

Summer & Fall 2018

## The Winner's Circle Running Club

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

### Group Runs & Training

#### Mondays 6pm

Cisco Brewery  
(formerly Redhook)  
35 Corporate Dr.  
Portsmouth, NH

#### Tuesday 5:15 Pm

Winner's Circle Sports  
Bar

#### Thursdays 5:30pm

Winner's Circle Sports  
Bar

#### Saturday 9am

Beginner 5k program

Cashman Park

Currently - 1/1/19

# THE CIRCLE TIMES

A WINNER'S CIRCLE RUNNING CLUB  
PUBLICATION



## TRAIL OPENS ALONG INTERSTATE

95

WCRC runners gathered to celebrate opening day of the pedestrian trail along 95. Beginning 300 yards away from the Winner's Circle Sports Bar, the rail trail travels south along interstate 95 to the Newburyport Park and Ride. Winner's circle running club has been working to incorporate this trail into Thursday Night Runs.

## HANGOVER CLASSIC 5K & 10K

Start your year off right by participating in The Hangover Classic on January 1, 2019. The starting gun goes off at 11:30am, and is followed by a quick dip in the ocean and after party at the Carousel Lounge. This event has sold out in previous years. Do not delay. Register now!

## VIRTUAL RACE CHANGED SERIES

### STANDINGS

CASSIDY'S 5K ALLOWED RUNNERS TO COMPETE AROUND THE WORLD

*Cassidy's Run for the Kids 5k* is one of WCRC 6 races. This 5k not only plays a large role in the life of Cassidy, it also is an integral part of two WCRC race series. The WCRC Race Series aka jacket series required participants to run all 6 WCRC races to win a jacket. Additionally, The WCRC Grand Prix Series named Cassidy's 5k as one of their 9 races for team and individual scoring in 2018.

## 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

President Trisha Lavoie said, “This one event is very important to the community and very important to our club.”

Cassidy’s race director, Scott Walsh, shared “The virtual race is a great opportunity for people to participate in Cassidy’s 5k, regardless of where they are in the world. The virtual race itself is not new. Last year we had people participating from the UK! What is new is how the virtual race counts towards two race series. The race changed this year from a fall race to a spring race. Many are trying to readjust their race calendar to fit it in. The virtual race offers a great opportunity to do that.”

WCRC Grand Prix Director, Mary Hudon, shared in Walsh’s sentiments “This event is a wonderful way to help Cassidy. We are glad to give people an opportunity to participate in this event and the Grand Prix, even when they are out of town. The WCRC Grand Prix honored 5k times submitted on or before June 3, 2018 concurrent with entry and completion of the Cassidy’s Virtual 5k. Amanda Burnham, Paul Colby, Michael Andreottola, Holly Sullivan, and Debbie Folsom completed the race virtually and scored points for their teams and individually. In the team scoring there was a 2 point difference between 1<sup>st</sup> place and 2<sup>nd</sup> place, there was also a tie between 2<sup>nd</sup> and 3<sup>rd</sup> place. For this reason, points awarded through the virtual race made a large impact in series scoring.”

Holly Sullivan shared her excitement “A group of WCRC women planned a trip to Niagara Falls to run a Half Marathon on June 3<sup>rd</sup> 2018. After registering we all learned it was on the same day as Cassidy’s 5k. We were so disappointed to miss this race, as many of us have run it every year since it began. I also thought we were all out of the running for both the jacket series and the WCRC Grand Prix series. That was until the announcement of the virtual race counting towards both series.” Holly Sullivan then went on to win a 3<sup>rd</sup> place individual award.

The primary goal of the virtual race is to promote the event and thus increasing the positive impact Cassidy’s 5k can have in Cassidy’s life. An unexpected result is how the virtual event is increasing accessibility for participation in our race series. Of course, Grand Prix competitors had to run the other races in the traditional manor. With the insurgence of virtual racing and our ability to record and share our times so easily, it will be interesting to see how virtual racing will continue to change the sport of running in our club and beyond.

