The Winner’s Circle Running Club presents

The Circle Times

A Winner’s Circle Publication
Where to begin?

It’s been some time so let’s jump right into it! We’ll chat everything running, racing, celebrating and more. And where else to begin but at the Hangover Classic of course. We had outstanding weather this year, quite a warm start to 2019 to say the least. A lot of us took the new year with storm as well. A few to mention will of course be the winners: For the 5k Jacob Wormand 16:20 and Amy Crowley 19:51. Among our members some of a speedy finishers in the 3.1 distance were Alex Tollman, 19:16, John Webber, 23:20, Amanda Burnham and Karin Casey neck and neck with a 24:21 and 24:22 finish, with Dan Maguire another mere second behind. *** For our 10k racers, finishing at the top was Roger Donaghy with a 33:29 and our first female was Amy Bernard with a time of 38:53. Some other notable performances were seen by Mike Leonard, finishing 41:44, Bill Lannon in 44:51, Doug Zechel in 1:05:15, and Jenn Lannon in 1:00:08. We enjoyed the sun and the hair of the dog on that balmy January 1.

40TH ANNUAL WINNER’S CIRCLE RUNNING CLUB AND 2019 BOARD OF DIRECTORS

Though the winter days can be slightly melancholic at times for runners, we did have the pleasure of celebrating the 40th birthday of the Winner’s Circle Running Club! Members from the very beginning came to rejoice in memories and ongoing spirit of our ever growing family. Stories of “let’s go for an easy run” and the birth of our races were reminisced upon. The night was filled with our infamous sheet pizza, libations, awards and inductions. Mike McCormick provided a fantastic slideshow of photos of events and races, board members and race directors leading from the beginning of it all until now.

Your 2019 Board of Directors:

President – Jane Lemuth
Vice President/Web Master/E-Publicity – Scott Walsh
Treasurer – Leanne Corning
Secretary – Amanda Burnham
Assistant Treasurer/Newsletter – Dave Carroll
New Membership Coordinator – Ryan Wilcox
Newsletter Editor – Paije Moormann
Team Coordinator – Scarlette Smith
Grand Prix Race Director – Mary Hudon
WCRC Clothing and Gear – Jean Herrick
Marketing/PR – Pat Fullerton
Overall Race Director – Tricia Lavoie

Positions Appointed by the Board:
Youth and Track Coordinator, Coach – Mike McCormick
Equipment Assistant – Bill Lannon
Assistant to Treasurer – Tom Chase
Bulk Email Administrator – Tom Miller
Special Events Coordinator – Doug Zechel

Did you know?
The marathon is named in honor of the defeat of the Persian Army by the Athenians at Marathon, Near Athens, in 490 BC. Pheidippides, a Greek runner, ran to give the news to the people of Athens, but died as he did so. The first modern marathon was run in honor of this even at the 1896 Athens Olympics

RHEAUME’S ROUND UP

A glimpse into the running world, from around the world that, although satirical, may or may not have come to fruition in a town near you. Written and reported by John Rheame.

Race announcer narrowly escapes mob after overzealous microphone antics

LITTLE ROCK, Arkansas - A chaotic scene unfolded at the Natural State Half Marathon when a veteran race announcer repeatedly attempted to pump up the record field of 1,785. Maxwell Drury of Benton was reportedly dissatisfied with the crowd response after enthusiastically asking runners, "How are you feeling this morning?" The lackadaisical response prompted Drury to ask the field a second and third time, but to no avail. Video footage then shows the 52-year old race promoter throw his arms down in apparent disgust, before attempting a final time with even more urgency. It was at this time when a handful of male competitors in the middle of the pack began climbing up the platform Drury was announcing from, prompting a mob of equally annoyed runners to gather. Drury, a former Razorback decathlete in the late 1980s, was able to narrowly escape the unruly crowd by jumping eight feet from his perch and sprinting to the safety of a nearby church. Runner Linda Keegan of Lonoke was in close
proximity to the ruckus and tended to side with the aggressors when describing the incident. "We've got this huge distance to get through so we're trying to conserve our energy," Keegan explained. "I know he had good intentions, but he was getting on our nerves," she said of Drury, who was not willing to comment. The race start was postponed for 30 minutes while order was restored. Drury was not present for the restart. Police are investigating the incident.

Did you know?

The oldest marathon finisher comes from India and his name is Fauja Singh. At the Toronto Waterfront Marathon in Canada, the 100-year-old finished the race in a time of 8 hours, 25 minutes and 16 seconds.

The youngest marathon runner in the world is Budhia Singh. He has already finished 48 marathons before his fifth birthday.

The 123RD BOSTON MARATHON

Is there anything more exciting to experience in the world of running than Boston? I think not! As the month of April approaches us each year, WCRC members racing, volunteering and spectating anxiously prepare for the infamous day ahead. So many fantastic
Runners toed the line this year, and with great pride, our singlets were out and in the eye all day on the course. (Some even made it on TV!) I think we can all say that there were plenty of smiles out there, even among some of the less expecting tired legs and onset of dehydration due to the beating of the afternoon sun. Ah, such is spring weather! We certainly had some proud circle members out there that glorious Monday.

Don’t forget!
2019 Spring Coached Track Workouts WCRC coach Mike McCormick leads a weekly series of coached training sessions every Wednesday evening, starting Wednesday May 22nd (until July 3rd) at the all new state-of-the-art track at Fuller Field in Newburyport.
$10 per night, or $50 for the full 7 weeks.
More information mamcc12@gmail.com
A Chat with Chad

Soreness? Tightness? Just overall not feeling so great-ness? Take some advice from our very own PT club member, Chad Herrick!

