

March 2018

The Winner's Circle Running Club

WWW.Runthecircle.org

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and athlete spotlight
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THE CIRCLE TIMES

A WINNER'S CIRCLE RUNNING CLUB PUBLICATION



THE 2018 ANNUAL MEETING

WCRC's lifetime achievement award, Paula Holm Award, was presented to Scott Walsh for his ongoing support of the WCRC.

Paije Moormann and Sean Moody were presented with the 2017 Most Improved Awards.

Jim Bailey received the 2017 Volunteer of the Year Award.



RICK WALSH, TATUM O'SULLIVAN, AND JANE LEMUTH (PHOTO ABOVE) PROUDLY WEARING WCRC VESTS, WHICH WERE GIVEN AS AWARDS FOR THE 2017 WCRC GRAND PRIX SERIES.

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



POWER COUPLE, VICKIE AND TOM MILLER, RETIRED FROM THEIR 9-5 JOBS IN THE WINTER OF 2018 TO FOCUS ON RUNNING FULL-TIME.



Rick Bayko brought home a bronze age group award at the 2018 World Rowing Indoor Championships.

Grand Prix Director -
Mary Hudon

Board of Directors
Continued:

WCRC Clothing & Gear
Jean Herrick

Youth & Track
Coordinator, Coach
Mike McCormick

Volunteer Coordinator
Denise Bucknell

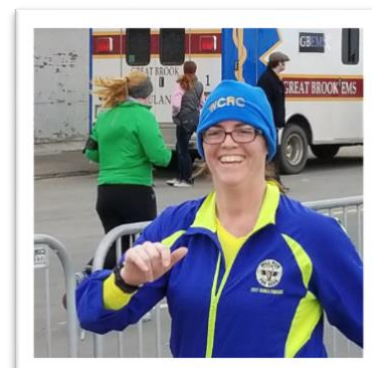
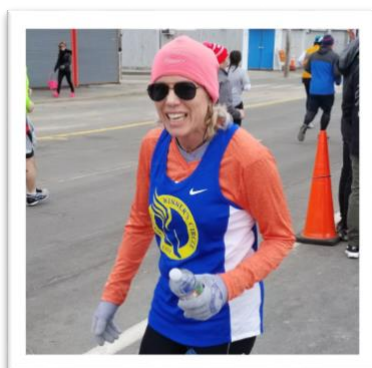
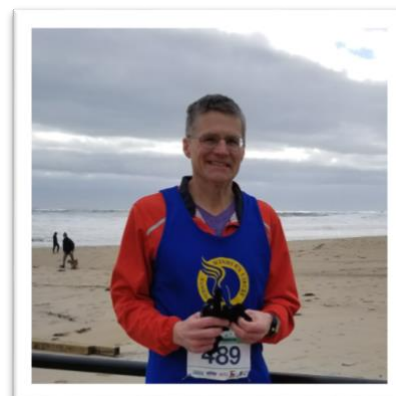
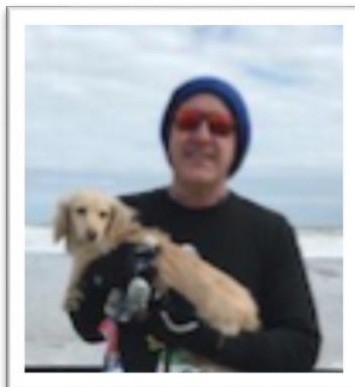
Board appointed
Positions

Email Administrator -
Tom Miller

Special Events-
Doug Zechel



Leslie Behan wins age group award at the Frozen Shamrock 3 Miler (Photo above)



Runner's race the incoming tide at the *Half at the Hamptons* on March 4, 2018 and Michael Vangelist sets new ½ Marathon PR. (Photo credit Jim Bailey)

37TH ANNUAL WCRC HANGOVER CLASSIC

BY DENNIS DONOGHUE

If there's a Hangover Classic on Mars it was certainly warmer than the one which took place on the first day of 2018 on Salisbury Beach. The below-zero wind chill cut to the bone, the sun threw off the heat of a flashlight, and hundreds spent their pre-race hours attempting to figure out what type of hi-tech gear offered the best chance of survival.