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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## BUILDING SPEED

COACH MIKE CONCLUDES SPEED SESSIONS AND BEGINS LONG RUNS

This fall Mike McCormick created specialized workouts for participants and provided instructions including introduction of drills, dynamic stretching, and education of the importance of speed work. For the first time, workouts took place at River Walk Brewing Company in Newburyport, MA.

McCormick reports “speed work can help any runner improve their time in events from the 5k to the Marathon. When used correctly speed work also helps to reduce injury by promoting improvements in range of motion and promoting an efficient stride.” McCormick reflected on the training sessions by saying “The group finished the fall season with a good crisp workout. Runners learned how to stay within their personal training zones and saw real gains this fall. Newcomers, Kim and Monika, are improving steadily. Stacey and Ryan experienced workout dividends with PRs. Mike L. PR’d in the marathon in September, while Rick W. and Tom C. had great marathons as well. Ed C. is on track to finish a fast one and Eric B. has been our front runner this fall. This was a great training cycle and I am already looking forward to the 10-week training session in the spring!”

Although these sessions have come to an end for 2018, you can still build speed in a few different ways. WCRC members who participated in the River Walk Runs have elected to continue to run through the winter, by meeting at The Winner’s Circle Sports Bar on Tuesday at 5:15pm. All WCRC members are welcome to join in this informal group run.

Michael McCormick has kicked off the “Marathon to Couch” program. Starting in December, weekend long runs will take place, increasing in distance to prepare athletes for the Boston Marathon, and other spring marathons. Coach McCormick says, “You don’t have to be training for a Marathon to benefit from these group runs. Long runs will help you build an aerobic base and you will see great improvements in your running and racing, in the 5k to the marathon.”

The first of the Boston Training Runs will be 10-12 miles and take place on December 30<sup>th</sup> from the Winner’s Circle Sports Bar. If you would like to host a long run this winter, please contact Mike McCormick at [Mamcc12@gmail.com](mailto:Mamcc12@gmail.com).



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## WILD WEATHER EFFECTS TURKEY TROT TURNOUT

2018 has been the year of extreme weather racing. This year’s Wild Turkey Trot was no exception. On Thanksgiving’s Day, a brave 180 athletes gathered to battle on the 5k course through the wind, cold, ice, and snow. Nate Jenkins was first to break the frozen tape in a time of 17:31, while Katherine Estep was the first female finisher with a time of 21:09.

WCRC dominated the age group awards. Matt Merkel placed 1<sup>st</sup> in the 30 somethings with a time of 19:38, close behind Amanda Burnham snagged a 3<sup>rd</sup> place age group award. Calli Towne placed 1<sup>st</sup> in her age group, as Tom Chase took a 1<sup>st</sup> in age group, followed by John Webber who took 3<sup>rd</sup> in Male 60s. Vicki Miller took 1<sup>st</sup> in age group in a battle against Jean Herrick who took 2<sup>nd</sup>. Ted Jones received 1<sup>st</sup> in age group and David Abusamar took a 2<sup>nd</sup> in age group.

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# WCRC PLACES 4<sup>TH</sup> AT 35<sup>TH</sup> ANNUAL MILL CITIES RELAYS



On December 2<sup>nd</sup>, 2018  
WCRC gathered 23 teams  
to compete in the 35<sup>th</sup>  
Annual Mill Cities Relays.

Runners fought the rain, wind, and cold to take home a 4<sup>th</sup> place over all victory. Mill Cities is scored using a “cross country scoring system”, which is a mathematical system used to score team events. This system is used most commonly in cross country races, hence the name. WCRC has two cross country scoring experts, Mary Hudon and Michael McCormick, whom I am sure would be willing to explain this complicated mathematical system if you bought them a beer.