Tips from a PT

Being a PT, members of the WCRC have, from time to time, asked me about various injuries, aches and pains, stretching suggestions, massage, etc., related to running. Enough members asked enough questions that I volunteered to write a short piece in the WCRC newsletter from time to time on various topics. I’ve even enlisted my daughter Allison to write about nutrition on occasion. She’s an RD. That being said, let me know if there is a topic you would like to see in an upcoming newsletter. Some of the topics I’m planning to write about: Hot vs Cold, Massage/Stretching, Foot/Ankle, Knee, Hip, Pelvis, Muscle/Muscle Groups, Heart/Lung/Cardiovascular. Enough with the intro’s - let’s get to the first topic:

Heat vs Cold

Your Grandmother was right, “put ice on your sprained ankle for the first three days, then heat after that”. With any acute injury - for example an ankle sprain - muscles, tendons and ligaments can all be stretched or torn, depending on the severity of the injury. The injury can range from minor – minimum swelling and pain – to major orthopedic surgery (try to avoid those!). When the tissue is torn, blood vessels break and bleeding begins. The swelling is both from the bleeding and the body bringing in “stuff” to heal (Calcium, Magnesium, etc.). The veins have been torn so the injured tissues can’t be removed. Think of the Tobin Bridge on a Friday afternoon and Monday morning at the same time.

Generally speaking, for the first three days to a week think R.I.C.E. - Rest, Ice, Compression, Elevation. Rest and elevate the injury - preferably above the heart, apply ice or frozen peas for about 15-20 minutes per hour, and wrap it with an ACE wrap. This helps reduce swelling. After a few days start gentle ankle pumps/alphabet with your foot. After a week or so – experiment – try transitioning to heat
for 10-15 minutes. Cold and heat are the exact opposite ends of the same spectrum. Cold - reduces swelling, reduces pain, tightens muscles, reduces blood flow, thus healing. Heat - increases blood flow and swelling, relaxes muscles. That's why after a few days or a week the arteries and veins have begun to heal, and the blood begins to flow normally again. After a week or so you may want to try a Contrast Bath – cold for 10 minutes, heat for 10 minutes, cold for 10 minutes, etc. for 3-4 cycles. The blood vessels and capillaries alternate between constricting and dilating, providing a mini internal massage. As with any injury, if you suspect it is more than minor, have it looked at by a professional. It will cost you $$$$ and hours of seemingly wasted time, but may be well worth it in the end. Happy Running! - Chad PT.

Did you know?
In contrast to men, women usually run the second half of a marathon faster than the first. They tend to hang back more than men at the start, but continue to increase speed and finish strong in the second half of the race. This is what Professor Eric Allen and Patricia Dechow found when they analyzed 300,000 results from the Chicago Marathon.

I Don't Chase Boys, I Pass Them!
CASSIDY’S RUN/WALK FOR THE KIDS 5K

We had a nice crowd showing at the 7th annual Cassidy’s Run for the Kids 5k! Our winner for the day was Jacob Warmwold in 15:44, first female was Haley Kavanaugh in 20:19, and some other racers we should give a shout out to were Laurie Gaudreau in 20:36, Bill Lannon with a 21:20, Paul Colby with a 23:52, Stephanie Suprin in 26:34, and many more amazing achievements by our blue and yellow. Check out the fantastic results and photos here! https://www.mariedell.com/Cassidys-7th-Annual-5K/i-RG6MhHM?fbclid=IwAR3tPQZPDgfixZdvqBE4uxFuC4phenh4SE0d5KPy8h3yQ3LcUJI4oP97Tg
It was a beautiful day on the mountain, well.. Likely quite chilly at the top, but the sun was shining and our circle members toes the line for this outstanding race. Congratulations to our runners out there, here’s some runners to mention that proudly sported their circle colors:

- Kurt Brierly
- Brian Byrne
- Gabe Kasper
- Marsha Kavanaugh
- Brian Kisler
- Bill Lannon
- Sean Moody
- Tammy McDonough
- Liz Mensale
- Janet Perkins
- Steve Smith
- Mary Hudon

What’s coming up next in Circle Nation?

A few things so I’m glad you asked! As the Circle Series and Grand Prix Series hit the roads for the summer, we have a few right around the corner that you don’t want to miss out.
RANDALL’S RUN/WALK FOR THE GYM 5K

A fun, bright and early race put on by our very own Bob Randall. This fast out and back 5k is the perfect way to start your weekend!

Race Day: June 29th, 2019
Start time: 8:30am

Sign up here: https://runsignup.com/Race/Register/?raceId=12218

YANKEE HOMECOMING 5K AND 10 MILER

Looking for an evening race that provides heat, sprinklers to run under, miles of spectator support, and did I mention, heat?
Date: Tuesday, July 29th
5k Start: 6:00 pm
10 Mile Start: 6:10 pm

Sign up here: http://www.lightboxreg.com/Yankee-Homecoming-Races_2019?mobile=0
HIGH STREET MILE

Yep you guessed it. The 29th HIGH STREET MILE is right around the corner. If you didn’t know, it is by far the most exciting 3:58.3 minutes in Newburyport during the summer. Check it off your bucket list and give it a whirl. McCormick and many other club members will be out on the streets to yell and cheer you on, you don’t want to miss it!

Race Day: August 4, 2019
Start Time: Heat 1 will take off at 9:15 am (this is a race you don’t want to be late for folks)

Sign up here:  http://www.lightboxreg.com/high-street-mile_2019?func=&mobile=0

Let’s wrap up this very long, very overdue check in with some photos of many extraordinary runners taking the streets and repping WCRC!
Ribfest 5k

Vermont City Marathon
Ipswich Half Marathon

Fugouwe!

Hathorne 5k

Rock N’ Roll Nashville Half Marathon