

April 2018

## The Winner's Circle Running Club

[WWW.Runthecircle.org](http://WWW.Runthecircle.org)

### WCRC Grand Prix

Series registration  
closes on May 5<sup>th</sup>!!!

**Locker Room Cleanout**  
Saturday May 5<sup>th</sup> 3pm  
all are welcome

#### Mondays 6pm

Redhook Brewery  
(parking lot)  
1 Redhook way  
Portsmouth, NH

#### Thursdays 5:30pm

Winner's Circle Sports  
Bar

Tuesday 6pm Track  
May 22<sup>nd</sup> Nock Middle  
school parking lot,  
NBPT, MA

March 2018

# THE CIRCLE TIMES

A WINNER'S CIRCLE RUNNING CLUB PUBLICATION



## THE BOSTON MARATHON

On April 16<sup>th</sup>, 2018, fifty-one Winner's Circle Running Club members competed in the 122<sup>nd</sup> Annual Boston Marathon. Runners swam from Hopkinton to Boston, fighting frigid temperatures, through a sea of discarded trash bags and ponchos.



Highlights from this year's race included WCRC Women's Masters Team placed in the top 10! Bob Dunfey and Michael McCormick are now card-carrying members of the Quarter Century Club (QCC).

Impressively, Scarlette Smith completed this event as her first marathon! Despite the harsh conditions our WCRC team coordinator ran with a broad smile on her face and encouraged others the entire 26.2-mile distance. Vicki Miller recounted "Scarlette was so encouraging and enthusiastic, it helped me so much."

Matt Manning was the first WCRC member to cross the finish line. Manning shared "Those were the hardest race conditions I have ever raced in." Manning's sentiments were shared by many. Completing this year's marathon changed from a chase for a personal record to a test in mental toughness, fortitude, and courage. Congratulations to all our brave runners!

WCRC

## BEFORE THE BIG DAY

WCRC 2018

Board of Directors

President –  
Tricia Lavoie

Vice President –  
Scott Walsh

Treasurer –  
Leanne Corning

Secretary –  
Jane Lemuth

Assistant Treasurer –  
Dave Carrol  
New Membership  
Coordinator -  
Laurie Manning

Newsletter Editor/  
Marketing

Betsy (Berkenbush)  
Vangelist

Team Coordinator -  
Scarlette Smith



WCRC shows off blue and gold at the B.A.A 5k, two days before the Boston Marathon



Scarlette Smith introduces limited edition 2018 WCRC ponchos! Jean Herrick reflected “I wished I had thought of selling these!”

Grand Prix Director -  
Mary Hudon

Board of Directors  
Continued:

WCRC Clothing & Gear  
Jean Herrick

Youth & Track  
Coordinator, Coach  
Mike McCormick

Volunteer Coordinator  
Denise Bucknell

Board appointed  
Positions

Email Administrator -  
Tom Miller

Special Events-  
Doug Zechel

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## A WCRC THANK YOU

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### POST MARATHON HOTEL ROOM TANYA ANDERSON

Hosting the WCRC Boston Marathon Hotel Room is no small task. Host Tanya arrived in Boston 2 days before the Marathon to prepare the room, collect post-race bags, prepared food, and arranged for all the athletes needs to be met following the Marathon. On race day, after WCRC members completed the marathon, they quickly changed out of wet clothing, showered, and enjoyed warm beverages. Many other athletes developed hypothermia, but thanks in large part to this support, WCRC members finished safe and healthy. Thank you, Tanya, for organizing the post-race hotel room!



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### BOSTON BUS VICKI MILLER

Each year early on Marathon Monday, a WCRC bus collects members at the Winner's Circle Sports Bar. This bus brings athletes to Hopkinton and provides a warm place to stay until race time. Following the race, this same bus brings runners from Boston to the Winner's Circle Sports Bar. Vicki Miller organizes the logistics of the Boston Bus and the Boston hotel room each year. This year she did all this in addition to running the Marathon! We sincerely thank you for all of your hard work!