For Race Director Leanne Corning, the logistics of putting on an event in such extremes involved thousands of little details, not one of which could be overlooked, including a notice to all who intended to indulge in the ocean plunge that they be accompanied by someone in the event of an emergency.

"Preferably a doctor with a defibrillator," she said, "or at least a friend certified in CPR."

Twice as many ran the 5K as the 10. Those who ran the 10K no doubt had second thoughts during the outgoing stretch along North End Boulevard as a northeast wind took away sensation in their extremities. For those manning water stops in these Arctic conditions, there was some comic relief simply watching competitors attempt to hydrate themselves.

"It was as if everyone had just come from the dentist," said Calli Towne. "Their faces were numb. They dribbled water all over themselves. The area surrounding the table became a skating rink. We had to relocate a few times."

As usual, Circle volunteers came out in force. Some planted in the hinterlands to provide direction around icy corners and others remained on post until the last runner passed.

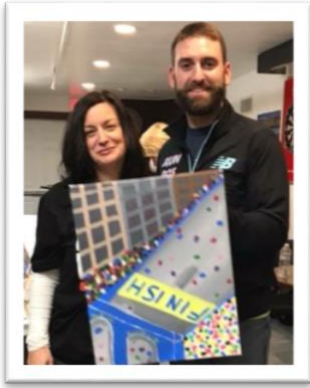
"I can tell you this," garbled Charlie Farrington as he punched himself in the jaw a few times and worked what he thought was his tongue around in his mouth. "What was I saying? Oh yeah, something about something. Anyway, ask me later when I thaw out."

Back inside the garage next to the Carousel Lounge, a new piece of technology spit out stubs indicating place, time, age group. Numb fingers jabbed at small screens, finishers hoping they'd gotten their bib numbers correct. Those stubs still had to be verified and initiated in order to collect age group awards.

"It's comforting to know there will always be a role for us human beings no matter how advanced the technology," said Corning. "At least as far as this road race goes anyway."

Later, in the steamy atmosphere of the Carousel Lounge where runners downed free suds and tried to remember where they'd piled their shucked layers, Corning reflected on the day.

"No one died," she said, "At least as far as I know at this point. We haven't gone over the entire course and the tide's still going out. We'll have to wait six hours to confirm that."



THE FUDGCICLES

In the doldrums of winter, many runners often decrease their racing, some engage in base training, while others take a break.

Not Tatum O’Sullivan and Craig Lampert, who competed in a 5k each Saturday of January and February 2018.

Founded in 1976 the Fudgcicle 5k series is comprised of 8 5ks, taking place on each Saturday in the months of January and February. Congratulations Tatum and Craig, WCRC’s favorite Fudgcicles.

In addition to running races each week and attending countless group runs, Tatum has also been organizing charity events like “Paint the Boston Marathon Finish Line” (photo left) to raise funds for Team BMC. For her Boston Marathon charity, Tatum has raised \$10,742 and is on track to reach her goal of \$12,000 by Marathon Monday.



ATHLETE SPOTLIGHT — DEBBIE FOLSOM

Debbie finished first in her age group at the Santa’s Toy Trot in December. Debbie can be found at most WCRC events and has completed the Smuttynoes Race Series two consecutive years. She is now in training for her first half marathon! Debbie shared “I never saw myself training for a half marathon before, but joining the club last summer has been inspirational for me.” Like many runners, Debbie does not enjoy running in the dark. Since daylight savings time has begun, we can expect to see her at group runs on Thursday nights!



ASK BING

Steve Malynn asks

“Bing, can you recommend a good book about running?”

Great question Steve!

