Rudd, who finished fourth overall in 18:47. "Drivers were understandably furious about slowing down. There are only so many barstools in this town to go around."

As the string of competitors slogged along Rabbit Road, one or two startled bystanders pumping out their basements offered words of encouragement.

"They told us we had a screw loose," said Bob Aucoin, 3rd in the 70+ division (47:18), "which as anyone knows is high praise in this sport. Those types of comments are what we live for."

The race was one of the many WCRC charity events and was once restricted to women. Men now run, it though given the rain apparel adorning the field, it was hard to tell one sex from another. Results were gender-graded using a formula developed by Tom Miller, one similar to that used by MIT mathematicians to calculate the rate of radio waves emanating from neutron stars.

"When Tom wraps his mind around something, look out," said Bob Randell, who at 80 captured the 70+ age group in 36:48. "I mean the man's a total genius. Have you ever tried having a conversation with him? He'll switch to German in the middle of a sentence. Someone has to tie his sneakers before a race."

While many club members filled age group categories, none expressed disappointment that the WCRC's famed beer garden was relocated inside for the evening. The thermostat in the private upstairs lounge was set to 107 degrees, heated terrycloth bathrobes dispensed, trays of brandy set out. A head count conducted by Salisbury Search and Rescue indicated everyone was safe and accounted for.

"Two people in wetsuits flew past me in a Zodiac," recalled Lynne Goodwin of the winning sister team (along with Laurie Goodreau). "At first I thought they were leading some kind of regatta until one of them shouted something at me through a bullhorn."

For race director Jodi Short, the dramatics brought about by the inclement conditions served to make the evening a memorable one.

"I'm proud of everyone who finished," she noted. "Like Tony Robbins says, 'If you can, you must. If you must, you can. And if you can't stand the rain, stay the hell out of New England.' Or something to that effect."

## USA-TF GRAND PRIX 2018

March 18	New Bedford Half Marathon	New Bedford, MA
March 31	Frank Nealon 15k	Upton, MA
June 17	Ribfest 5M	Merrimack, NH
August 25	NH 10 Miler	Auburn, NH
September 30	CVS Downtown 5k	Providence, RI
September 30	Lone Gull 10k	Gloucester, MA

## ON THE ROAD WITH WCRC: TRAVEL AND ADVENTURE RACES

For more information contact Team Coordinator Scarlett Smith at [WCRCTEAMS@runthecircle.org](mailto:WCRCTEAMS@runthecircle.org)

January 14, 2018	Key West ½ Marathon
June 3, 2018	Niagara Falls Women's 1/2 Marathon
April 22, 2018	Run for the Troops (register in March with team name Winner's Circle Running Club)
April 16, 2018	Boston Marathon and Boston Bus
June 2018	Randall's Run for the Gym
July 31, 2018	Yankee Homecoming 10 Miler, NBPT, MA
August 2018	Saunder's 10k
August 4, 2018	Beach To Beacon
October 7, 2018	Chicago Marathon
January 2019 Registration opens on April 17 <sup>th</sup> , 2018 and will sell out that day.	Disney Marathon, ½ Marathon, 10k, 5k, and Goofy Challenge

## WCRC UPCOMING SOCIAL EVENTS

January 20 6pm	Christmas Party
February 10	Annual Meeting

## 2018 WCRC ROAD RACES

March 31	April Fools 4 miler
June 3	Cassidy's 5k
August 5	High Street Mile
November 22	Wild Turkey Trot 5k
December 9	Santa's Toy Trot 2Miler, 4Miler, 6Miler
January 1, 2019	The Hangover Classic 5k and 10k

## BOSTON TRAINING RUNS 2018

January 14	12-14mi Dover, NH
January 27 9am	14-16 mi W. Newbury, MA
February 25 9am	18-20mi N. Hampton, NH
March 11 9am	18-20mi Amesbury, MA
March 24 9am	20-22mi TBA

## DATES ARE SUBJECT TO CHANGE

For complete list of addresses, weather related delays, and more information go to [Runthecircle.org](http://Runthecircle.org)

## CIRCLE TIMES IS A WINNER CIRCLE RUNNING CLUB PUBLICATION

Submit articles, special event, stand out performances, race results, PRs, photos, and more to Betsy at [Eberkenbush@gmail.com](mailto:Eberkenbush@gmail.com)