\*The Boston bus and hotel room are funded by individual contribution and subsidized by the WCRC\*

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## VOLUNTEERS AND SPECTATORS



The weather on Marathon Monday left even the most well-prepared individual soaked in a matter of minutes. This created a challenge for runners, but also spectators who were cold, wet, and left to stand for hours in the 30-degree weather.

One of the qualities which makes the Boston Marathon so unique is the community which rises around runners to encourage and support.

These individuals provide not only encouragement and make sure the mile markers do not blow away, they also play a crucial role of bringing medical attention and help to those who may need it on race day. Special thank you to all the WCRC Members who braved the weather and encouraged, cheered, and volunteered for the event!

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## WCRC GRAND PRIX SERIES

Registration closes on May 5, 2018 for the WCRC Grand Prix series. This series is an intra-club competition open to all WCRC members. There is no cost to participate in the WCRC Grand Prix Series, but you do need to register and pay for each race in which you intend to participate.

The series includes both individual and team competitions. Team and individual winners are rewarded handsomely and Grand Prix bragging rights are held in the highest regard.

Mary Hudon, WCRC Grand Prix Race Director, has selected 9 races to take place between May and November of 2018.

The WCRC Grand Prix Series is an amazing opportunity to participate in team racing, maintain motivation throughout the spring, summer, and fall, and to create strong bonds with other WCRC members.

What are you waiting for, sign up today! Seriously. Stop reading now! Sign Up! You are running out of time!

<http://runthecircle.org/wordpress/grand-prix/2016-wcrc-grand-prix-registration/>





## THE RUN FOR THE TROOPS:

### 51 WCRC MEMBERS JOINED TO CREATE A WINNING TEAM

WCRC finishes 1<sup>st</sup> out of 70 Teams in the team event at **The Run for the Troops** in Andover, MA on April 22, 2018. Age group winners included Rick Bayko, Robert Randall, Mike Lenoard, and Laurie Nicholas. Morton Street Challenge winners included Craig Lampert, Matt Buckley, Rick Walsh, Amanda Burnham, Amy Moody, Rick Bayko, Steven Quinn, Laurie Nicholas, Amanda Buckley, and Betsy Vangelist.

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## ASK BING

Diane Casselberry asks

“Bing, should I buy my running shoes online or go to a store?”

Great question Dianne!

I love all the great deals you can get online! Unfortunately, the internet is no replacement for trying a shoe on in person and for the expert advice you will gain from going to a store.

Many running shoe stores have knowledgeable runners on staff, who will share their expert advice. If you are trying to find a pair of shoes that works for you or if there is an upgrade to the model you



usually buy, I would say go into the store and try them on. If you buy a shoe later to learn it has a manufacturer defect, many local running stores will give you a free new pair. Even if you find this defect after a few runs outside.

Running shoes often change from model to model. Most of the time the change is minor, maybe a wider toe box here, and a slight increase in stability there, but sometimes the change can be dramatic. For example, you may have loved a make and model of shoe for years, then the shoe was updated from model 14 to model 15, and you needed a full size bigger! Your foot has not dramatically changed shape, rather with this new model the manufacturer made a major change. This is why I recommended trying on new models in the store.

On the other hand, if there is a sale online for a specific shoe you know you love, go for it.

- The Bingster

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## THE YANKEE RUNNER – NEWBURYPORT, MA

Rick Bayko, long time WCRC member, celebrated the 38<sup>th</sup> anniversary of his store, The Yankee Runner. The Yankee Runner first opened its doors on March 15, 1980. In the 1980s running shoe stores were few and far between. Although the shoes have changed, The Yankee Runner continues to be owned and operated by Rick Bayko and continues to offer a wide selection of running shoes and apparel.

Rick is a true running historian. He openly shares his stories of running and racing throughout the years. Lucky visitors might catch a glimpse of his splendid collection of awards and medals, including his Boston Marathon metals for placing 14<sup>th</sup> (1971) and 17<sup>th</sup> (1974).

