

The Circle Times

A Winner's Circle Running Club Publication: Winter 2018



WCRC Members Fly South

Circle Runners gathered on January 14, 2018 in Key West Florida to run the Key West Half Marathon and 5k. Jean Herrick, Holly Sullivan, Tricia Lavoie, Denise Bucknell, Laurie Manning, Paul Bouchard, Vickie Miller, Tom Miller, Gary Rohr, and Kristen Broderick made the trip to bring WCRC to the southernmost point of the United States.

“Run, I thought they said Rum” Shared Tom Miller as he reflected on the race day journey. “I was so surprised when the starting gun was fired, I almost dropped my Mojito! Instincts took over and I started running. It took me until mile 6 to figure out it was a half marathon. Vicki on the other hand said ‘no’ to the 8am Mojitos and placed an impressive 3rd in her age group!”



Vote Bing For President: Election night draws near



Ask not what your running club can do for you! Ask what you can do for your running club! Vote Bing Crosby Berkenbush-Vangelist for president in 2018! I already have my presidential haircut and the grumpy look.



Boston Marathon



Tatum O'Sullivan: Running in support of Boston Medical Center of Boston in memory of her Father

Many of you know Tatum. She is an active member and is often present at the Thursday night and Monthly meetings. Tatum Shares "I am running my first Boston Marathon to honor my father. He ran Boston 5 times and was a high school track coach. He actually passed away after a run. 2018 will be 25 years since my Dad ran Boston for the first time and he was 43 when he ran it, the same age as me so this year was really important to me. After applying to 12 charities Boston Medical Center accepted me to their team. I

am grateful to them for giving me this opportunity."

Tatum is hosting a charity paint night at the Winner's Circle to raise funds for her run on February 17th at 1:30pm. If you don't like to paint, you can make a donation:

<https://www.crowdrise.com/o/en/campaign/bostonmedicalcenterboston2018/tatumosullivan>



A Letter from Michael Vangelist: Running in support of The Hole in The Wall Gang Camp in memory of his Sister

I am running for The Hole In The Wall Gang because I think they are doing amazing work to help children get through some of the most difficult challenges a human can face at any age. The camp provides a unique "camp experience" for kids undergoing treatment for cancer and other serious illnesses. I personally know someone that attended the camp when she was twelve years old and undergoing treatment for

cancer. She has only expressed how much The Hole In The Wall Gang had a positive impact on her battle with cancer. She has always been a very brave person, and she was brave when she was twelve years old. However, the camp experience was a welcome distraction from what she was enduring. I lost my sister, Debbie Vangelist, to cancer when she was only ten years old. I never got to know her because she lost the battle. My parents tell me how brave she was. The Hole In The Wall Gang certainly would have helped her through her battle. I run in her honor this year. Your donation will help many children and their families.

Founded in 1988 by Paul Newman, The Hole in the Wall Gang Camp is a community dedicated to providing "a different kind of healing" to children and their families coping with cancer, sickle cell anemia and other serious illnesses. Through summer sessions and family weekend programs at the Camp in Ashford, Connecticut, and year-round outreach to hospitals and clinics throughout the Northeast, the Camp serves more than 20,000 children and family members annually. All services are free of charge. <https://www.crowdrise.com/o/en/campaign/hitwboston2018/michaelvangelist1>

Annual Meeting

This year's annual meeting will take place on Saturday, February 10th. This meeting replaces the normal monthly meeting which, would have been held the second Thursday of February.

The annual meeting serves as the election night for the WCRC Board of Directors (nominations were made at the previous January monthly meeting), as the awards night for presenting all WCRC annual awards, and as the end of year/beginning of year WCRC party. Awards include the Paula Holm Award, Volunteer of the Year Award, Most Improved Male/Female, and the WCRC Grand Prix team and individual awards.



Paula Holm Award

The Paula Holm award is the most prestigious WCRC Award. A memorial of 20 year WCRC member Paula Holm, which is intended to reflect Paula's contribution to the club and running through volunteerism, administrative roles, and competition.

Selection for the award will be through nominations forwarded to a committee selected by the current President in consultation with the current Board of Directors. (Committee members who are nominated

for the award and/or feel too close to a nominee will withdraw and be replaced by the President).

Nominations for this year's award should be submitted to: Michael McCormick mamcc12@gmail.com.

Please email your nomination with supporting information to Mike by February 1.



Most Improved Runner Male and female

WCRC members attending the annual meeting will have the opportunity to vote for the WCRC Most Improved Runners Male and Female. There is no official criteria for a "Most Improved Runner." If you nominate someone you should do so in the form of a poster including a photo and performance statistics (i.e. race times for various distances in 2016 versus 2017, example left). Posters are posted on the walls on election night so voters can read about each candidate and make an informed vote. Voting BEGINS AT 6:00 PM so plan on being there early so that your poster will be available to the earliest voter.



Volunteer of The Year

The Volunteer of the Year award is awarded to a member who has demonstrated a commitment to the WCRC club through coordination of special events, club race work, and/or working on club activities.

Nominations for Volunteer of the Year can be submitted by submitting a summary of volunteerism and an individual's name via email to Tricia Lavoie: President@runthecircle.org. Email your nomination to Trisha by February 1st no later than 2pm.

Boston Training Runs



Boston Training Runs have been a great success this year! Thank you to our Hosts Mike McCormick, Gail Clark, Diane Casselberry, and Bing Berkenbush-Vangelist. Upcoming group runs will be hosted by Bob & Reeve Kennedy, Michelle Zoeller, Jim Bailey, and Pat Fullerton.

Dancing the Night Away

Thank you Doug Zechel for organizing a wonderful holiday event! WCRC members traded their sneakers for dancing shoes the night of the 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

ROAD TRIPS:

WCRC travel and adventure races

For more information contact Team Coordinator Scarlett Smith at WCRCTEAMS@runthecircle.org

January 14, 2018	Key West ½Marathon
June 3, 2018	Niagara Falls Women's 1/2Marathon
April 22, 2018	Run for the Troops (register by March 25 th with team name Winner's Circle Running Club)
April 16, 2018	Boston Marathon and Boston Bus
June 2018	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
October 7, 2018	Chicago Marathon
January 2019	Disney Marathon, ½Marathon, 10k, 5k, and Goofy Challenge
Registration opens on April 17 th , 2018 and will sell out that day.	

WCRC SOCIAL EVENTS

February 10 6pm	Annual Meeting
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2018 WCRC Race Series

WCRC Members must register for series online by March 31, 2018 and register for each race individually. WCRC can run all 6 races, or run 4 races and volunteer for 2. Miss a race, your out of the series! See website for details.

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 27 9am	14-16 mi W. Newbury, MA
February 25 9am	18-20mi N. Hampton, NH
March 11 9am	18-20mi Amesbury, MA
March 18 10AM	Run to the Beach 30k
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

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

Are you running for a cause? We would love to know about it!