With three Nor’easters in a row I have been dog earing few good books myself. In Honor of Women’s History Month, I would recommend Marathon Woman: running the race to revolutionize women’s sports by Katherine Switzer. This book discusses the history of women’s running and specifically highlights The Boston Marathon. The history of women’s running and women in road races is especially interesting to consider in relationship to the WCRC’s historic all-women’s road race, Evelyn’s Run for the Roses, at the forefront of the first women’s running movement. Finally, this book is a timely read because a group of WCRC runners are traveling to Niagara Falls to run the Women’s Half Marathon in June 2018. This event is organized by Katherine Switzer herself.

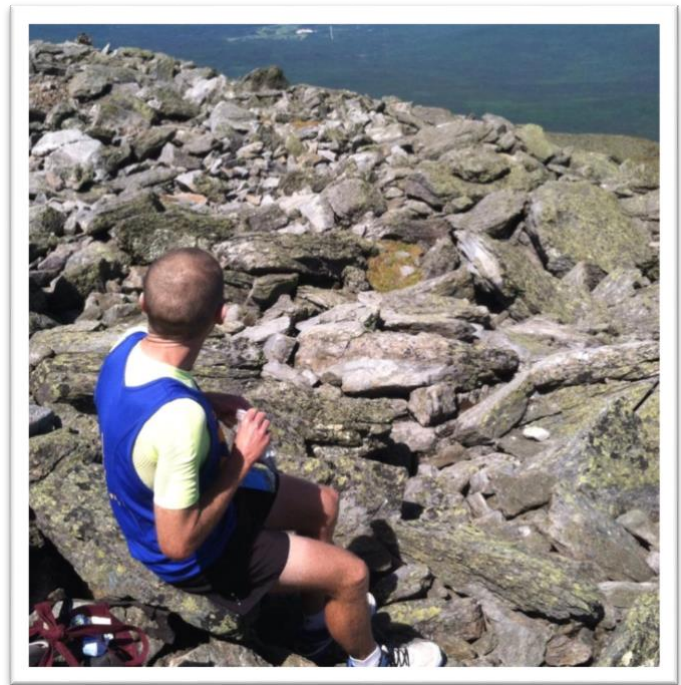
TIPS FROM THE TOP

WCRC FRONTRUNNERS MARK BEHAN AND TIM ROACHE SHARE THEIR EXPERIENCES AND TRAINING TIPS FOR THE MT. WASHINGTON ROAD RACE

The Mt. Washington Road Race follows a course of 7.6 miles, featuring 4,650 feet of vertical gain, average grade of 12%, and the last 50 yards of the course ends at a 22% grade. Training and competing this event is daunting. WCRC forerunners Tim and Mark have shared how they train for success in this event.

Tim and Mark are both seasoned Mt. Washington Runners. Mark led WCRC to the top of the Mt. in 2017, while Tim was the first WCRC finisher in 2015. Mark has an impressive race PR of 1:09:55 and Tim has been consistently ranking in the top master's finishers. Both of these highly competitive gentlemen were rejected in the Mt. Washington lottery for 2018, but they are not out of the race. Both Tim and Mark applied and received wavers from the club! (As luck may have it, all applicants were awarded wavers this year!) Tim and Mark were kind enough to share a few of their training tips for their trip up the auto road.

Mark focuses on strengthening aerobically with consistent mileage leading up to the event. Mark goes on to explain he trains in a similar manor as he would for a half marathon or longer event. "It's tough to simulate Mt. Washington in training because of its length and steepness." Mark shares logging weekly mileage of 70 miles a week and long runs of 15-18 miles is his key for preparing for Mt. Washington. Reporting he does not rely on any specific workouts, but does find it helpful to



Tim atop Mt. Washington

"try to run routes that are hilly and may include some hill repeats after doing a tempo run, so my legs are already slightly fatigued when I start doing the hills."

Tim favors a slightly different approach. Tim finds focusing on getting into "5k shape" is helpful because it forces him to work at a high heartrate. He also shares his weekly race specific workout. "For me the key is treadmill time" said Tim, "I replace long runs with long treadmill sessions that range from 8%-15% grade. Like anything else I add incline and speed to these workouts gradually over a period of weeks. By the end of the cycle I try to spend an hour and a half on the treadmill at an average of about 12%."