All WCRC members receive a 15% discount at The Yankee Runner!



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## ATHLETE SPOTLIGHT — SUE ARSLANIAN

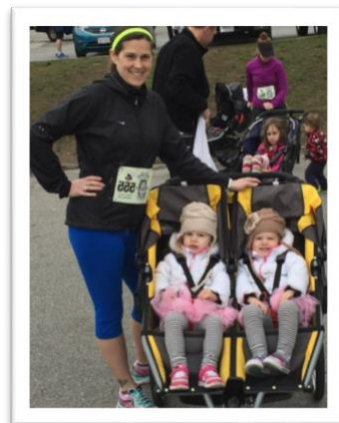
Sue recently completed her 22<sup>nd</sup> Boston Marathon in a time of 3:52:25. Sue often contributes to WCRC's team scoring.

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## APRIL ATHLETE OF THE MONTH — AMANDA BURNHAM

Amanda has been setting PRs right and left this year. Most recently, on Sunday April 29<sup>th</sup>, she set a new Half Marathon PR!!!!

For the first time in WCRC history the prize for athlete of the month has increased from \$5 to \$10. Nominations for athlete of the month can be sent to Mike McCormick at [Mamcc12@gmail.com](mailto:Mamcc12@gmail.com)



**CLUB EVENTS**

June 7 <sup>th</sup> , 2018 5pm	Location Unknown	Fugowee
May 22 <sup>nd</sup> 6pm	NBPT NOCK MIDDLE SCHOOL PARKING LOT	10 weeks of coached track workouts.
December 15, 2018	Ashworth Hampton, NH	Holiday party

**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
Sept. 16	CVS Downtown 5k	Providence, RI
Sept. 30*	Lone Gull 10k*	Gloucester, MA
Oct. 21*	Bay State Marathon *	Lowell, MA

\*WCRC TEAM EVENTS, PLEASE REGISTER FOR USATF-NE. IF YOU RUN 2 USATF-NE GRAND PRIX EVENTS YOUR MEMBERSHIP WILL BE REIMBURSED.

**WCRC 2018 GRAND PRIX SERIES**

May 20 <sup>th</sup>	Friends of Hathorne 5K
June 3 <sup>rd</sup>	Cassidy's 5K
July 21 <sup>st</sup>	Stratham Fair 5.7 Miler
August 16 <sup>th</sup>	Saunders at Rye Harbor 10k
September 9 <sup>th</sup>	Brew Fest at Applecrest
September 30 <sup>th</sup> *	GNOCA 5k **
September 30 <sup>th</sup> *	Lone Gull 10k **
October 14 <sup>th</sup>	Apple Harvest 5 Miler
November 4 <sup>th</sup>	Dan Healy Memorial 5k

\*\*RUNNERS CHOICE, PICK ONE OR THE OTHER!

**WCRC TRAVEL AND ADVENTURE RACES**

June 3, 2018	Niagara Falls Women's ½Marathon
June 30, 2018 8:30am	Randall's Run for the Gym (Discounted POST race entry available to WCRC Members)
July 31, 2018	Yankee Homecoming 10 Miler, NBPT, MA
August 2018	Saunders's 10k
August 4, 2018	Beach To Beacon
September 14-15, 2018	Ragnar Reach the Beach
October 7, 2018	Chicago Marathon
January 2019 Registration opens on April 17 <sup>th</sup> , 2018 and will sell out that day.	Disney Marathon, ½Marathon, 10k, 5k, and Goofy Challenge

**2018 WCRC RACE SERIES**

WCRC Members must register for series online and register for each race individually. WCRC can run all 6 races, or run 4 races and volunteer for 2. Miss a race, you're out of the series! See website for details.

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
March 30, 2019	April Fools 4 Miler

DATES ARE SUBJECT TO CHANGE

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

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

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Submit articles, special event, outstanding performances, race results, PRs, photos, and more to Betsy at [Newsletter@runthecircle.org](mailto:Newsletter@runthecircle.org)

## Contact Us

The Circle Times

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