Team results are as follows: WCRC scored 3<sup>rd</sup> in the Coed Open (Fantastic 5 - Kathleen Michaud, Brittany Gorski, Bill Landon, Colby Nixon, and Matt Merkel), 4<sup>th</sup> in the Male open (Fast and Furious- Nate Webber, Eric Bowden, Sean Moody, Pat Fullerton, Joe Rand), 9<sup>th</sup> in Female open (Queen of Heart – Holly Sullivan, Calli Towne, Christine Habib, Marianne Lucey, Stephanie Suprin), 6<sup>th</sup> in Coed Sub Masters (A Full House – Betsy Vangelist, Stacey Harrison, Scarlett Smith, Sean Berry, Tony Ames), 6<sup>th</sup> in Male sub masters (NSYNC – Ben Kelley, Gabe Kasper, Ashley Strebe, Ryan Spinney, John Rheaume), 3<sup>rd</sup> in Female Sub Masters (Spice Girls – Abby Cirinna, Amanda Burnham, Caitlin McGuinness, Heidi Goedecke, Paije Mooremann), Coed Master 10<sup>th</sup> place (Royal Flush), Male Masters 10<sup>th</sup> place (Red Hot Chili Peppers – Matt Orsillo Curtis, Dan Maguire, Ryan Wilcox, Dennis Floyd, Ken Goedecke), Female Masters 5<sup>th</sup> (League of Their Own – Jessica Costa, Julie Haynes, Amy Moody, Karen Fogg, Laurie Gaudreau), Coed seniors 8<sup>th</sup> place (Catch Us If You Can – Kim Kennedy, Mike St. Laurent, Tricia Lavoie, Steve Smith, Tom Cross), Male Seniors 4<sup>th</sup> place (Smoking Aces – Mike Leonard, Matt Cirinna, Ed Connor, Dan Verrington, Rick Walsh), Female Seniors 2<sup>nd</sup> (The Bionic Women – Laurie Nicholas, Cindy Army, Bonnie Conway, Sue

Arslanian Madden, Alice Mcgonigle), Coed Veterans 5<sup>th</sup> place (Born to Run – Jean Herrick, Tom Miller, Paul Colby), Male Veterans 4<sup>th</sup> place (the Bionic Men – Dennis Donoghue, Mike McCormick, John Webber, Tom Chase, Bob Strout), Female Veterans 2<sup>nd</sup> place (The Untouchables – Vicki Miller, Janet Parkinson, Margaritt McNulty), Male Super Veterans 1<sup>st</sup> place (Days of Thunder – Ted Jones, Dave Ritchie, Rick Bayko).



WCRC represented at the Apple Harvest 5k/5miler, a race in the WCRC Grand Prix Series.



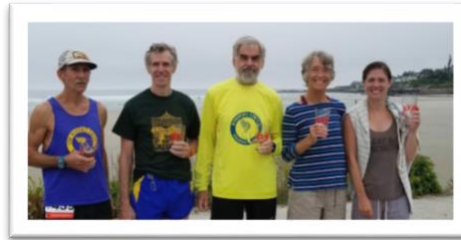
WCRC traveled north to compete in the Bobby Bell!



Jim Bailey takes home turkey with winning prediction at WCRC Predict Your Time 5k



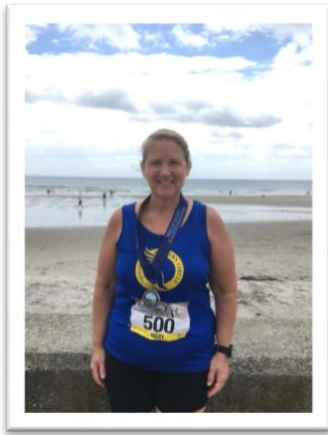
Greater Newburyport Ovarian Cancer Awareness 5k