Although Tim and Mark's training schedules and methods differ, their training plans both strongly emphasize strengthening aerobic base, incorporate hills, and challenging workouts which condition both the athlete's body and foster mental toughness.

34TH ANNUAL MILL CITIES RELAY

BY DENNIS DONOGHUE

The Mill Cities Relay is a game of chance. Play your chips right and go home with the cash (or in this case, bricks). Fittingly, the race now starts at the Eagles Wing Function Center, a bingo fortress in the heart of Nashua. From there, it takes clubs on a 27 mile jaunt over five legs along the Merrimack River into Lawrence. If everyone shows up and runs well (provided you muster enough fodder to submit a sizeable roster) maybe, just maybe, your club can shout Bingo! When the results are announced a few hours later at the Claddagh Pub.

This year the Circle was nearly that team. Improving over last year's seventh place finish with nearly double the amount of points, the blue and gold came within eight of toppling reigning champ Gate City Striders. For Team Coordinator Scarlett Smith, who'd spent many nights flushing out highway underpasses and low-rent locals to secure enough personnel to give the club a fighting chance, the effort cost her dearly.

"I sold my soul," she acknowledged as members lined up to offer congratulations. "Was it worth it? Begrudging I'd say yes, though the logistics of organizing 130 runners left me questioning my sanity."

And yet, what Smith and Laurie Gaudreau achieved was astounding. After last year, talk had circulated that the Circle gone to seed, its members having devolved from pounding pavement to pounding beer steins—perhaps an inevitable outcome given that the club's sponsor is a popular watering hole.

"Thank goodness for Laurie," said Smart. "She's an arm twister of the highest order."

Indeed, the club boasted winning teams in half a dozen categories: male open (Fast and Furious), female masters (A League of Their

Own), coed sub masters (Full House), female veterans (The Untouchables), coed super veterans (Legends of the Road) and male super veterans (Days of Thunder). There were also a number of top five finishers.

Both coordinators employed unorthodox methods to ensure every team would be at peak fitness.

"I kept getting suspicious phone calls," confessed anchor Kathleen Michaud of Full House. "At first, I thought telemarketers, but they turned out to be workout tapes in what sounded an awful lot like Scarlett's voice."

"Laurie led us in calisthenics at the start," added leadoff Kim Parker of A League of Their Own. "She stuck pieces of white tape on the ground where we were supposed to stand and used a megaphone she had from her high school cheerleading days."

Marshalling WCRC minions is akin to monitoring middle school recess. Someone always needs a Band-Aid. Despite taking the necessary precautions, it's inevitable that sooner or later someone will also go flying off the monkey bars.

"That's what astounds me the most," said Caroline McBride who ran second leg for the second place Sopranos. "The fact that nothing happened other than a lot of quality running. Given this club, it boggles the imagination."

But during the team celebration at the Claddagh Pub, Smith was buying none of it.

"We're second, people! That's the first loser the last time I checked. Somehow between now and next year I have to come up with eight points. That means turning over a lot more rocks and venturing into new places. But I'm game. I guarantee next year will be a different story."

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.**

ROAD TRIPS:

WCRC TRAVEL AND ADVENTURE RACES

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

June 3, 2018	Niagara Falls Women's ½ Marathon
April 22, 2018 9am	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 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

October 7, 2018	Chicago Marathon
January 2019	Disney Marathon, ½ Marathon, 10k, 5k, and Goofy Challenge
Registration opens on April 17 th , 2018 and will sell out that day.	

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.

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
March 30, 2019	April Fools 4 Miler

BOSTON TRAINING RUNS 2018

March 18 10AM	Run to the Beach 30k The Andover Striders and WCRC present the annual run from the N. Andover VFW to the Winner's Circle Sports Bar. Accurate mile markers, water, and more at miles 5, 10, and 15. No timing, no entry fee, no awards, just a great time!
March 24 9am	20-22mi Newburyport, MA Jack Rabbit Hosted by Pat Fullerton

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 Newsletter@runthecircle.org

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