Lobster Dash 5k



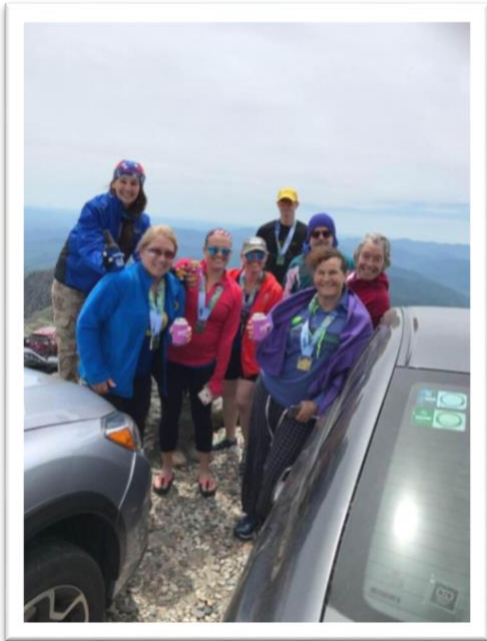
Brew Fest 5k



Mary completed her 1<sup>st</sup> ½ Marathon on 20<sup>th</sup> May at the Walls Sands Half Marathon.



Peaks Island Road Race



Cheers from high atop Mt. Washington!






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## ONLINE REGISTRATION OPENS FOR THE APRIL FOOLS 4 – MILER

Do not delay, now is the time to register for The April Fools 4 miler on March 30, 2019. Part of the “Will Run for Beer” series, the 4-miler has been known to sell out, don’t wait until the last moment, register now!

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## WCRC GRAND PRIX SERIES

The Winner’s Circle Running Club Grand Prix Series has ended. Chicks with Kicks takes 1<sup>st</sup> place team, with a score of 48. Team members as follows Kelly Bradbury, Amanda Burnham, Jane Lemith, Betsy Vangelist, Elizabeth Ouellette, and Mary Hudon. Clown Shoes and Time Wounds All Heals tie for 2<sup>nd</sup> place, with a scores of 46. Clown shoes included Eric Bowden, Paul Colby, Scarlett Smith, Laurie Manning, Jim Bailey, and Laurie Cyr. Time Wounds All Heals included Matt Orsillo-Curtis, Dan Maguire, Bonnie Conway, Tom Wylie, Mike Vangelist, and Gail Clark.

### Female Individual Scoring:

Age 30-39  
 1<sup>st</sup> Amanda Burnham 32pts  
 2<sup>nd</sup> Betsy Vangelist 20pts  
 3<sup>rd</sup> Holly Sullivan 14pts

Age 40-49  
 1<sup>st</sup> Jane Lemuth 15 pts  
 2<sup>nd</sup> Carrie Layte 12pts  
 2<sup>nd</sup> Karin Casey 12pts

Age 50-59  
 1<sup>st</sup> Laurie Cyr 61pts  
 2<sup>nd</sup> Laurie Manning 43pts  
 3<sup>rd</sup> Bonnie Conway 40pts

Age 60-69  
 1<sup>st</sup> Elizabeth Ouellette 38pts  
 2<sup>nd</sup> Jean Herrick 29pts  
 3<sup>rd</sup> Pamela Lee 23pts

### Male Individual Scoring:

Age 30-39  
 1<sup>st</sup> Sean Moody 8pts

Age 40-49  
 1<sup>st</sup> Matt Orsillo-Curtis 10pts  
 2<sup>nd</sup> Michael Andreottoia 8pts

Age 50-59  
 1<sup>st</sup> Dan Maguire 39pts  
 2<sup>nd</sup> Jim Baily 25pts  
 3<sup>rd</sup> Michael Vangelist 22pts

Age 60-69  
 1<sup>st</sup> Paul Colby 16pts

Age 70-79  
 1<sup>st</sup> Charlie Farrington 18pts  
 2<sup>nd</sup> Tom Wylie 14pts

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# 40<sup>TH</sup> ANNIVERSARY PARTY

RON HAT    JERRY RUDY    ROGER DUFFY



ARNIE  
"WOO WOO"

On February 9<sup>th</sup> 2018 at 5:30pm the Winner's Circle Running Club will be combining the Annual Meeting with a party to celebrate the 40<sup>th</sup> anniversary to the WCRC.

"We look forward to celebrating the 40<sup>th</sup> anniversary together. WCRC is trying to contact former members and former board

members. All are welcome. Please attend and invite your WCRC friends! If you haven't been to the club in a while, we would love to see you," shares long time member Byron.

This meeting will include voting for the 2019 board of directors, historical slide shows, opening of the WCRC hall of fame, and historical memorabilia will be on display. If you would like to contribute historical items or photos please contact Mike at [Mamcc12@gmail.com](mailto:Mamcc12@gmail.com).

Pizza will be provided and members are encouraged to bring a potluck item, such as desserts, salads, snacks, and/or appetizers.

Jean Herrick will be collecting orders for 40<sup>th</sup> anniversary long-sleeved tech shirts. If you are interested in ordering this shirt or any other WCRC clothing, please contact Jean at [Clothing@runthecircle.org](mailto:Clothing@runthecircle.org).

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## BOSTON LONG RUNS

Long training runs are scheduled to begin in December. Long runs will help runners prepare for spring marathons. The first of the Boston Training Runs will be 10-12 miles and take place on December 30<sup>th</sup> from the Winner's Circle Sports Bar. If you are interested in hosting a Boston Long Run, please contact Mike McCormick at [Mamcc12@gmail.com](mailto:Mamcc12@gmail.com).

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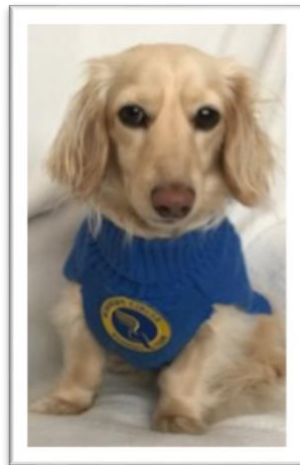
## BEGINNER 5K PROGRAM



For the past several weeks runners have gathered on Saturday mornings at Cashman Park in NBPT at 9am to build from a 30 min walk to a 5k run in preparation for the Hangover Classic 5k.

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## ASK BING – STEVE LEMUTH ASKS



“What should I get Jane for Christmas?”

Great question Steve! First it is important to remember what Christmas is truly about... spending time with family, giving your favorite dog extra belly rubs, and singing Happy Birthday to baby Jesus. The best gift you can give each other is to enjoy spending the holiday together.

Christmas shopping for your favorite runner is challenging. Runners can be especially picky about their gear.

Anything in the WCRC shop is always a safe buy. Just ask Jean Herrick, she will help you with all the details. If you forgot her size you can buy her a WCRC mug. Pro-tip, fill the mug with bacon for a well-rounded gift.

If Jane already owns everything in the WCRC shop, which I suspect she might, you can always buy her some reflective running gear for the dark winter mornings, nights, and late afternoons. Nothing says “I love you” quite like protecting her from being hit by a car.

Happy Holidays,

The Bingster

## CLUB EVENTS

February 9 <sup>th</sup> , 2019 5:30pm	Winner's Circle Sports bar	Annual Meeting & 40 <sup>th</sup> Anniversary party
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## WCRC TRAVEL AND ADVENTURE RACES

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
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## 2019 USA-TF ROAD RACE GRAND PRIX SERIES

March 17	New Bedford Half Marathon	New Bedford, MA
March 30	Frank Nealon Boston Tune-Up 15K	Upton MA
May 18	Run Westfield 5K	Westfield MA
August 10	Bridge of Flowers 5 Mile	Shelburne Falls MA
August 24	New Hampshire 10 Miler	Auburn NH
September 22	Lone Gull 10K	Gloucester MA
October 27	Cape Cod Marathon	Falmouth MA

For more information about USA-TF Grand Prix Series contact Team Coordinator Scarlett Smith at [WCRCTEAMS@runthecircle.org](mailto:WCRCTEAMS@runthecircle.org)

## 2019 WCRC RACE SERIES

December 9, 2018	Santa's Toy Trot 2Miler, 4Miler, 6Miler
January 1, 2019 New Years Day	The Hangover Classic 5k and 10k
March 30, 2019	April Fools 4 Miler
June 2, 2019 First Sunday in June	Cassidy's 5k
August 2019	High Street Mile
November 28, 2019 Thanksgiving Day	Wild Turkey Trot 5k

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, 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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